

## **The Qualities of an Ideal Human Being**

One who is able to control the mind is called "Manush," a human being. Here is a list of qualities given by Lord Vishnu in the Shrimad Bhagavatam, which when demonstrated in all the activities in one's life, makes one a perfect human being and paves the way to attain Godliness.

- ❖ Speaking the truth
- ❖ Practicing compassion
- ❖ Performing purifying austerities
- ❖ Maintaining purity in body and mind
- ❖ Renouncing all personal desires
- ❖ Controlling the mind
- ❖ Cultivating a strict discipline of self control
- ❖ Freedom from enmity, causing harm to none
- ❖ Walking with God, maintaining purity in studies and demeanor
- ❖ Renunciation
- ❖ Performing Japa as much as one is capable
- ❖ Leading a simple life
- ❖ Being fully content living with God
- ❖ Serving the sandals of the feet of the wise and learned ones
- ❖ Slowly renouncing the attachment to the fruits of one's activities
- ❖ Being illuminated by the renunciation of the fruits of one's activities
- ❖ Stopping all unnecessary speech
- ❖ Leaving the thoughts of one's body and inquiring into one's own soul
- ❖ Sharing appropriately with all living beings
- ❖ Giving to this world the example of one's own divinity
- ❖ Listening to the names of God
- ❖ Singing the names of God
- ❖ Serving as a privilege to demonstrate the sincerity of one's love
- ❖ Performing worship
- ❖ Bowing down before the wise and learned ones in order to receive blessings
- ❖ Maintaining the attitude of service
- ❖ Being a friend to the universe
- ❖ Surrendering to one's own soul