



HOW TO SAVE THE WORLD

IN 3 EASY STEPS

PRACTICE DAYAISM

The philosophy of kindness

Believe it or not, it will take just 3 easy steps to solve all of the world's problems. It may not sound feasible right now to solve all of the world's problems, as they seem insurmountable and even impossible to resolve. However, through the practice of **Dayaism** (**Daya** means kindness); the solution is not only possible; it is simple and logical.

Why 3 steps?

Three steps are required because there are 3 areas or aspects of human behaviour that are the cause of **all** the turmoil in our world. Without sensible and ethical behaviour, society turns chaotic and people become inhuman. We are human beings. The word human is derived from the word humane. So we must act accordingly. In India right action or behaviour is referred to as Dharma. Dharma is the foundation of society, of culture and of daily living.

Self gratification
Wasting or polluting
Flesh eating

Self gratification

This aspect of human behaviour is fuelled by the notion that **YOU** are number **1** and therefore must come first. You must get everything you want regardless of the consequences to others.

Wasting or polluting

This aspect of human behaviour is closely related to self gratification. If you regard yourself as the number one most important thing, then that means you consider the natural world as less important; therefore you can treat it as you please.

Meat eating

This aspect of human behaviour could possibly be the most divisive and destructive aspect of all. 'You are what you eat', therefore if you eat the flesh of animals, you become animalistic and take on animal tendencies or consciousness. Animals are intelligent beings; however they possess a much lower level of intelligence or consciousness than humans. The killing and eating of animals is not only inhuman, it has consequences. All actions have consequences, both good and bad. In India these actions are referred to as **Karma**.

What is Karma?

Karma means action. It operates like a universal law that orchestrates the interaction of energy in the universe. Einstein theorised, '*... that for every action there is an equal and an opposite reaction.*' What he was describing is the universal law of action or Karma. Therefore, for every animal that is killed and eaten, there must be an equal and opposite reaction'. If these actions bring about dire consequences, then it is logical to assume that good actions will yield beneficial results. If each person in the world performs good actions, then the whole world will benefit.

What are the 3 actions that can benefit the world?

- 1. Perform Selfless Service**
- 2. Protect the Environment**
- 3. Become a Vegetarian or Vegan**

Perform Selfless Service

In today's world selfishness governs human behaviour rather than selflessness. Selfishness is usually fuelled by materialism, whereby people believe that the accumulation and ownership of material objects will bring them happiness. However, this notion actually has the opposite effect. This is because true wealth is not material, but spiritual. We must feed the Soul in order to be happy and only then can we know what true wealth is. True wealth is not something you can buy, or attain easily. However, through the practice selfless service we can experience and gain true wealth. According to the law of Karma, every action has an equal and an opposite reaction; therefore to give is to receive.

Each day render one or more selfless acts to a stranger

Protect the Environment

We are rapidly discovering that our actions are having an increasingly disastrous impact on the natural world. Global warming is now the greatest threat to our survival on this planet. In reality the natural world does not need us for its survival. We need it; therefore the natural world is more important than us. We must be willing to make sacrifices to save the planet.

Each day think of one or more ways to reduce waste, and then put it into action

Become a Vegetarian or Vegan

What separates us from the animals is our high level of intelligence. If we consume meat and partake in the slaughter of animals, then we take on animalistic thinking and behaviour. If we inflict suffering then we must be willing to accept the consequences of our actions. We are spiritual beings; the human body is just a costume. We do not require meat to have a healthy body. Instead must feed the Soul, only then can we know true what true wealth is.

Become a humane being today