



Lecture 3

Continuous Happiness and Prosperity – the Basic Human Aspirations

Content of Self-exploration

Desire-

1. Happiness
2. Prosperity
3. The continuity of Happiness and Prosperity

Let us find out:

1. Do we desire for Happiness?
2. Do we desire for Prosperity?
3. Do we desire for the continuity of both (happiness & prosperity)?
4. If continuity of happiness and prosperity is ensured then what else would you desire?



Our desires are not unlimited or indefinite

Our basic aspiration is for **happiness, prosperity and its continuity**

Happiness = Harmony

To have clarity, solution leading to harmony within

To be in harmony with family members

To be in harmony with the society

To be in harmony in nature/existence

= Happiness

Unhappiness = Disharmony

To have confusion, problem leading to contradiction within

To be in conflict with family members

To be in opposition with society

To struggle for survival in nature/existence

= Unhappiness

Happiness

The state or situation, in which I live,

if there is harmony / synergy in it,

then it is Naturally Acceptable to me to be in
that state / situation

(and I want to continue to be in that state / situation)



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

Unhappiness

The state or situation, in which I live,

if there is disharmony / contradiction in it,

then it is not Naturally Acceptable to me to be
in that state / situation

(and I want to get out from that state / situation)



To be forced to be in a state of Disharmony /
Contradiction is Unhappiness



Unhappiness = Disharmony

Happiness

The state or situation, in which I live,
if there is harmony / synergy in it,
then it is Naturally Acceptable to me to be in
that state / situation
(and I want to continue to be in that state / situation)



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

Continuity of Happiness

State / Situation in which I live
or expanse of my being:

1. As an Individual Human Being
2. As a member of a Family
3. As a member of Society
4. As an unit in Nature/Existence



Continuity of Happiness

= Harmony at all levels of being i.e.

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

Proposals



To understand & to live in harmony at all levels of being

1. In the Human Being
2. In the Family
3. In the Society
4. In Nature/Existence

**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

Prosperity (समृद्धि)

Prosperity – The feeling of having / producing more than required Physical Facility

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “





FAQs for Lecture 3

Continuous Happiness and Prosperity – the Basic Human Aspirations

Questions

- How can meaning of happiness be universal?
Or how can happiness be the same for everyone?
- Everyone in this world is working for one's own happiness. So is it not right to say that everyone is selfish in this world?
- Such discussions on prosperity have been there for ages, still people are accumulating and exploiting. Can it ever be resolved?
- ...





Self Reflection

Question(s) 1: Happiness

- How can meaning of happiness be universal?
Or how can happiness be the same for everyone?

- Everyone in this world is working for one's own happiness. So is it not right to say that everyone is selfish in this world?

Response

We have defined happiness as “to be in harmony”, and unhappiness as “to be forced to be in a state of contradiction”. Does this definition of happiness and unhappiness hold good for you? If yes, then happiness means same for all of us.

Yes, everyone is working for one's own happiness; but, unfortunately, they are not working for continuous happiness which is their basic desire. If only they work for it, they will realise the importance of relationship, harmony and co-existence which is the foundation for ensuring continuity of happiness for one and for all. In this case, स्वार्थ, परार्थ, परमार्थ- all three are fulfilled together.

Why is it important to understand the aspirations?

1. We will make effort in the intended direction (however far the destination may be)
2. We will know when we get there
3. Without clarity:
 - we may get busy with “how to” and waver from the intended aspiration
 - We may over-evaluate “our part” of the whole, get so involved in it that the overall target may be compromised



with due apologies to our good doctors

Whatever we feel, think, do, get done... should it not result in desired results?

So, we have to be clear about these desired results

Without that clarity, our efforts may be directionless!

Question(s) 3: Prosperity

- Why are we calling food also as a physical facility? It is the basic need of a human being.
- If I feel happy by accumulating and indulging in physical facilities, why should I not go for it?
- Looking at the rate of inflation in the country and the unforeseen situations (like this covid situation), how can I ever make out the need for physical facilities I will require?

Response

- Food is physio-chemical in nature, and it facilitates to nurture our body, therefore we are calling it as physical facility. In fact, real purpose of physical facility is to serve our basic needs. Over indulgence will not come under right utilisation.
- You can go for it, but, be clear that it will never lead to continuity of happiness and prosperity
- We have to distinguish between the physical needs and the need of the self. Physical needs, which relates to the needs of the body, can certainly be identified. We are already producing more (6 times) than what is required for all the people on earth. Inflation is a man made phenomenon

Question(s) 3: Prosperity

- When we say prosperity is the feeling of having more than required, how do I decide how much more?

Response

- My physical needs I can identify, and that much I have to produce anyway. However, I have to produce more to share with others- my relatives, my friends and people who need in the society. Of course, while producing more, we have to make sure that this production is through a cyclic and mutually enriching process with the rest of nature