

These are the duties of an ideal Human

- **Patience (धृतिः):** Staying calm and strong during hard times without getting sad or upset, and always continuing to do what is right. Even if doing the right thing brings you pain, still choose to do what is right.
- **Forgiveness (क्षमा):** Staying peaceful whether people praise you or blame you, and whether they honor you or disrespect you. Also, if someone does something bad, giving them a fair punishment can be a form of forgiveness if it helps them learn and stops them from doing bad things again.
- **Self-control (दमः):** Controlling your desires, greed, attachment, and hatred, and keeping your mind away from bad thoughts.
- **Non-stealing (अस्तेयम्):** Never taking someone else's money or property by stealing, cheating, fraud, or injustice.
- **Purity (शौचम्):** Keeping both your mind and your body clean and pure.
- **Non-violence (अहिंसा):** Never hurting anyone, including yourself, by actions, words, or even thoughts without a proper reason. However, if someone does a very bad deed, stopping them by force can also be a form of non-violence to protect others.
- **Control of the senses (इन्द्रियनिग्रहः):** Stopping your senses from chasing after bad or sinful things.
- **Intellect (धीः):** Growing your mind by staying around good people and keeping away from harmful substances like alcohol or drugs.
- **Knowledge (विद्या):** Always being fully devoted to seeking true knowledge, and making proper use of it after you obtain it. In the end, meditate on the Almighty or the Divine, who is the true essence of all knowledge.
- **Truth (सत्यम्):** Speaking and accepting things exactly as they are through your thoughts, words, and actions, and never lying. Must stand by the truth, even when the truth hurts you.
- **Charity (दान):** Giving to those who are in need and who truly deserve help. This can mean giving knowledge, wealth, medical care, or anything else that is useful.
- **Peacefulness (अक्रोधः):** Giving up anger and choosing to stay calm and kind.