



Lecture 10

Understanding Harmony in the Self

About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



Harmony in the Human Being – Self

Harmony in the Family

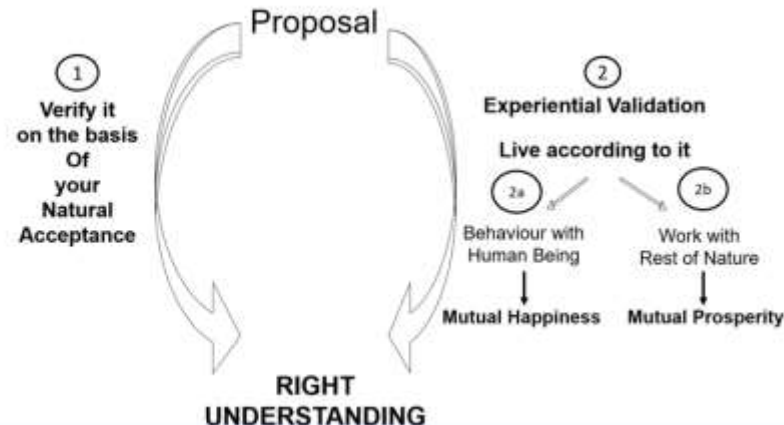
Harmony in the Society

Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right

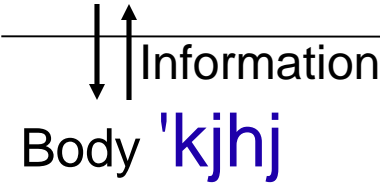


Human Being Ekkuo		Self eSa	Co-existence IgvlRrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSlS lEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSlS Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½		
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
Response	Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk	Recognising, Fulfilling igpkuuk] fuokZg djuk		
	↓ Consciousness pSrU;	↓ Material tM+		

Activities of Self eSa dh fdz;k,a

Self eSa

Ability	Activity fØz;k
1.	
2.	
3. Desire bPNk	
4. Thought fopkj	
5. Expectation vk'kk	



Behaviour O;ogkj Work dk;Z

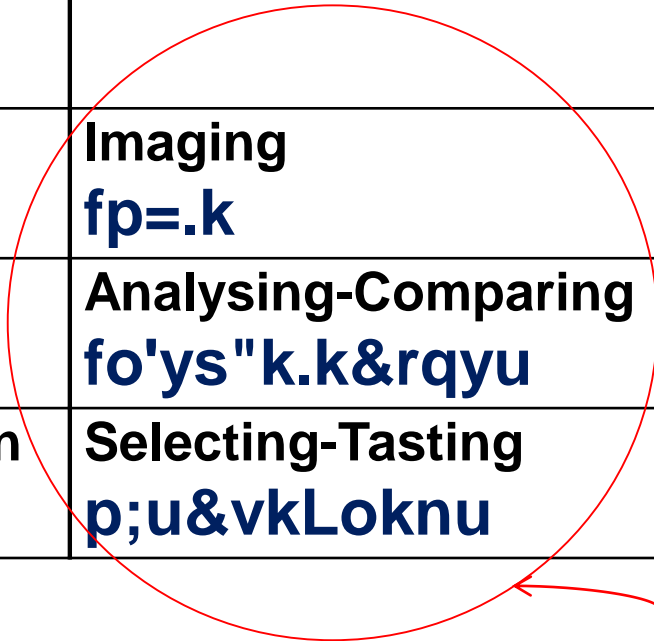


Activities of Self eSa dh fdz;k,a

Self eSa

Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk	Imaging fp=.k	What I want to BE within
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqyu	How to go about it How to fulfil the desire or expectation
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	What I want to GET from outside What I want to DO outside...

Information
↓↑
Body 'kjhj

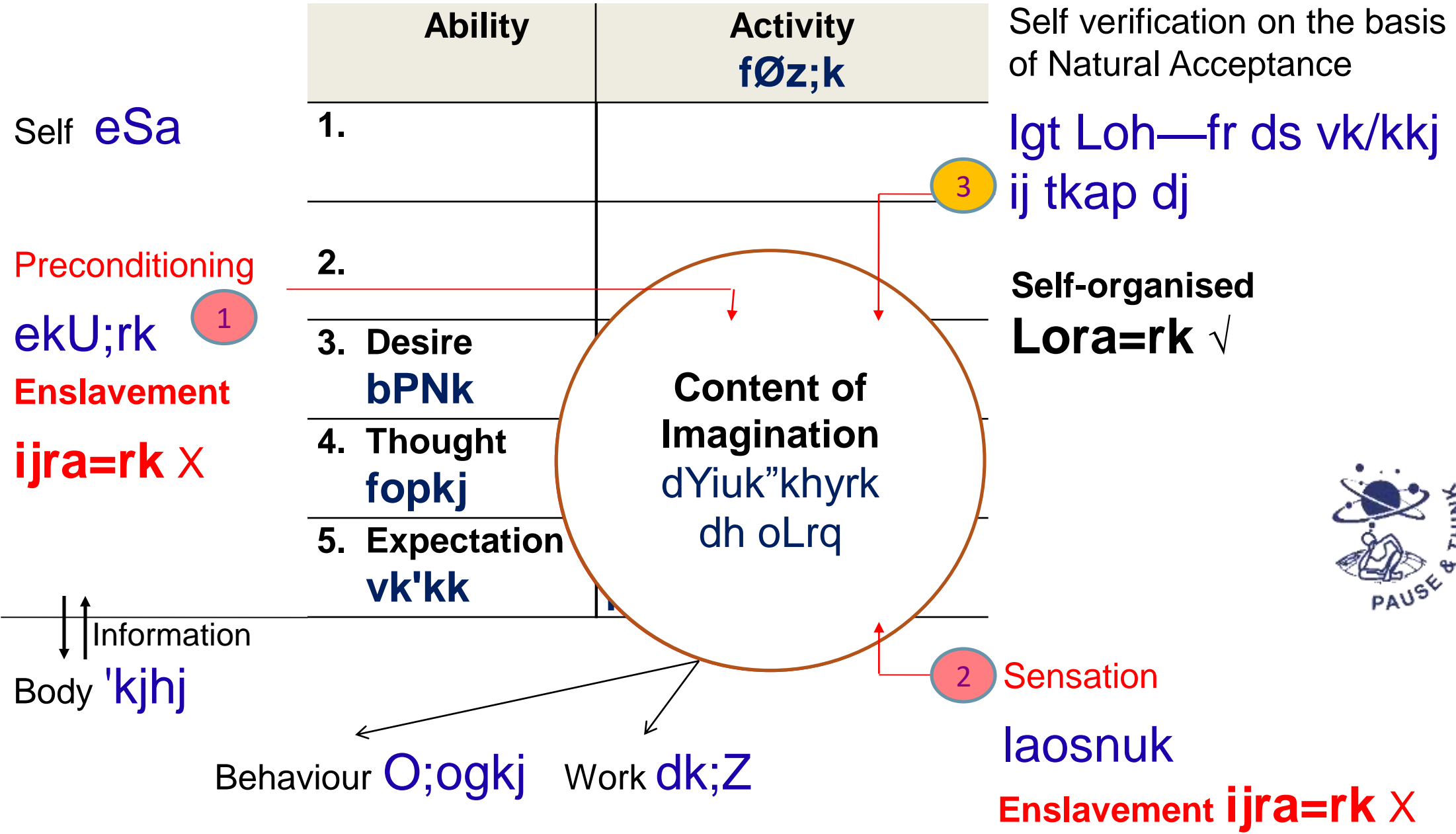


Imagination
dYiuk"khy

Note: We explore these activities in detail in UHV-III rk



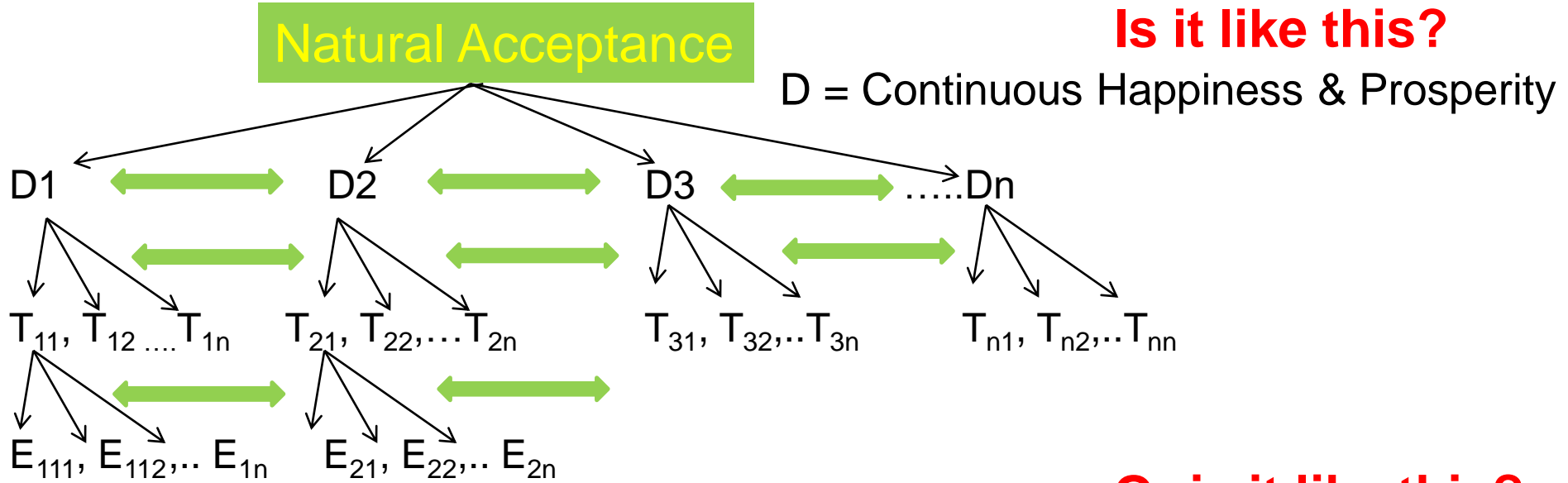
Sources of Motivation for our Imagination and its Implications



Self verification on the basis of Natural Acceptance

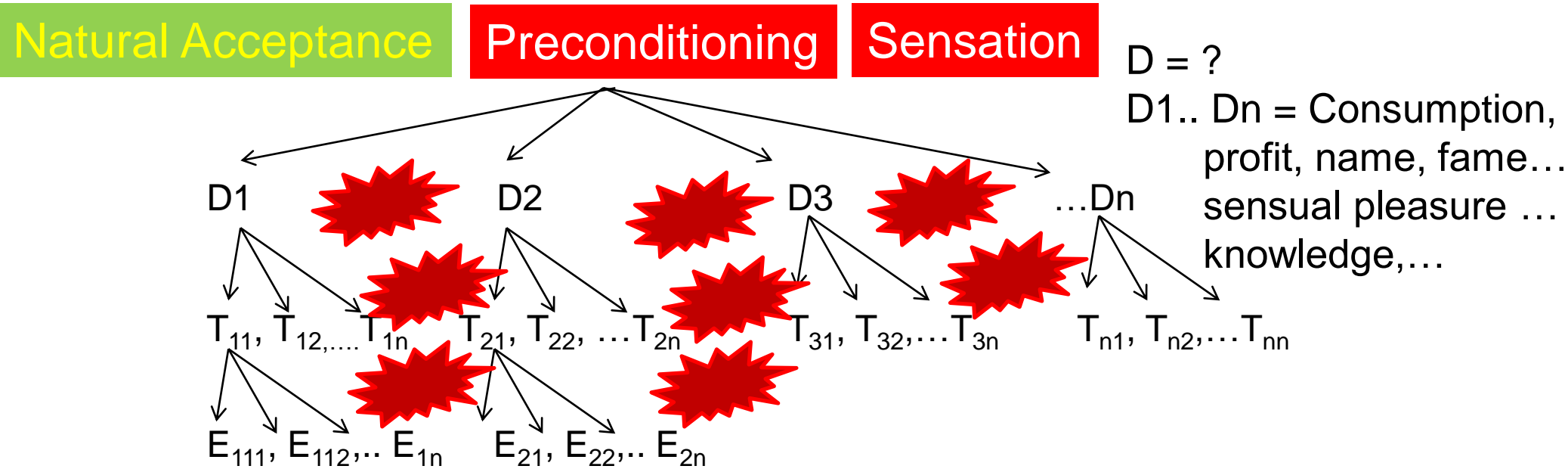
	Power “kfDr	Activity fØz;k	
Self eSa	1.		Self verification on the basis of Natural Acceptance lgt Loh—fr ds vk/kkj ij tkap dj
Preconditioning ekU;rk 1	2.		Self-organised Lora=rk ✓
Enslavement ijra=rk X	3. Desire bPNk	Imaging fp=.k	Imagination dYiuk”khy rk
	4. Thought fopkj	Analysing-Comparing fo'ys”k.k&rqyu	
	5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	
Information Body 'kjhj			2 Sensation laosnuk Enslavement ijra=rk X
Behaviour O;ogkj		Work dk;Z	

Content of Imagination in the Self



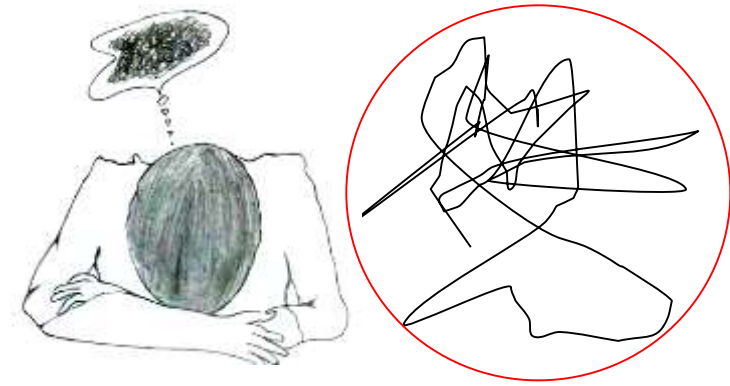
Is it like this?

Or is it like this?



State of Imagination – Random and Disorganised

If the imagination is random and disorganised
It indicates a state of confusion



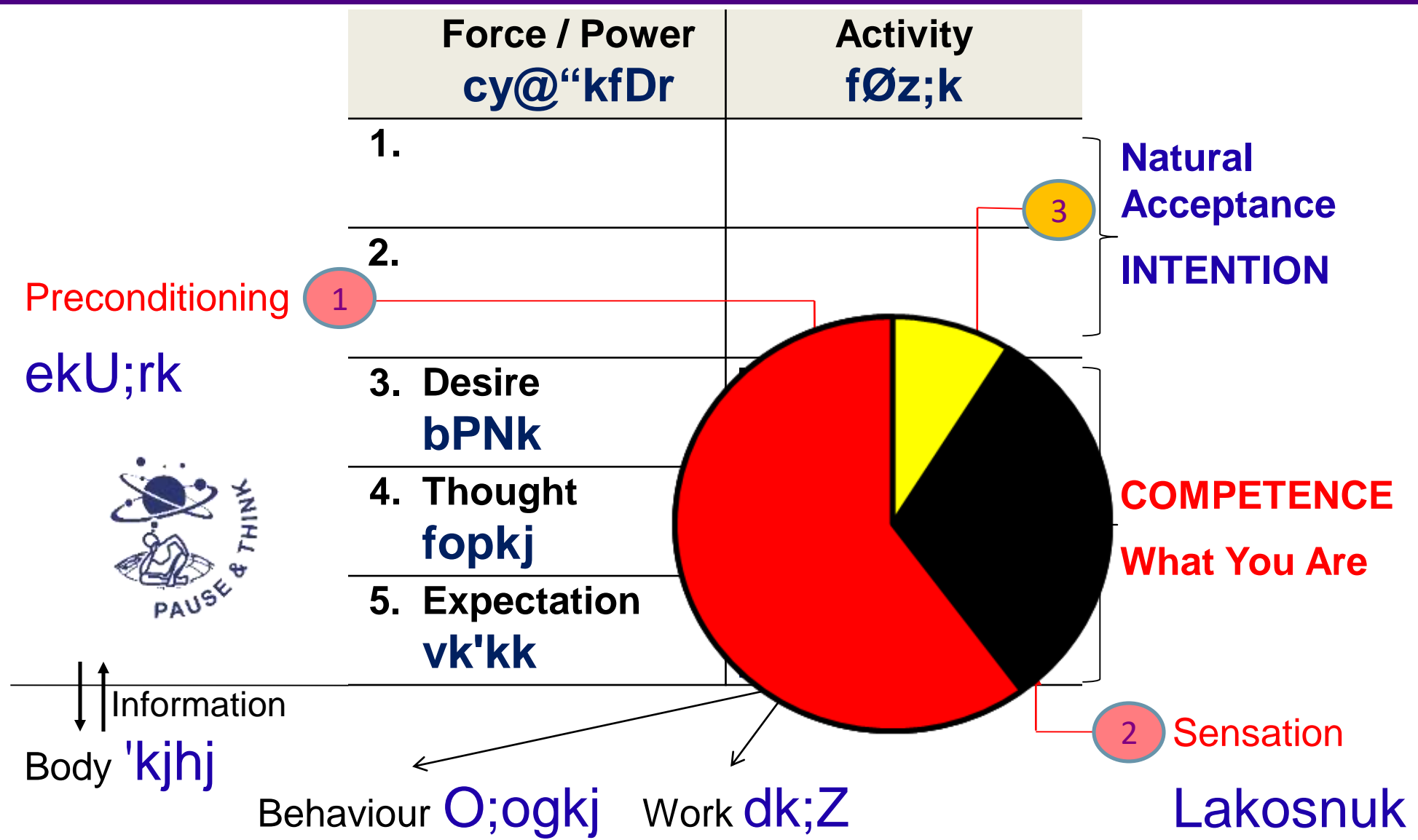
Many of these imaginations may be
contrary to each other and contrary to the natural acceptance



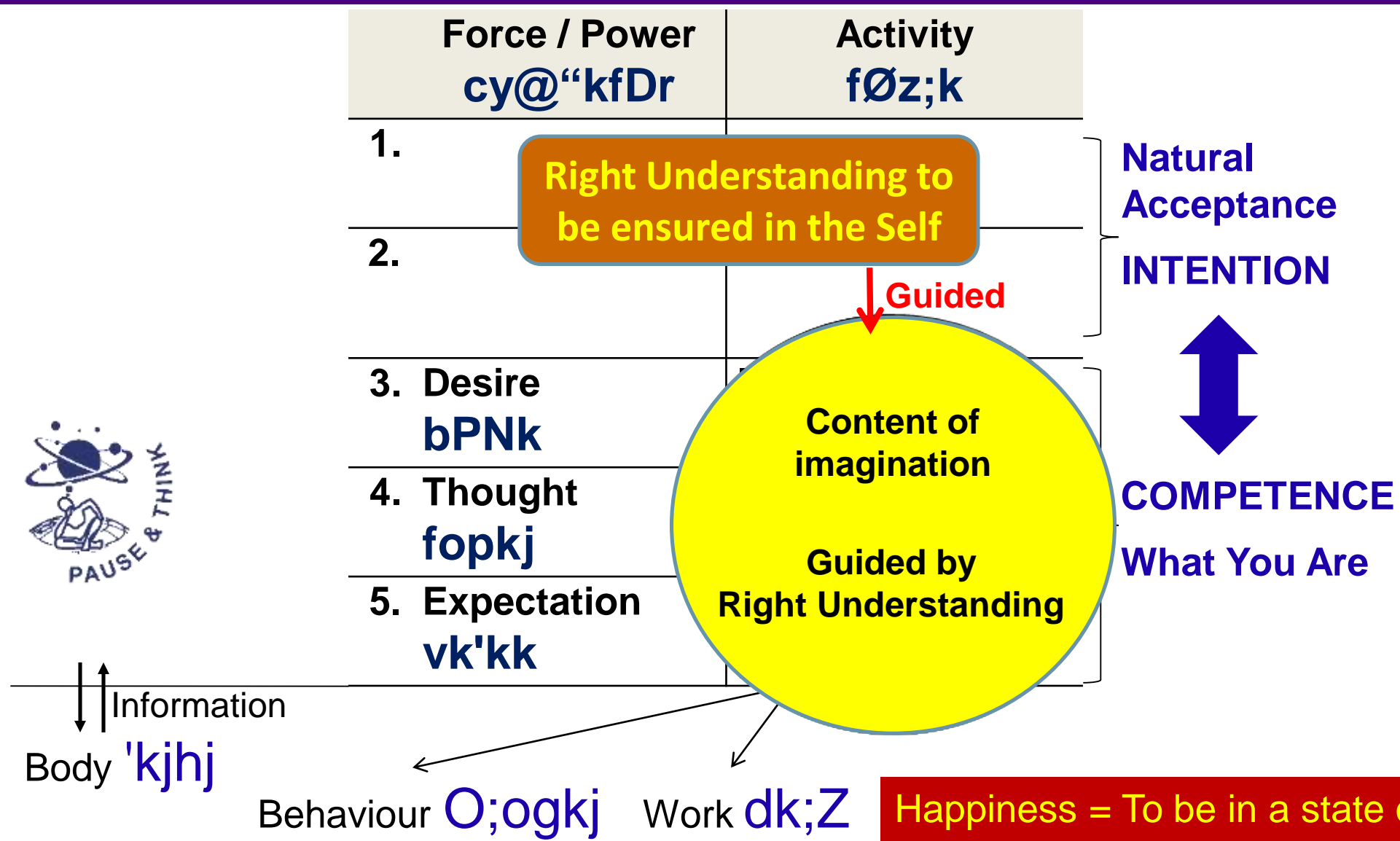
If we observe carefully, we realize that we have accumulated a lot of desires, which are resulting in numerous thoughts and expectations

Harmony in the Self is realised when there are no contradictions in the imagination and all imagination is in accordance with natural acceptance

State of Imagination – Random and Disorganised



Harmony in Self = D, T, E in accordance with Natural Acceptance

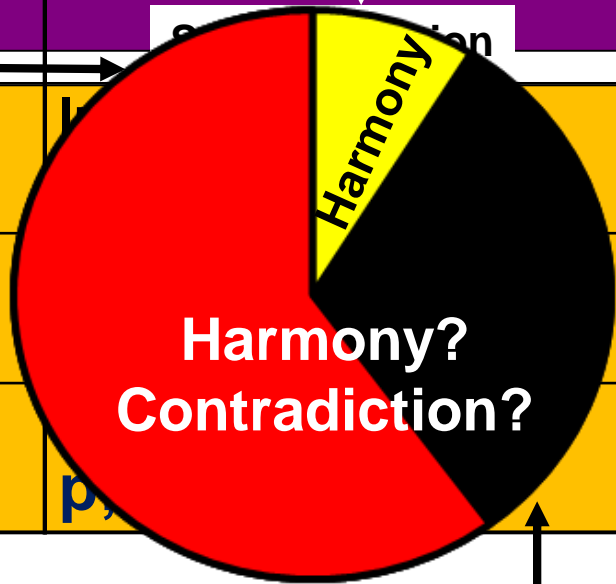


Happiness = To be in a state of Harmony
Lkq[k ¾ laxhr esa] O;oLFkk
esa thuk

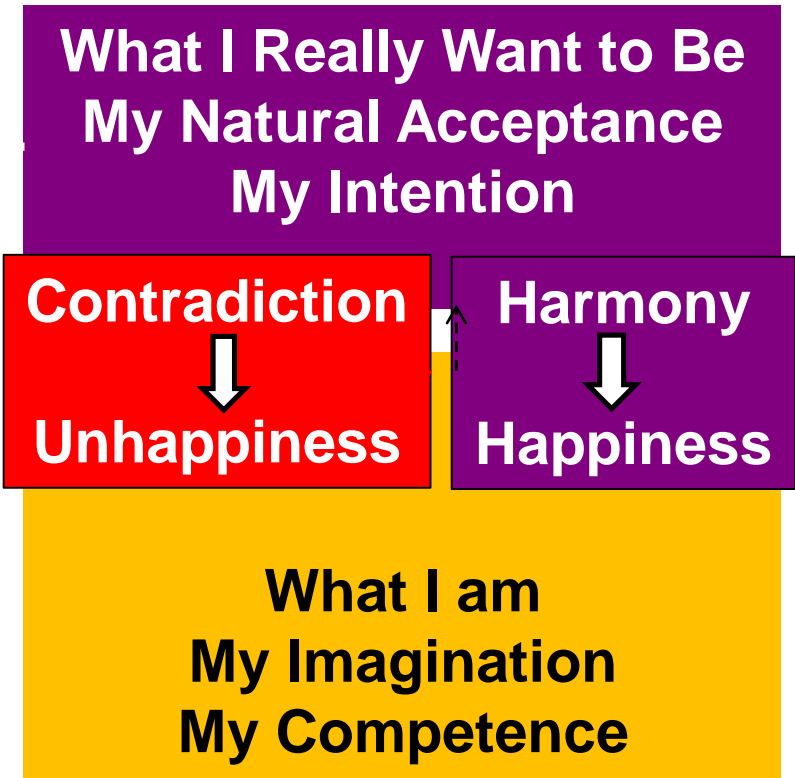
Source of Motivations for our Desires - Its Implications

Preconditioning

	Power “kfDr	Activity fØz;k
1.		
2.		
3.	Desire bPNk	
4.	Thought fopkj	
5.	Expectation vk'kk	



Sensation



The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination
- We can begin to observe the Self by becoming aware of our
 - imagination and
 - natural acceptance
- Behaviour and work are expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance

- When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. The state of the self is largely decided by external influence. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)





Self Reflection



Some Details of The Self

Deluded Self: Imagination on basis of Sensation & Preconditioning

Preconditioning
ekU;rk

	Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
1.		Authentication Áek.k	Realization vuqHko	B1
	1	Determination ladYi	Understanding cks/k	
3. Desire bPNk		Imaging fp=.k	Contemplation fparu	
4. Thought fopkj		Analysing fo'ys"k.k	Comparing rqyu	B2
5. Expectation vk'kk		Selecting p;u	Tasting vkLoknu	

Self verification on the
basis of Natural
Acceptance

3 Igt Loh—fr ds
vkĖkkj ij tkap dj

Unguided Senses,
Health, Profit

Unguided
Sensation

Body 'kjhj
Behaviour O;ogkj Work dk;Z

2 Sensation
Lakosnuk

Other
nwljk
Human ekuo
Rest of Nature
euq";srj iz—fr



Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space "kwU;

	Power "kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self esa	1.	Authentication Áek.k	Realization vuqHko	Co-existence Ig&vfLrRo
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhnhkj
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value Guided Sensation

Body 'kjhj

Behaviour O;ogkj

Work dk;Z

Participation Òkxhnhkj

Other
nwljk

Human ekuo

Rest of Nature
euq";srj iz—fr

in larger Order O;oLFkk esa



Development of the Self

Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space शून्य		Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self स्व	1.		Authentication प्रमाण	Realization अनुभव B1	Co-existence सह-अस्तित्व
	2.		Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार		Analysing विश्लेषण	Comparing तुलन B2	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation
Body शरीर		Behaviour व्यवहार Work कार्य Participation भागीदारी			
Other दूसरा		Human मानव Rest of Nature मनुष्येतर प्रकृति in larger Order व्यवस्था में			

Deluded Self: Imagination on basis of Sensation & Preconditioning

		Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Preconditioning मान्यता	1.		Authentication प्रमाण	Realization अनुभव B1	3 सहज स्वीकृति के आधार पर जांच कर
	2.		Determination संकल्प	Understanding बोध	
	3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार		Analysing विश्लेषण	Comparing तुलन B2	Unguided Senses, Health, Profit
	5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Unguided Sensation
Body शरीर		Behaviour व्यवहार Work कार्य 2 Sensation संवेदना			
Other दूसरा		Human मानव Rest of Nature मनुष्येतर प्रकृति			

Sanskar =

**Acceptances derived out of \sum [Desire + Thought + Expectation]
from all time**

Presently, it is likely to be a mixture of:

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences, which may or may not be in line with the existential laws / principles

“What I Am” is largely our sanskar

Our perspective is a part of our sanskar

Our tendencies, habits, likes-dislikes are also a part of our sanskar



Sanskar =

**Acceptances derived out of \sum [Desire + Thought + Expectation]
from all time**

Presently, it is likely to be a mixture of :

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences, which may or may not be in line with the existential laws / principles

Sanskar is updated over time:

Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t)

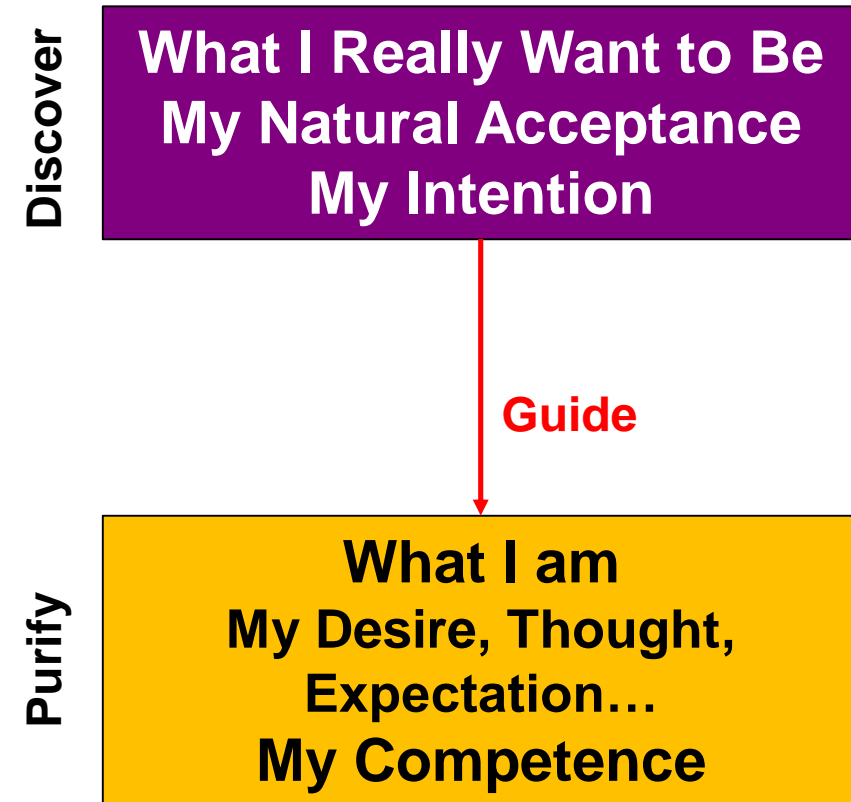
As we self-explore, verify and understand, our sanskar gets updated

A conducive environment is helpful

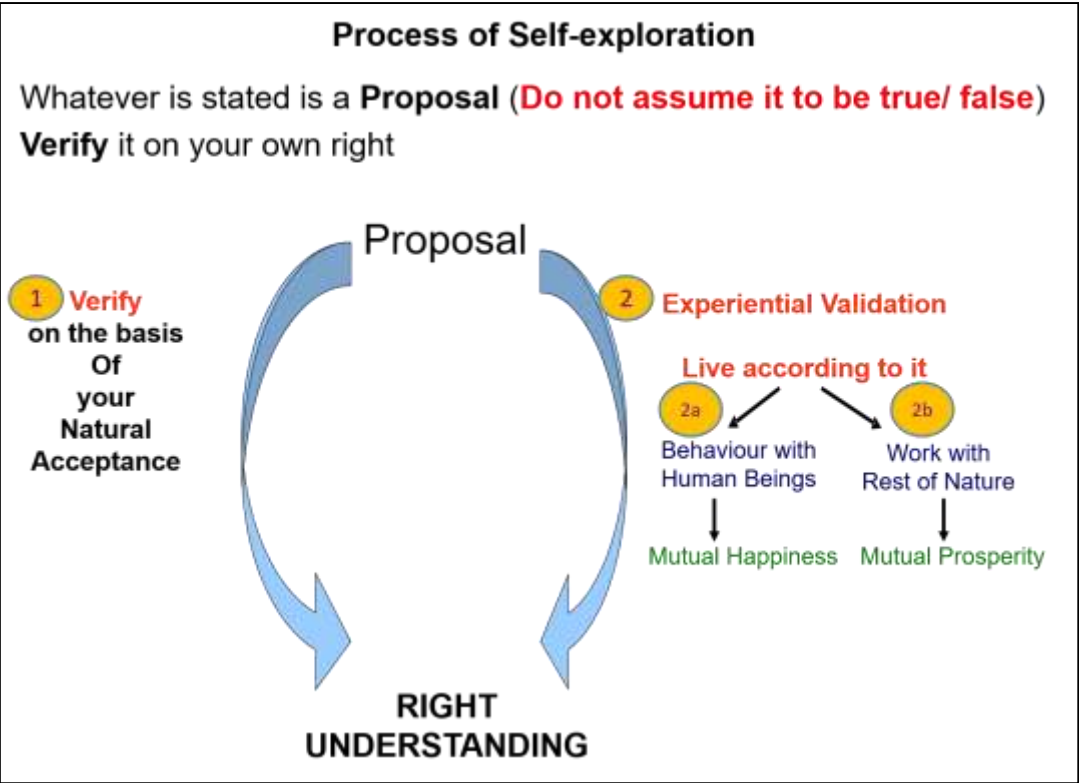
Program of Action (Individual)

To **understand** harmony and to **live** in harmony
– at all levels of being (individual, family, society, nature/existence)

1. **Self-exploration –**
Verify the proposals on your own right
→ right understanding (of harmony)
→ feeling and thought of harmony
→ harmonious behaviour, work and participation in larger order
2. **Self-awareness – Be aware of your desire, thought and expectation**
– **every moment**
3. **Self-evaluation – Evaluate your desire, thought and expectation**
– on the basis of your Natural Acceptance



Program of Action (Individual) – 1: Develop Right Understanding



1. Self-exploration

Verify the proposals
(on your own right)

Right understanding of
harmony at all levels

Feeling and thought
of harmony

Harmonious behaviour, work
and participation in larger
order

Space शून्य

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Preconditioning समस्या			
3. Desire इच्छा	Imaging चित्रण		
4. Thought विचार	Analysing विवेचन	Comparing तुलन	
5. Expectation आशा	Selecting चयन	Tasting आस्वाद	

Self verification on the basis of Natural Acceptance

1. **Preconditioning**
समस्या

2. **Verification**
जांच

3. **Desire**
इच्छा

4. **Thought**
विचार

5. **Expectation**
आशा

6. **Sensation**
संवेदना

7. **Guided Sensation**
संवेदना

8. **Guided Sensation**
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100. **Guided Sensation**
संवेदना

Program of Action (Individual) – 2: Purification of Sanskar

2. **Self-awareness** – Be aware of your desire, thought and expectation – **every moment**
3. **Self-evaluation** – Evaluate your desire, thought and expectation
– on the basis of your Natural Acceptance

Sanskar =

Acceptances derived out of
 Σ [Desire + Thought + Expectation]
from all time

Sanskar (t+1) =

Sanskar (t) +
Environment (t) +
Self-exploration (t)



Self-evolution

Human Consciousness

Self-exploration
Self-verification

Space मन्त्र

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रामाण्य	Realization वास्तव्य	Co-existence सह-अस्तित्व
2.		Determination संकल्प	Understanding अर्थ	Harmony in Nature सार्वभौम
3. Desire इच्छा		Imaging चित्रण	Contemplation चिन्तन	Participation in Larger Order, Relationship सहस्र ने सहस्रसहस्र
4. Thought विचार		Analysing विश्लेषण	Comparing तुलना	Co-existence, Harmony, Justice गुंदा Senses, Health, Profit
5. Expectation अपेक्षा		Selecting चयन	Tasting आस्वाद	Goal, Value गुंदा Sensation

- Living on the basis of knowing
- Happiness by being in harmony within and harmony in all aspects of being
- Acceptance of relationship – from one to many, to all [HAPPINESS]
- Identifying need, production, right utilisation of physical facility [PROSPERITY]
- Participation in larger order, expanding harmony [SOCIETAL DEVELOPMENT]

Preconditioning मान्यता

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
3. Desire इच्छा		Determination संकल्प	Understanding अर्थ	
4. Thought विचार		Imaging चित्रण	Contemplation चिन्तन	
5. Expectation अपेक्षा		Analysing विश्लेषण	Comparing तुलना	82
		Selecting चयन	Tasting आस्वाद	Goal, Value गुंदा Sensation

83 Sensation संवेदना

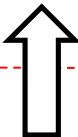
Preconditioning मान्यता

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5. Expectation अपेक्षा		Selecting चयन	Tasting आस्वाद	Value गुंदा Sensation

83 Sensation संवेदना

Preparation for Transformation

Transformation / Development



- Living on the basis of assuming (without knowing)
- Happiness from outside (through feeling from the other, sensual pleasure and physical facility)
- Domination and opposition in relationship [UNHAPPINESS]
- Exploitation and indulgence [DEPRIVATION]
- Exploitation in larger order, increasing disorder [DEGRADING SOCIETY]

Preconditioning मान्यता

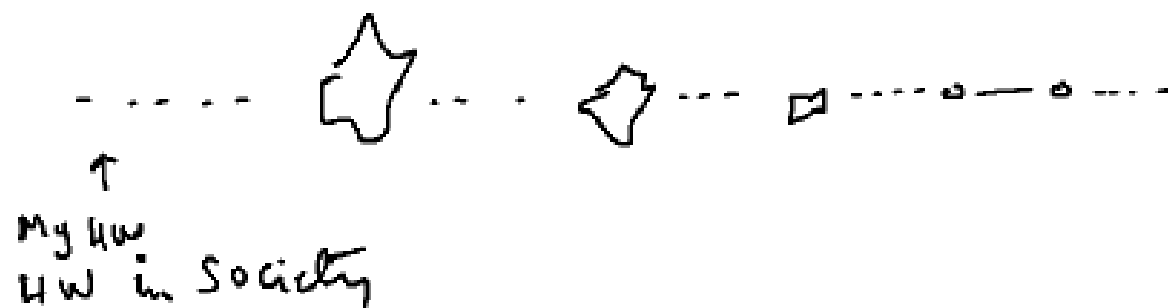
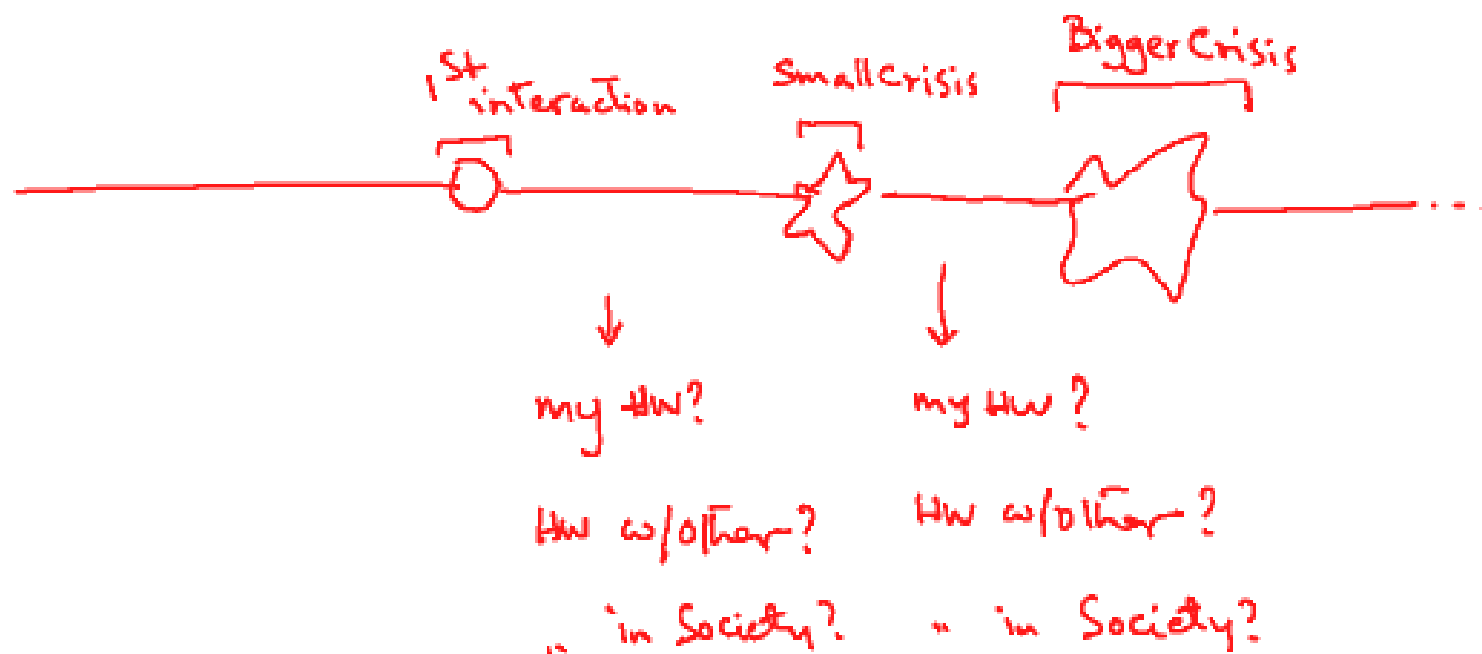
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
3.				
4. Thought विचार		Analysing विश्लेषण	Comparing तुलना	82
5. Expectation अपेक्षा		Selecting चयन	Tasting आस्वाद	Unguided Senses, Health, Profit

83 Sensation संवेदना

Preconditioning मान्यता

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
2.				
3. Desire इच्छा				
4. Thought विचार				82
5. Expectation अपेक्षा		Selecting चयन	Tasting आस्वाद	Sensation based on assumption "I am body"

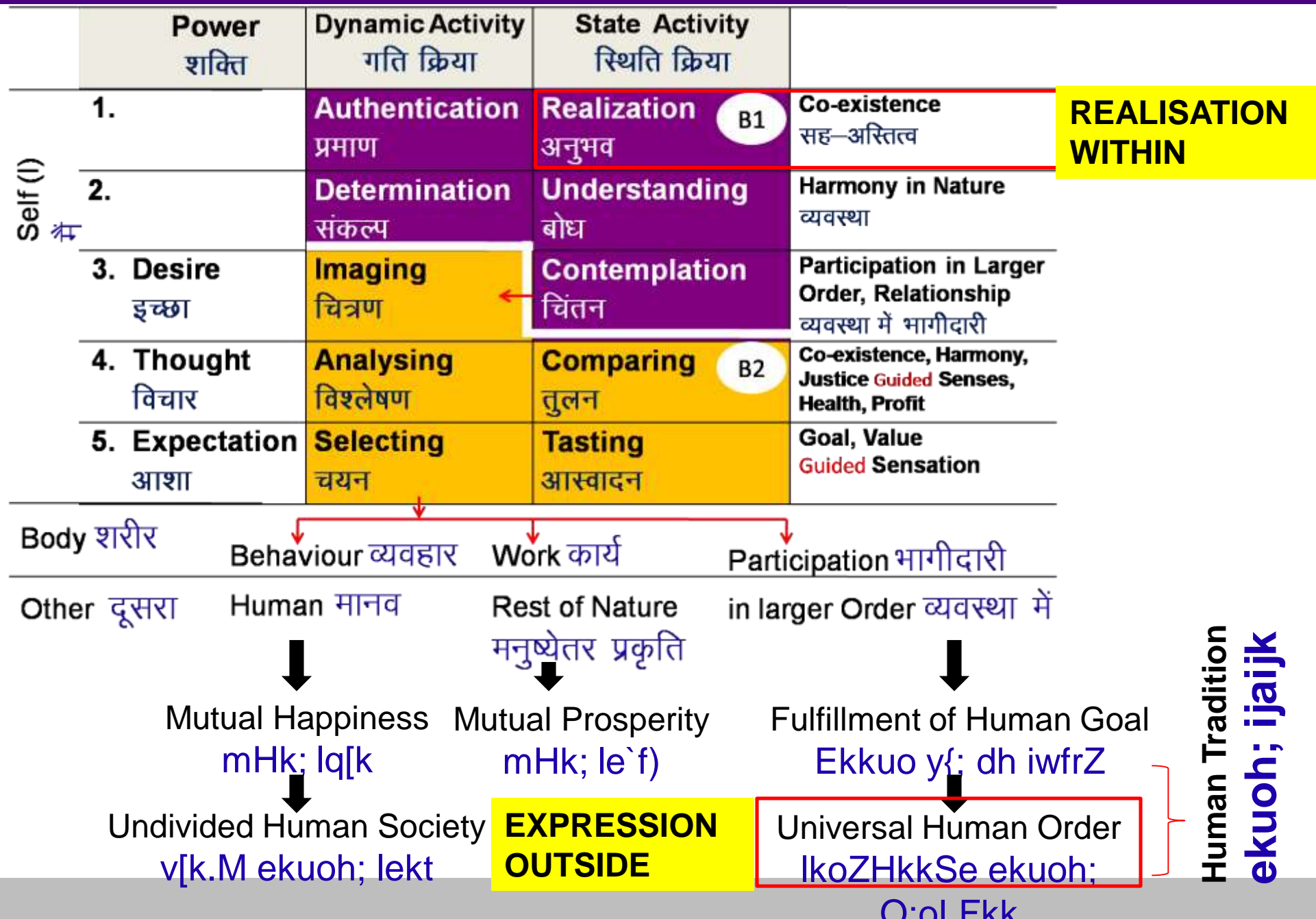
83 Sensation संवेदना



Self-evolution



Realisation of Co-existence & it's expression – Universal Human Order





Key Points

Understanding Harmony in the Self

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



Harmony in the Human Being – Self

Harmony in the Family

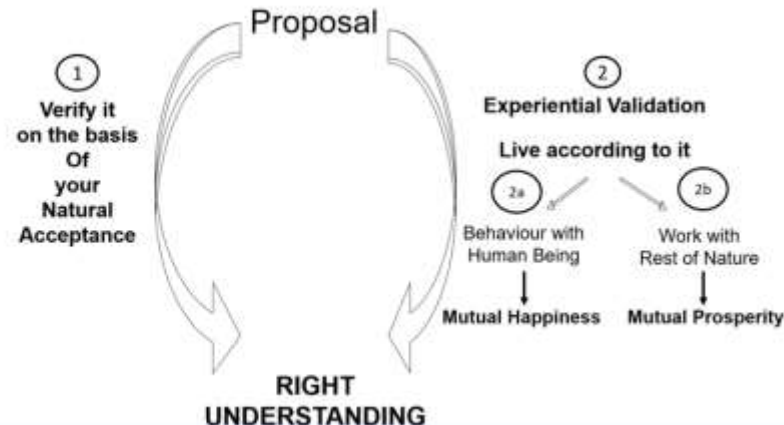
Harmony in the Society

Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right



Human Being Ekkuo		Self eSa	Co-existence IgvlRrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSlS lEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSlS Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½		
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
Response	Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk	Recognising, Fulfilling igpkuuk] fuokZg djuk		
	↓ Consciousness pSrU;	↓ Material tM+		

Activities of Self eSa dh fdz;k,a

Self eSa

Ability	Activity fØz;k
1.	
2.	
3. Desire bPNk	
4. Thought fopkj	
5. Expectation vk'kk	



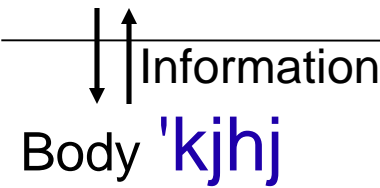
Information
↓↑
Body 'kjhj

Behaviour O;ogkj Work dk;Z

Activities of Self eSa dh fdz;k,a

Self eSa

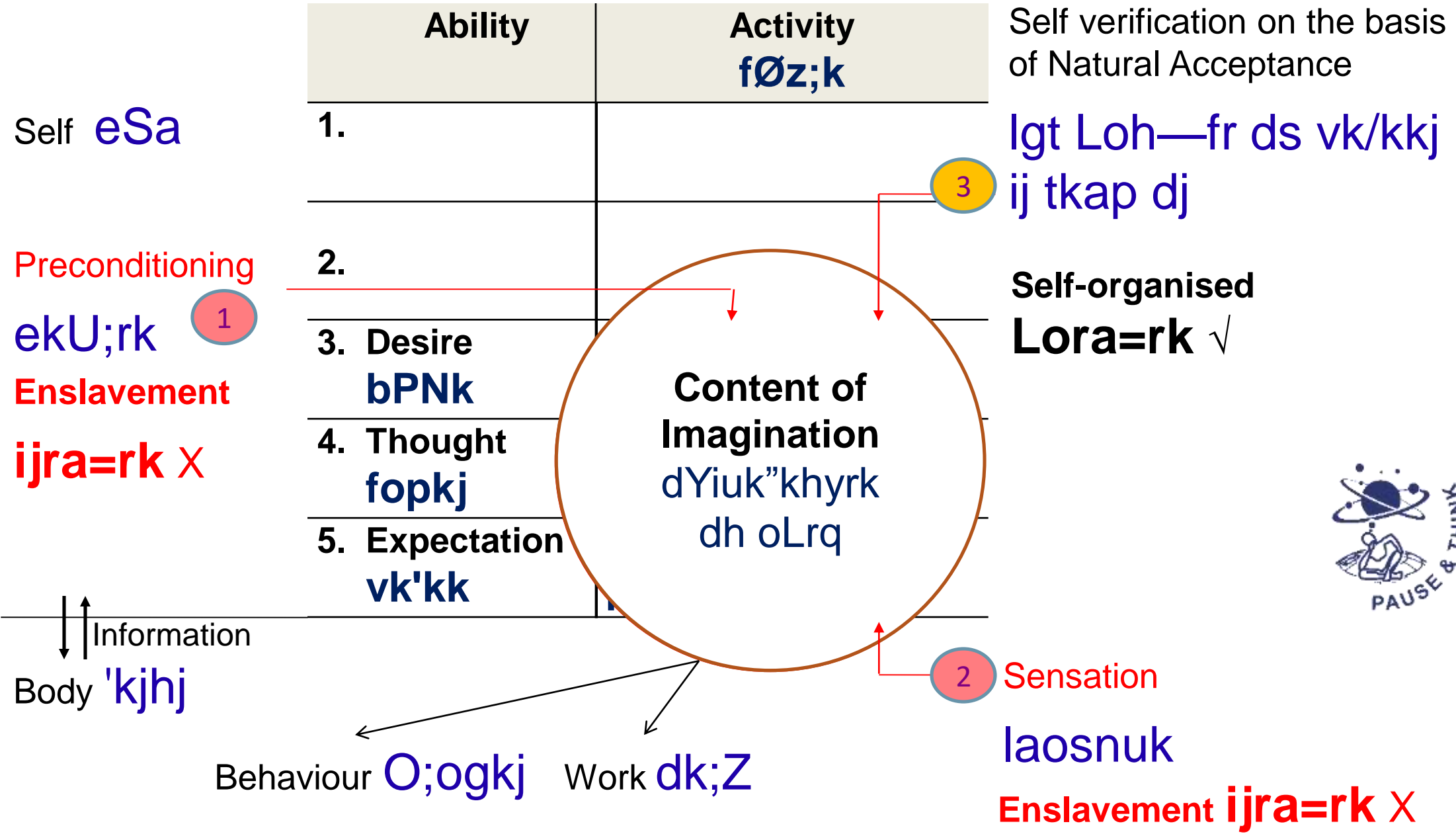
Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk	Imaging fp=.k	What I want to be My feeling within
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqyu	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	What I have to do outside for expression of the feeling



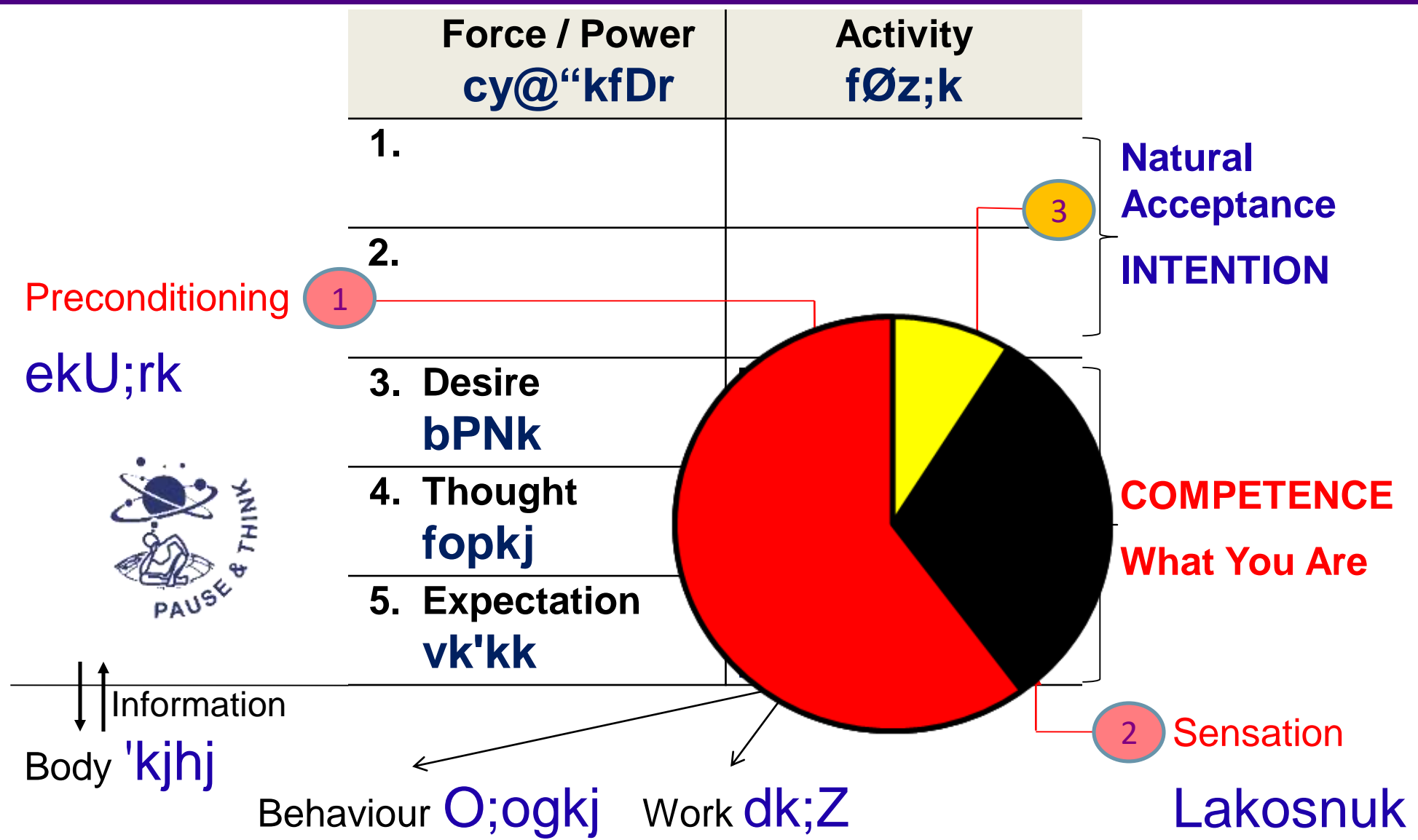
Note: We explore these activities in detail in UHV-III



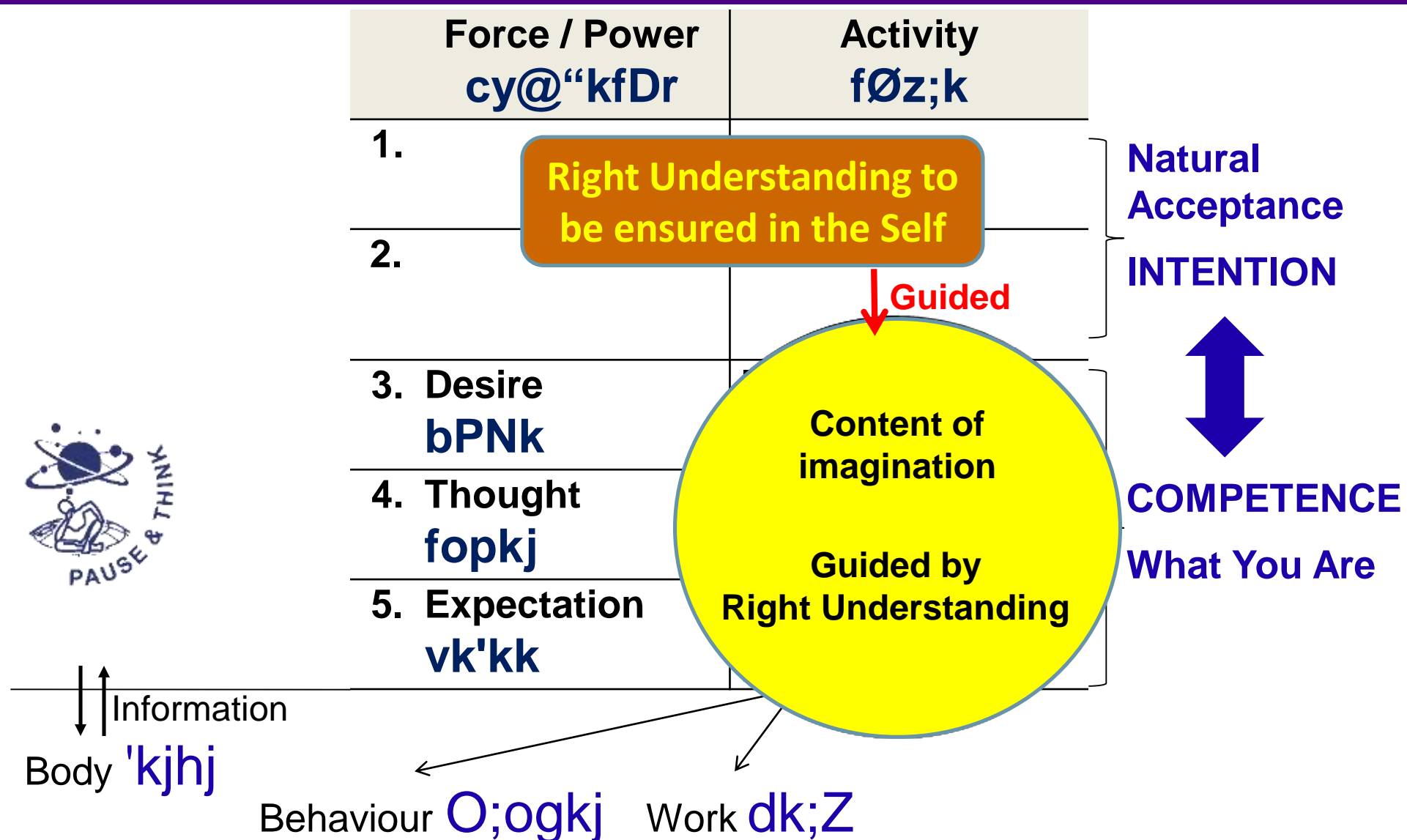
Sources of Motivation for our Imagination and its Implications



State of Imagination – Random and Disorganised



Harmony in Self = D, T, E in accordance with Natural Acceptance



Happiness = To be in a state of Harmony
Lkq[k ¾ laxhr esa] O;oLFkk esa



The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination
- We can begin to observe the Self by becoming aware of our
 - imagination and
 - natural acceptance
- Behaviour and work are external expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance

- When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)



FAQs for Lecture 10

Understanding Harmony in the Self

Question(s): What is Self

- Is Self the same as the mind or the soul?
- Isn't what is being said here the same as spirituality?

Response

- The mind is a part of the Self. The activity of imagination which includes activities of desire, thought and expectation if referred to as mind. Soul has been used in different ways, sometime it is used to represent the highest activity of the self while in many cases it is used to mean self as a whole.
- We are trying to work for a system of education that makes us human. So, we are talking about humanness- what is being human.

Because human being is coexistence of self (consciousness) and body (material), hence, we have to understand the laws of material as well as the laws of consciousness. This is what we are trying to do.



Word



Meaning

(a description of some part of the reality)



Reality

Question(s): Activities of the Self

- I do think sometimes but not all the time. Like when I am asleep, I do not think. So, why do we say activities of Self are continuous?
- Most of the time, we are not able to remember what is going on in our imagination. Is there some practice, like meditation, to become aware of it?

Response

- Do you dream while sleeping? Does dream include thinking? Now,, try to be aware of your imagination when you are awake, then slowly you can be aware of your imagination even when you are asleep, then you will be able to verify whether you are thinking while sleeping or not.
- One simple way to be aware of your self, be aware of the imagination going on in the self at this moment of time. If you are aware, it will be there in your remembrance. When you pay attention to your imagination, you are able to see it, because you already have the potential to see, you only have to exercise this potential ,



We all have the capacity to pay attention, to observe... to understand

You are already paying attention... to whatever you consider important

So, the main question is not “how to pay attention”, rather it is “what to pay attention to”
(object of attention)

One only has to see, to decide that:

I am important, Self is important

My imagination is important

Then I will pay attention to the Self and my imagination

Science of material

- You can look at it outside, you may not be

Science of consciousness

- You are part of it, you want to and do get transformed

Question(s): Activities of the Self

- What is the need to see these activities separately? How can we differentiate between desire and thought and expectation? It all seems to be one thing

Response

- If you do not observe things with fineness, everything seems to one gross thing. However, when you look at it with subtleness, you see that it is composed of many things. Like that, imagination is composed of three different levels of activities of the self- desire, thought and expectation. As explained, desire relates to our purpose, what we want to be, our feelings, while thought is working out the details of how to fulfill this purpose and expectation is what I need to do with the world outside. Desire is at the base of thought and expectation, so, if we have to evaluate our imagination and set it right, it has to be done at the level of desire, the feeling; and this desire, this feeling can be easily verified with our natural acceptance.

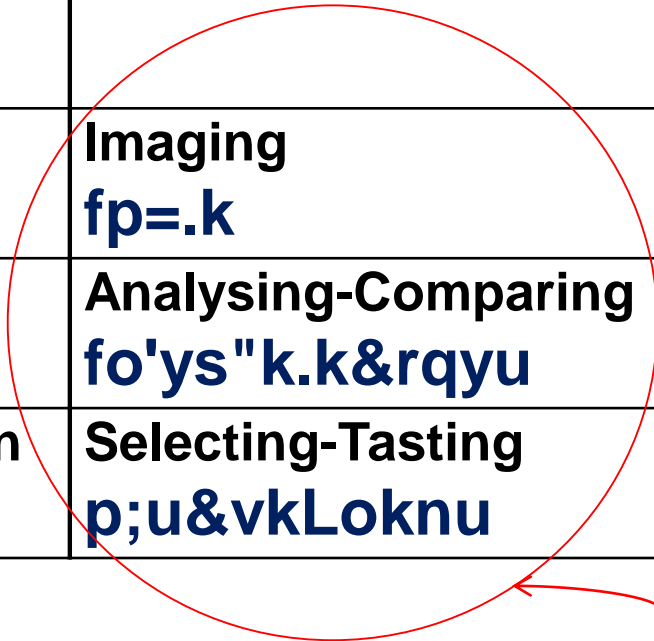


Activities of Self eSa dh fdz;k,a

Self eSa

Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk	Imaging fp=.k	What I want to be My feeling within
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqyu	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	What I have to do outside for expression of the feeling

Information
↓↑
Body 'kjhj



Imagination
dYiuk"khy

Note: We explore these activities in detail in UHV-III rk

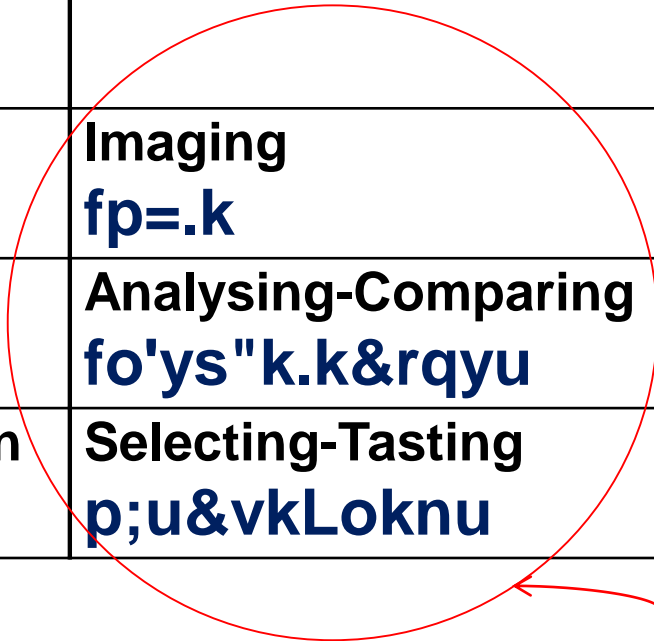


Activities of Self eSa dh fdz;k,a

Self eSa

Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk	Imaging fp=.k	What I want to be My feeling within
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqyu	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	What I have to do outside for expression of the feeling

Information
↓↑
Body 'kjhj



Imagination
dYiuk"khy

Note: We explore these activities in detail in UHV-III rk



Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space "kwU;

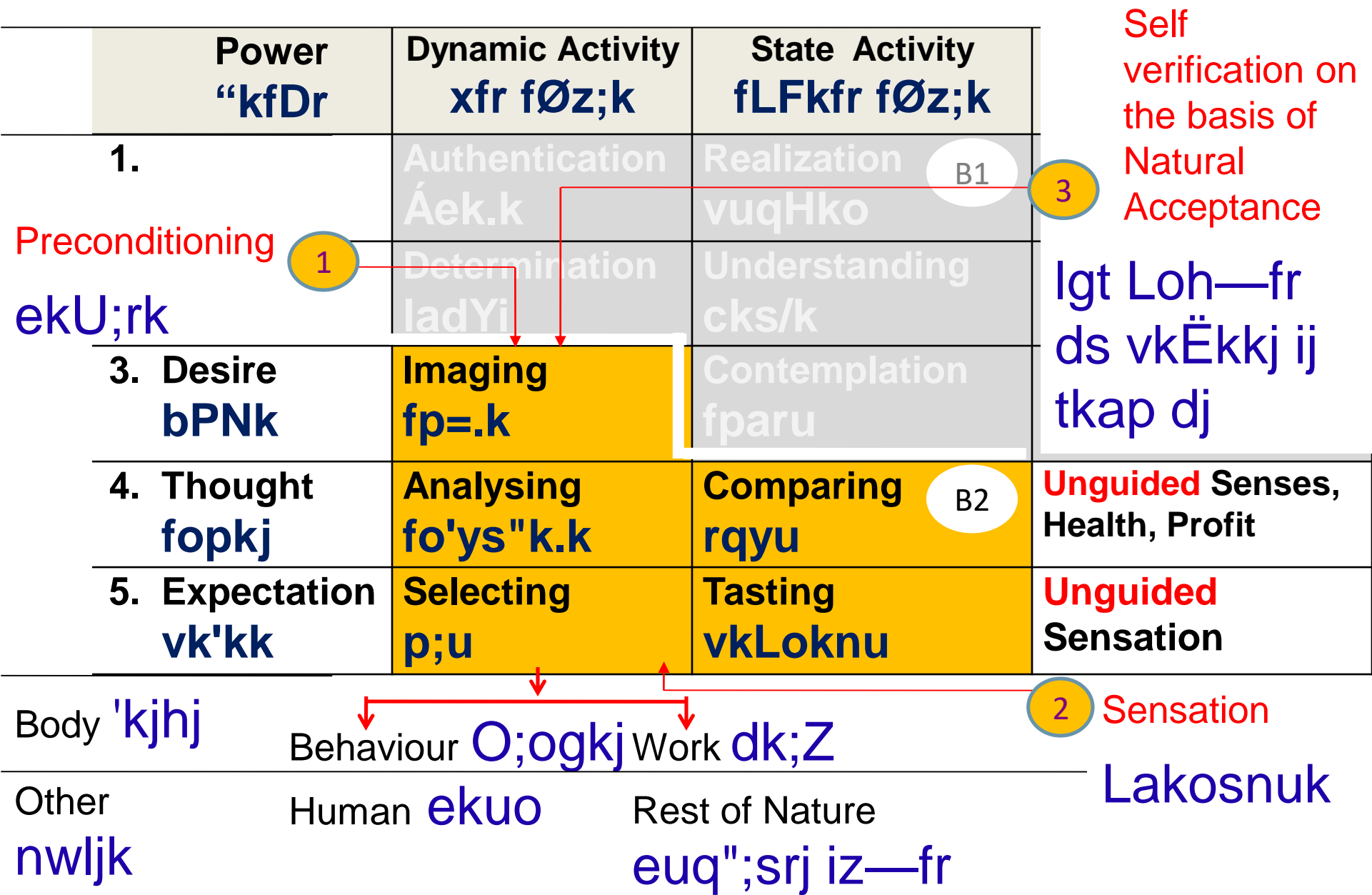
	Power "kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self esa	1.	Authentication Áek.k	Realization vuqHko	Co-existence Ig&vfLrRo
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhnhkj
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value Guided Sensation

Body 'kjhj

Behaviour O;ogkj Work dk;Z Participation Òkxhnhkj
Human ekuo Rest of Nature in larger Order O;oLFkk esa
nwljkeuq";srj iz—fr



Deluded Self: Imagination on basis of Sensation & Preconditioning



Question(s): Activities of the Self

- What is the difference between deciding and selecting? They seem same to me
- What is in activity 1 & 2? Why is it kept blank?

Response

- Deciding is working out the details of how to fulfill the purpose, the desire; whereas selecting has to do with what to do at the level of world outside. For example, if I have feeling of respect, then this is my desire, now, when work out the details of how to express this feeling of respect, by giving blessing, touching feet, greeting with some gift etc., it is a thought ; when this greeting is to be done with a flower bouquet, it is expectation.
- We will talk about these higher activities in detail in later course UHV III; however, we will very briefly introduce the activities of realisation and understanding as 1 and 2 towards the end of the session.



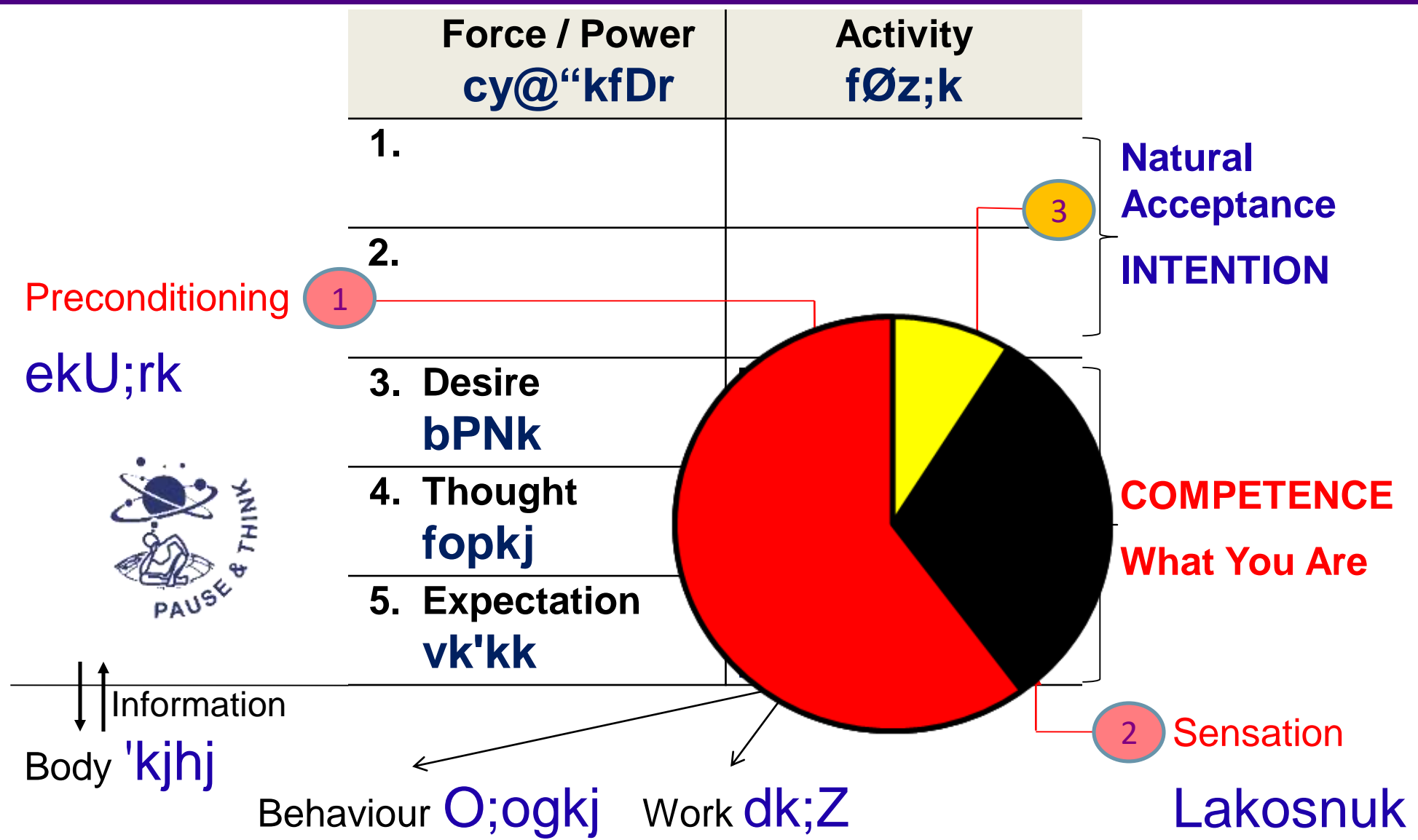
Question(s): Activities of the Self

Response

- | | |
|---|--|
| <ul style="list-style-type: none">• Isn't desire and intention the same? | <ul style="list-style-type: none">• Intention has to do with the feeling which is in accordance with natural acceptance, hence is definite, while desire could any feeling, in accordance or against the natural acceptance, hence is definite. For example, intention will always be for feeling of respect while desire could be for feeling of respect or disrespect. |
| <ul style="list-style-type: none">• What is the meaning of competence? Is it the skill? | <ul style="list-style-type: none">• The word competence is used to represent what is our state at the level of imagination-what is our desire, thought and expectation, as that will decide our behaviour with world outside as well.• The more our imagination is in harmony, the more competent we are |



State of Imagination – Random and Disorganised



Question(s): Activities of the Self

- Can you tell us something about the conscious, subconscious and super conscious mind

Response

- The sense in which these words are used in general is the following-
 1. when we are aware of what is going on in the self, it is being conscious,
 2. when we are not aware of what is going on in the self, it is being subconscious,
 3. when we are operating with higher activities of the self, like realisation and understanding, it is called super conscious,
 4. Unconscious – not aware of the world outside

Freud:

id selecting-tasting

Ego imagination based on preconditioning “I am separate from the other, in isolation”

Super ego superconscious



Question(s): Preconditioning

Response

- What is preconditioning? “resources are limited, Desires are unlimited” is that a preconditioning or reality?

(it implies that everyone is bound to be deprived!

- Preconditioning is something which is prevailing in the society which we have accepted without verification or without knowing. We are dictated by the world outside. A preconditioning may or may not correspond to a reality.
- As far as this particular preconditioning is concerned, it does not correspond to a reality because
 1. Desires, if we understand properly, are definite i.e., continuity of happiness and prosperity and the amount of physical facility required for ensuring prosperity is limited and can be identified.
 2. Availability of resources in nature and capacity to produce in human being is more than what is required.

Desires are definite

Resources are limited, but more than our needs

Therefore, everyone can be prosperous)

Need to study

1. Science of material (the world outside) – I am what I am, I don't have to change
2. Science of consciousness (the world within) – I have to see myself... then I am motivated to develop, to transform to human consciousness

Question(s): Conditioning

- Pavlov has a theory of conditioning. How does it apply to us?

Response

- If we identify ourselves as the body and therefore, if the self is influenced by the body then Pavlov theory of conditioning will hold good. However, if we can understand the self and body separately and the self has right understanding and right feeling, than self is in a self-organised state and it responds to any input from the body, and not react. Therefore, its response to the input from the body will depend upon what self finds appropriate for maintaining the health of the body rather than the conditioning which is tried to be created through the conditioning input.
- Self can even articulate that some conditioning is being created and therefore, he will be out of conditioning.



Question(s): Motivation of Imagination

- What exactly is natural acceptance? Is it same as right understanding?
- How can I be sure that my imagination is motivated by my natural acceptance?

Response

- Natural acceptance is something which is part of our being. It is innate, invariant, and uncorrupted by the preconditioning for ex. we have natural acceptance for the feeling of relationship, feeling of nurturing the body. It is the answer that we get from our conscience or the inner voice or the pure observer which is innermost part of the self.
- Right understanding is understanding the reality as it is, and this can be ensured through the process of self-exploration based on natural acceptance and experiential validation.
- If my imagination is in accordance with my natural acceptance, then I am in state of harmony within, happiness within. If not, then I am in contradiction within, unhappiness within.



Question(s): Motivation of Imagination

- The exercise on list of desires was interesting. Most of the motivation turned out to be from preconditioning and sensation. So now, I can understand the need for exploring into my natural acceptance and also to check my preconditionings. What exactly should I do for this? Any practice?

Response

- This has already been mentioned that we have to be aware of our own self every moment and it can have different steps
 1. Being aware of the imagination going on in the self, particularly the desire, the feeling
 2. Verifying whether this desire, this feeling is in naturally acceptable to me or not
 3. Whether it leads to harmony or happiness within or otherwise
 4. Verifying that the feeling of relationship, harmony and coexistence is naturally acceptable to me and not the feeling of opposition, disharmony and struggle.
 5. To ensure that the desire, the feeling is in accordance with the feeling of relationship, harmony and coexistence,



Question(s): Harmony in the Self, Happiness

Response

- When I am reading something, I think of many other things... How can I focus on what I have to read?

- Our attention keeps going to the things which we feel is important. So we have to decide what is important for me at this point of time.
- If there are many things that are important, than I will have to set up a priority among them. If I am able to do that, than my attention will be focused on the thing which is assigned the highest priority.



Question(s): Harmony in the Self, Happiness

Response

- It is said that we have to get rid of desires to be happy. Isn't that true?

- We have to have the right desire and we have to have the continuity of this right desire. We have to get rid of the wrong desire and wrong feelings. Infact they are not the real desires, real feelings but we have assumed them to be our desire, our feeling because of the prevalent beliefs in the society. Therefore we should get rid of these wrong desires, wrong feelings.
- In essence, to be happy we have to have the right desire, right feeling.
 - Truth, Understanding relationship, harmony & co-existence
 - Love, Feeling of acceptance of all, Feeling of co-existence, harmony, relationship
 - Compassion, Thought... of how to fulfil my feeling of Love...



Question(s): Harmony in the Self, Happiness

Response

Split personality, schizophrenia...

Split between NA and Imaginatioin

Presently as per science

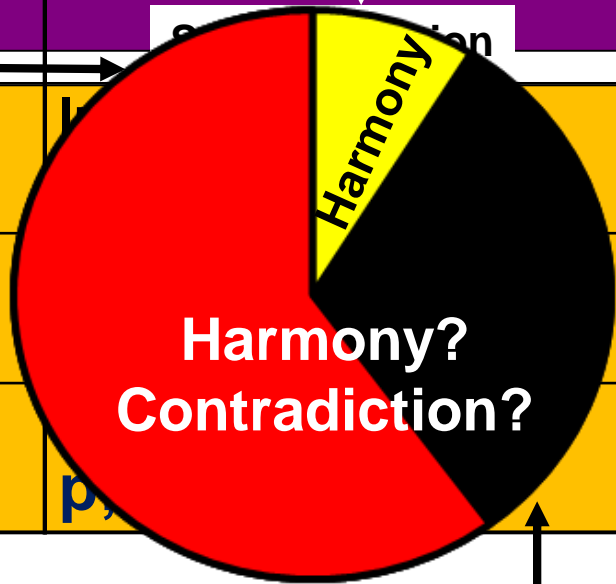
Schizophrenia is characterized by avolition (motivation less state), hallucinations and illusions, dopamine and serotonin are two main neurotransmitter playing role. Has positive (elated) and negative phase (avolition),

Split personality is to do with disconnection with reality, just like inability to differentiate dream from reality.

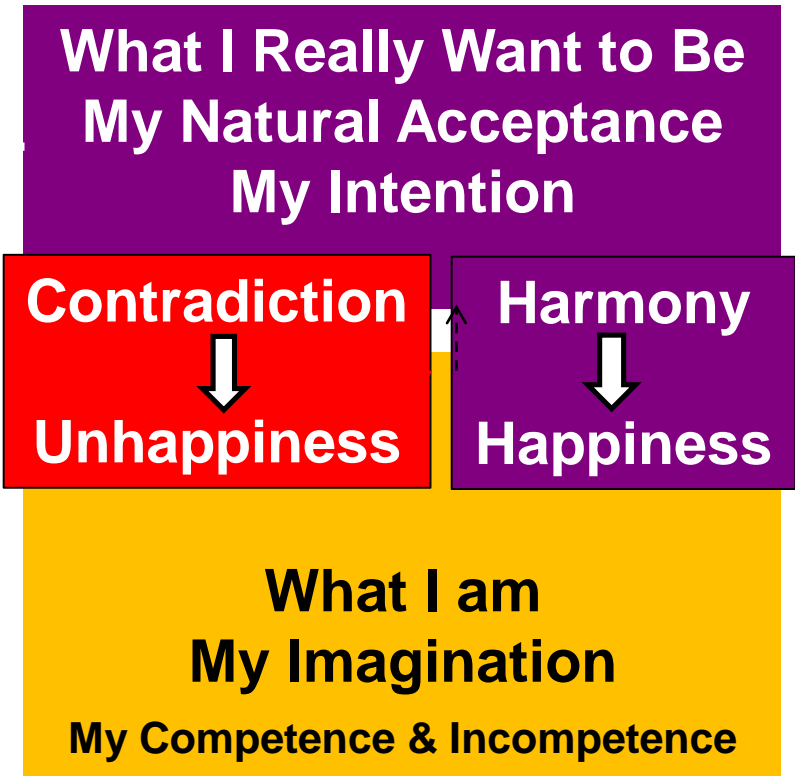
Source of Motivations for our Desires - Its Implications

Preconditioning

	Power “kfDr	Activity fØz;k
1.		
2.		
3.	Desire bPNk	
4.	Thought fopkj	
5.	Expectation vk'kk	



Sensation



Question(s): Harmony in the Self, Happiness

Response

- What is the meaning of “development of the Self”?

- Development of self would mean having right understanding i.e., understanding the harmony (relationship, harmony, coexistence) at all levels of our being and feeling of harmony at all levels of our being. This will ensure the state of harmony or happiness in continuity in the self.

Self-evolution

Self-exploration
Self-verification

Human Consciousness

Figure 1: Human Consciousness - 1

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
2.				
3. Desire इच्छा	Preconditioning साधना	Determination संकल्प	Understanding बुझ	
4. Thought चिन्तन		Imaging चित्रण	Contemplation चिन्तन	
5. Expectation अशा		Analysing विश्लेषण	Comparing तुलन	82
		Selecting चयन	Tasting आस्वाद	Goal, Value Guided Sensation
				83 Sensation संवेदना

Figure 2: Human Consciousness - 2

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
2.				
3. Desire इच्छा	Preconditioning साधना	Imaging चित्रण	Contemplation चिन्तन	
4. Thought चिन्तन		Analysing विश्लेषण	Comparing तुलन	82
5. Expectation अशा		Selecting चयन	Tasting आस्वाद	Value Guided Sensation
				83 Sensation संवेदना

Figure 3: Human Consciousness - 3

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
2.				
3. Desire इच्छा	Preconditioning साधना	Imaging चित्रण	Contemplation चिन्तन	
4. Thought चिन्तन		Analysing विश्लेषण	Comparing तुलन	82
5. Expectation अशा		Selecting चयन	Tasting आस्वाद	Value Guided Sensation
				83 Sensation संवेदना

Figure 4: Animal Consciousness - 1

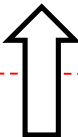
Self (I)	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.				81
2.				
3. Desire इच्छा				
4. Thought चिन्तन				82
5. Expectation अशा		Selecting चयन	Tasting आस्वाद	Sensation based on assumption "I am Body"
				83 Sensation संवेदना

Animal Consciousness

Figure 5: Human Consciousness - 3

Space स्थान	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	81 Co-existence सह-अस्तित्व
2.		Determination संकल्प	Understanding बुझ	Harmony in Nature समन्वय
3. Desire इच्छा		Imaging चित्रण	Contemplation चिन्तन	Participation in Larger Order, Relationship समन्वय में भागीदारी
4. Thought चिन्तन		Analysing विश्लेषण	Comparing तुलन	82 Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation अशा		Selecting चयन	Tasting आस्वाद	Goal, Value Guided Sensation

- Living on the basis of knowing
- Happiness by being in harmony within and harmony in all aspects of being
- Acceptance of relationship – from one to many, to all [HAPPINESS]
- Identifying need, production, right utilisation of physical facility [PROSPERITY]
- Participation in larger order, expanding harmony [SOCIETAL DEVELOPMENT]



Transformation / Development

- Living on the basis of assuming (without knowing)
- Happiness from outside (through feeling from the other, sensual pleasure and physical facility)
- Domination and opposition in relationship [UNHAPPINESS]
- Exploitation and indulgence [DEPRIVATION]
- Exploitation in larger order, increasing disorder [DEGRADING SOCIETY]

Question(s): Harmony in the Self, Happiness

Response

- After the last tutorial session on self-awareness, my problems have increased! I was quite happy before. Now I can see many contradictions within... I cant even sleep properly. What to do?

- When we start becoming aware of our self, we are able to see that there are contradictions within and therefore unhappiness within. This was there even before, but we were not aware of it. So it appears that our unhappiness has increased.
- As a matter of fact, when we become aware of our self, our imagination, and our natural acceptance, than we are able to get rid of many contradictions that were there within and therefore there is a increase in our state of being in harmony and happiness within.

Happiness (Harmony) Within

Right Understanding

– in Self (I)

Understanding harmony at all levels
of being (human being, family, society,
nature/existence)

Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

**Continuous
happiness**

Realised
(Dorji)

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

Sensation for Happiness

– Through Body

Sound, Touch, Form, Taste, Smell

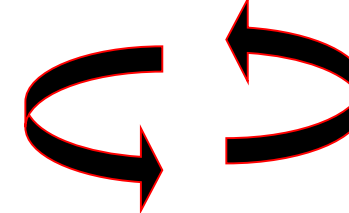
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Expression of Feeling for Happiness

– from Other

Temporary
excitement

Recovering
Addict



Temporary
escape from
unhappiness

Addict

Animal Consciousness

Escape (Running away from unhappiness)

Over eating
Over sleeping
...
Gutka
Alcohol
Drugs
...
Suicide



Question(s): Harmony in the Self, Happiness

Response

- I can see that I can work within. But what about outside, with others. I have a desire to work also and to be with the family also. I want to fulfill both and feel that if any of those is not fulfilled, I will be unhappy. What is the way forward?

- We have to understand the harmony in society and harmony in family & nature and then define a way of life, a system in the society, which ensures the fulfilment of all these harmony. Then we will be free of these contradictions.

Extra Qs.

6th sense

Intuition

Reflex action

Intellect

Cognitive ability

5 quotients

SQ Social quotient self+body+...

IQ Intelligence quotient self

EQ Emotional quotient self

SQ Spiritual quotient self

Split personality
Schizophrenia



- Can you comment about Freud's theory of motivation