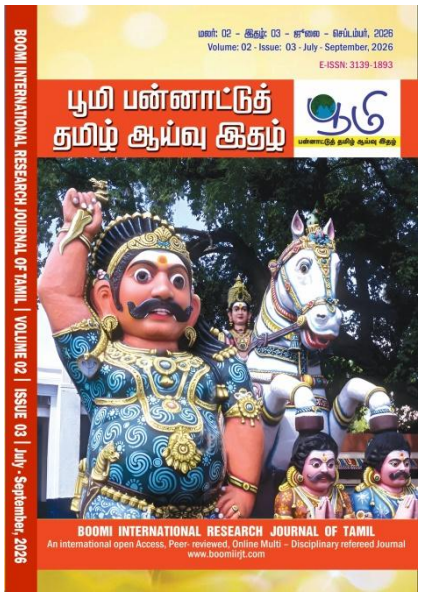
Thirukkuralil manam
திருக்குறளில் மனம்



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AUTHOR BIOGRAPHIES
Dr. S. Mary
Assistant Professor, Department of Tamil, Madras Christian College (Autonomous),
Chennai, Tamil Nadu, India. Email: marryjayapal@gmail.com

முனைவர் செ.மேரி
உதவிப்பேராசிரியர், தமிழ்த்துறை, சென்னைக்கிறித்தவக் கல்லூரி, சென்னை, தமிழ்நாடு, இந்தியா.

Corresponding Email: marryjayapal@gmail.com
Mobile No: 9445832704

Abstract

If one were to identify the finest work in Tamil literature, it could only be the *Thirukkural*. The reason for this assertion is that the *Thirukkural* encompasses all essential concepts of life. Valluvar clearly elucidates how a human being ought to live, specifically highlighting the workings of the human mind. He posits that the mind is the foundation of an upright life. Psychology affirms that the mind is the root cause of whether we become virtuous or wicked—a concept that Valluvar also emphasizes. For those who possess a pure mind, the enduring legacy and outcomes of their lives will invariably be virtuous; indeed, he asserts that for the pure-hearted, all

endeavors culminate in goodness. He further notes that a good mind fosters better relationships. Valluvar's teachings validate the adage that "neither good nor evil comes from others" (but rather from within). While "life unfolds according to one's mindset" is a common, everyday expression, Valluvar deeply internalizes this concept, emphasizing that all our actions are subsumed under the single umbrella of the mind. Whether it is behaving with courtesy, fostering friendship, nurturing relationships, living truthfully, maintaining discipline, helping others, understanding oneself, attaining renown, or achieving holistic human growth—Valluvar points to the mind as the central element governing it all.

Keywords

Thirukkural, Mind, Purity of Mind, Valluvar, Psychology, Heart, Flawlessness, Truthfulness, Mental Health

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