

EduCare

LET'S GROW TOGETHER!



TRUTH

Educational magazine for children,
kids, families and schools with
human value focus

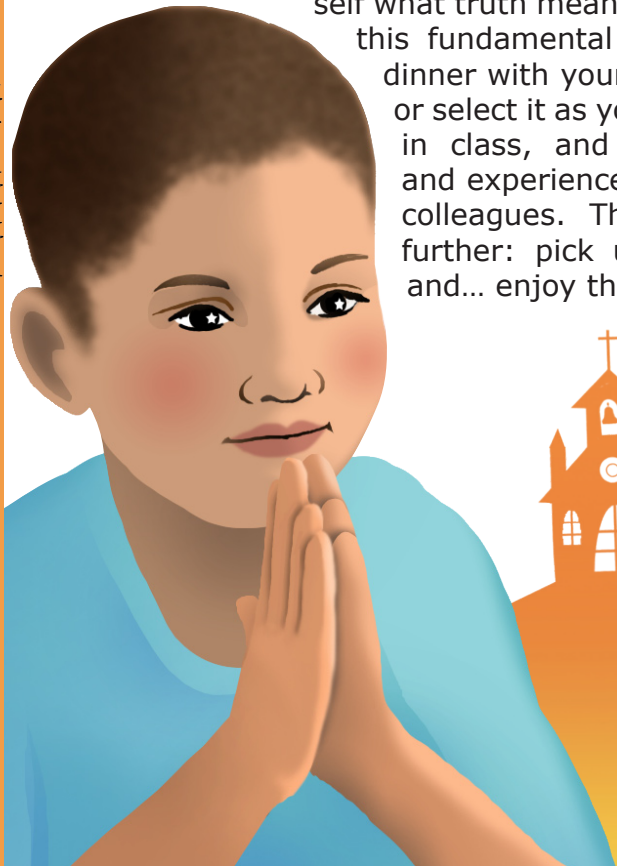
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2013

Dear Readers,

Educare is a magazine conceived for the family! Each issue offers human values starting point material to skim through and choose according to age. Parents and teachers can select the stories and activities they find appropriate for the values they wish to explore with their children, and, when necessary, adapt them age wise or according to personal need. While adols and adults can make good use of their time by tapping an article made just for them!

This issue will highlight the value of Truth and its levels of meaning. Like all human values truth is correlated to a sequel of value aspects that bring it into expression. These aspects, like accuracy, self-confidence, sincerity, honesty, integrity, spirit of inquiry... will be dealt with separately in future issues too.

Before reading this magazine our suggestion is ask yourself what truth means for you. Discuss this fundamental human value at dinner with your family members or select it as your monthly focus in class, and exchange views and experience with friends and colleagues. Then take a step further: pick up the magazine and... enjoy the 'food'!



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Felt board

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The views and opinions expressed in the articles do not necessarily express the official view of the ISSE SE and ESSE Institute.



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Truth



Quotations

Language and thought have their limits. Truth is inexhaustible.
Vauvenargues

My soul is my treasure, I cannot say what I do not know.
A South Slav saying

It is better to suffer because of truth than to be rewarded for a lie.
Leonardo Da Vinci

The meaning of things lies not in the things themselves, but in our attitude towards them.
Antoine de Saint-Exupery

Oh, what a tangled web we weave, when first we practice to deceive!
Sir Walter Scott

Honesty is the best policy.
Proverb

The greatest way to live with honor in this world is to be what we pretend to be.
Socrates

Truth is God. Love is God. Live in Love.
Sathya Sai



Goals

The quest for truth accompanies humankind since time immemorial. It triggers curiosity, ripens through inquiry, is moulded by discrimination and kindled by intuition.

To discover and unfold the value of Truth builds awareness and triumphs in Self-knowledge, revealing that 'I' which we always refer to in the same way though time passes on. For as the child learns to speak the truth and act in accordance with his/her conscience, he/she also learns to recognize an inner spark, equal to all men and women, that speaks the language of the heart. "You think you are the skin, the external sheath...", says Sathya Sai, "...in truth you are the seed, the essence. This false identification is the fundamental error. True education should be directed towards removing the outer shell, so as to reveal the seed. Until you say 'I am Mr. so and so', it is inevitable that you are fearful, but if you say and feel, 'I am God', you gain invincible power".



Dictionnary

TRUTH

THE QUALITY OR STATE OF BEING TRUE.
THAT WHICH IS TRUE OR IN ACCORDANCE WITH FACT OR REALITY.
A FACT OR BELIEF THAT IS ACCEPTED AS TRUE (SCIENTIFIC TRUTHS AND FUNDAMENTAL TRUTHS ABOUT MANKIND).
THAT WHICH KNOWS NO CHANGE, IS EQUAL TO ALL MEN AND WOMEN, AND REMAINS THE SAME IN PAST, PRESENT AND FUTURE.
THE UNDERLYING THREAD OF CREATION, ITS CORE REALITY.
TRUTH IS LOVE, AND IS ASSOCIATED WITH THE HIGHEST OF THE HIGH THAT SOME PEOPLE REFER TO AS GOD.

Synonyms

TRUTHFULNESS
VERACITY
AUTHENTICITY
REALTY
CERTAINTY
EXACTITUDE
INTEGRITY
CREDIBILITY
LOYALTY

Opposites

FALSEHOOD
LIE
MENDACITY
ILLUSION





And what about truth?

When we focus on the value of truth with children we normally begin by talking about how telling lies hurts themselves and others.

Growing in this awareness fosters honesty, sincerity, integrity and love of conscience, which all lead to the cultivation of a good character. This means that we act, speak and think in accordance with an inner truth that we learn to respect, by being true to ourselves.

As the children get older we move towards a broader understanding of truth, gradually learning how a clear intellect can help detect and reject falsity and untruth, nurturing fairness and common sense.

By experimenting with truth the workings of the intellect are revealed and skilled, and intuition can be recognized as a subtler and powerful tool of truth. When the object of inquiry shifts towards 'our self', another aspect of truth manifests as Self-analysis. Self analysis is a fundamental aspect of truth as it initiates a process of self-listening that ripens into self-knowledge and guides the growing child towards the realization of his/herself.

To find truth means to practice it!

You need to practice these values if you want to learn more about the value of truth!

Intelligence	Honesty	Sincerity	Spirit of Inquiry
Intuition	Discrimination	Self-analysis	Curiosity
Self-confidence	Integrity	Search for Knowledge	Accuracy
Conscience	Purity	Justice	Optimism

"Truth lies within our selves. It takes no rise from outward things, whatever you may believe."
Robert Browning

Truth can be relative or absolute

Relative truth is subject to individual perception, and changes continuously. This type of truth is conditioned by many factors: age, sex, culture, tradition, religion and time.

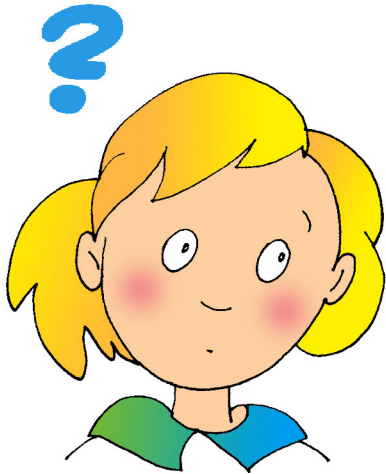
Absolute truth is truth that does not change. It is permanent and eternal. This truth cannot be revealed to us through our senses, and our mind cannot fully grasp it. It is revealed by intuition.



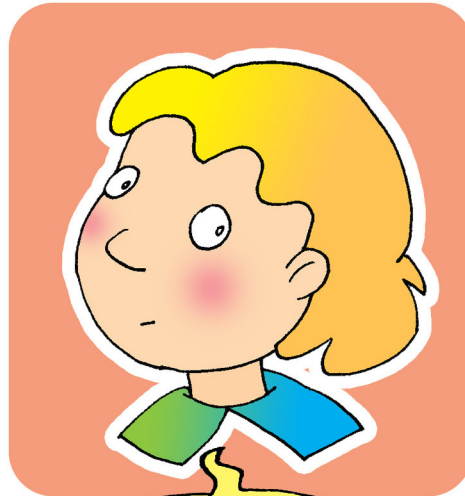
The method

EduCare deals with all-round education and takes into considerations all aspects of the human personality. Not only ones mental faculties, physical performance and professional aptitudes can be skilled, but the emotional sphere and the spiritual realm of consciousness can be explored, refined and uplifted. This can be done when the didactic tools and school curriculum are value focused. If we create an environment seethed in values, and guide our children to learn to connect to their conscience, (their inner truth), the mind and heart will work together, the body will respond, and the values will blossom at 360 degrees!

Truth is like an orange



IT'S NOT EASY TO
UNDERSTAND WHAT'S TRUE
AND WHAT ISN'T...

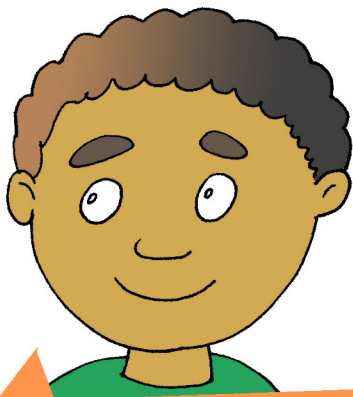


...ESPECIALLY WHEN
EVERYONE HAS THEIR
OWN OPINION.

TRUTH IS LIKE AN ORANGE!
IHIIHI!



WE ALL HAVE A SLICE!



I SEE THINGS IN ONE WAY, AND
YOU IN ANOTHER!



WELL OF COURSE! WE'RE
DIFFERENT. THEN WHO'S
RIGHT?

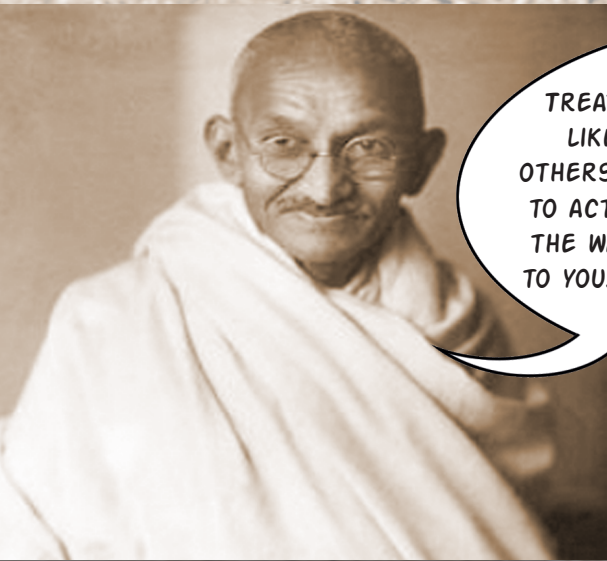


IT'S LIKE A PUZZLE! WE ALL
HAVE A PIECE OF IT!



AND WHEN THE PIECES
ARE IN PLACE... IT
BELONGS TO EVERYONE!

Truth according to Gandhi



GOLDEN RULE:
TREAT OTHERS IN THE WAY YOU WOULD
LIKE OTHERS TREAT YOU! ACT WITH
OTHERS IN THE WAY YOU WOULD LIKE THEM
TO ACT WITH YOU. SPEAK WITH OTHERS IN
THE WAY YOU WOULD LIKE OTHERS SPEAK
TO YOU! LOVE OTHERS, AS YOU WOULD LIKE
TO BE LOVED!

Gandhi's mission was not to bring politics into Religion but to bring spirituality into politics, since he aimed at uniting morality and daily public practices. He believed that each individual can find truth, nonviolence, and the golden rule in the heart of every religion. He may have been critical about the hypocrisies of organized religions, but not towards the principles that they are based on.

In Gandhi's view Truth is even more important than religion. He affirmed that "Truth is God". Truth, intended as God, resides within us. It is that little, inner voice that tells us what to do and guides the whole universe. "But what is the inner voice? Is everybody capable of hearing it? These are big questions. The inner voice is there in every one of us, but one whose ears are not open for it cannot hear it, just as a deaf person is unable to hear the sweetest of songs. –M. Gandhi: Essential Writings

Gandhi talks about the inner voice, the power of the soul that expresses divinity from within the individual. It affirms our commitment towards truth and non violence because it's very own nature is compassion. The inner voice leads us towards a dialogue with ourselves and towards an uplifting exchange with others. It can be described also as spiritual intuition, that helps us learn to discriminate between right and wrong. This means

that we are invited to act on the basis of our inner voice, and not in reply the solicitations of other people or our outer surroundings. "For me", says Gandhi, "The voice of God, of Conscience, of Truth or the Inner voice, all mean the same thing... for me that voice is the truest thing of my existence. It never abandoned me, it never abandoned anyone".

Gandhi was a normal kind of person. Like all of us he made mistakes, but in his imperfection he had the courage to always follow what his inner voice would say. What is most important and is a distinctive of Gandhi, is that unlike many other thinkers and philosophers, his spirit of non violence was founded on an inner realization. For Gandhi, non violence was not only political tactic but authentic spirituality, and a style of life.

Gandhi's non violent truth was a challenge to all men to recognize their lack of unity in thought, word and deed. He said it was impossible for people of any faith to say to believe in God, in Truth, to go to their temple or Church, mosque or synagogue, and the day afterwards conduct themselves with hatred and violence. Non violence, according to Gandhi, must be applied in all spheres of everyday living.

The cuckoo's song

GANDHI'S LOVE FOR TRUTH WAS KINDLED BY HIS MOTHER PUTLIBAI, A PIOUS WOMAN, WHO TAUGHT HIM TO BE TRUTHFUL SINCE HE WAS A SMALL CHILD. THE STORY NARRATES THAT SHE WOULD FOLLOW A VERY STRICT VOW, AND WOULD NOT HAVE HER BREAKFAST UNTIL SHE HAD HEARD A CUCKOO SING. ONE MORNING THE CUCKOO BIRD KEPT SILENT AND LITTLE GANDHI COULD NOT BEAR TO SEE HIS MOTHER GO WITHOUT HER MORNING MEAL. HE FELT THAT SURELY SHE WOULD STARVE TO DEATH. HE RAN BEHIND A BUSH AND IMITATED THE CUCKOO'S SONG, AND THEN RAN INTO THE HOUSE TO ASK HIS MOTHER IF SHE HAD HEARD THE CUCKOO SING, THAT NOW SHE COULD HAVE HER BREAKFAST. OF COURSE, THE BOY'S ACTION WAS PROMPTED OUT OF KINDNESS AND LOVE FOR HIS MOTHER. BUT PUTLIBAI WAS VERY UPSET AND ASHAMED OF HER SON BECAUSE HE HAD DECEIVED HER. "WHAT HAVE I DONE, WHAT SIN HAVE I COMMITTED", SHE SAID WITH TEARS IN HER EYES, "TO HAVE BORN A LIAR OF A SON!" GANDHI PROMISED FROM THAT DAY ON TO NEVER LIE AGAIN, AND HIS PROMISE GREW AND TOOK FORM, RISING TO THE HEIGHTS OF LOVE. LOVE FOR TRUTH, RIGHTEOUSNESS, PEACE AND NON-VIOLENCE.

Man is the creature of Truth

That Truth is one of the most important and valuable gifts of human life is confirmed in many ways

Our body always speaks the truth

Have you ever thought about how we are always prompted from within to speak the truth?! I'm not referring only to the voice of conscience that speaks up on its own when we tell a lie, but also to our body language, which sends out signals every time we do not speak the truth. Our heartbeat races, and our face goes white or red. Our palms start sweating and sometimes we perspire so much that we can feel the sweat dribbling down our forehead! Our pupils become big and large, and we avoid direct eye contact. We blink more often too, lick our lips, and our hands become restless, fiddling around with our nose and with other parts of our body and clothes. The pitch of our voice gets higher and harsher, and we tend to speak rapidly, but with lots of pausing and interruptions in between, because it takes time to fabricate a lie! In fact, when a question is asked, the brain needs to process the information before answering it. A true answer is what comes first to the one who is lying, and only after that will he, or she, make up a lie and say it. This is why lying is much more complicated for the brain than telling the truth. Besides, a lie needs to be remembered, while the truth is self-evident. Finally, the truth always gets known. Woe to the one who lies because he or she, sooner or later, will surely fall into disgrace in the eyes of others.



Our mind searches for truth

Our body may send out signals when we abandon truth, but the human mind is always in search for it, since the earliest age of our life. Curiosity is built in the very nature of humankind. A child of five or six asks dozens of questions everyday, in the effort to learn and find the truth about him or herself, and about everything that makes up a child's life. This is why we go to school! Books and knowledge all serve one and only purpose – to pinpoint truth. Even by reading the papers, watching educational and informative broadcasts or surfing the Internet looking for specific information, we have one goal only – to look for truth and find it out.

Truth the foundation of social relationships

Without truth, there can be no lasting human relationships. For what, beside love and goodness, is appreciated by most in people, and especially by friends? Sincerity. Honesty. Is it not?! And what can we be most hurt by? When someone lies to us or recounts an untruth about us. From this it can be concluded that truth is the very foundation of human relationships, and of friendship. And that love and trust rest upon it. This is why it is so important to base our relationships with ourselves and others, and especially our friendships, on honesty, sincerity; on truth.



The Path to Truth



Have you heard of Alice in Wonderland? If you have, then you may remember the part in which Alice meets the Cat and asks:

„Would you please tell me which direction I should take“?

„That depends very much on where you want to go“, replies the Cat.

„I do not care so much about that...” says Alice.

„In that case, it doesn't matter which direction you shall take.”, says the Cat.

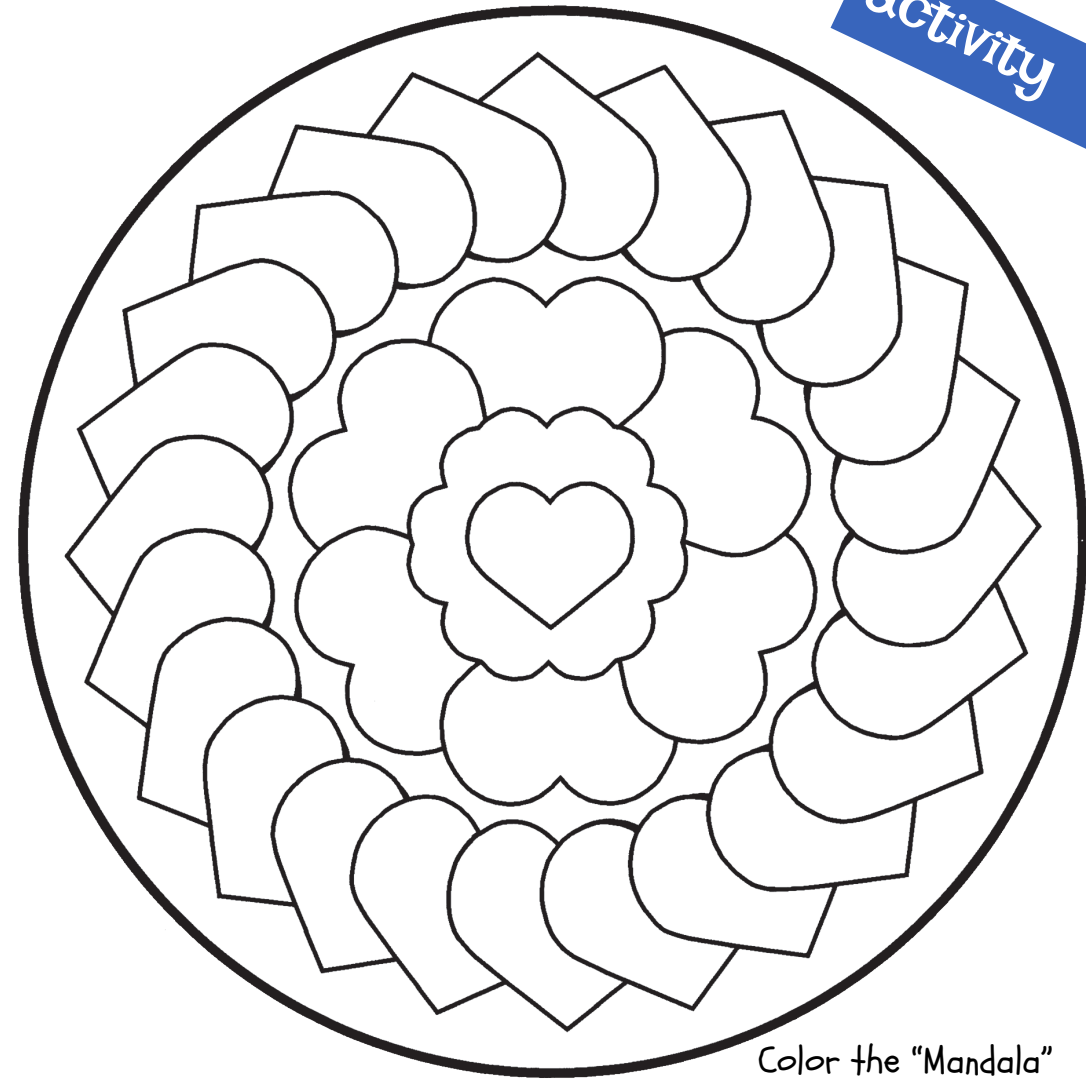
People in search of truth conduct themselves in a totally opposite way. They do care about where they go, about the company they keep and about where they will end up. This is why Jesus said: „Ask, and you shall be given; seek and you shall find; knock and it shall be open to you”. It is the law of God that when we act in this way, „The truth shall set us free”.

Truth is God

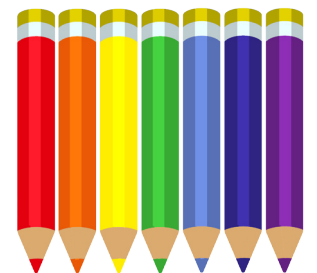


Verily, truth is the foundation of our body and mind, it is essential for our friendships as well as for finding the path of our lives. However, there is something else to be said about the value of truth: in all world religions it names the Highest. This is why, when we stick to truth and speak the truth, we collaborate with the most powerful force in the Universe. With the force that is mightier than all, which is unchangable and indestructible and which always wins in the end. For – Truth is God. It is His voice within us; His call to recognize and find this Truth within, and around us.

Borna Lulić



Color the "Mandala"



© Ardit Bala - Daniel Conci

Hermes and the woodcutter

Adapted from Aesop's myths

Once upon a time, there lived a woodcutter whose life was anything but easy. He had to work hard and suffer unending sacrifices in order to support his family and make ends meet.

One day, as he sat resting by the river, his axe slipped and fell into the water.

"I'm ruined! How shall I cut wood now? How will I make a living for my family?" he cried heartbroken.

God Hermes overheard him and decided to lend him a hand. He dived in the water and soon enough, he appeared before the woodcutter, holding a golden axe in his hand.

"Would this be the axe you lost?" he asked him.

"No, this is not it. My axe is wooden, not golden," the woodcutter answered crying.

Hermes dived again and shortly after, he reappeared holding a silver axe.

"Is this your axe, perhaps?"

"No, this is silver while mine is wooden," the woodcutter answered with certainty.

The next time Hermes dived in the river, he brought out the actual axe that belonged to the woodcutter; it was old and totally worn out.

"Take a look: Would it be this one?"

"Yes, that's the one!" the woodcutter shouted in joy. He couldn't stop thanking Hermes for his help.

Hermes was very pleased with the man's sincerity and honesty. To reward him, he gave him both the other axes as a gift. The woodcutter couldn't contain his joy. He made his way home singing and jumping around. As soon as he reached the village square, he



A STORY FROM GREECE

Roots and wisdom

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gave an enthusiastic account of his adventure to his fellow villagers. Everyone listened to his story with reverence.

One of the peasants, however, was filled with wicked thoughts and decided to try out his luck. He lost no time at all. He ran down to the river bank and let his axe fall into the water on purpose. He then sat on a boulder and pretended to be crying despairingly.

All of a sudden, Hermes appeared before him and asked him:

"Why are you crying like this? What's the matter with you?"

"I lost my axe! How will I cut wood now to sell in the market so that I can feed my children?"

Losing no time at all, Hermes dived in the river and after a short while, he came out holding a golden axe in his hand.

"Would this happen to be your axe?" he asked him.

When the wicked woodcutter saw the golden axe, his eyes shone!

"Yes, it is!" he answered, without a second thought.

"Are you sure?" Hermes asked again.

"Yes, I'm pretty sure, and thank you for retrieving it for me."

"Woodcutter! You are nothing but a cheat and a fraud! How could you think that you would trick me with your lies? Don't you say this, he disappeared, taking with him not only the golden axe, but also the axe of the woodcutter.

The woodcutter was thunderstruck.

"How could this happen to me?" he kept on asking himself, again and again.

Hermes had taught him a good lesson!

That day, he promised himself that only the Truth would come out of his lips from then on.



A young man hit something hard while he was digging in the open fields. He continued to dig around what he thought was a particularly stubborn rock. But what he pulled out from under the ground was a very old lamp! He brushed the dirt off the lamp, and started cleaning it vigorously with his scarf, when lo and behold, a cloud of smoke burst forth, and from the smoke out came a genie! He knelt at the young man's feet and obediently said: "Master!, I owe my life to you. I shall be your slave and give you whatever you want. But there is one condition. You must keep me busy or else I will eat you up!".

"I need a servant", said the young man who couldn't believe his good fortune, "and there are so many things that I want!" "Very good", said the genie. "But mind you, if you leave me inactive I will eat you up!"

The young man's desires seemed endless. For a start he ordered delicious food to be served on an elegant laid out table. With a snap of the genie's fingers the food appeared. Then he asked for a beautiful palace to live in. In a flash the palace was ready. The young man was flabbergasted. He had thought that it would have taken the genie at least two years to build the palace!

He had to immediately think of something else.

"I want the palace to be surrounded by a garden." He said. And with the snap of his fingers the giant materialized a beautiful park and filled it with fragrant flowers, gurgling fountains, and magnificent statues.

The young man was getting worried. "How will I ever be able to live in this palace and enjoy my life? If I don't find new tasks for the genie he will eat me up!" Finally, a thought struck him.

"I want you to build a tower, a very tall one". He said to the genie. The tower was materialized in a jiff. "Now", continued the young man, "I want you to climb up to the top of the tower and when you reach the top, you must climb down it again,... and when you have done that I want you to start all over."

The young man sighed in relief as he watched the genie running up and down the tower. Now he was free to lead a happy and healthy life!"



FIND THE HIDDEN MEANING

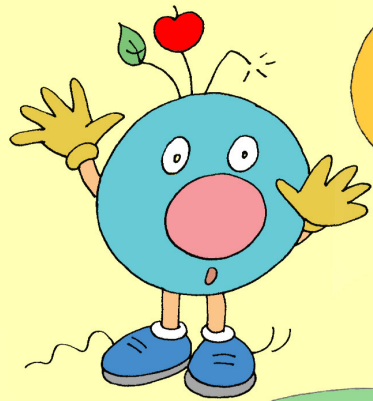
1- WHO IS THE GIANT? THE GIANT REPRESENTS OUR MIND.

AN UNCONTROLLED MIND IS VERY DANGEROUS! IT IS LIKE AN UNCONTROLLED GIANT, THAT CAN EAT US UP! WE NEED TO LEARN HOW TO 'BUILD A TOWER' THAT THE GIANT CAN CLIMB UP AND DOWN. WE NEED TO GIVE OUR MIND SOMETHING TO DO.

2- WHAT IS THE TOWER? THE TOWER REPRESENTS OUR THOUGHTS

IF WE FOCUS ON OUR BREATHING PROCESS, WATCHING OUR BREATH GOING IN AND OUT, IT'S LIKE GOING UP AND DOWN THE TOWER. IF WE CHOSE A POSITIVE THOUGHT TO CONTEMPLATE ON, OVER AND OVER, WHILE WE DO THIS, THE GIANT OF OUR MIND WILL LEAVE US IN PEACE! AND WHEN OUR MIND IS QUIET THE HIDDEN BEAUTY AND GOODNESS WITHIN US IS SEEN, HEARD AND FELT. NOW WE KNOW WHAT TO DO: CLOSE OUR EYES AND IMAGINE A GREAT TOWER, AND THE GIANT RUNNING UP AND DOWN, AS WE BREATHE IN AND OUT, REPEATING A VALUE, A POEM, A PRAYER.





HERE ON PLANET EARTH
THINGS CHANGE ALL THE TIME!

TODAY THE GRASS IS GREEN,
BUT WHEN THE SEASONS
CHANGE IT WILL CHANGE TOO.

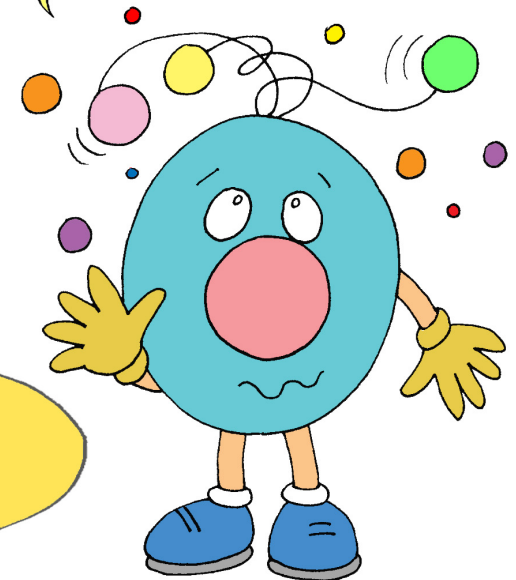
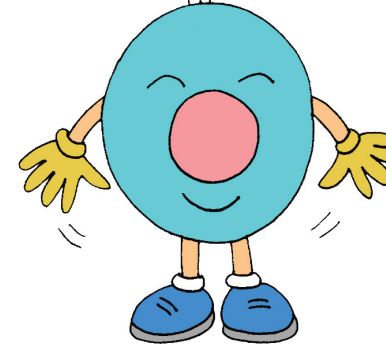
NOTHING STAYS THE SAME
FOREVER! LEAVES FALL AND NEW
LIFE IS BORN EVERYDAY!



I STRETCH OUT AND
SNAP BACK...

... WHEN MY THOUGHT FORMS
BECOME TOO HEAVY TO HANDLE!

HELP!



THAT'S WHY I LOVE THE
STILLNESS OF SILENCE.

WHEN YOU'RE STILL YOU CAN
GRASP WHAT'S REALLY TRUE
AND UNCHANGING, UNDER
ALL THE REST!



The flower of silent sitting

You can't buy silence in any supermarket! But you can find it within yourself! All you need to do is close your eyes and concentrate on your breath as you slowly inhale and exhale. If you visualize a light flickering in your heart, distractions won't disturb you. Remember that your heart will always guide you to speak kindly and think positive, and to behave and act in the right way. When you are really quiet you can hear its voice speak to you. With a little bit of practice you'll become an expert in self-listening and it will be easy to follow the advice of your conscience.

silent sitting

Light a small candle with the help of your mom and dad. Put it in a safe place.

Look at it for a few minutes and then close your eyes. Imagine that the light of the flame fills your head, illuminating your mind. Then take the light to your eyes, ears, mouth, nose, hands, legs and feet ... illuminating what you think, see, hear, say, and do.



SILENCE RECHARGES MY BATTERIES!

THE LIGHT SPREADS OUTWARDS, IN WIDER AND WIDER CIRCLES, EMBRACING YOUR PARENTS AND FAMILY MEMBERS, YOUR FRIENDS AND ALL PEOPLE, ANIMALS, PLANTS, NATURE AND CREATION, THE STARS, THE SUN, THE MOON...

Now it has become so big that it surrounds the whole universe. The same light you feel inside of yourself is everywhere and in everyone! Enjoy this unity and then gradually go back to the little light in your heart, thanking it for being right there within you. Now you know that you can turn to it whenever you want to recharge your batteries, because silent sitting fills you with energy, peace and joy!

NOW THAT MY INTELLECT IS FULL OF LIGHT AND MY HEART IS FULL OF LOVE, I SEE SOMETHING MORE... CAN THIS BE TRUTH?



MAKE A CANDLE HOLDER USING A GLASS YOGURT JAR!

be creative!



Parents and adults in general often think that it is not always good or necessary to tell children the truth, which implicitly means that it is alright to lie to them.

Another common belief is that if kids don't mention a particular issue, or ask questions about it, one can avoid talking about the issue all together.

However, there are reasons to tell the truth to children, both 'immediate' and 'remote'. Some having immediate consequences, while others consequences which will arise in the long run.

The importance of telling the truth to children is described by many theories among which:

- the theory of attachment, which explains how important it is to build a trusting relationship between the adult and the child for the development of a healthy personality.
- psychopathological theories that connect serious discomfort and malaise in children to important family secrets.
- psychological theories that connect the child's well-being to the degree of sincerity in his/her relations.

The best of theories however remains the importance of being an example of truth. Children will learn to respect and abide by truth thanks to your own love for truth and truthful behaviour.



We can therefore affirm that it is important to tell children the truth because it means giving them:

- trustworthy reference points.
- information, with which they can build their judgement and discrimination.
- the chance to develop the inner resources needed to cope with and face difficult and painful moments.



- an opportunity to develop mental skills and intelligence.
- a chance to learn how to manage basic emotions, like anger and fear.
- a chance to recognize more complex emotions and feelings like embarrassment, shame, fear of the unknown, compassion.
- a chance to learn how to handle doubt, and to trigger a quest for truth.
- our own example.
- a protective environment based on a truthful view of what is going on around them, that they learn about in a way that is compatible to their age.
- a chance to learn about respecting limits and roles.
- a chance to develop and strengthen intuition, grasping spontaneously others thoughts and emotions;
- a chance to learn to listen to their heart, or conscience, and to build an inner dialogue.
- a chance to foster forgiveness, as they realize how children and adults are all part of a larger organism, that interacts, learning, sharing and growing together.



Truth and fable



The story says that many years ago Truth lived in solitude, modestly and unadorned. She was happy and content, until the day she went to town. The people she met avoided her presence, and no one was willing to take her in for the night.

Humiliated and disappointed, Truth took a solitary road. Along the way a beautiful lady motioned for her to come near. She was wearing a sumptuous gown made of rich embroidered fabric, bedecked with fake jewellery. It was very unlike the simple dress that Truth was wearing. The lady's name was Fable.

"Good morning.", said the elegant lady. "Why are you walking all alone, my dear?"

"Everyone runs away when they meet me", replied Truth, sadly.

"No one wants to listen to what I have to say".

"You see", said Fable, "Your mistake is that you are so unembellished that you seem too plain and austere to people. Look at me. Everyone wants me to join their company, thanks to the colourful clothes I'm wearing. I have an idea! Why don't you hide under my cape? The two of us can travel around the world like sisters. It will bring something good for us both. The sages and wise men will offer hospitality to me when they know I can reveal truth to them, and fools will accept you because you will shine through my fake jewellery and gown."

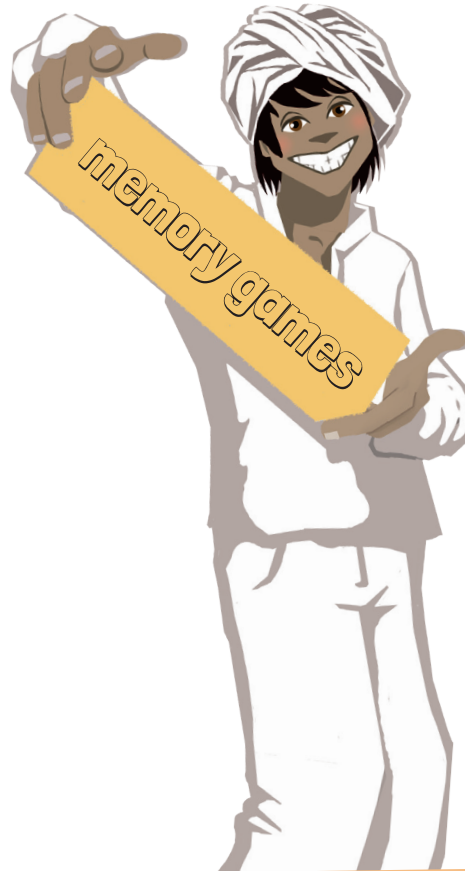
Jean Pierre Claris de Florian

activity

Fairy Tale

27

Play with Kim to improve your memory



The faculty of the intellect is among the tools we need when searching for truth. One of its main components is memory. A good memory is essential for education!

To build your memory you can practice "silent sitting" (see page 23), but reading stories, group singing, focusing on the meaning of important sayings and group activities, all help you develop a good memory. Playing Kim's games can be a great help too!

Kim was the hero of Rudyard Kipling's novel, 'The Story of Kim'. His real name was Kimbal O'Hara, an orphaned son of an Irish soldier, who lived in India under British rule. After a long period of training he became one of the best secret agents of his time. Kim's games develop our capacity to observe and remember details, and promotes memory.

One of the most well known games of Kim regards 'sight'. The head of the group puts 24 objects on a table and covers them with a cloth. He uncovers them, allows the players to look at them for one minute

1 MENTAL ABILITY AND INTELLECTUAL POTENTIAL.

2 CAPACITY TO UNDERSTAND AND ELABORATE CONCEPTS.

3 ABILITY TO REMEMBER.

The 5 senses



and covers them again. The players have 5 minutes to write down the objects they remember. You can score the players by giving:

- 1 score for every object that is indicated correctly.
- minus 2 scores for someone who writes down an object that has not been placed on the table.

Memory of the World

Is the name of a program founded by UNESCO in 1992, to identify and safeguard historical documents and archives. The archives contain texts, manuscripts, musical sheets, rare historical documents, recordings and videos.

Collective memory

Some say that there is a "Cosmic tank", that contains the collective consciousness of people, a sort of combination of past memory, real-life, myth and tale, conscious or not.

In ancient Greece, when writing had not yet been adopted, the need to keep memory alive gave rise to a figure known as 'Mnemon' (he who remembers), whose task was to remember individual and collective past.

Did you know that...



UNESCO:
United Nations
Educational, Scientific and
Cultural Organization



Sight

Substitute the general objects with crayons and colored objects. Ask the players to remember them, naming their color, too!

Smell

Use objects that have a characteristic smell. Blindfold the players who guess the objects through their sense of smell.

Taste

Use food items. Blindfold the players who guess the objects through their sense of taste.

Hearing

Use objects that when hit produce a typical sound. Blindfold the players, who guess the objects through their sense of hearing.

Touch

Use the general objects and blindfold the players, who guess them through their sense of touch.

Selim and the question

A long time ago in the city of Baghdad, there lived a man named Kassim, ruler of the country of Irak. Kassim had a son, a very handsome lad, who was loved by the people for his beauty, kindness and noble character. His hair was as black as ebony, his teeth as white as pearls, and he was strong and self confident. But it was his good temper and generous smile, that won the people's heart. His name was Selim.

The years went by and the king, who was getting old, decided one day that it was time to abdicate in favour of his son.

"It is time that I step down, Selim", said the king to his son.

"And it is time for you to get married!" He added. "Chose a wife, and live happily with her, ruling the kingdom."

Selim knelt at the feet of the King. "Dearest father", he said.

"I will happily take over the kingdom, and pray to be a fair and just ruler, like you, but I will marry on one condition: My future wife must find the correct answer to my question."

The king agreed, and on that same day the news that Selim was soon to marry travelled across the country. Hundreds of young ladies eager to be the chosen one and to marry the prince, travelled to Baghdad over night, and the day after they were lined up in front of the palace ready to be interviewed by the Prince.

One by one the girls were summoned. Selim whispered something into their ear, asking them each the same question, but when the young ladies spoke to him he would shake his head sadly; their answers were wrong.

This went on for days, weeks and months. Selim was not happy with the answers, but his father was getting impatient.

"Selim! These are all very beautiful women! I want you to make your choice. There is no more time to wait!" he cried.

"They are all beautiful indeed," replied Selim. "And all of these women are full of excellent qualities, too, but none of them has satisfied my request."

So the interviews went on. The young women continued to rush to the palace, line up and attempt to answer Selim's question. Finally, a sweet looking young woman looked up at Selim

A FAIRY TALE FROM IRAK

Popular stories and legends

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bashfully one day, and said: " Sir, I am very sorry, I cannot reply to your question. I do not know the answer."

«You will be my bride!» cried the prince making the king and the court attendants jump up and down with glee.

"May I now know what your question was?" asked the king.

«I wanted to know how many teeth a sea turtle has», replied the prince. "The young women who I interviewed all gave different answers, as they did not want to lose their chance of marrying me. But only this young woman had the honesty to tell me the truth, by saying that she simply did not know the answer. This is why I will marry her."

Give up at least one bad habit



A wicked man once went to an illuminated teacher to ask him to be initiated into spiritual life. The teacher told him to give up at least one of his bad habits. The man resolved to give up uttering lies.

That night, he went to the royal palace to commit theft, and to his surprise found another thief on the terrace, ready to break into the treasury room. The two thieves decided to associate in their wrong doing. They broke into the palace, and divided among themselves the diamonds they found in the treasury.

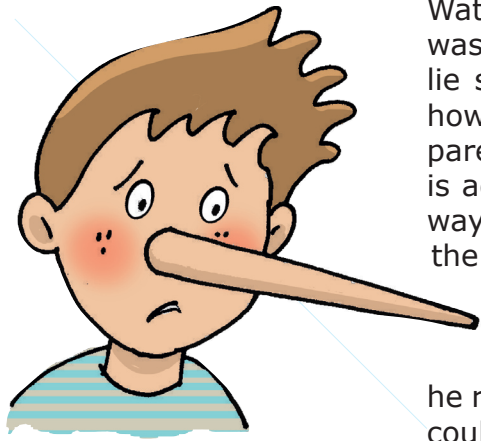
Just before leaving the scene of the crime, the honest thief felt pity for the king of the realm who was losing his entire fortune, and asked his companion to leave one diamond behind.

The following morning the King, who was none other than the second thief in disguise, pretended to discover the theft and called for his Minister, who was asked to assess the loss. The Minister found a diamond that had missed the eyes of the thieves still in the safe, and quietly put it into his own pocket, reporting at court that all the diamonds had been stolen.

The previous night the king (disguised as the second thief) had asked the honest thief for his address so he summoned him to the palace. When the thief stood in court before the king, he confessed that all but one diamond had been stolen by him and his unknown associate.

The diamond was found in the pocket of the minister and the king dismissed him for his dishonesty. The honest thief was instead appointed minister to the palace. After that he soon gave up all his other bad habits, and pleased his teacher, and the king, by his fame of being a virtuous and truth abiding minister.





Watch out! Your nose is growing long..." was a favourite of Teo's mom when a lie seemed to be on the move..., and how many times had the boy heard his parents say: "Whoever sticks to truth is admired and respected, and will always be a winner." Teo had never forgot the story about Gandhi, either, the father of Indian Independence, who had been scolded when he was a child because of a lie. He knew, he really did, that lying was wrong and could get you into trouble...

And yet that day... Teo lied, not once but four times! He didn't think he was going to do so. It just happened! And when he realized what he had done, it was too late. The eggs were broken!

"Hi class! Did you all get it clear yesterday? No problems with your homework?" Piped the math teacher to his students walking in the room. He was carrying the class register, and for sure would have invited someone up to repeat the lesson. Teo had been called a few days earlier, so in no way could it be his turn that day.

The kids waved their hands and saluted the teacher, "It's all clear, Mr. Bill", they cried.

Teo's voice rang with the others.

"Fantastic. Then let's get at it and work out some divisions!", he said blinking at Teo. "You can refer to the examples we made yesterday."

Teo felt a knot in his throat. He hadn't even looked at his homework because he was confused about what had been said the day before. He hadn't understood the lesson!

"Ehmm... Mr. Bill, sir ..." said Teo undertone. "I... can't do it, I mean, I feel strange..., maybe because, ... yesterday I ate tons of cherries... you know, grandpa brought them over from his back yard... and ... ohiohiohio... I'm hurting all over.. right

here..." he whined, pointing to his stomach.

"Is your stomach aching, Teo? Shall we call your mom?!"

Teo's face turned as white as a white bedsheet.

"You do look pale. Your mom will be happy to take you home and fondle you a little! I'll be back in a second class". Said the teacher, walking out of the room.

Teo sat on the school bench outside in the hall, waiting for his mother. Now he was really feeling bad! He kept wondering why on earth he had lied to Mr. Bill in the first place. He would have liked to been able to eat loads of cherries the day before... but this year they still hadn't even seen them on their table! Another lie! And what about pretending to have understood the math lesson, and to be ready to be called up to the blackboard? The boy went over the things he had said. "What am I going to tell mom?", whe thought.

"What's the matter, honey?" asked his mother.

"I have a tummy ache mom..." blabbered Teo, looking at the floor.

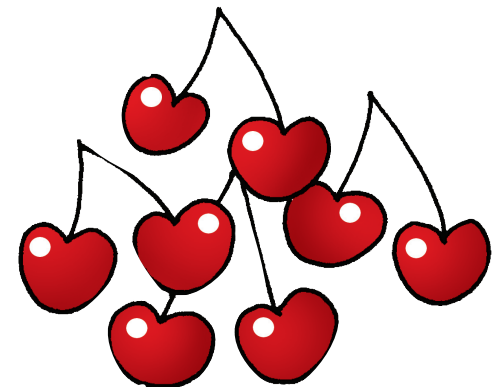
"Cherries." Chirped the math teacher, poking his nose out of the classroom... They must have been real good!" he added winking friendly at Teo.

"Cherries?" asked Teo's mom.

"Yesterday he must of over done it... all those cherries from grandpa's backyard... I know how it goes," said the teacher, "I'm a cherry lover too!"

"Oh, I see, ... said Teo's mother, eyeing her son. "Cherries... of course..."

Teo was quiet while his mother drove home, his head half hidden in his jacket. A few silent tears dribbled down his face. How could he fix the damage done? Gandhi's mom had made a vow to not touch food if not after having heard the cuckoo sing, and her son had lied to her, imitating its song. His intentions were good,



Teo and the lie



because he didn't want to see his mom go without her breakfast...but Teo's intentions were not as noble.. He had lied to his teacher, not once but four times, and he had lied to his mom too, just because he hadn't understood the math lesson and because he hadn't done his homework. If little Gandhi's mom had felt so ashamed of her son's behaviour, how would his own mother be feeling? Suddenly something grandpa had once said to him started rolling over in his head: "Truth protects the one who respects it. Truth and right action protect you but you need to be in line with them..." Telling the truth was the only way out of his bunch of

lies. Teo had to find the courage to explain what had happened to his mother, and apologize for his misdeeds.

When Teo and his mom reached home he looked at her and said: "I'm sorry, mom." **She gave a tender look at her son, waiting to hear what he had to say.** She knew that his experience was a chance for him to learn how much lying hurts, and how it can damage relationships too.

"I goofed it all up on my own... Mr. Bill asked us some questions about yesterday's lesson and I pretended to know the answers, ... and when he invited me up in front of the class I didn't know how to do the exercise, so I made him believe that I wasn't feeling well..."

"I'm glad that you decided to tell me the truth, Teo", said his mother. "Because when people start lying they can't stop anymore. Lying becomes a bad habit. Why didn't you study?"

"I didn't understand yesterday's lesson", said Teo.

"You only had to tell Mr. Bill about it! He would have explained the lesson over again and I'm sure that your class mates would have welcomed a brush-up!"

"You're wrong mom! Everyone had understood the lesson, ex-

cept me!" , sobbed Teo. "I didn't want them to think that I was stupid!"

"Oh Teo...", said his mother, hugging the child. "There is nothing better than honesty! If you are open and honest the truth will help you out! But if you tell a lie you will have to continue adding on to it, with more and more lies! Isn't that what happened?!"she asked.

"In a few minutes one lie turned into four!", sighed Teo. "It's so much easier to tell the truth."

"It's not only easier, Teo... it makes you feel good. If you are what you say you are, and affirm that which you really know, your sincerity will be at the basis of good relationships, especially with yourself. Because when you lie to others you are making fun of yourself in the first place!"

Teo and his mother gave each other a big bear hug. She was happy that he had opened up and shared such a hard time with her, and he was feeling more happy and confident too, now that the truth had come out. That evening he wrote down in his personal notebook: " Lying makes you lose your way, while truth protects you, and guides you in the right direction. Telling the truth makes things clear and easy. If you don't understand something... all you need to do is say so!".

Suzanne Palermo



Questions

1. What is a lie?
2. What does it mean to be sincere?
3. How can you know someone is lying?
4. Have you ever said a lie?
5. Why does one lie lead to another?
6. Why did Teo tell his teacher that he had understood the lesson, when he hadn't?
7. Why did Teo feel ashamed?
8. What did Teo's experience teach you?

POURING TRUTH IN DIDACTICAL MODULES AND GROUP ACTIVITIES



The paths through which we can pour Truth in didactical practices and activities are manifold. Honestly speaking, any act and educational moment has to be truthfully oriented, it's a matter of mere coherence between what is taught and how you convey it.

Truth in everyday routine activities

In everyday routine activities stress on Truth can be aimed at in various ways. As a start you can use quotations taken from sages and philosophers from the past, and attain silence by asking the class to reflect on the meaning of the quotation for a few minutes, fostering a deeper connection with the value, and with their own inner self. Generally kids like to be given the chance to express their feelings and personal opinions on matters ranging from their own problems, to ethical and even spiritual issues. Everyone can state her/his own personal point of view, which the teacher can write down on the blackboard or a flipchart. The teacher does not give any comment but is thankful for the contributions received, and stresses the value of each individual opinion. The student's effort to express his/her own feelings is sometimes such that the

process can be compared to what occurs during a drama or role play, which are efficient tools and normally used at school when pertinent to the didactical needs and to the purpose of the lesson. And after having accepted the different points of view, the teacher can pinpoint the opinions that better fit its objectives. It is always of the utmost importance to give value to everyone's interpretation, to appreciate all visions. Very often, students go far beyond the levels the teacher expects, which is when the true meaning of what EDUCARE stands for can be experienced. When students dig out on their own and from within themselves the very core of the value they are working at.



The lessons

Every time this happens I am moved upon seeing how the same values reside in all people. What is striking, is that though personal interpretation may differ, it is equally profound and original. By collecting and grouping the views, kids learn how to accept diversity by bringing together and aiming at a common goal. Personal discovery on behalf of the students is a great step towards personal awareness. Hopefully, the practice of the values will be enhanced by having more deeply understood them. In this light fostering personal commitment is extremely important, as it increases motivation and the student's own participation.

Once these targets are reached, the teacher can continue with the chosen module or didactical unit. It can be the presen-



Two examples



"The noisy outcry of those who are violent isn't serious, rather the frightening silence of honest people."

Martin Luther King

tation of a selected text, proposed on the basis of the step-by-step tasks that any professional teacher normally masters and can be applied to the ray of action of one's specific teaching topic. If you teach Art or Music, the lesson module can be to carry out a work of art or to write the text of a song. Science can use Lab tests and experiments to drive a message home, or you can take the kids on a field trip to visit the museum of Science ... Any sensitive teacher will certainly discover new ways and paths according to her/his genuine Human Values approach to enable one's students to interact and solicit the emergence of a process.

The pictures and quotes have been taken from a series of projects carried out by students. These two, though very simple, are striking and contain truth at its fullest. More so, they have the capacity to initiate a process of inner reflection: a) on behaviour and coherence at a personal level b) on two world-famous role models, who deeply affected their own time and are revered for their life achievements now and forever.

The way students shared their findings during this project went far beyond the teacher's expectations. When the topic is contextualized and adapted to the needs and lives of our students, the results are bound to come. Not only because the cultural and educational goals will be met, but because a process will be activated: each boy and girl will be prompted from within to meditate on matters, give opi-



"Be the change of the world"

Gandhi

nions, find solutions, pinpoint and practice the true meaning of the value, in this case of truth, and all the other values that are connected to it, not only by naming them intellectually, but by grasping the fruit of their heart and intuition. Very often, those students who may not be necessarily brilliant, offer a significant contribution by unexpectedly giving voice to their thoughts during this phase, while every personal achievement is always shared within the group. Finally, the development of multimedia products represented the final stage, the melting-pot, of the paths undertaken during the project.

Human values can be brought into class indirectly, in the way that I have highlighted in this article, or by using the five basic techniques, which enormously simplifies the communicative strategies by going straight to the heart, hitting the nail on its head.

However, our students need inspiration, and not by chance Sathya Sai reiterates how the best teacher is the one who inspires. Inspiration is a need which is increasing proportionally, and somehow in contrast, with the wide-spread educational policy concept towards job-oriented formation, dictated by the laws of the market. Before 'being professional social units' we are 'human beings'. Human Values opens the door of success in education when the learners are touched and moved by the way the teacher acts in class; they have a sudden recognition or epiphany of what they themselves have



within them and feel pushed to give it voice. No one can deny this power in the same way that it is impossible for us to deny it to ourselves.

Marina Ciccolella

"You can say I'm a dreamer,
but I'm not the only one,
maybe some day you'll join us
and the world, will live as one"

John Lennon - Imagine

THE 5 BASIC TECHNIQUES OF EDUCARE ARE SILENT SITTING, USE OF QUOTATIONS, STORY TELLING, GROUP ACTIVITY AND GROUP SINGING.

LEARNING TO SIT IN SILENCE CALMS THE MIND AND FOSTERS CONCENTRATION AND MEMORY. IT SKILLS THE EMOTIONAL SPHERE AND HELPS THE CHILD MAKE IT A HABIT TO 'GO WITHIN', DELVE ON THE MEANING OF THE VALUES HE/SHE IS LEARNING AND TO PIN POINT A DEEPER CONNECTION WITH THE SAME. SILENT SITTING FOSTERS CONCENTRATION, PEACE AND TRUTH.

QUOTATIONS AND POPULAR SAYINGS HELP BRING THE VALUE INTO FOCUS. TO THINK ABOUT AND DISCUSS WHAT OTHERS HAVE SAID AND EXPERIENCED HELPS THE CHILD CONCENTRATE ON THE VALUE AND UNFOLD LAYERS OF MEANING, A GOOD EXERCISE FOR THE INTELLECT.

STORY TELLING IS RENOWNED FOR ITS ABILITY TO TRANSMIT MORAL TEACHINGS. THE STORIES BRING THE VALUES INTO LIFE CONTEXT AND ARE EASILY MEMORIZED. THEY CAN BE ENACTED BY THE CHILDREN AND SHARED WITH OTHERS. STORY TELLING IS COUPLED WITH THE VALUE OF RIGHT ACTION.

GROUP SINGING TOUCHES THE HEART AND PUT BREATHING INTO RHYTHM. WHEN THE SONGS ARE VALUE FOCUSED AND THE MUSIC IS ACCOMPANIED BY INSTRUMENTS AND CLAPPING, IT UNIFIES HEART, HEAD AND HAND. LOVE ENERGY FILLS THE AIR AND BUILDS HARMONY WITHIN AND AROUND.

HUMAN VALUES CAN BE EXPERIENCED AND PRACTICED THROUGH A VARIETY OF GROUP ACTIVITIES. GROUP ACTIVITIES NOT ONLY FOSTERS TEAM WORK BUT ULTIMATELY VALUES SUCH AS RESPECT FOR OTHERS, SACRIFICE AND UNITY.

How to recharge low batteries

In this page we present two games that are suitable to recharge group energy.

For example: it's the last day of school and a fifth grade class is behaving chaotically; ; a group of friends are feeling bored at a party; the members of a working team that should develop a project are totally unfocussed, and elsewhere with their thoughts.



THE ENERGY BOLT

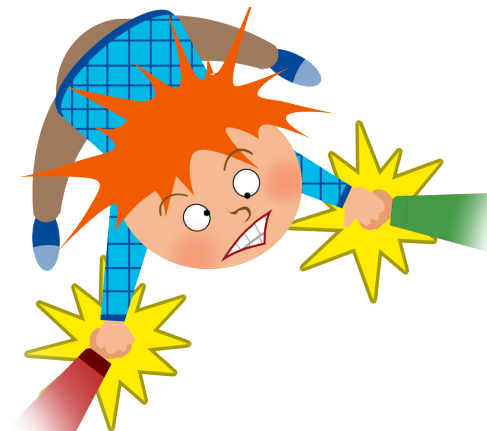
A GROUP STANDS IN A CIRCLE HOLDING EACH OTHER'S HAND. THE LEADER OF THE GAME SENDS A 'BOLT OF ENERGY' TO THE PERSON ON HIS/HER LEFT, BY VIGOROUSLY SHAKING HANDS. EACH PERSON IN TURN PASSES ON THE ENERGY TO THE PERSON ON HIS/HER LEFT UNTIL THE CIRCLE IS COMPLETED. THE GAME LEADER STARTS OVER, BUT THIS TIME SENDS A BOLT OF ENERGY TO THE PLAYERS ON HIS/HER LEFT AND TO HIS/HER RIGHT. AT ONE POINT THE BOLTS WILL INTERSECT EACH OTHER. THE PLAYERS SHOULD BE REMINDED TO PASS ON THE ENERGY TO THE PLAYER ON THEIR LEFT OR RIGHT, AS SOON AS THEY RECEIVE IT.

THE GAME ENDS WHEN A FEW ROUNDS HAVE BEEN COMPLETED, AND THE PLAYERS FEEL THAT THEIR BATTERIES HAVE BEEN RECHARGED.

THE VOWEL CHOIR

THE PLAYERS ARE ARRANGED IN GROUPS ACCORDING TO THE FIRST VOWEL OF THEIR NAME. AN ORCHESTRA CONDUCTOR IS SELECTED AMONG THE CHILDREN TO DIRECT THE 'VOWEL CHOIR', BY MAKING EVERYONE SING THEIR VOWELS, ALONE OR TOGETHER, LOWERING OR RAISING THE PITCH, OR CHANGING RHYTHM TO BUILD THE MOMENTUM. AFTER HAVING EXPERIMENTED WITH THE VOWEL CHOIR, ANOTHER CHILD IS CHOSEN TO PLAY CONDUCTOR. HE/SHE DIRECTS THE CHOIR FOLLOWING HIS/HER OWN MUSICAL CREATIVITY.

THE GAME ENDS WHEN EVERYBODY IS TIRED OR WHEN A VOLUNTEER CONDUCTOR IS NO MORE AVAILABLE.





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WINDING UP

Truth isn't always easy to find! It changes according to different factors, and our relative points of view. That's why it's "like an 'orange'... and why 'everyone has a slice of it". But there is also another kind of truth. We call it Absolute. Absolute truth can't change, because as soon as it does it isn't itself anymore, which means that it is no longer true! Absolute truth is always the same as it is, nothing and no one can alter it or condition it! Since it is a very high form of truth, people say that it is the core of everything that exists! A little bit like the life giving sun that reflects its warmth and energy all over. Even if the life forms we see around us are different, including you and me, the sunlight that sustains them (i.e. us!) is one and the same... To find this truth that never changes we need to help our mind stop changing too, running back and forth from one thought to another! We need to quiet down and to learn how to sit 'in the same place'. Where is that place? It's within our very own selves, and when we are really there, and there alone, it speaks through our conscience. Listening to the voice of our conscience guides us along the path of truth and teaches us how important things like sincerity and honesty are! Human values and Truth walk hand in hand!

appendix

VISUAL AIDS TO ASSIST IN STORY TELLING

Visual aids' to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.

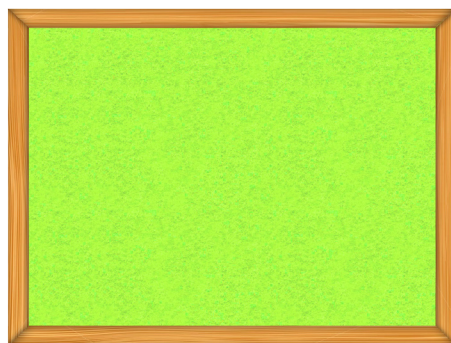
The visual aids that 2013 will offer are the following:

A make it yourself TV to use in story telling
Movable felt board project
Tales to put up and hang
Masks and theater props
Hints for storytellers
My accordion book
My theater book
My home book
My look inside book

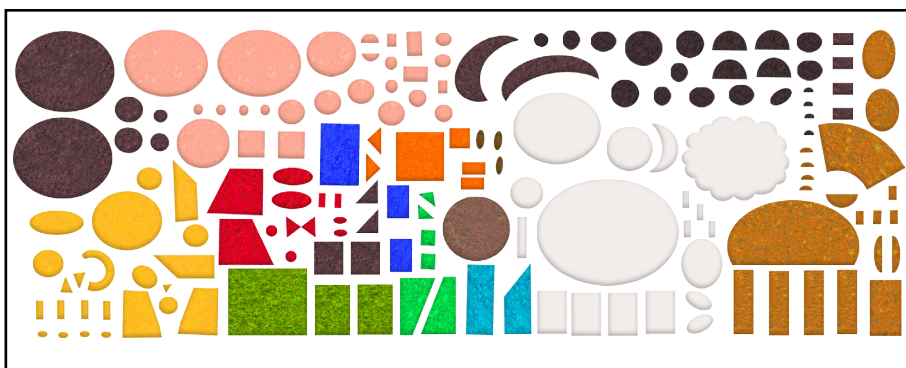


The feltboard is one of many ways to unlock creativity and imagination. It encourages children to invent new forms and landscapes, and by finding order for the felt pieces on the open space of the board, they develop a sense of orientation. It's very simple to use the felt board. You need to prepare a variety of felt cut outs, that the children can freely use, combining them to make up their objects and characters. More geometrical the forms are the better it is. The felt board can be used to narrate stories, to create new ones, to learn letters and numbers , geometrical forms and thousands of other things as well. All you need is some coloured felt, a pair of scissors, a white and a black marker, and lots of imagination!

Make your felt board!



A light wooden frame is great to use if you want to make a vertical feltboard, easy to be hung on the wall. Glue onto its inside panel a piece of blu, green, or a neutral colour, of felt. Cut out felt forms using as many colours of felt as possible.



felt board



It is not necessary to apply velcro behind the forms because when felt comes into contact with the same material it sticks to it easily.

The possibilities are obviously infinite and children enjoy putting the felt pieces on the board and taking them off again, while the story is being told.

In the next issue



In the next issue of Educare we will talk about the value of Right Action.

Right Action walks hand and hand with Truth. It helps us learn about the importance of good habits and good behavior, because our conduct brings consequences, good or bad, according to the quality of our thoughts and actions. That's why things like self-discipline, self-control, self-care, sense of duty, respect and responsibility are all on call when we practice right action! There are other human values that are related to Right Action, too! When we are self-conscious and of what is right and wrong in our intentions and actions, right action is easy!