

Universal Human Values (UHV)

Text Book:

A Foundation Course in Human Values and Professional Ethics,

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Excel Books Pvt. Ltd.

Lecture No.	Chapter	Content
1	Introduction	Basic Human Aspiration and concerns

The core content of **value education** (VE) discusses the identification of basic human aspirations such as happiness and prosperity in continuity, the appropriate program to fulfill these aspirations, enabling one to live a fulfilling life, and understanding harmony at various levels starting from the human beings and spanning up to the whole existence. In the end, the important implications of 'right understanding' in life and profession are adequately elaborated.

Living a Fulfilling Life:

Each one of us aspires to live a fulfilling (satisfying /enjoyable) life. For that, we make our roadmaps for a bright future which might include earning a lot of money, gaining power, attaining recognition, touring the world, having a loving family, ensuring harmonious relationships inside and outside the family, maintaining a healthy body, and so on. At the same time, we expect the environment to be pollution-free, society to be free of crimes, nature to have an abundance for all, and peace everywhere. In fact, we want the life to be full of joy every moment.



Basic Human Aspiration (basic human goal):

- Continuous happiness and prosperity – Aspiration at the individual level, at the level of family, at the level of society, and at the level of nature/existence.

Concerns (Anxieties/worries/fears):

- Coming out of stress
- Managing the pressure of academics
- Time management
- Time lost due to illness
- Domination of females by males
- Pressure of placement
- Overcoming negative thinking
- Attending classes
- Peer pressure
- Temptations
- Anger
- Depression
- Concern at the individual level – rid (free) from anger, tension, frustration,
- Concern at the family level – Mistrust, disrespect, misguidance
- Concern at the level of society – resolve domination, exploitation, terrorism, crime, corruption
- Concern at the level of society – pollution-free, clean environment, terrorism, global warming
 - **EXPLORE MORE ...**

We want to resolve our concerns

Lecture No.	Chapter	Content
2	Ch-1 - (Understanding Value Education)	Values vs Ethics, Human Value, role of human beings in a larger order, Universal Human Value, domains of education – value education & skill education,

WHAT IS VALUE???

The value (**role**) of a **unit** (**entity**) is its **participation in the larger order** (**a larger unit of which this unit is a part of**):

- ✓ The value of a piece of chalk is its participation in the classroom.
 - What is valuable? Does the chalk write on the blackboard in the classroom, or does the chalk scratch the blackboard in the classroom?

The context is always the **larger order**. Thus, the **role** of chalk is to write on the blackboard

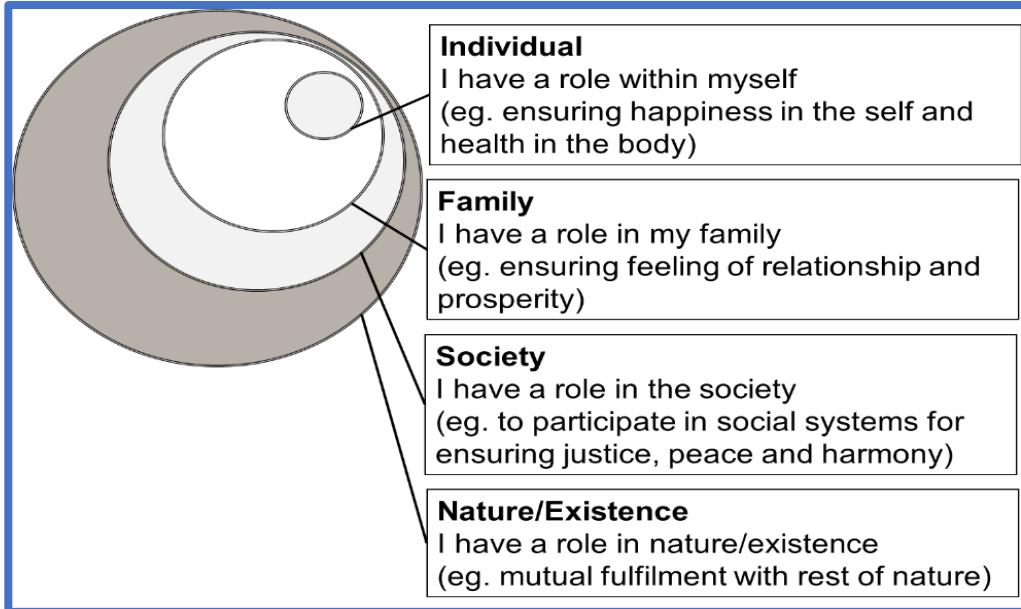
- ✓ The **value of a pen** is that it can write. Here, writing is the participation of the pen in the larger order in which pen, paper, and human beings are present.
- ✓ The **value of a vegetable plant** in the larger order is that it gives nutrition to both animals and humans.
- ✓ The **value of the eye** in the larger order is that it can see everything.

WHAT IS HUMAN VALUE???

The **value (role) of a human being** is its **participation in the larger order (broader context)**. The participation of the human being is seen in two forms: behavior and work.

- The participation of human beings relating to behavior is the nine values in a relationship: trust, respect, affection, care, guidance, reverence, glory, gratitude, and love (Ref: Ch-08 for detail).
- Likewise, when working with material things, we have two values: utility and artistic value. All these values are nothing but the participation of the human being in different dimensions of living.

ROLE OF HUMAN BEING IN THE LARGER ORDER



My **participation** in the family defines my **values** in the family.

What is valuable for me? Feeling of respect or feeling of disrespect?

I feel happy when I have a feeling of respect. The other feels happy when I express respect to him/her.

Living in accordance with human values leads to mutual happiness, i.e., in the case of **human-human interaction**.

- **My happiness**
- **Happiness of the other human being**

In the case of human-nature interaction, living in accordance with human values leads to mutual prosperity.

WHAT IS UNIVERSAL HUMAN VALUE?

The basic principles of human existence which are universal. This means it is applicable to all human beings and is true at all times, in all places. It should not depend on sect (groups according to religion), creed, nationality, race, gender, etc.

Q: What do you think – “Value Education has to be universal or sectarian (religious)”?

Does it have to depend on time, space, and individual or independent of time, space, and individual (i.e., apply equally to all of them)?

“Living with a feeling of relationship is naturally acceptable to all humans – it is universal”.

DECIDING YOUR VALUES:

Do you want to be able to decide on your own right/role? Or do you want somebody else (*maybe a group of people, society, the education system, etc.*) to decide for you?

If you are not able to decide on your own right, then:

1. Someone else is deciding *what is valuable* and *what is not valuable* for you !!!
2. *Unconsciously*, you keep accepting those things as values !!!
3. *You get busy with how to implement, realize, and materialize them !!!*

VALUE DECIDED BY OTHERS:

In a professional college, many first-year students start using foul (vulgar) language quickly. They are made to assume that this sort of language is one of the indicators of their freedom, of their own progress to adulthood... and they may adopt it as a new value.

- ✓ Did they decide it for themselves?
- ✓ Did it just happen “unconsciously” without being aware of it?
- ✓ Is it worth for them?
- ✓ Is it fulfilling (satisfying) for them?
- ✓ Is it fulfilling (satisfying) for others (like their family members)?

So, if we are unable to decide on our own right, we are programmed by the other; our values are decided by someone else...

VALUE DECIDED BY OUR OWN RIGHT:

Would we decide on the basis of whatever we like, whatever we believe?

- ✓ If we decide this way, **human values will differ for different people**.
- ✓ If there is some definite, existential basis, something we can understand, something we can be assured about, something that ensures mutual fulfillment in living, then there is a possibility that **human values are universal; they are the same for all of us**.

VALUE EDUCATION IS ABOUT EXPLORING THIS POSSIBILITY

The part (domain) of education that deals with the understanding of one's participation in the larger order, and thus ensuring it in living, is called **Value Education**

- WHAT IS MY ASPIRATION (LIVING A FULFILLING LIFE)-
 - **WHAT TO DO?** (VALUE EDUCATION)
- HOW TO FULFILL MY ASPIRATION –
 - **HOW TO DO?** (SKILL EDUCATION / DEVELOPMENT)

Value Education is the domain of education that addresses the issues related to 'What to do?'. It clarifies our goal, our basic aspiration, and the program to fulfill the basic aspiration.

Skill Education is the second domain of education that addresses the issues related to 'How to do?'. It helps us to learn skills, methods, and techniques to implement the program. Both are essential and complementary components of education and need to be addressed properly.

CONTENT OF VALUE EDUCATION

- It covers all dimensions of a human being – thought, behavior, work, and realization (understanding).
- It covers all levels of human living – individual, family, society, nature, and existence.

GUIDELINES FOR VALUE EDUCATION

"VE is universal, rational, natural, encompassing all the dimensions and levels of human being, and leading to harmony"

- **Universal** (VE is Universally applicable to all human beings and is true at all times and all places)
- **Rational** (It has to be amenable to reasoning and not based on blind beliefs)
- **Natural and verifiable** (it has to be acceptable in a natural manner, and it leads to mutual fulfillment)
- **All-Encompassing** (The content of value education has to cover all dimensions of a human being – **thought, behavior, work, and realization**; all levels of human living – **individual, family, society, nature and existence**)
- **Leading to Harmony** (to be in harmony within and in harmony with others)

COMPLEMENTARITY OF VALUE AND SKILL

Values and skills have to go hand in hand. There is an essential complementarity between the two for the success of any human endeavor toward the goal of living a fulfilling life.

- **For good health** skills, such as learning which food will keep the body healthy and which physical practices will keep the body functioning properly, what would be the possible ways to do certain kinds of work with the Body? All these fall under the domain of skills.
- Developed technology for harnessing atomic energy or nuclear energy. Now, how much of it has been used for welfare purposes, and how much of it has been used for destructive purposes?

PRIORITY OF VALUES OVER SKILLS

- "What to do? - VE" is first, and "How to do? - SE" is next.

NEED AND IMPORTANCE OF VALUE EDUCATION

- Correct Identification of Our Goals
- Development of a Holistic Perspective
- Clarity of Programme to Live with a Holistic Perspective
- Evaluation of our Beliefs
- Solution of Existing Problems
- Development of Ethical Competence

Ethics: It is the expression of definite human conduct in one's behavior, work, or participation in the larger order.

Lecture No.	Chapter	Content
3	Ch-2 -(Self-exploration as the process of Value Education)	Acceptance (What I am) - competence vs. Natural Acceptance (What I really want to be) - intention

ACCEPTANCE VS. NATURAL ACCEPTANCE

Acceptance: Something that one likes or dislikes based on assumptions, pre-conditionings, beliefs, worldview, perspective, etc.

Natural Acceptance: Something that is fundamental, related to our purpose and basic desires.

- Is living with **happiness** or unhappiness naturally acceptable?
- Is living with **respect** or disrespect naturally acceptable?
- Is it to live with **trust** or mistrust naturally accepted?
- Is it naturally acceptable to **live in a relationship** or in opposition in the family?
- Is it naturally acceptable to **live in a relationship** or in opposition in society?
- Is it naturally acceptable to **nurture your body** or to exploit it?

- ✓ **Is it naturally acceptable to consume cigarettes?**
- ✓ **Is it naturally acceptable to consume apples?**
- ✓ **Is it naturally acceptable to consume cold drinks (Coca-Cola)?**
- ✓ **Is it naturally acceptable to throw the waste materials in the river?**
- ✓ **Is it naturally acceptable to cut the trees or plant the trees?**

Is consuming cold drinks (Coca-Cola) naturally acceptable?

This question cannot be resolved by referring to our natural acceptance. We need to relate it to the basic desire, i.e., ‘to nurture the Body’, which we have already verified through our natural acceptance, and then check for the detail under consideration. In this case, if the consumption of cold drinks (Coca-Cola – added with sugar, artificial sweeteners, and food colors) is going to nurture the Body, it is acceptable (like) to consume it; if it is going to harm the Body, it is not acceptable (dislike) to consume the cold drinks.

All acceptances are not wrong. Passing them through our natural acceptance will validate them and contribute to our self-confidence.

CHARACTERISTICS OF NATURAL ACCEPTANCE (Discuss in detail):

- ✓ **It does not change with time:**
 - Same today and tomorrow as of yesterday (live-in relationship)
- ✓ **It does not change with the place:**
 - India, USA, UK (Keep the body healthy)
- ✓ **It does not change with the individual:**
 - Part and parcel of every human being (Live-in relationship, respect, and dignity)
- ✓ **It is uncorrupted (unaffected) by likes and dislikes, or assumptions, or beliefs (pre-conditions)**
- ✓ **It is innate; we don't need to create it :**
 - How do you feel when you think of disrespecting/misbehaving someone? Comfort or uncomfort.
- ✓ **It is definite:**
 - It is for relationship, harmony, and co-existence.

Lecture No.	Chapter	Content
4	Ch-2 -(Self-exploration as the process of Value Education)	Self-exploration – the process of value education; Self-verification – the process of Self-exploration

SELF-EXPLORATION – PROCESS OF VALUE EDUCATION :

It is a process of seeing the truth about reality in your own right through your own investigation, observation, and analysis. Through this process, you are trying to understand the reality that exists and our participation in it, which you are calling values. It is for you to decide what is valuable for you and what is not.

The Content for Self-exploration

Whatever is essential for us to understand for moving towards a fulfilling life should naturally form the content for self-exploration. Isn't it?

Thus, the content for self-exploration basically has the following two sub-parts:

- a) **Desire: What is our basic aspiration?**
- b) **Programme: What is the way to fulfill this basic aspiration?**

First, we want to explore our desire as a human being, and second, we want to explore the program to ensure the fulfillment of that desire. The desire is essentially the basic aspiration, the aim, the objective, the purpose, what we want to achieve – what is our goal. The programme is the process of achieving the desire, the action to achieve our goal.

Whatever is given in the class notes is just a proposal for you for your self-verification.

Now, how do we verify a proposal?

The first step is to verify the given proposal in your own right by referring it to your ‘natural acceptance - **Something that is fundamental, something related to your purpose, and something related to your basic desires.**’ If the proposal is naturally acceptable to you, it is right for you. If it is not naturally acceptable to you, it is not right for you.

- Is living with **happiness** or unhappiness naturally acceptable?
- Is living with **respect** or disrespect naturally acceptable?
- Is it to live with **trust** or mistrust?
- Is living in a **relationship** or in opposition in the family naturally acceptable?
- Is living in a **relationship** or in opposition in society naturally acceptable?
- Is it naturally acceptable to **nurture your body** or to exploit it?

Naturally, to live with happiness, to live with respect, to live with trust, to live in a relationship, and to nurture the body. This is naturally acceptable.

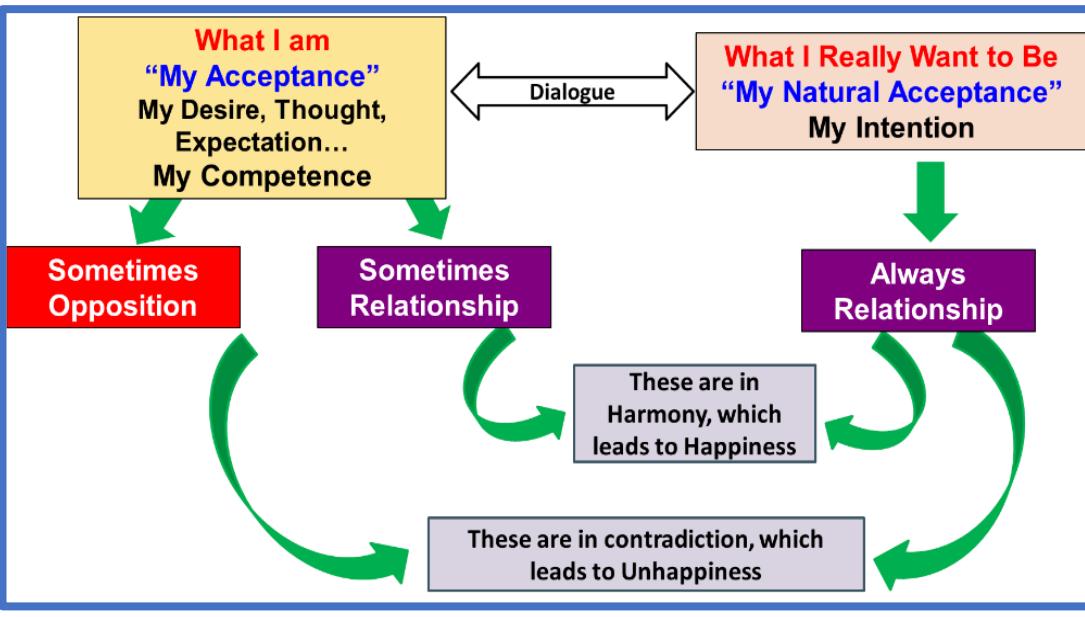
Many times, we **might be living with a feeling of opposition**, even with our family members, but that is not naturally acceptable to us. **With a feeling of opposition, we feel uncomfortable within and want to resolve the situation.** It is the feeling of a relationship only that we always aspire for.

Self-exploration is a process of dialogue

Dialogue :

- ✓ **Is it to live in a relationship or in opposition in the family?**
- ✓ **Is it to live in trust or in mistrust in relationship?**

SELF-EXPLORATION – PROCESS OF VALUE EDUCATION



“What I am” has to do with my desires, my thoughts, my expectations, my imagination, and all that is going on within me. It includes the way I feel, the way I think, how I make decisions, what I expect from others, and all that. It is my **current competence** (ability) based on which I live.

“What I really want to be” is my natural acceptance. It is **my intention**. It is “what I really want to be”. It is a basic reference that is part and parcel of every human being. We may or may not be referring to it now, but it is always there. I may or may not live according to it, but I can see “what I really want to be”. For example, we can easily see that we want to live in a relationship, our bodies to be healthy, and so on. That is our natural acceptance.

Happiness is to be in a “state of harmony.”

Unhappiness is to be forced to be in a “state of contradiction.”

We don't want to be in contradiction, so whenever there is contradiction, we want to run away from it; but if we cannot run away, and if we are forced to be in that state, we call it unhappiness.

Lecture No.	Chapter	Content
5	Ch-2 -(Self-exploration as the process of Value Education)	Self-verification – the process of Self-exploration

THE PROCESS OF SELF-EXPLORATION - SELF-VERIFICATION:

Verifying the proposal based on natural acceptance is the process of self-exploration.

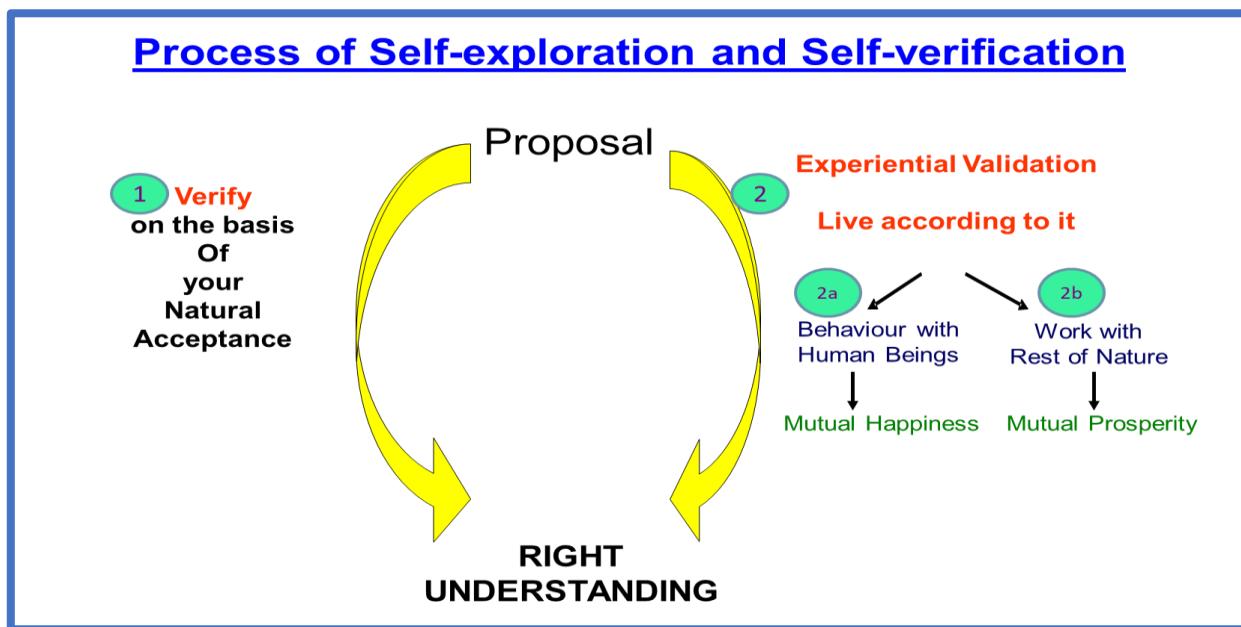
The first part of self-exploration is to **verify the proposal based on our natural acceptance**. Once we have verified that a proposal is naturally acceptable to us, we are sure that it is something that we would like to live with.

The second part of self-exploration is **experiential validation**. It means trying to live according to the proposal. In living, there are two parts – one is the behavior of other human beings, and the second is the work with the rest of nature.

- When we are behaving with human beings based on this proposal, we want to verify whether it leads to mutual happiness or not. If it leads to mutual happiness, it is the right proposal; if it does not lead to mutual happiness, it is not the right proposal.
- Similarly, when we are working with the rest of nature, based on this proposal, we want to verify whether it leads to mutual prosperity or not. If it leads to mutual prosperity (***The feeling of having / producing more than required Physical Facility***), it is a right proposal; if it does not lead to mutual prosperity, it is not a right proposal.

Verify through self-exploration that “living in relationship in the family” is naturally accepted or not?

Verify through self-exploration that “nurturing tree/plantation of tree (afforestation)” is naturally accepted or not.



Right Understanding is Essential for Human Being.

For fulfillment in the relationship, it is necessary to have the right understanding of the relationship.

- We have clarity about our relationship with human beings; we are able to fulfill the relationship
- We also have clarity about how much physical facility we need

Lecture No.	Chapter	Content
6	Ch-3 - (Basic human aspiration and their fulfilment) & Ch-5- (Understanding the human being)	Understanding Human being; fulfilling the basic human aspiration – Right understanding, relationship, physical facility

UNDERSTANDING HUMANBEING:

Human being is the co-existence (living together) between Self (I) & Body.

Who makes decisions?

Who enjoys food, clothes, music, movies...?

Who feels happy or depressed...?

Human Being	Self (I)	Body
Need	Happiness	Physical facility
In time	Continuous	Temporary
In quantity	Qualitative (feeling)	Quantitative (Required in limited quantity)
Activity	Imagination (Desire, thought, expectation)	Eating, walking
Fulfilled by	Right understanding & right feeling	Physio-chemical things getting from the rest of nature
Response	Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling

While selecting and eating food, what is desirable?

- Body is nourished + Self is happy
- Body is nourished + Self is unhappy
- Body is not nourished + Self is happy
- Body is not nourished + Self is unhappy

Find out what happens at the level of Self and Body when:

- Someone is forcing you to eat when you are not hungry
- You are eating “junk food”
- You select nutritious and tasty food to eat

Fulfilling/ satisfying the Basic Human Aspiration (Right Understanding, Relationship, and Physical Facility) -

- **Right understanding (in the Self)** is understanding myself, understanding all that I live with (the entire existence), and understanding my role with respect to all that I live with, i.e., myself, my family, society, nature/existence.
- **Relationship** is essentially the feeling I have for other human beings (in the family, in the society).
- **Physical facility** includes all things physical.

We can see that physical facility, relationship, and right understanding are three distinct realities. All three are required for the fulfillment of human beings. One cannot be substituted for the other.

When an animal lacks physical facility, it becomes uncomfortable; when it gets physical facility, it becomes comfortable.

- *When a cow gets a stomach full of grass, it becomes comfortable, sits, and chews.*

When a human lacks physical facility, he becomes uncomfortable and unhappy. But once he gets the physical facility, he forgets about it and starts thinking about a hundred other things (Human wants are unlimited).

- *If one does not have enough to eat, (s)he will feel low. But once (s)he has enough food, it is simply ignored, forgotten. If we don't get enough to eat, we are uncomfortable and unhappy. If we have enough to eat, we tend to forget about food and start thinking of many other things.*

- If you do not have a house of your own, it occupies your thoughts much of the time. But once you have a house of your own, you simply forget about it and start thinking about many other things, like furniture in the house, motorcars, your career, your social connections, etc. And if they are not up to your expectations, you start feeling anxious (worried). Rarely you feel happy that you have a house of your own.

When humans are living with the right understanding (**harmony at all levels – individual, family, society, nature/existence**), relationship (**feeling of trust, respect...**), and physical facility, in that priority order, then they are living with **human consciousness**. Human beings can be fulfilled (be happy and prosperous) based on these three – right understanding, relationship, and physical facility.

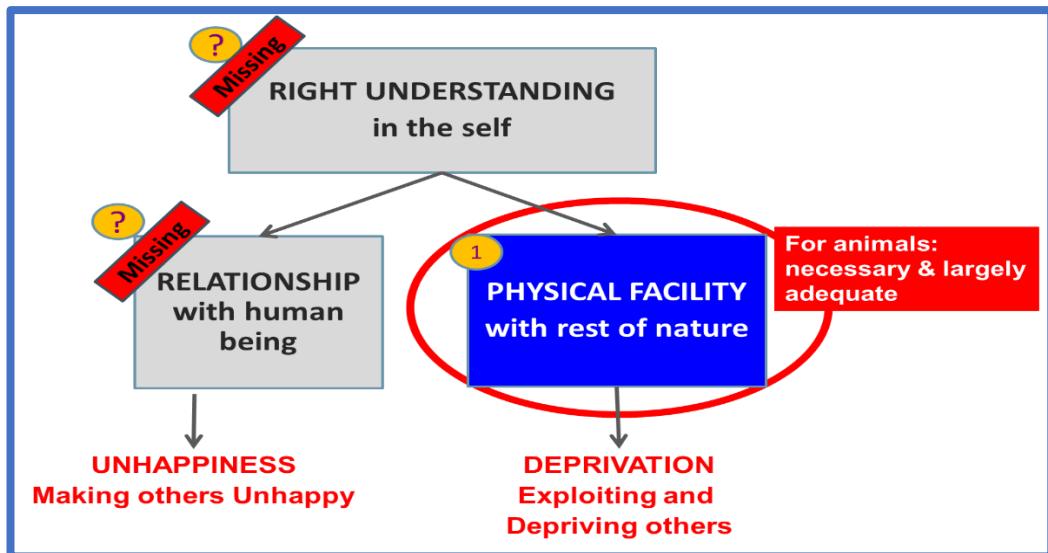
When humans live with physical facility only, without any right understanding and relationship, then they live with **animal consciousness** because animals live only for physical facility and are fulfilled by that.

Is the unhappiness in our family more due to lack of fulfillment of relationship or more due to lack of physical facility ???

If our living is only for physical facility, then we are living with animal consciousness

Lecture No.	Chapter	Content
7	Ch-3 - (Basic human aspiration and their fulfillment)	Animal consciousness vs. Human consciousness

Priority for Animals: Physical Facility, No Right Understanding, No Relationship



CASE STUDY 1 - (Right Understanding, Relationship, and Physical Facility):

- It is hot and humid, and you are sweating. If you switch on an air conditioner, you can see that it makes the environment more conducive, and your body is no longer sweating. **The air conditioner and cool air are physical facilities. It is useful for protecting the body from excessive heat.**
- Now, you are sitting in that air-conditioned room. A person with whom you feel opposition walks into the room. Your body is comfortable with the cool air, but how do you feel within? Comfortable or uncomfortable? With a little exploration, you will be able to see that **you would feel uncomfortable. It is due to the feeling of opposition within you.**
- After this person has left the room, you are sitting alone, but you are still thinking of that person. You have contradictions in your thought. You are thinking about how to resolve these contradictions, but you cannot. You are feeling uncomfortable within.

Once again, you can see that you will be uncomfortable within, regardless of the air conditioner's temperature. Can you resolve these contradictions without the requisite knowledge and the right understanding (of the relationship and the feelings in a relationship)? Can any amount of physical facility resolve these contradictions in you?

CASE STUDY 2 - (Right Understanding, Relationship, and Physical Facility):

Let it be a summer morning. You, with your brother/sister (both are between 8-10 years old), are playing cricket inside the house, and your Mama (Mother) is preparing food for your breakfast in the kitchen. Suddenly, your Mama heard the sound of the ball hitting the window glass. The glasses were broken into pieces, and your Mama rushed out of the kitchen.

What are you expecting from your Mama in this situation???

- (i) Your Mama will scold and beat both while collecting the glass pieces (Animal Consciousness).
- (ii) Your Mama will ask both, "Hope you are not injured," while collecting the pieces of broken glass and putting them in the dustbin (Human Consciousness).

In relationships, what is generally happening today is something like this:

Every time when there is a fight, we want to resolve it. We start the next day with the thought that we don't want to fight today, but a fight occurs again (sometimes by the end of the same day).

Does this happen with you, with your brother, sister, father, mother, spouse, children, with your friends, co-workers, etc.?

Getting irritated, angry, not speaking for days on end, dragging each other to court, divorces, etc., are indicators of the situation in the relationship.

While there is a willingness to live in a relationship, the right understanding about the relationship is lacking; the competence to fulfill the relationship is lacking. That is why this fight and all these other problems in relationships happen again and again. **We think it is the fault of the other person – we want them to improve; they think it's our fault, and they want us to improve; neither improves, and we somehow try to manage the relationship.**

To ensure fulfillment in a relationship, it is necessary to have the right understanding of the relationship. Can you see this? Further, right understanding about oneself vis-à-vis rest of nature is also necessary to correctly assess our need for physical facility and the correct method for making it available.

If you look around, there are generally two kinds of people today:

- 1. People who lack physical facilities are deprived and unhappy**
- 2. People, those having the physical facility, are deprived and unhappy**

- ✓ Do you see these two types of people?
- ✓ Do you see people who don't have enough physical facilities, and they are deprived and also unhappy?
- ✓ Do you see people who have lots of physical facilities but still don't feel that they have enough (and they need more and more)?

Such people do not have the **right understanding** of their need for physical facilities, so they keep feeling deprived and unhappy. Try to find out where you are – at 1 or at 2?

You see, the whole concept of what is called development today is largely moving from '1' to '2'.

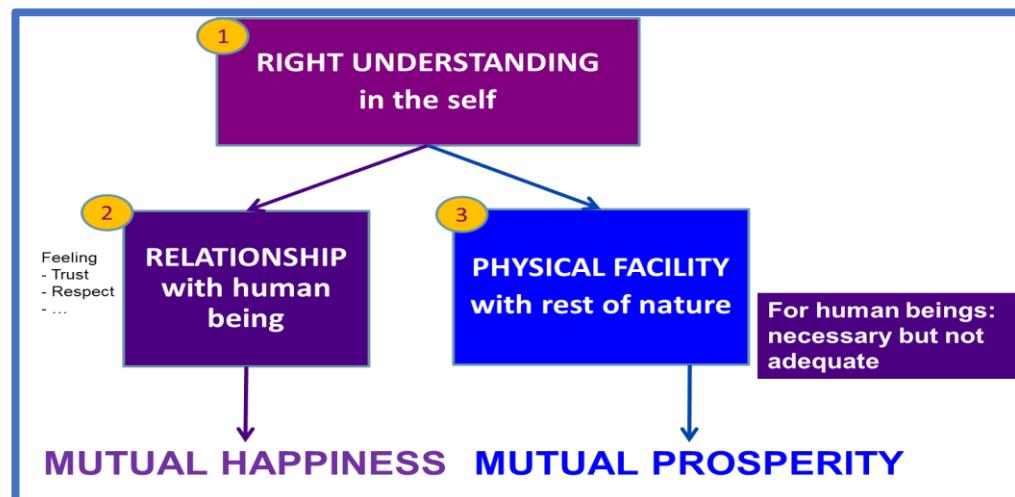
While working for development, we focus on a good outside environment, lavish infrastructure, etc. – is it sufficient for your happiness and prosperity? The nice apartment, 24-hour electricity, running water, laptop, mobile, a big car, wide roads, trains, planes and all this may be required.

However, is it sufficient to ensure the continuity of your happiness and prosperity?

Through education, if we are focused on that good job just for a high salary and more and more physical facility, without having clarity on how much is required, it can only take us from '1' to '2'; and it can never ensure happiness, prosperity, and continuity of the two. Whereas we really want to be in the following state, i.e. 3. **Having physical facility, happy and prosperous.**

Find out what is naturally acceptable to you – to be in 1, 2 or 3? It is easy to see that we naturally want **to be in the state 3, of having more than enough physical facility, happy and prosperous.**

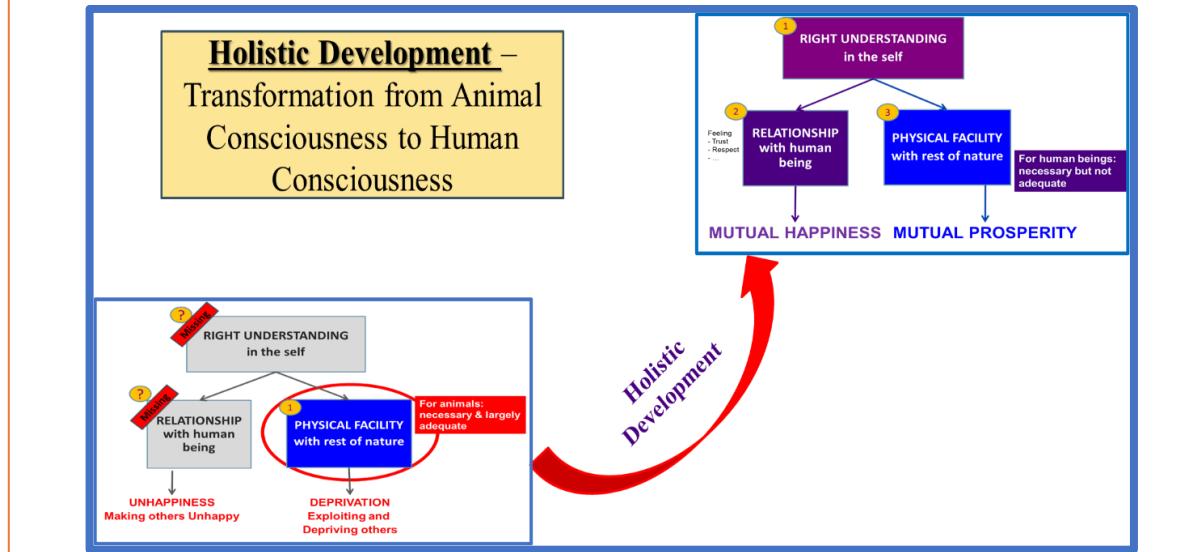
Priority for Human being: Right Understanding, Relationship & Physical Facility



Lecture No.	Chapter	Content
8	Ch-3 - (Basic human aspiration and their fulfilment)	Holistic Development, Education Sanskar

Holistic Development

Process of Transformation from Animal Consciousness to Human Consciousness



Today, the world is largely focused on physical facilities as the primary measure of progress and development.

- **Nations measure GDP and its growth rate as the key indicators for development.**
- **Families and individuals also have a similar notion of their own well-being – they use job position, net worth, bank balance, house, cars, and other physical facilities as indicators of progress, development, and success.**

With the right understanding, we can clearly imagine holistic development as the transformation of consciousness – from animal consciousness to human consciousness. Of course, it will necessitate working on all three – right understanding, fulfilment in relationship as well as physical facility; and in that order of priority.

Role of Education-Sanskar / Preparation for Education-Sanskar: (Enabling the Transformation from Animal Consciousness to Human Consciousness)

- Education is **developing the right understanding** (holistic perspective).
- Sanskar is the **commitment, preparation and practice of living with right understanding**. The preparation includes learning appropriate skills and technology.

Today, in our programs of education which one is largely missing???

- The first one is largely missing (are we teaching the students to explore and know (have the right understanding) or to assume and reproduce the content?)
- The second one is largely missing (are we teaching relationship and cooperation or opposition and competition?)
- And in the third one, you will see that identification of need for physical facility is missing. The willingness to produce by way of labor is also missing. The core feeling that is being generated is to accumulate more and more, to consume more and more, rather than to produce as per need.

One Professor shared his interaction with final-year students of a well-known institute. He said, "I asked the students about their expectations when they graduate. One of the students very particularly said, 'firstly, good job i.e. good

salary, secondly, job satisfaction'; then slowly he added 'if possible, no work! Present-day education is setting such expectations in students'.

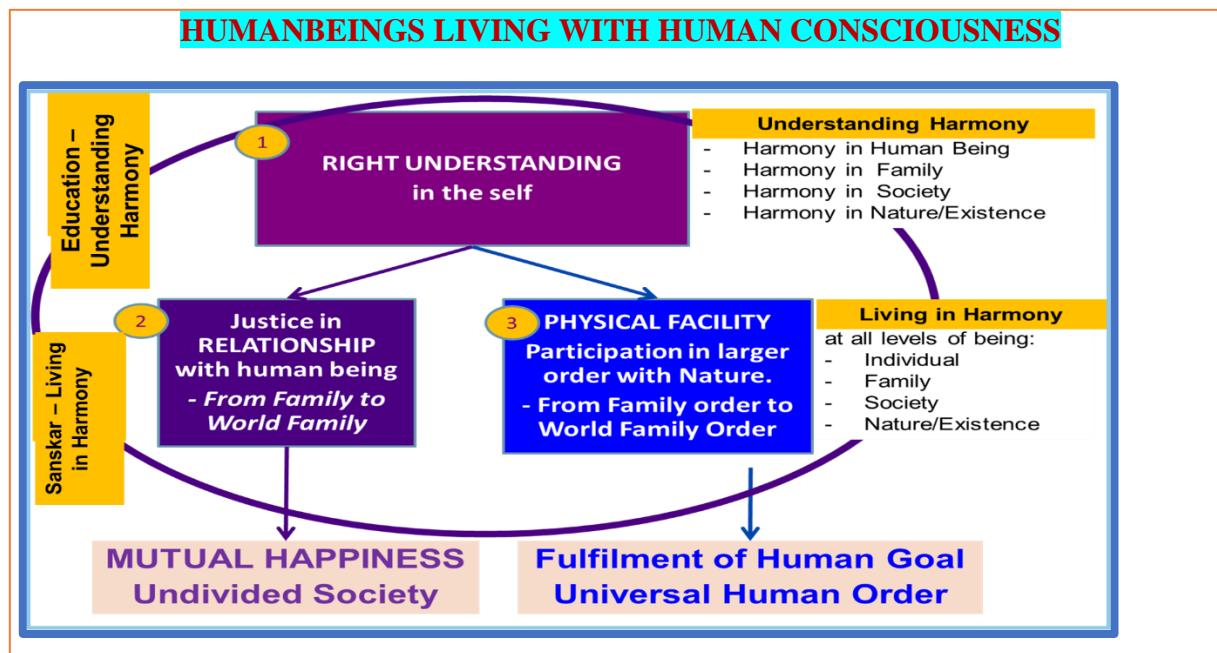
The role of education is to facilitate the development of the competence to live with human consciousness with definite human conduct.

For this, the education-Sanskar has to ensure: -

- Right understanding in every child,
- The capacity to live in relationship with other human beings,
- The capacity to identify the need for physical facility, the skills and practice for sustainable production of more than what is required, leading to the feeling of prosperity.

Education provides thought leadership and direction to society through the preparation of individuals. These long-term potentials of **human Education-Sanskar** is:

- *Right understanding in every child* – facilitating the development of the right understanding will lead to living in human consciousness.
- *The capacity to live in a relationship* – facilitating the capacity to live with mutual happiness or justice in relationships with another human being will ensure harmony in the family, and that harmony will extend to the larger family and ultimately go up to the world family, leading to an undivided society.
- *The capacity to identify the need for a physical facility, developing the skills and practice for sustainable production of more than what is required*, leading to the feeling of prosperity; a mindset of production through labour and of right utilisation of the physical facility. This will ensure harmonious family order and extend beyond the family order through participation by the family members in the larger societal systems; ultimately to universal human order.

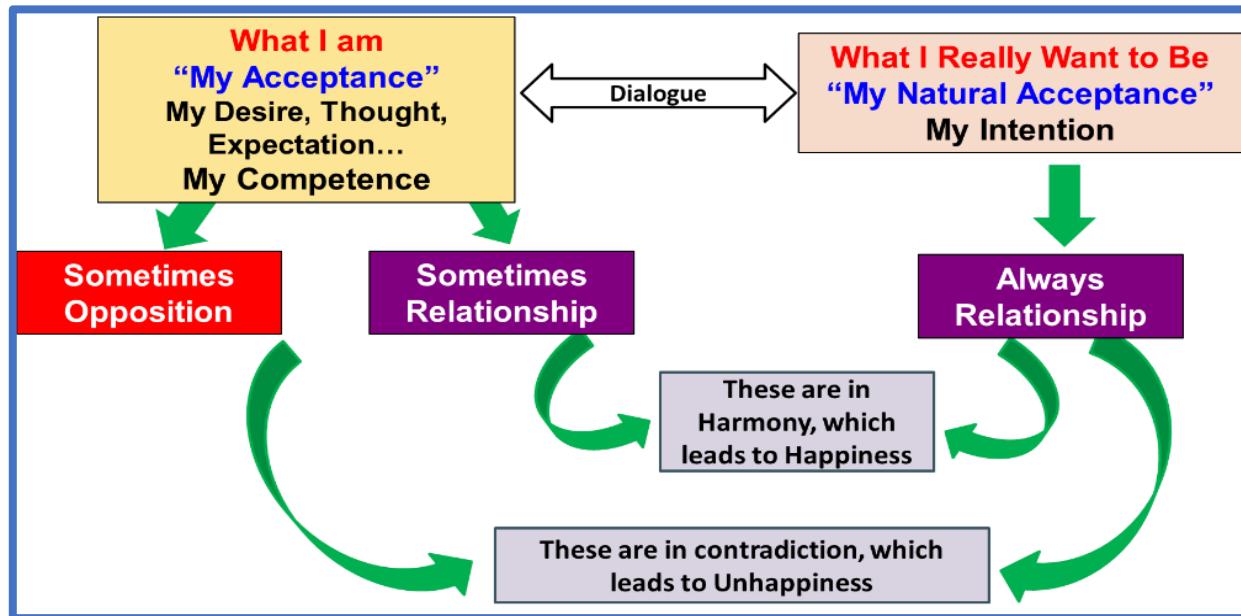


Lecture No.	Chapter	Content
9	Ch-4 - (Understanding happiness and prosperity)	Prosperity, Happiness, Excitement

Understanding Happiness and Prosperity – Their Continuity and Programme for Fulfilment

The basic aspiration of a human being is continuity of happiness and prosperity. There are three basic requirements to fulfill this aspiration: right understanding, relationship, and physical facility, and that too in the correct order of priority.

We had proposed that when we are in harmony within [between ‘what I am’ (**My Acceptance**) and ‘what is naturally acceptable to me’ (**My Natural Acceptance**)], we are in a state of happiness. And if these two are not in harmony, we are in a state of contradiction.



“The state or situation in which I live, if there is harmony/synergy in it, it is Naturally Acceptable to me to be in that state/situation”.

“To be in a state/situation which is Naturally Acceptable is Happiness”, i.e.

“To be in a state of Harmony / Synergy is Happiness”, i.e.

Happiness = Harmony.

Situation 1:

you met a dear friend for whom you have a feeling of respect. He also reciprocates with respect for you. When you meet you shake hands – this is the expression of the feeling of respect. The question is – do you want the feeling of respect to continue? It is easy to see that we want the feeling of respect to continue. we are not referring to continuing the situation – you certainly would not like the handshake to continue for a very long time! It is the continuity of harmony that we are seeking.

“The state or situation in which I live, if there is disharmony/contradiction in it, it is not Naturally Acceptable to me to be in that state/situation”.

“To be forced to be in a state/situation which is not Naturally Acceptable is Unhappiness”, i.e.

“To be forced to be in a state of Disharmony / Contradiction is Unhappiness”, i.e.

Unhappiness = Disharmony.

Situation 2:

when you are sitting in the office of your boss with whom you have a feeling of opposition, waiting for taking instructions from him. He is looking into something, and you are waiting, sitting together for a few minutes without exchanging words. Will you be in a state of happiness within or unhappiness within? Obviously, you are in a state of unhappiness as you have a feeling of opposition, which is not naturally acceptable to you.

The programme for ensuring the continuity of happiness is:

To understand the harmony at all levels of being and to live in harmony, i.e., (1) At the level of the individual human being, (2) At the level of family, (3) At the level of society and, (4) At the level of nature/existence.

Exploring the Meaning of Prosperity:

Prosperity is related to material things / physical facilities, food, cloth, shelter, mobile phone, motor cycle, etc. When we are able to see that we have more than adequate physical facilities, we feel prosperous. Thus,

Prosperity is the feeling of having more than the required physical facility.

The feeling of not having enough physical facility is the feeling of deprivation

There are two basic requirements:

- Right assessment of the need for physical facility, along with its required quantity.
- Ensuring the availability/production of more than the required physical facility.

Do you think it is possible to quantify the need for the physical facility? Can you quantify how much food is required? How many clothes are required? Like that, how much physical facility is required? Explore it.

At this point, what we can clearly see is that we can have a feeling of prosperity only if we are able to do the right assessment of our physical needs. The right assessment of physical needs, along with their required quantity, will come through the right understanding. Without that right assessment, the feeling of prosperity cannot be assured, regardless of the availability or accumulation of physical facilities we may have been able to do.

Let us take an example. When we look into our need of food for nurturing our body, we find that it is required in a limited quantity. No one can eat in unlimited quantities. Once we are able to identify the need for food along with the required quantity, we can check whether we already have more than what is required.

If we have more than the required food or if we can ensure more than the required food by way of production, we will have a feeling of prosperity as far as food is concerned.

If we neither have the availability nor the ability to produce more than the required quantity of food, we will feel deprived (as far as food is concerned). It is applicable for all types of physical facilities.

This feeling of not having enough physical facility is the feeling of deprivation

When you have a feeling of prosperity, you will naturally think of nurturing and enriching others, and if you feel deprived then we think of exploiting and depriving others.

FAQ

Does the accumulation of physical facilities reflect the feeling of prosperity?

It is generally assumed that the richer you are, the more prosperous you are; the more you have accumulated, the more prosperous you are. With this sort of assumption, we pursue prosperity with a passion for profit, for accumulation. That is happening all around. The major focus in society today is on the accumulation of physical facilities. In particular, there is a major focus on accumulating money.

Today, most of the wealth (money) in the world is owned by a very tiny percentage of people. Many such people are seen exploiting others and exploiting the Earth in an effort to accumulate even more. Without clarity about how much is required, the effort is for an unlimited quantity of physical facilities and by almost any means. First, the efforts may be made by legal means and then slip to even illegal means. This is all because the quantity required is undefined, and there is a feeling of deprivation!

FAQ

Does consumption of physical facilities and enjoying favorable sensations provide you with continuous happiness?

Physical thing → Contact with Body → Sensation (from Body) → Tasted by Self

- If taste is favourable → Happiness (Temporary)
- If taste is unfavourable → Unhappiness (Temporary)

- When you start eating the sweet, it seems tasty (for you) and necessary (for the body). You are eating for happiness (for you) as well as for nurturing your body.
- Once your stomach is full, it still seems tasty (to you), but it is now unnecessary (for your Body). Now, you are still eating for happiness from the taste of it (for you), but you know it is no longer necessary for nurturing your Body.
- If you continue eating some more and are full up to the neck, what is your state? The sweet is no longer a source of happiness for you. At the same time, it remains unnecessary to nurture the Body. It is still your favorite sweet, but now it is neither tasty to you nor necessary for your Body. Now you want to stop eating it.
- But if someone forces you to eat further, eating the same sweets becomes intolerable (unbearable). Now, it turns into a source of unhappiness for you, and you have to deal with the stomach ache on top of it!

The conclusion is that you do get some sort of happiness from the sensation. However, this happiness is momentary very short-lived and it seems to pass through the following stages:

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

FAQ

Do favorable feelings from others provide you with continuous happiness?

We can be happy by getting favourable feelings from others. We tend to feel happy when others pay attention to us, when others praise us, when others respect us, care for us, or express any favorable feeling to us.

For that, we keep doing all kinds of things. Wearing clothes of the latest fashion, going to college on that borrowed motorcycle and many other things.

To take an example, you wear an exclusive dress while going for a party. Your expectation is that you will be noticed at the party, people will compliment you, and this will make you happy. You enter the door, and the host appreciates your dress – you feel happy. The next minute, another person points out that this dress is now out of fashion; he saw it in the neighbourhood goodwill store – your happiness is replaced by unhappiness.

The conclusion is that you do get some sort of happiness from the attention and feeling you get from others. However, this happiness is momentary and very short-lived. So firstly, continuity of happiness is not possible through getting feeling from the other. Secondly, the little temporary happiness you got from the compliments is not your own property. You are not deciding the feeling – it is being decided by the other person. There is no certainty that they will notice you again or if they will even be around next time!

FAQ

Is the feeling of happiness the same as that of feeling of excitement?

Excitement is a sort of momentary happiness. Excitement is short-lived and not sustainable, while a harmonious state within is something that can be continuous and sustainable. You have an expectation, say for a particular sweet, and if that expectation is fulfilled, you feel happy. However, since you are looking for continuity of happiness, you try to continue, in this case eating the sweet. But sooner or later you see that it cannot be continued indefinitely, so that happiness from eating the sweet dies out. In fact, there is no possibility to continue this happiness from eating the sweet. Somewhere you are able to see this. You are able to see that you have a deeper desire for continuity of happiness which this sweet is not able to fulfil.

Lecture No.	Chapter	Content
10	Ch – 5 - (Understanding the human being as co-existence of the self and body)	Self vs. Body (Need)

UNDERSTANDING HUMANBEING:

Human being is the co-existence (living together) of Self (I) & Body.

Who makes decisions?

Who enjoys food, clothes, music, movies...?

Who feels happy or depressed...?

Human Being		Self (I)	Body
Need		Happiness (Respect, trust, relationship)	Physical facility (Food, clothes, house...)
	Needs in terms of time	Continuous	Temporary
	The need is Quantitative or Qualitative	Qualitative (feeling)	Quantitative (Required in limited quantity)
	Fulfillment of the needs by -	Right understanding & right feeling	Physio-chemical things getting from the rest of nature (Rice, cloth, ...)
		The needs of the self are definite. Child, adult, youth, or old person all requires happiness	The needs of the body are varying. It depends on age, health condition, shape, size, etc.
Activity		Imagination (Desire, thought, expectation)	Eating, walking, running, etc.
	Activities in terms of time	Continuous	Temporary
Response		Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling
		↓↓	↓↓
		SELF IS THE DOMAIN OF CONSCIOUSNESS	BODY IS THE DOMAIN OF MATERIAL

While selecting and eating food, what is desirable?

- Body is nourished **and** Self is happy
- Body is nourished **and** Self is unhappy
- Body is not nourished **and** Self is happy
- Body is not nourished **and** Self is unhappy

Find out what happens at the level of Self and Body when:

- Someone is forcing you to eat when you are not hungry
- You are hungry, and someone is throwing a packet of food to you
- You select nutritious and tasty food to eat
- You are eating ‘junk food’
- You are consuming ‘wine’
- You are eating ‘apple’

The Needs of the Self and the Body

The need of the Self is happiness. If someone expresses a feeling of respect for us, we feel happy about it. Respect is one of the needs of the Self.

Now, if you look at the needs of the Body, it is the physical facility. One example of this is food.

You may observe in yourself that food is required, and respect is also required. Thus, both physical facility and happiness are required for human beings.

QUESTION:

Do you think physical facility (need of the body) and happiness (need of the self) replaced each other?

If you are given well-prepared tasty food, but it is given to you with a push and a sharp “Here, take it and eat”! Will it work for you? Providing tasty food may fulfill the Body, but the disrespect will not be satisfying for the Self!

Similarly, if you are given respect but no food, you may tolerate it for a day or two. However, you certainly need food also. Isn’t it?

Thus, both of these are required. By giving food only, you can’t ensure respect. In the same way, just by giving respect, food is not ensured. Thus, these are two different types of needs. Both of these are essential, and therefore, both of them have to be fulfilled separately for human beings.

The Needs of the Self and the Body (in terms of time - Continuous and/or temporary).

Need of the body (in time):-

Is the food required continuously, or do you need it only when you feel hungry?

When your stomach is full, do you still require food?

It is easy to see that food is needed only when we are hungry. If we are forced to eat when the stomach is full, we find it uncomfortable. Thus, food is needed from time to time and not continuously. Therefore, food (physical facility – need of the body) is required temporarily.

Need of the self (in time):-

What about respect?

Is it desired continuously or only for a certain time?

One of your friends came to visit with his ten-year-old daughter. A conversation was taking place. At one point, someone asked her, “Does your father love you”? She was silent for a few minutes. The person asked, “Does he not love you”? She looked at him and said, “he loves me, but why does he shout at me and beat me”? Taken aback, the friend defended himself by saying, “I have scolded you a few times, but I haven’t beaten you, have I”? Her response was, “remember, the night before Diwali... two years ago.

OBSERVATION:

In the case of respect, we want continuity, but in the case of food, we don’t want continuity. Hence, both needs are different with respect to time – the need for self is continuous, and the need for the body is temporary.

The Needs of the Self and the Body (in terms of quality and quantity).

The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. The same is the case with the need for clothes, shelter, etc. None of us can eat an unlimited amount of food or wear an unlimited amount of clothes. Like that, any physical facility is required in a limited quantity. On the other hand, the feeling of respect, trust, etc., is not quantitative. We don't say, 'Today I got half a kg of respect' or 'Two meters of trust.' Even speaking like this appears laughable. These feelings are qualitative in nature. We can't talk about their quantity. We can only say whether these feelings are there or not there. They are qualitative; they are in the form of a feeling. Either this feeling is there or not there; a measure of quantity does not apply to it.

How to fulfill the Needs of the Self and the Body?

The needs of the body are food, which is fulfilled through physio-chemical things, i.e., rice, fruits, vegetables, pizza, etc.

The needs of the self are respect (feeling), which is fulfilled through the right understanding and right feeling.

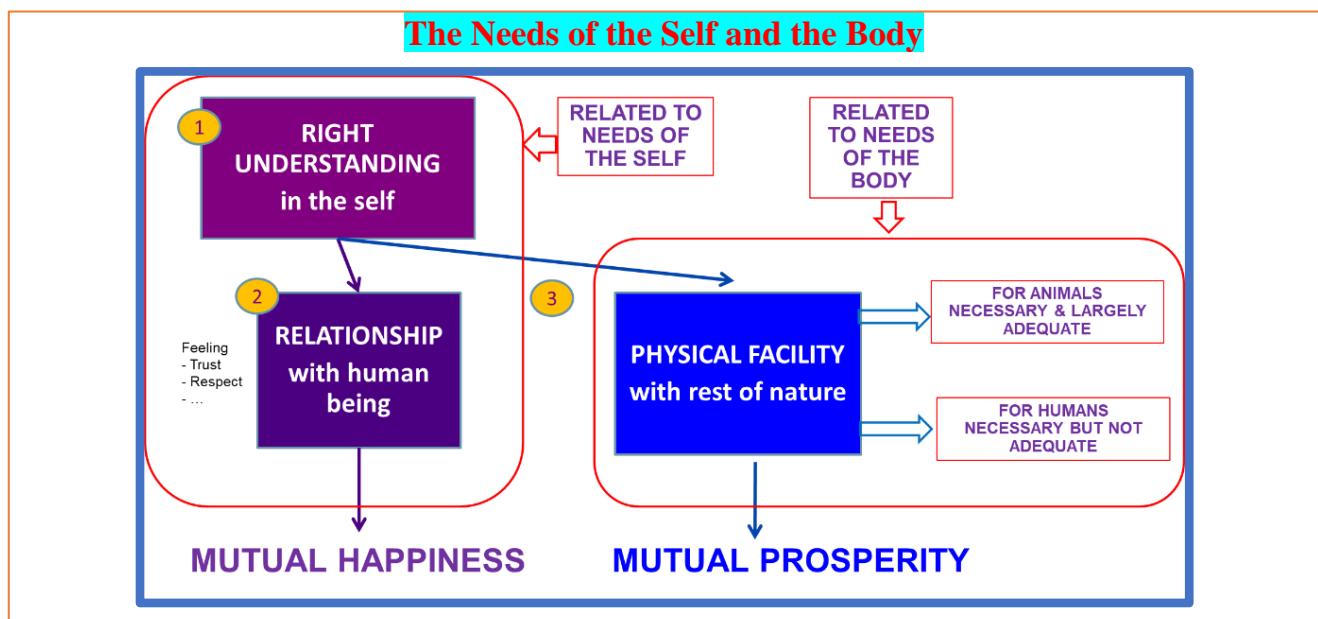
QUESTION:

Will your need for food be fulfilled if your friends keep saying nice things about you but don't offer you anything to eat all day? It is quite obvious that some food is required to fulfill the needs of the Body.

Will your need for respect be fulfilled if your friends keep on feeding you with the best of foods but keep making fun of you all day? It is quite obvious that the right understanding and right feeling are required to fulfill the need of the Self.

OBSERVATION:

The need for self and the need for the body are two different needs, and one cannot be substituted for the other. And to fulfill the human being it is required to fulfill both the needs.



What do you think – are both, the Self and the Body, important or you can do away with any one of them? Are we taking care of both, or are we largely focused on the Body only?

Needs of the Self are Definite, whereas those for the body are varying:

The needs related to the Body depend on the age, health condition, shape and size of the Body etc. An adult may need 1kg of food in a day, while a small child may need 100 grams. A tall young man may need 3 meters of cloth for a pant, while a short boy may need only 1 meter of cloth. Like that the needs related to the Body will vary.

The needs of the Self are definite. A child needs happiness as much as a youth and an old person. In other words, this **right understanding and right feeling** is the need of any Self and every Self, regardless of the state and condition of the Body.

Lecture No.	Chapter	Content
11	Ch – 5 - (Understanding the human being as co-existence of the self and body)	Self vs. Body (Activity)

The Activities of the Self and the Body:

Activities of the Body are walking, running, eating, etc., which is temporary in time. After some time (after continuous walking, after continuous running), the body gets tired, and we need to give it rest. Thus, when it comes to performing an activity with the help of the body, we (humans) cannot do it continuously.

The Self has the activity of **desire, thought, and expectation**, which is continuous in time, and we can't stop even for a while. When we are bored of thinking about one thing, we start thinking of something else. But one or the other desire, thought, keeps going on continuously in us.

Desire - the power of the activity of imaging (What you want to be?)	If you desire a big house, you want to become the owner of a big house. So, when you say the desire for a big house, it means you want to be the owner of a big house, and you have an image of this house. Desire means imagining ‘what you want to be’.
Thought – the power of the activity of analyzing (how to fulfill your desire)	When you desire to become a big house owner, you try to work out the details of the house. For example, will you have a dining room, a bedroom, a kitchen, a veranda, a bathroom, and so on – this is called analysing. You are trying to separate different parts of the image, trying to work out the details of the image, and trying to analyze the image – that is called thought.
Expectation - the power of the activity of selecting based on your taste.	when you desire a big house, you have an image of it, you are analyzing that image, trying to work out the details of it, and now you are trying to fill in the finer details, like the smoothness of the walls, the colors, etc. – that is the activity of selecting. Here is a house, a drawing room and you want to decide whether to put a white color, a green color or a blue color on the wall. This selection of color is based on your taste. If you had visited someplace and you saw a cream color room that you happened to like, it is now part of your taste. So now, when you are selecting colors, you select cream color. Expectation is the activity of selecting which is of course on the basis of tasting.

Activities Together Constitute “Imagination”

Activity	In the self (I)	In the body	Involving both the self and body
Running	Self-made the decision to run	Body is running	Self-made the decision to run and the body is running.
Eating	Self-made the decision to eat	Body is eating	Self-made the decision to eat; thus, the body is eating.
Thinking	Self is thinking; body is not involved.		
Feeling excited	Self is feeling excited	Some effects of excitement are also on the body	Both self and body are involved.
Heartbeat		This is happening in the body only	
Blood circulation		This is happening in the body only	

OBSERVATION

Any activity with the help of Body is difficult to continue while any activity of the Self is difficult to stop.

Lecture No.	Chapter	Content
12	Ch – 5 - (Understanding the human being as co-existence of the self and body)	Self vs. Body (Response) ; Indefinite and definite Human Conduct

The Response of the Self and the Body

The response of the Body is based on recognizing and fulfilling.

Let's take an example to clarify it. If someone is injecting a needle into your body, the Body has a definite recognition and fulfillment. If the needle is harder than the body's skin, it will go inside; if it is softer, it will not go inside. This **recognition and fulfillment of the Body with the needle** are definite.

The response of the Self is based on knowing (understanding reality as it is, in its completeness - definite), assuming, recognizing, and fulfilling.

If someone is injecting a needle into your body, will you cooperate with him or oppose him? That depends upon the situation and your assumption about that person. If the person injecting the needle is a doctor, you cooperate. On the contrary, if the person is an enemy trying to inject poison into the Body, you will oppose him. It means that the recognition and fulfillment of the Self depend upon the assumption of the Self. Any small difference in assumption leads to different recognition and fulfillment.

Let's take another example.

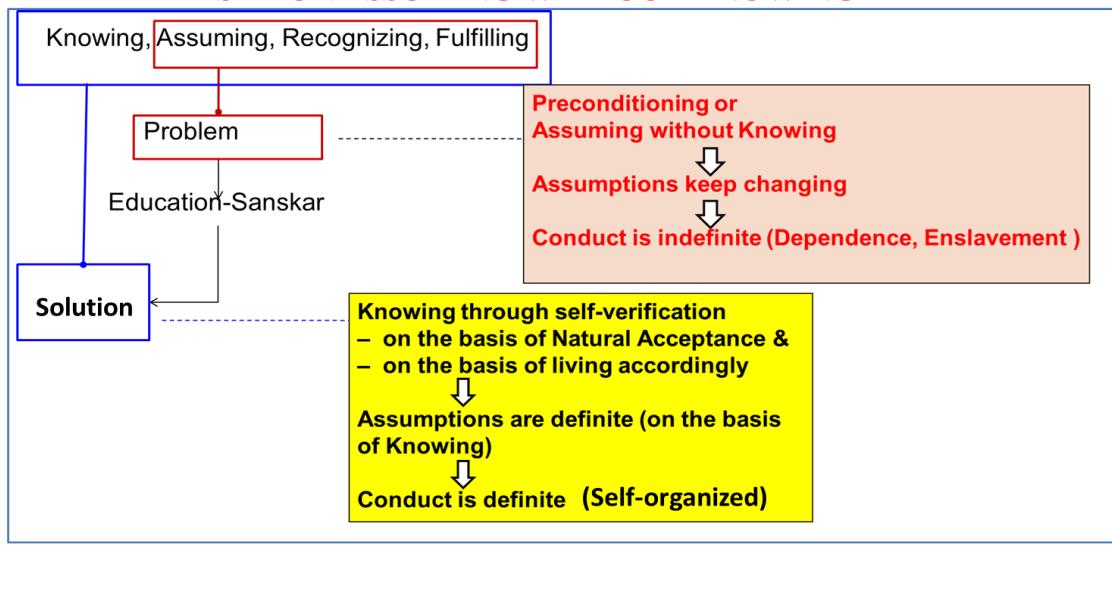
You are lying on the operation table for some surgery. The doctor is ready to perform the job. Just before the anaesthesia, a close friend makes a phone call to you and informs you that this doctor is hand in hand with your enemy. What would you do? Will you continue with the operation or jump out of the table? Obviously, the second one. Why? Because of the information you received via the phone call. Now, your assumption about the doctor has changed. Obviously, no other physical change outside has taken place. The table, the room, and the people, everything is the same, but your assumption about the doctor has changed, so it is followed by a change in recognition and fulfillment.

The recognition and fulfillment of the Self depend upon the assumption. Since the assumptions keep changing based upon the influence of circumstances, peer pressure, society, media, etc., our recognition and fulfillment of our conduct also keep varying throughout the day. That is the source of the **indefinite conduct of a human being**. All the problems that we see around us ultimately relate to this.

Most of us are doing – living on the basis of assumptions. Even a single person may have many different sets of assumptions. When one set of assumptions is active, his conduct is one way. When another set of assumptions is active, the conduct is different. You may find the same person full of affection one time and full of jealousy another time. We also may have various assumptions in us. Sometimes, these assumptions may even be contrary to each other, and depending upon the time, situation, and circumstances – one of them may become active. This makes our behavior much more complicated. Any misleading assumption that is not right leads to wrong recognition and fulfillment, ultimately leading to wrong behavior/conduct.

The conduct of the human being basically depends upon the response of the Self, as all decisions are made by the Self. Only with the assumptions set right, i.e. **assumptions that are based on knowing (understanding the reality as it is)**, can the recognition and fulfillment be set right; and only then can the conduct become definite.

RESPONSE OF THE SELF BASED ON KNOWING & BASED ON ASSUMING WITHOUT KNOWING



The Self as the Consciousness Entity, the Body as the Material Entity:

Human Being	Self - JEEVAN (I)	Body
Need	Happiness (Respect, trust, relationship)	Physical facility (Food, clothes, house...)
Needs in terms of time	Continuous	Temporary
The need is Quantitative or Qualitative	Qualitative (feeling)	Quantitative (Required in limited quantity)
Fulfillment of the needs by -	Right understanding & right feeling	Physio-chemical things getting from the rest of nature (Rice, cloth, ...)
	The needs of the self are definite. Child, adult, youth, or old person all requires happiness	The needs of the body are varying. It depends on age, health condition, shape, size, etc.
Activity	Imagination (Desire, thought, expectation) MUNGERILAL KI HASEEN SAPNE (Few episodes see in You Tube)	Eating, walking, running, etc.
Activities in terms of time	Continuous	Temporary
Response	Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling
	↓↓↓	↓↓↓
	SELF IS THE DOMAIN OF CONSCIOUSNESS	BODY IS THE DOMAIN OF MATERIAL

The domain of consciousness is characterized by the activity of knowing, assuming, recognising and fulfilling. On the other hand, the domain of material only has the activity of recognising and fulfilling. For human being to be fulfilled, both domains need to be fulfilled separately.

Lecture No.	Chapter	Content
13	Ch – 5 - (Understanding the human being as co-existence of the self and body)	Assuming Human being to be only the Body; exchange of information between self and body; Self is the Seer, Doer, and Enjoyer, and Body is an instrument

Assuming Human Being to be only the Body

Assumption: Human being = Body

Needs of human being = physical facility and feelings

Need for feelings (like respect) is continuous
↓

All needs are fulfilled by physical facility
(Eg. clothes, house, car... will fetch respect)
↓

Physical facility required = unlimited!

Physical facility available = unlimited?

Feeling of Deprivation
I don't have enough!

Effort for Physical Facility

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graph TD
    A[Assumption: Human being = Body] --> B[Needs of human being = physical facility and feelings]
    B --> C[Need for feelings (like respect) is continuous]
    C --> D[All needs are fulfilled by physical facility  
(Eg. clothes, house, car... will fetch respect)]
    D --> E[Physical facility required = unlimited!]
    E --> F[Physical facility available = unlimited?]
    F --> G[Feeling of Deprivation  
I don't have enough!]
    G --> H[Effort for Physical Facility]
    H --> A
  
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People who are trying to get respect out of clothes (physical facility) keep on buying and wearing new clothes to draw attention towards themselves, do you think that this attention is the same as respect? Is it possible to get respect based on the clothes you wear? What about continuity of respect on this basis?

The impact of this assumption is that we keep accumulating more and more physical facilities (clothes) without knowing how much is enough and how much will fetch us continuous happiness. We never feel prosperous. We feel deprived and so we try to accumulate more; that is how we get into a loop.

On the one hand, there is the exploitation of natural resources for more and more physical facilities. On the other hand, human beings are exploited in the process, and they are also made to compete for limited physical facilities.

Assuming Human Being to be only the Body is a Gross Misunderstanding

Assumption: Human being = Body

Needs of human being = physical facility and feelings

Need for feelings (like respect) is continuous
↓

All needs are fulfilled by physical facility
(Eg. clothes, house, car... will fetch respect)
↓

Physical facility required = unlimited!

Physical facility available = unlimited?

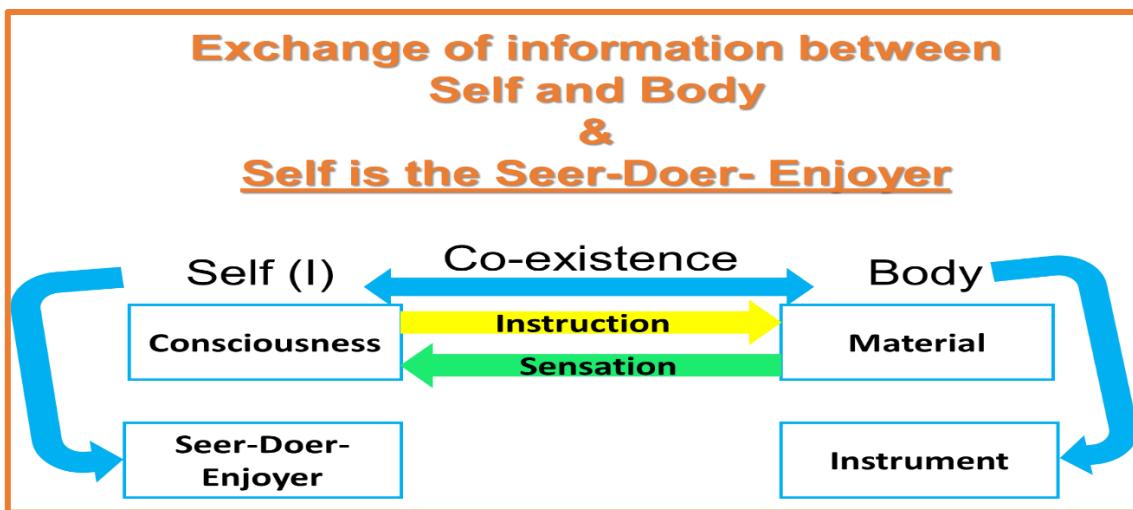
Feeling of Deprivation
I don't have enough!

Effort for Physical Facility

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graph TD
    A[Assumption: Human being = Body] --> B[Needs of human being = physical facility and feelings]
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I don't have enough!]
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    H --> A
  
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SELF IS THE SEER, DOER, & ENJOYER



The self is central to human existence, and the body is used as an instrument.

- It is the Self that has the need to know the reality – **it is the knower or seer.**
- The Self gives instructions to the Body when the Body needs to be involved and it reads the sensations from the Body. If you instruct your body to stand, it stands; if you instruct the Body to sit, it sits; if you instruct the Body to eat, it eats; if you instruct your body to stop eating, it stops eating and so on. The Body follows the instructions of Self. In that sense, the Self decides what to do – **it is the doer.**
- It is the Self which experiences happiness or unhappiness – **it is the enjoyer.**

Lecture No.	Chapter	Content
14	Ch – 6 - (Harmony in the self - Understanding Myself)	The Activities of the Self (Desire, Thought, Expectation) - Imagination

UNDERSTANDING MYSELF

The Activities of the Self:

The Self has the activity of **desire, thought, and expectation**, which is continuous in time, and we can't stop even for a while. When we are bored of thinking about one thing, we start thinking of something else. But one or the other desire, thought, keeps going on continuously in us.

Desire - the power for the activity of imaging (What you want to be?)	If there is a desire for a big house, you want to become the owner of a big house. So, when you say the desire for a big house, it means you want to be the owner of a big house, and you have an image of this. Desire means imagining 'what you want to be'.
Thought – the power for the activity of analyzing (how to fulfill your desire)	When you have a desire to become an owner of a big house, you try to work out the details of the house. For example, will you have a dining room, a bedroom, a kitchen, a veranda, a bathroom, and so on – this is called analysing. You are trying to separate different parts of the image, trying to work out the details of the image, and trying to analyze the image – that is called thought.
Expectation - the power for the activity of selecting based on your taste.	when you desire a big house, you have an image of it, you are analyzing that image, trying to work out the details of it, and now you are trying to fill in the finer details, like the smoothness of the walls, the colors, etc. – that is the activity of selecting. Here is a house, a drawing room and you want to decide whether to put a white color, a green color or a blue color on the wall. This selection of color is based on your taste. If you had visited someplace and you saw a cream color room that you happened to like, it is now part of your taste. So now, when you are selecting colors, you select cream color. Expectation is the activity of selecting which is of course on the basis of tasting.

Activities Together Constitute “Imagination”

Example:

Selection of the style and color of your clothes. This selection is based on your taste. You may like to wear loose cotton clothes – that is your selection. You have selected clothes which are blue in colour – that is your taste. Your friend might like to wear tight synthetic clothes which are black in color – that is his selection based on his taste. You may or may not be aware of your taste, but every selection you make is based on your taste.

Selection of the position of your sitting. You select the position and posture every few minutes. That is also based on your taste for comfortability. The root of selecting-tasting and analysing-comparing is the desire. You may have a desire to be comfortable, so you are selecting body postures that provide comfort.

Activities of the Self	
Power	Activity
Desire	Imaging
Thought	Analysing-comparing
Expectation	Selecting-Tasting

Imagination

Activities of the Self are Continuous, and Activities (Desire, thought, expectation) Together Constitute Imagination.

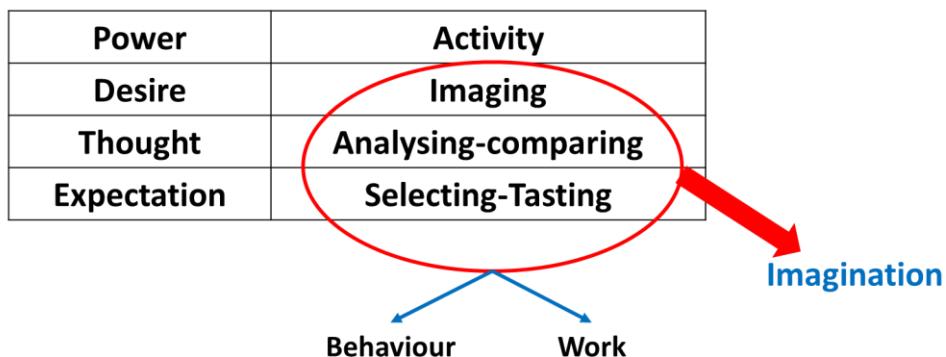
Imagination is Expressed in Behaviour and Work.

All the decisions are made in our imagination. The decision regarding the behavior of human beings is taken at the level of the imagination. Similarly, for any work we do with the rest of nature, the decisions are taken at the level of imagination. It is where all decisions are taken. In behaviour, you may use the Body to share your feeling of respect for your friend by way of words. In working with the rest of nature, you may involve your Body to sow the wheat seeds and so on. Your behavior or work is simply an expression of your imagination in which the Body is involved. When your imagination is in harmony with your natural acceptance, it leads to harmony within and, therefore, a state of happiness. If this imagination is in contradiction with your natural acceptance, it leads to disharmony and unhappiness. It is very important to see what is going on in our imagination and to be aware of our imagination because our basic aspiration of happiness depends upon it.

Self is central to human being. It connects the Self to the world outside, in terms of behaviour with human being and work with the rest of nature. It, further connects to natural acceptance within. In that sense the imagination plays a central role.

Activities of the Self

- Activities of the Self are Continuous
- Activities Together Constitute Imagination
- Imagination gets Expressed in Behaviour and Work

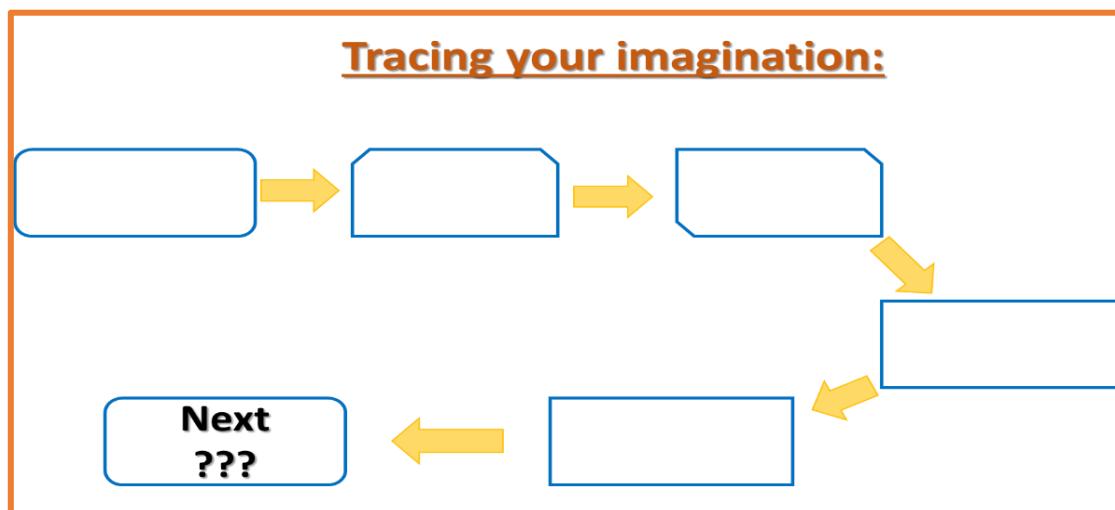


When you think for hours about a friend with a feeling of respect, about how to express your feeling of respect to him, you are in harmony within because the feeling of respect is naturally acceptable to you. When you are in harmony within, you are in a state of happiness. Of course, if you express this feeling of respect to your friend, it will lead to happiness for your friend also, since respect is naturally acceptable to him as well.

Lecture No.	Chapter	Content
15	Ch – 6 - (Harmony in the self - Understanding Myself)	Tracing one's imagination, Random imagination vs. imagination in harmony

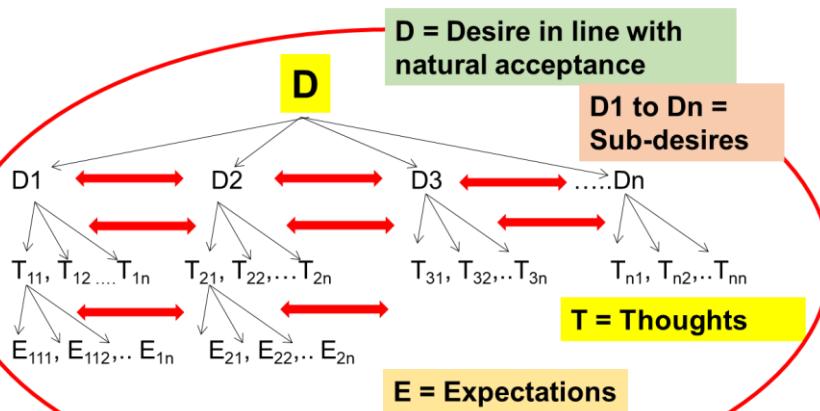
Tracing your Imagination (TV Serial – “*Mungerilal ke Haseen Sapne*”):

As you read these class notes, you can see what is going on in your imagination. Even in five minutes, so many imaginations will be taking place one after the other. Are you able to see that? Are you aware of them? How much time is your attention spend on the class notes, and how much time do you imagine other things? To comprehend one paragraph, you may be able to observe that you have to read it more than once, even if it is of interest to you. That is because you are thinking of many other things in between while reading. When you look at the things to which your attention goes to, those are the things you consider important. Sometimes you think what is written in the class notes is important and sometimes you may think of your friends who have gone for a movie!



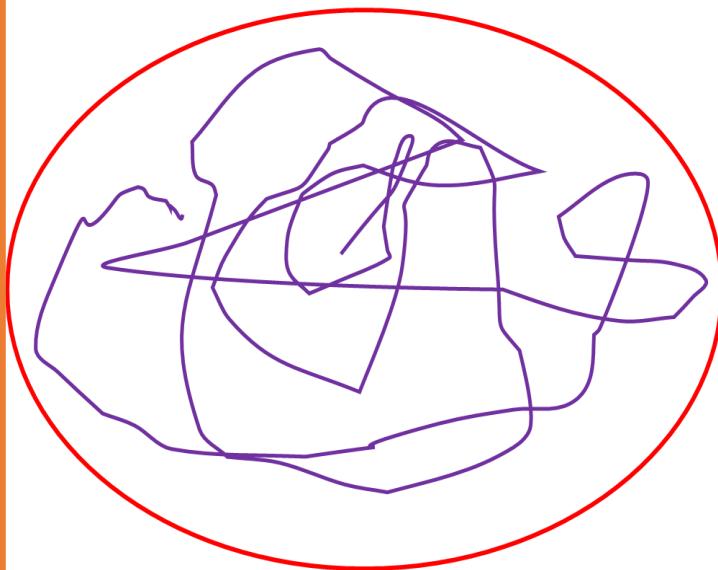
When we are conducting a class for this course, we keep repeating the important points many times because we have an idea about what may be happening to the students. They may be going from one imagination to another. By the time we speak something, some important points, the student picks up a few words and then s/he takes off and starts imagining something. For 10 minutes s/he is off the class, in her/his imagination, he doesn't know what is going on in the class. 10 minutes later, when s/he comes back and traces what is being talked about. We know each student wants to know and want to understand. We also have an idea about their ability to focus. Keeping in mind both these things, we write the content on the board. We also keep repeating 10 to 20 times so that even if s/he comes back after 15 minutes s/he should be able to find out what is being talked about, to get the point being discussed.

Imagination in Harmony



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

Random Imagination



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.

Contradiction → unhappiness

Lecture No.	Chapter	Content
16	Ch – 6 - (Harmony in the self - Understanding Myself)	Three sources of imagination (preconditioning, sensation, natural acceptance) and its consequences (enslavement, self-organised)

Three Sources of Imagination – Preconditioning, Sensation and Natural Acceptance

The seed or root of the imagination is the desire. A small desire expands in thought and further expands in expectation. “What is the motivation that is driving our imagination”? If we look at this desire, thought, and expectation, what is their source or motivation? Who is deciding on them? Are we deciding them ourselves? Or is it someone else making the decision, like parents, family members, friends, teachers, the social environment, etc.?

For example,

You want to come first in the class. Is it really your own desire? Did you decide it yourself, or did it come from your parents, or did it come from your teachers, or did it come from your friends, or did it come from the social environment – what is it? We don't usually ask this question as to where it is coming from. It looks like we are deciding, but when we question deeper how these desires came, then we may find that they came from the family, from the teachers, from the friends, and so on.

Preconditioning as a Source of Motivation for Imagination

Preconditioning means the beliefs, notions, norms, ideas, views, assumptions, dictums, goals, etc., picked by oneself or prevailing in the family, in the society which may influence our imagination.

For example, if parents say ten times that you have to come first in the class, your desire gets conditioned, and you have the desire to come first in the class. If your friend also says you have to come first in the class, if your teacher also says you have to come first in the class, you get a strong desire to come first in the class.

Acceptance: To come first in the class

Natural Acceptance: To understand what is being taught in the class

A large percentage of your desires are motivated by preconditioning. They are not your natural acceptance, but you have made them your desire under some influence or pressure, and you may not even be aware of it! If you are not even aware of them, they are riskier for you as they might mislead your desires, and you may not even notice it.

One of our friends related an example about a metro city of India which he visited fifteen years back. He, along with his friends, was going to meet someone at his house. On the metro train, he found that most of the youngsters were wearing torn trousers. He was quite surprised to see this as he was in a metro city. He asked one of his friends if people in the city were facing some economic crisis. The friend was surprised and asked what happened. He said, “People are wearing torn clothes – the trousers are torn at the bottom.” The friend laughed and replied, “Don't you know? This is the fashion today”! Now, this was quite unexpected for him, and he kept thinking, “If they have to wear torn clothes, why do they need to get them stitched”? But you know this is fashion, and this fashion means some preconditioning has been created around it. So, now we are paying for stitching the trousers, and we are paying for tearing the trousers.

- *Fashion of using high heels and low heels shoes for women keeps changing every few months. Our preconditioning is changing, and we keep changing the shoes.*
- *Fashion of wearing bell bottoms trousers (wider from knees downward) during 1960-70*

Sensation as Another Source of Motivation for Imagination

Another major source of our desire, our imagination, is the sensation. Sensation is the information we get from the Body through the five sense organs – sound (through ears), touch (through the skin), sight (through the eyes), taste (through the tongue), smell (through the nose).

For example, you are going by the road, and you see a very shining red car passing by. Now, your imagination (desire, thought, and expectation) is dragged by that car. You start desiring that car now because you happened to like the color, or you happened to like the shape, speed, or something else. So, this sensation has made an impact on you. So, now you have a desire for the car.

- *You happen to eat some exotic food (foods that are not native to your country), and the taste motivates you to visit the restaurant again and again.*

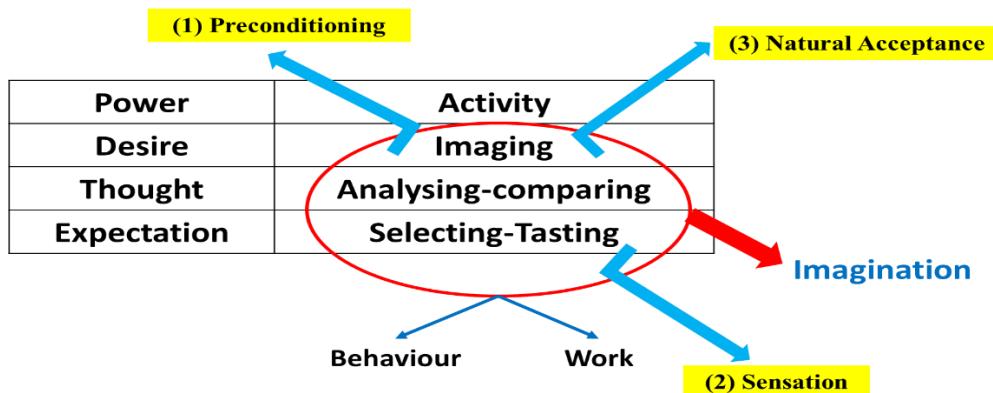
- Your friend purchases a very soft woolen cloth, and the very touch makes you think about how to get one for you, too.
- Your neighbor uses some perfume that you happen to like, and you start locating that perfume in the mall.

Natural Acceptance as the Most Authentic Source of Motivation for Imagination

Try to find out what your natural acceptance is:

- To respect or to disrespect others?
- To protect your Body or to damage your Body
- To eat food that nurtures your Body or to eat food that harms your Body?

Three Sources of Imagination – Preconditioning, Sensation, & Natural Acceptance



Consequences of Imagination from the three Sources – Self-organised or Enslavement?

As long as your desires are coming from **preconditioning** (*the beliefs, notions, norms, ideas, views, assumptions, dictums, goals, etc. picked by oneself, or prevailing in the family, in the society*), you cannot be sure whether they are in harmony with your natural acceptance or not. Therefore, you are not sure whether, with these desires, you will be in harmony or you will be in contradiction within. Therefore, you are not sure whether you will be in a state of happiness within or unhappiness within.

Similarly, when desires are based on **sensation** you are not very sure whether they are in line with your natural acceptance or not. So there again, you are not very clear whether it will lead to a state of harmony and happiness within or contradiction and unhappiness within. *We keep shifting TV channels, shifting from sweets to salty snacks, shifting from one kind of music to another, and so on. Now, you can see that a particular sensation may match our taste for a while, but we don't want to continue with it since it does not necessarily ensure harmony in the Self.*

Only when your desires are coming through your natural acceptance can you be sure that you are in harmony within because then your imagination is in line with your natural acceptance. Only then are you sure to be in a state of harmony within and, therefore, in a state of happiness. The only way to ensure harmony at the level of Self is to ensure that all our desires, thoughts, and expectations, all our imaginations, are in line with our natural acceptance. This is also the meaning of definite conduct. We are able to see our natural acceptance. Our imagination is in harmony with our natural acceptance; therefore, we are in a state of harmony (happiness) within. Our behavior and work are now in line with (in harmony with) our natural acceptance. This is what we refer to as definite human conduct.

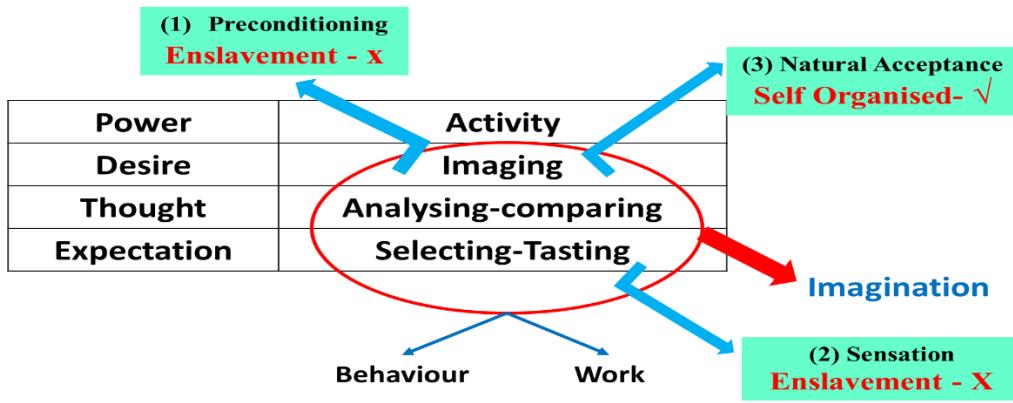
Next, ask yourself if your desires, which are motivated by some preconditioning, are really yours or if they are borrowed from outside. Who decided to wear the torn clothes? Is that really you? Because if you had decided (on the basis of your natural acceptance), would you not have selected clothes that protect the Body and also that are acceptable in society? If we look into this in-depth, it is the prevailing preconditioning that is deciding rather than your natural acceptance; it is the other deciding rather than you! In that sense, the **decision is dictated by the other**. It is a state of **enslavement**. That indicates that we are dictated by our own preconditioning!

Similarly, ask yourself if your desires which are motivated by sensation, are really yours or they are borrowed from outside? Who decided to go for that food for the sensation of taste alone, without checking if it is nurturing for your Body? Is that really you? Because if you had decided (on the basis of your natural acceptance), would you not have selected food that is nurturing for your Body, and which was also tasty? If you look carefully, it is the sensation of taste that is overriding your natural acceptance. In that sense, the **decision is dictated by the sensations of the Body**. It is a state of **enslavement**. That indicates we are enslaved by our own sensations!

When you ask yourself if your desires which are based on your natural acceptance, are really yours or they are borrowed from outside.

If you decided on shoes to protect your feet and you selected shoes of the right size and shape of your feet, it is in line with your natural acceptance. For such desires and selections, you are not influenced by what people say or the conditions outside. The latest shoe fashion for pointed shoes, high-heeled shoes, the shiniest shoe exteriors, etc., would not have any influence on your decision or your selection. Of course, such desires would be in line with your basic aspiration for mutual happiness and mutual prosperity at the base, so they will be acceptable not only to you, but to the other as well. This is the state of being self-organised, organized under the guidance of one's natural acceptance.

Consequences of the Three Sources of Imagination – Preconditioning, Sensation, & Natural Acceptance



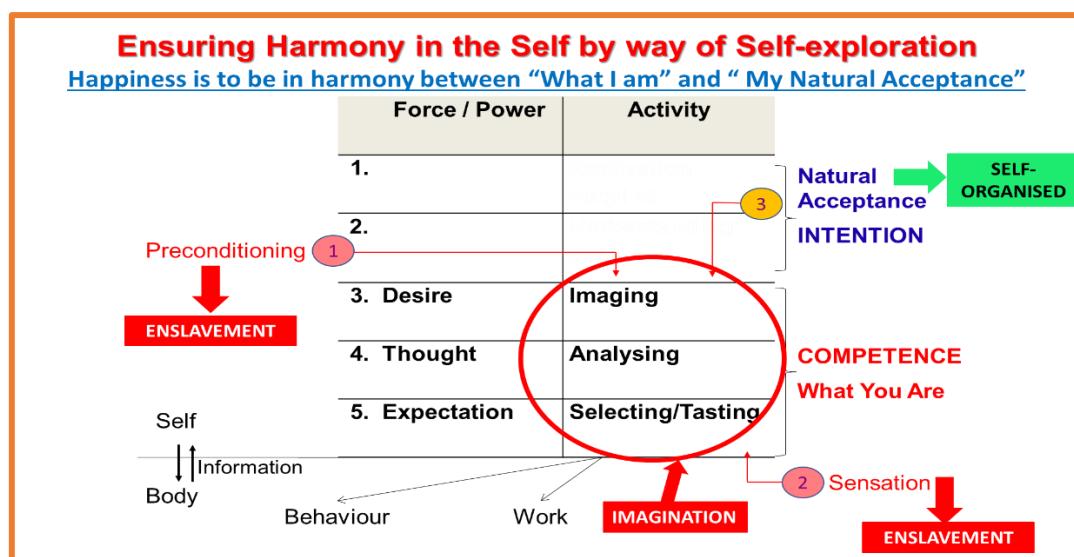
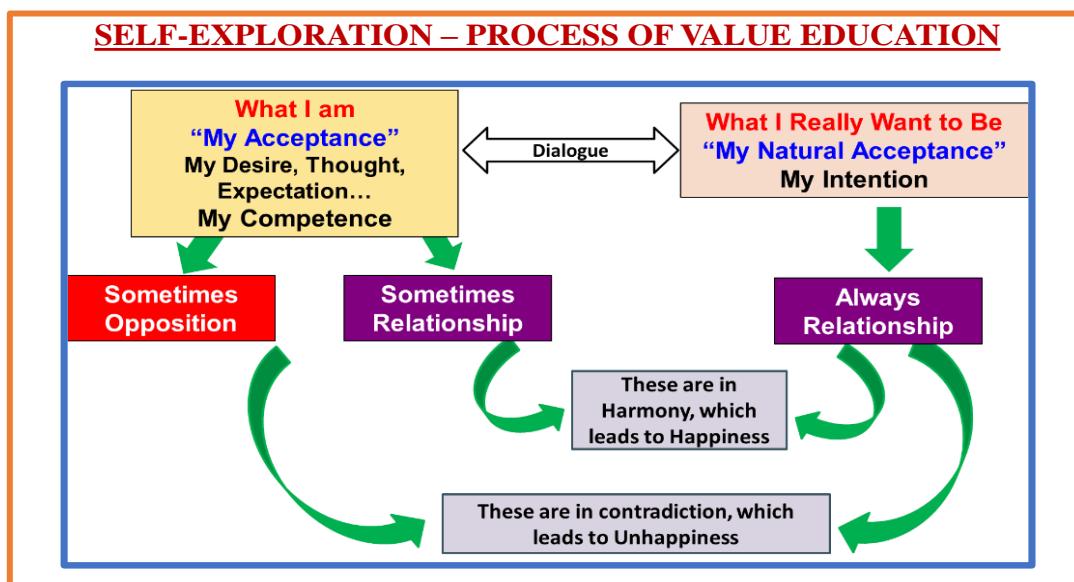
IS SELF-ORGANIZED AND FREEDOM SAME?

Freedom: One of doing whatever one desires

Self-organized: The responsibility one willingly takes in ensuring harmony. I am happy to take the responsibility to act in accordance with my natural acceptance. It is in the interest of harmony within myself and harmony outside.

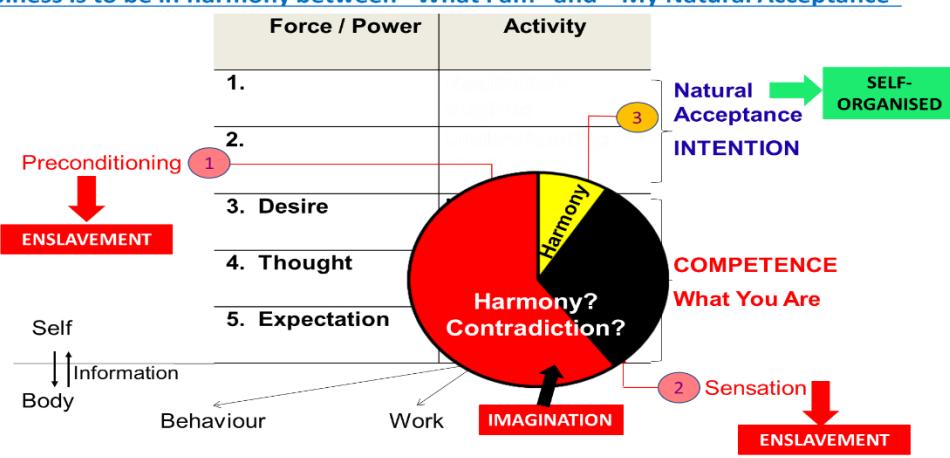
Lecture No.	Chapter	Content
17	Ch – 6 - (Harmony in the self - Understanding Myself)	Ensuring harmony in the self by way of self-exploration

Ensuring Harmony in the Self by way of Self-exploration (Ref. Ch-02)



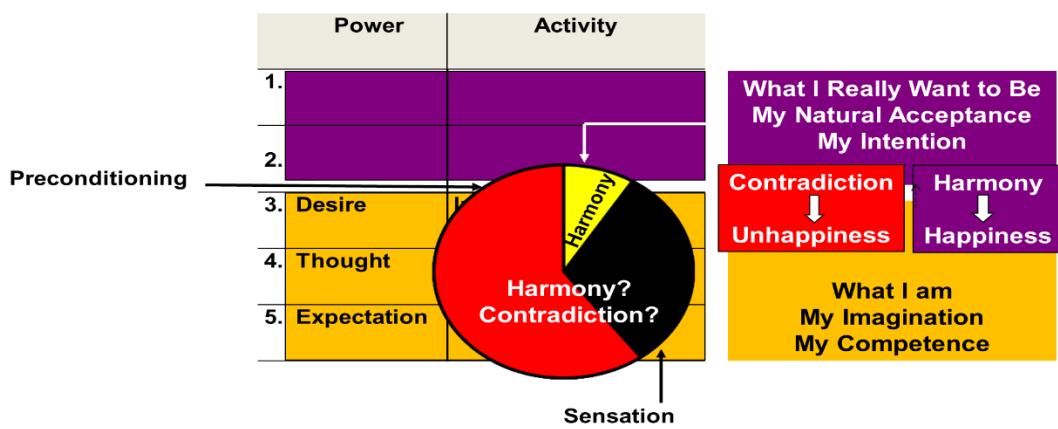
Ensuring Harmony in the Self by way of Self-exploration

Happiness is to be in harmony between "What I am" and " My Natural Acceptance"



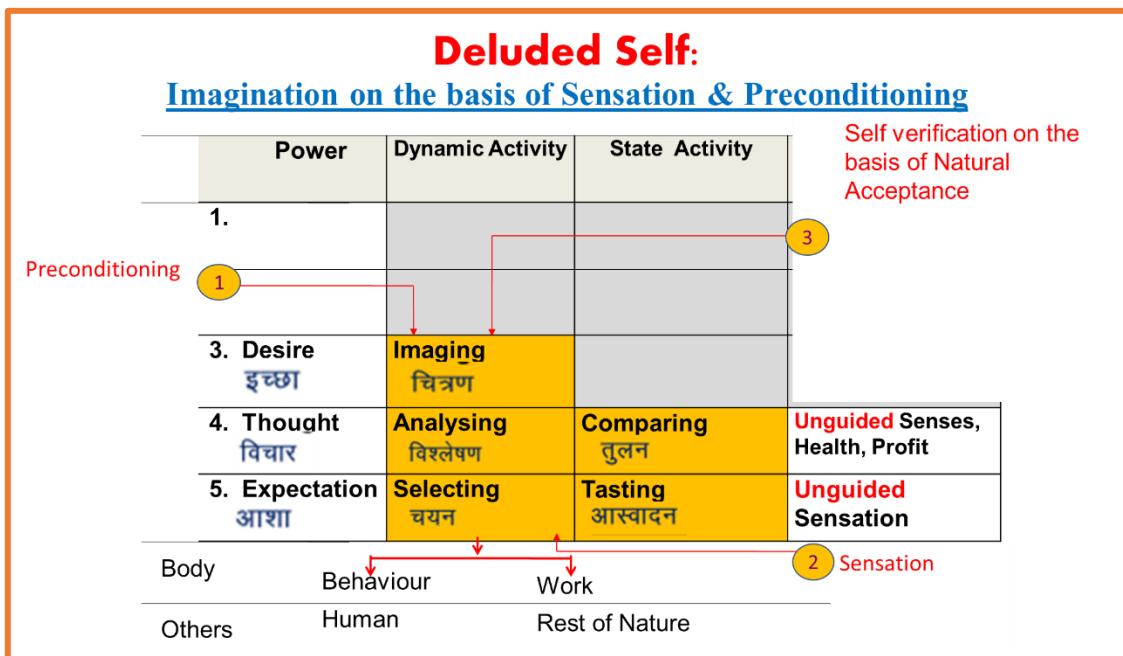
Ensuring Harmony in the Self by way of Self-exploration

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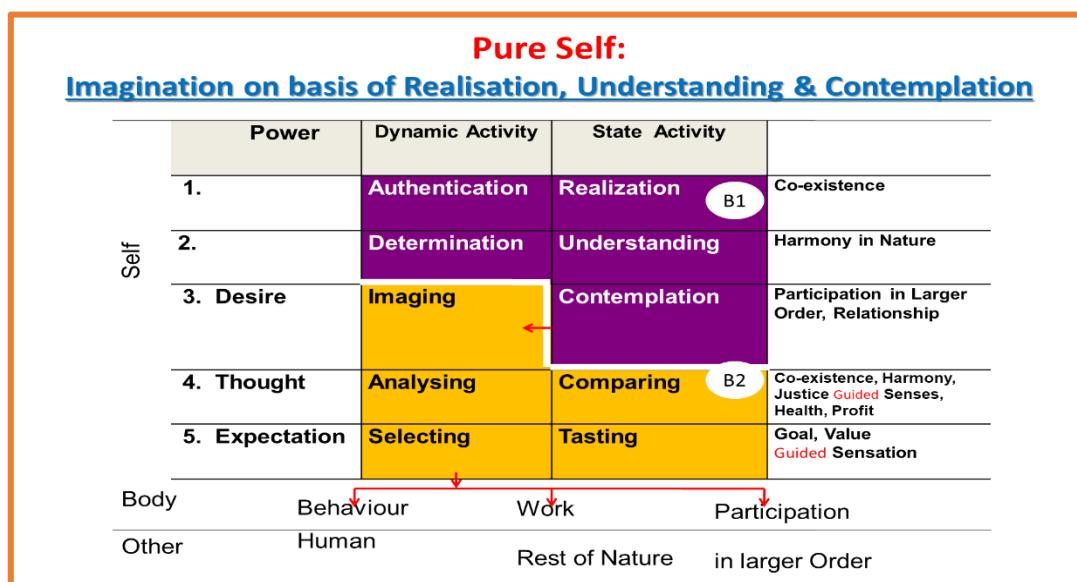


Lecture No.	Chapter	Content
18	Ch – 6 - (Harmony in the self - Understanding Myself)	Development of Self – Deluded Self, Pure Self;

Understanding Harmony in the Self (in detail) – **Deluded Self vs. Pure Self**



- Desire is the activity of imaging – about myself, my state of being, what I want to be as a human being.
- Thought is the activity of analysing – about how to fulfil my desire to be.
- Expectation is the activity of selecting – the things to do in the outside world to fulfil my desire.
- These activities, together called imagination, are governing our harmony or disharmony within and outside (in terms of our behaviour, work and participation in the larger order, i.e. in the family, society, nature/existence).



- The activities related to block B1, “what I really want to be”, related to my natural acceptance (right understanding and right feeling). These are the activities of contemplation, understanding, and realization.

- Contemplation is the activity of seeing my participation in the larger order, seeing my relationship with other human beings and my relationship with the rest of nature.
- Understanding is the activity of seeing the harmony in nature, seeing the inherent harmony in every unit in nature.
- Realization is the activity of seeing the co-existence in existence.

DEVELOPMENT OF THE SELF => DELUSED SELF TO PURE SELF

DEVELOPMENT OF THE SELF

Pure Self:			
Imagination on basis of Realisation, Understanding & Contemplation			
Self	Power	Dynamic Activity	State Activity
1.	Authentication	Realization B1	Co-existence
2.	Determination	Understanding	Harmony in Nature
3. Desire	Imaging	Contemplation	Participation in Larger Order, Relationship
4. Thought	Analysing	Comparing B2	Co-existence, Harmony, Justice, Guided Senses, Health, Profit
5. Expectation	Selecting	Tasting	Goal, Value, Guided Sensation
Body	Behaviour	Work	Participation
Other	Human	Rest of Nature	in larger Order

Deluded Self:

Imagination on the basis of Sensation & Preconditioning

Power	Dynamic Activity	State Activity	
1.			
Preconditioning (1)			Self verification on the basis of Natural Acceptance
3. Desire इच्छा	Imagining सिद्धान्त		
4. Thought विचार	Analysing विश्लेषण	Comparing मुलन	Unguided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Unguided Sensation
Body	Behaviour	Work	
Others	Human	Rest of Nature	(2) Sensation

Lecture No.	Chapter	Content
19	Ch – 6 - (Harmony in the self - Understanding Myself)	Sanskars; Definite Human Conduct)

Acceptances derived from the summation of all our imaginations (from all time) are known as “Sanskars.”

Sanskars (t) =

Acceptances derived from the summation of all our imaginations from all time =

“Acceptances derived out of Σ [Desire (from all time) + Thought (from all time) + Expectation (from all time)]”

For example, we keep getting inputs from the social environment like ‘do not trust anyone’! These inputs are coming from parents, other family members, friends, social media, etc. The fear is that if you trust someone blindly, they may take advantage of you or even harm you. Incidents of such events are reported frequently in the media. By getting this input again and again, it becomes part of our imagination. As a result, at one point of time (t), we may develop the acceptance for it. Now, ‘do not trust anyone’ becomes a part of our Sanskar, and it continues with us. Thus, **mistrust** becomes the basis for many of our imaginations, and many of our decisions are based on this Sanskar.

If we ask ourselves, ‘Is the feeling of trust naturally acceptable to me or the feeling of mistrust?’ When we do the self-exploration on this question and in our self-verification, we find that it is the feeling of trust that is naturally acceptable; we develop acceptance of the feeling of trust. Hence, our previous Sanskar, ‘do not trust anyone’, gets updated to the feeling of trust (rather than mistrust). In this way, our Sanskar is modified.

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

That is, our Sanskar at the next moment (t+1) is a result of our Sanskar at the present moment (t), the environment we are in at the present moment, as well as the self-exploration, self-verification we do at the present moment.

These acceptances (Sanskars) may or may not be in line with our natural acceptance. If we are doing the self-exploration based on our natural acceptance, Sanskar generated out of this will be harmonious and therefore, our sanskar at the next moment will be more harmonious than our sanskar now.

Sanskars (t) =

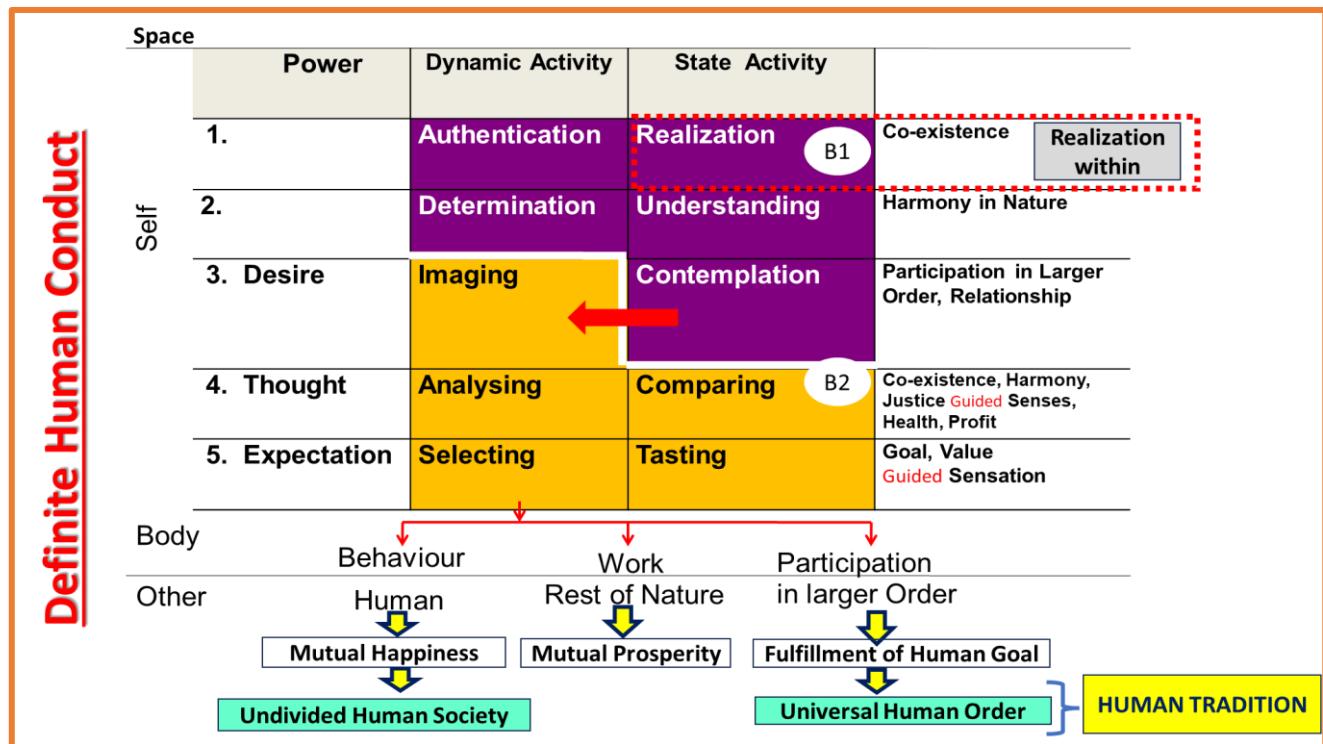
Acceptances derived from the summation of all our imaginations from all time =

“Acceptances derived out of Σ [Desire (from all time) + Thought (from all time) + Expectation (from all time)]”

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

That is, our Sanskar at the next moment (t+1) is a result of our Sanskar at the present moment (t), the environment we are in at the present moment, as well as the self-exploration, self-verification we do at the present moment.

Definite Human Conduct:



When both B1 and B2 parts are complete, we are in harmony within, in a state of continuous happiness, in human consciousness. These two parts are:

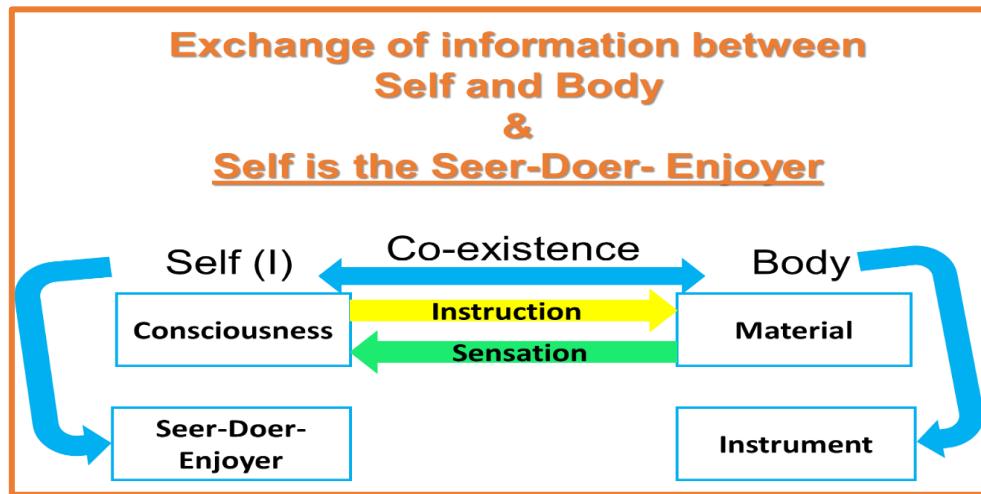
- The activities in block B1 reflects about the right understanding – of relationship, harmony and co-existence (mutual fulfilment). With that, this right understanding has become the guide for B2 (imagination), so now we have the right feeling and right thought.
- We have sorted out our sanskar, i.e. all our Sanskars are now in line with our existential purpose and naturally acceptable feelings. Our Sanskars only in line with relationship, harmony and co-existence (mutual fulfilment).
- We are able to participate for mutual fulfilment with the world outside. Our behaviour with human being will lead to mutual happiness, work with rest of nature will lead to mutual prosperity and our participation in larger order will lead to the fulfilment of human goal which ultimately lead to undivided society and universal human order. *An undivided society and universal human order can be ensured on the basis of understanding of the harmony: in existence as co-existence, in nature as harmony and in our relationship with other human being and with rest of nature as mutual fulfilment.*

Lecture No.	Chapter	Content
20	Ch – 7 - (Harmony of the Self with Body – Understanding self -regulation and Health)	Harmony of the Self with Body – (Self is the Seer, Doer, & Enjoyer, whereas Body is the instrument of the Self)

HUMAN BEING IS THE CO-EXISTENCE OF SELF AND BODY

Human Being	Self (I)	Body
Need	Happiness (Respect, trust, relationship)	Physical facility (Food, clothes, house...)
Needs in terms of time	Continuous	Temporary
The need is Quantitative or Qualitative	Qualitative (feeling)	Quantitative (Required in limited quantity)
Fulfillment of the needs by -	Right understanding & right feeling	Physio-chemical things getting from the rest of nature (Rice, cloth, ...)
	The needs of the self are definite. Child, adult, youth, or old person all requires happiness	The needs of the body are varying. It depends on age, health condition, shape, size, etc.
Activity	Desire, Thought, Expectation => Imagination Dynamic Activity- (Authentication, determination, Imaging, Analysing, Selecting) State Activity - (Realisation, Understanding, Contemplation, Comparing, Tasting)	Eating, walking, running, etc.
Activities in terms of time	Continuous	Temporary
Response	Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling
	↓↓	↓↓
	SELF IS THE DOMAIN OF CONSCIOUSNESS	BODY IS THE DOMAIN OF MATERIAL

SELF IS THE SEER, DOER, & ENJOYER



When you want to eat an ice cream, you instruct the Body to walk to your favorite ice cream shop, pay the money to buy the ice cream, put the ice cream in your mouth, and so on.

- Who is giving the instructions in this process – the Self or the Body?
- The Self is giving instruction to the Body, and the Body is acting accordingly.

- When the ice cream comes in contact with the tongue, it creates a sensation in the tongue, and you read that sensation as taste.
- Once the ice cream goes down the throat, the sensation of taste is no longer available to the Self, and the ice cream is in the process of digestion by the Body.

The self is central to human existence, and the body is used as an instrument.

- It is the Self that has the need to know the reality / see the reality – **it is the knower or seer.**
- The Self gives instructions to the Body when the Body needs to be involved, and it reads the sensations of the Body. If you instruct your body to stand, it stands; if you instruct the Body to sit, it sits; if you instruct the Body to eat, it eats; if you instruct your body to stop eating, it stops eating, and so on. The Body follows the instructions of Self. In that sense, the Self decides what to do – **it is the doer.**
- It is the Self which experiences happiness or unhappiness, depressed or angry or delighted – **it is the enjoyer.**

Body as a Self-organised System and an Instrument of the Self: -

The Body is a wonderful, self-organized unit. It has so many parts. Each part is co-existing in harmony with every other part.

- ✓ The eyes are well connected to the brain;
- ✓ The mouth, the stomach, and the whole digestive system are synchronized, and so it is for every organ and every cell of the Body.

Just imagine what would happen if the parts of the Body were fighting with each other.

- What if the lungs got into opposition with the heart,
- the stomach started struggling with the kidney,
- the hands got into conflict with the head, and so on!
- Just imagine, if we had to keep track of every bone in the Body, organize and manage them!

Thus, the Body is like an instrument, an equipment which we can use, as and when required, for fulfilling our programme – i.e. for happiness and prosperity.

Lecture No.	Chapter	Content
21	Ch – 7 - (Harmony of the Self with Body – Understanding self -regulation and Health)	Harmony of the Self with Body – Programme for Self-regulation and Health; Nurturing the Body.

The self is the Seer, Doer, and Enjoyer, whereas the Body is an instrument of the Self. As the body is an instrument or equipment, we are responsible for **nurturing, protecting, and rightly utilizing** it. Nurturing the Body is by providing the right air, water, food, sunlight, etc. Protection is from unfavorable conditions. Right utilization would mean using the Body for the purpose of the Self.

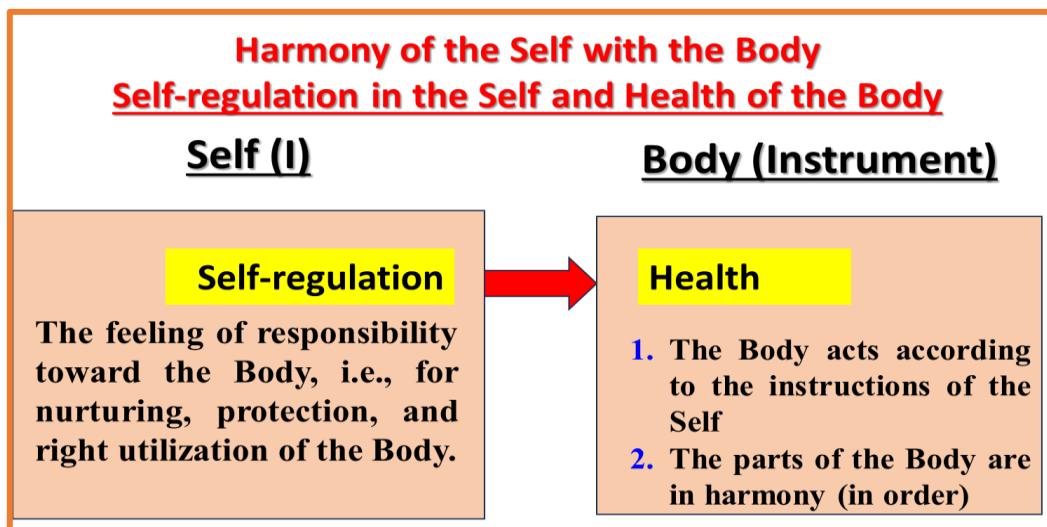
The feeling of responsibility toward the Body is called “the feeling of self-regulation”.

The feeling of self-regulation is the feeling of responsibility toward the Body, i.e., for nurturing, protecting, and right utilization of the Body.

With this feeling of self-regulation in me, I make a program to nurture, protect, and rightly utilize the Body, and thus ensure the health of the Body. When I am able to execute this programme, the Body remains in good health.

Two Indicators of the Health of the Body:

1. The Body acts according to the instructions of the Self
2. The parts of the Body are in harmony (in order)



The first indicator of the Body's health is that it can act according to the instructions of the Self.

- When you ask the Body to get up at 5:00 AM, it is able to spring out of bed refreshed.
- When you ask the Body to play a vigorous game of football, it is able to run and jump as you instruct it.
- When you ask the Body to sit for four hours so you can study for the exams, it is able to sit straight without back support for four hours.

All these cases are example of healthy body.

On the other hand, if the Body is not able to follow the instructions of the self, i.e., get up or run and jump or sit up straight when you (self) ask it to, you say it is an unhealthy body, a sick body, and there is something wrong with the Body.

The second indicator of a healthy body is that different parts of the Body are in harmony with each other; they are in order.

The human body is composed of several organ systems –

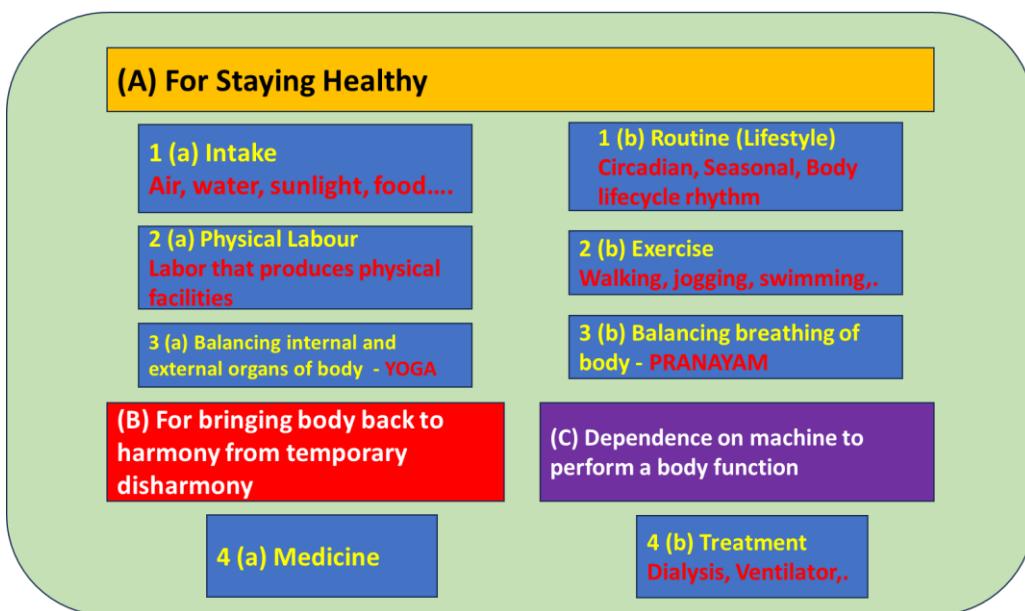
- **Skeletal system** (consists of tendons, bones, cartilage, ligaments and)
- **Muscular system** (composed of muscle fibers)
- **Respiratory system** (takes up oxygen from the air we breathe and expels the unwanted carbon dioxide. The main organ of the respiratory system is the lungs.)
- **Digestive system** (made up of organs such as the mouth, throat, stomach, small intestine, large intestine, etc., which are important for digesting food and liquids)
- **Excretory system** (organs, i.e., kidney, ureter, urinary bladder, and urethra that facilitate the removal of nitrogenous wastes from the body)
- **Circulatory system** (contains the heart and the blood vessels and moves blood throughout the body)
- **Nervous system** (the brain, spinal cord, and a complex network of nerves that sends messages back and forth between the brain and the body)
- **Endocrine system and exocrine system** (network of glands in the pancreas and liver – that secret biochemicals)
- **Lymphatic system** (tissues and organs that produce, store, and carry white blood cells that fight infections and other diseases)
- **Reproductive systems** (tissues, glands, and organs involved in producing children).

In a healthy body all these are in harmony. In general, we may not be aware of all this till we fall sick – when the harmony of the Body is disturbed.

Programme for self-regulation and Health – Nurturing, Protecting, Utilizing Body

Nurturing Body: It means providing the right inputs to the body, without disturbing its harmony.

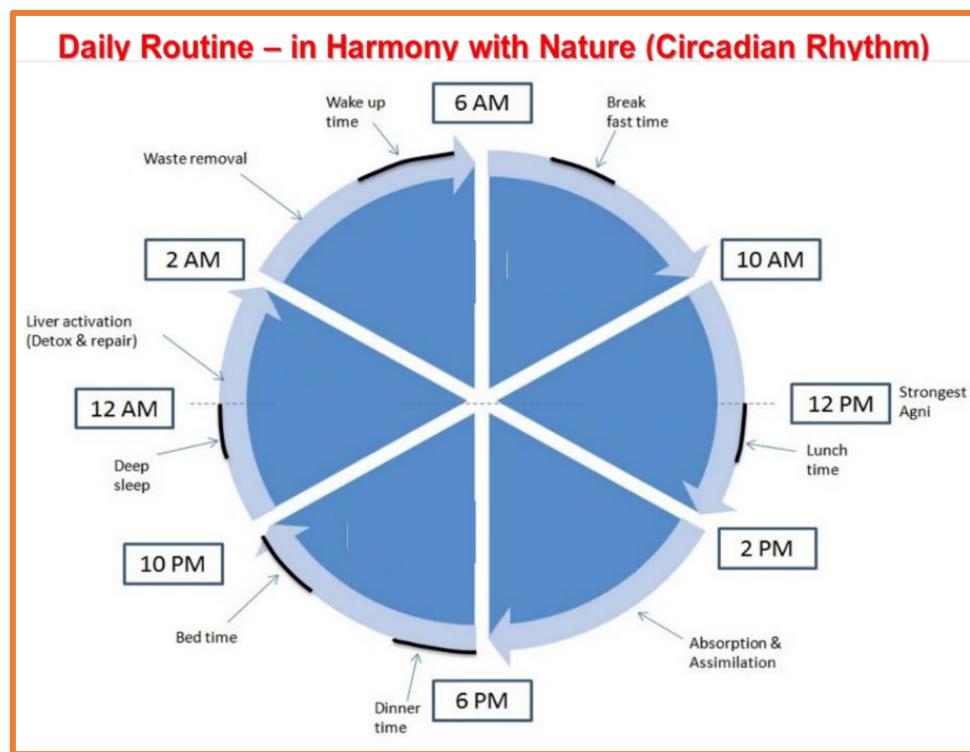
Nurturing the Body



1(a). Intake: The first part is the intake, all that the Body takes in. Intake includes all that we take in through our sense organs. It includes the air it breathes, the water it drinks, the sunlight it absorbs, the food given to it, and so on. The air needs to have the necessary oxygen and other ingredients; the water should have the requisite purity, minerals, and other required micro-nutrients. In most of India, keeping the Body for about two hours per day in sunlight is required for absorption of sufficient vitamin D. As far as the food is concerned, it has to be nutritious, it should be easy to digest and of course, it must be tasty for the Self. Another important quality of intake, particularly food, is that after the necessary ingredients from it are absorbed by the Body, the remaining waste should be excretable. That happens through the breathing, the sweat as well as the end of the digestive system.

1(b). Routine: A regular routine is required in order to keep the Body healthy.

The Circadian Rhythm : Body response to the solar cycle. Develop a daily routine which includes activities like waking up, cleaning the Body, eating (and not eating in between), doing physical work and sleeping.



The Rhythm of Seasons: Seasonal changes in routine are necessary. For instance, digestion becomes sluggish when seasons change, so traditionally, fasting is done, or light food is taken during this time. Similarly, appropriate adjustments are required to keep the Body in good health every season.

The Body lifecycle Rhythm: Deciding a harmonious lifestyle for each stage of life, i.e., Childhood-growth, youth, and old age.

2(a). Physical labor: The Body needs adequate movement and exertion to maintain its health. Labor is the effort a human being makes on the rest of nature. Labor ensures the movement of the Body. There are two categories of labor.

The first or *main category of labor results in the production of physical facilities*. Some 4-6 hours of labor a day provides sufficient body movements to keep the Body in good health. It is interesting to note that with this much labor, more than enough amount of physical facilities can also be produced. Daily two hours of labour in the field is sufficient to grow vegetables for a family of 10, while providing the Body with adequate movement. Sweeping your room is labor, through which the Body gets a great aerobic workout, and you get a clean room. Cycling five kilometers to reach your institute and back can provide fair movement to the Body.

The *second category of labor is service*, in which maintenance and upkeep of a physical facility or body is ensured, even though no new physical facility is produced. Repair/maintenance of instruments/equipment, body massage, haircuts and such service activities fall in the second category. Interestingly, the feeling exchanged in performing the service is an important portion of this category of labor. So, in addition to the way the hair comes out, the feeling with which a barber trims your hair is quite important.

A lifestyle that includes appropriate intake, routine, and labor would generally be sufficient to keep the Body in good health. However, if we are unable to do that, or in spite of this effort, there is some disharmony in the Body, there are some more aspects of the program for self-regulation and health below.

2(b). Exercise: It requires exertion or physical effort; and it also ensures movement of the Body that includes walking, jogging, swimming, weight lifting. Most of the outdoor and indoor games also provide exercise. The major difference between physical labour and exercise is that in exercise no physical facility is produced. Exercise is quite useful in maintaining the health and fitness of the Body.

3(a). Due to any reason when internal or external organs get stressed, the harmony of the Body is disturbed. Then, there is a need for balancing them, bringing them back into harmony. This may be due to repetitive nature of your work, inactivity due to lack of work and exercise or some accidental happening. There is a need for keeping the internal as well as the external organs in harmony by appropriate means (**Yoga – Body postures**).

3(b). Breathing is a significant activity for the Body. If breathing is disturbed due to any reason, the harmony of the Body gets disturbed. In that case, balancing the breathing of body is necessary, through appropriate breathing exercises (**Pranayam**).

For the most part, the health of the Body can be maintained by these three (1a, 1b, 2a, 2b, 3a, and 3b). Despite these, if there is some problem in the health of the Body, then we take medicine, and ultimately, we also take treatment when all this does not work.

4(a). Medicine: The Body is self-organised and naturally in harmony. It is able to recover itself from many disturbances. For example, if there is a cut in the skin, the Body has the capacity to heal that cut. Medicine is used only to assist the Body to return back to harmony. An antiseptic ointment is a medicine for helping the Body heal a cut, while protecting the Body from potential infections. For instance, **turmeric (Haldi)** is an antiseptic. It is used in many vegetable preparations. **This way medicine becomes a part of food.** Such food is not only nurturing for the Body, but it also protects the Body from infections. Medicine is helpful in taking care of lifestyle disorders, non-communicable illnesses as well as communicable diseases.

4(b). Treatment: In the event the Body is not in a state to recover itself back to a state of harmony, there is a need for treatment. For example, if the kidneys are not functioning, dialysis may be an appropriate treatment – the Body is unable to purify the blood so an external equipment is doing that task. Similarly, in the case of an accident, a ventilator may be required to perform the breathing function for the Body, while the Body is occupied in self-healing other aspects. Another example is the use of lifelong drugs, like insulin, to perform some functions of the Body that are deemed to be beyond recovery.

Protecting the Body:

The Body is born; it develops at a natural pace, deteriorates at a natural pace, and ultimately, it dies. Protecting the Body largely ensures that it does not deteriorate faster than its natural rate.

Providing a conducive physical environment, including clothing, shelter, vaccinations, etc., is all a part of the protection of the Body.

Weather-appropriate clothing is required to protect the Body from excessive heat, cold, rain, etc. Shelter is required while the Body is resting. Vaccinations are necessary for developing antigens to protect the Body from viruses etc.

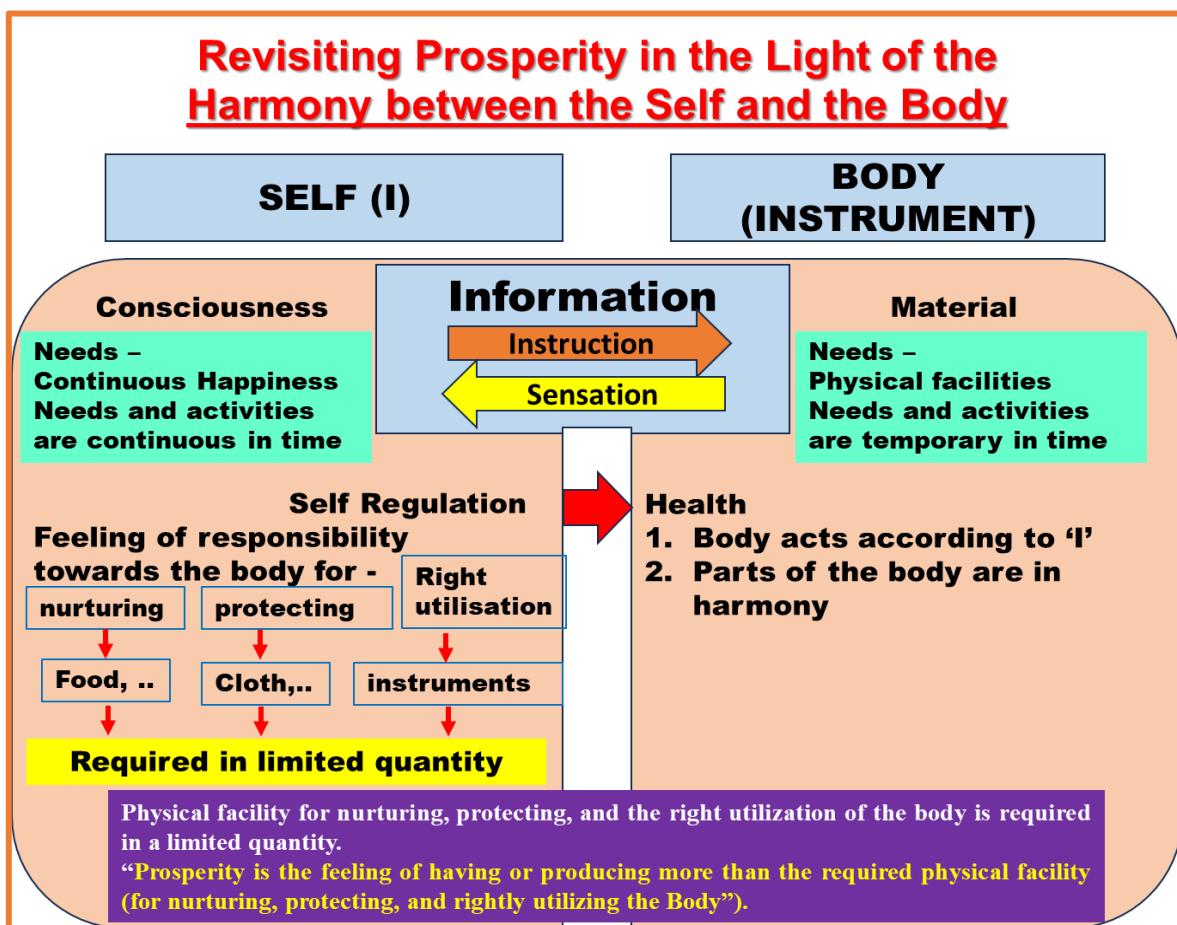
Right Utilisation of the Body:

The value of any entity is its purposeful participation in the larger order. In the case of the human body, the larger order is the human being. Therefore, the right utilization of the Body would mean that it is used to fulfill human aspirations.

- ***The basic aspirations of the Human being are continuous happiness and prosperity.***
- ***The right understanding and the right feeling fulfill the need for happiness.***
- ***Right utilization of the Body would mean using the Body for the right understanding and right feeling.***
- ***Needs for prosperity is fulfilled by right understanding and physical facility.***
- ***Therefore, right utilization of the Body would also include work with rest of nature to produce physical facility, to protect it and to rightly utilize it.***

Lecture No.	Chapter	Content
22 - I	Ch – 7 - (Harmony of the Self with Body – Understanding self -regulation and Health)	Harmony of the Self with Body – Revisiting prosperity in the light of the harmony between the Self and the Body

In the light of understanding of human beings as the co-existence of Self and Body, it is identified that the need for Self is continuous happiness, and the need for the body is the physical facility. Once the Self is in harmony within, it naturally has a feeling of self-regulation, i.e. the feeling of responsibility toward the Body. Therefore, the harmony with the Body is maintained. If the Self has a feeling of self-regulation and the Body is healthy, these two together ensure the harmony of the Self with the Body.



The need for physical facilities is essentially related to fulfilling this feeling of responsibility towards the Body, i.e., nurturing the Body, protecting the Body, and rightly utilizing the Body. It is also found that physical facilities are required to ensure each one of them is in limited quantity.

Physical facilities required for nurturing the Body, like food, are in a limited quantity; for protecting the body, i.e., cloth and shelter, in a limited quantity; in the process of right utilization of the Body, i.e., instruments, equipment (all the means of transportation, telecommunication, etc.) in a limited quantity.

Prosperity is the feeling of having or producing more than the required physical facility (for nurturing, protecting and rightly utilizing the Body).

To ensure the feeling of having more than required, two things are necessary:

1. Identification of the required physical facility, along with the required quantity
2. Ensuring the availability or production of more than the required physical facility

Identification of the requirement of a physical facility takes place through the right understanding, and the availability or production of more than the required physical facility is ensured by way of the right skills – both are required. And if we put them together, we have the feeling of prosperity.

Prosperity calls for right understanding and physical facility (through right skills) both:

1. Identification of required physical facility, along with the required quantity – through right understanding
2. Ensuring the availability or production of more than required physical facility – through right skills

There are several **misconceptions/assumptions relating to prosperity**.

The first misconception is that **human being is just the Body**. Therefore, happiness has to be derived through the sensations of the Body, for which physical facility is required (in an undefined or unlimited quantity).

The second misconception is about the purpose of life and, therefore, the purpose of physical facility. **If the purpose of life is assumed to be a sensual pleasure**, there is a misuse of the physical facility rather than its right utilization.

- ✓ Indulgence – Getting happiness from the sensation arising out of the consumption of physical facility (**not naturally accepted**)
- ✓ Abstinence – Abstaining from the use of physical facilities (**not naturally accepted**)
- ✓ Right utilization – Using physical facility for your purpose (of having the right understanding and right feeling, etc.) – Naturally acceptable to human beings.

The third misconception is that there is a **shortage of physical facilities**, which is an outcome of the very first assumption that a human being is the body.

Once we evaluate all that, we can identify our need for the physical facility with its requisite quantity. With the feeling of prosperity, you will think of the right utilization, you will think of nurturing others, and you will think of production. On the other hand, if you feel deprived, you will think of accumulating and exploiting others.

Prosperity can truly be understood only when one is able to see that the human being is the co-existence of the Self and the Body. Physical facility is required for nurturing and protection of the Body to keep it in good health. Physical facility is also required for the right utilization of the Body which means for self-evolution within and societal development outside.

Lecture No.	Chapter	Content
22 - II	Ch – 8 - Harmony in the Family – Understanding Values in Human-Human Relationships	Understanding Relationship

FAMILY (HUMAN-HUMAN RELATIONSHIP):

The family is the basic unit or building block of human organization (society). It is a practice ground for living in relationship and harmony (order).

Every human being is born in a family and is part of a family with parents, grandparents, children, youth, uncles and aunts, cousins, so many relatives and friends. The family is where we are nurtured and developed from childhood, cared for in sickness and old age. It is where we start learning to interact with other human beings, to share, and to care. It is the place where we start becoming aware of relationships. The moment we hear the word ‘mother’, there is a whole lot of feeling.

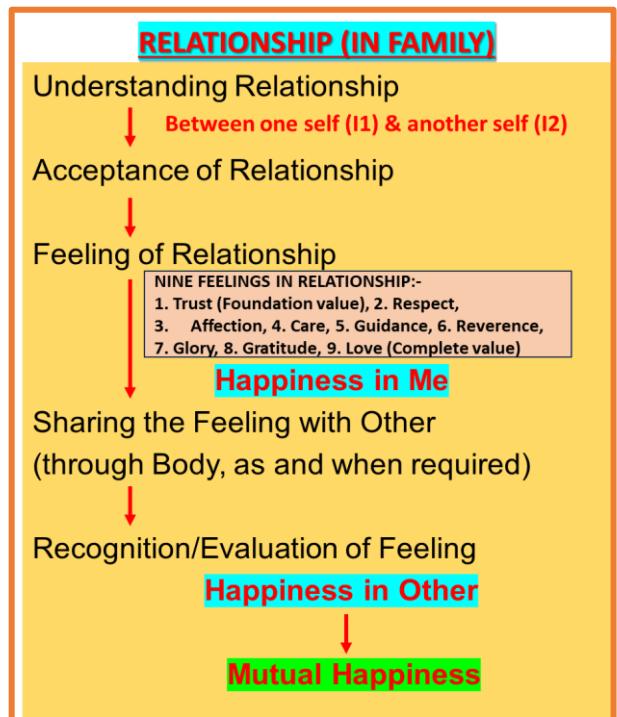
Feeling of Relationship as the Basis for Harmony in the Family

Harmony in the family primarily has to do with the fulfillment of the relationship between one human being and another human being. In order to fulfill the relationship, it is necessary to understand the relationship.

Understanding Relationship

We will now explore the four important aspects of the relationship:

- Relationship is – between one Self (I_1) and another Self (I_2)
- There are feelings in the relationship – in one Self (I_1) for the other Self (I_2)
- These feelings can be recognized – they are definite
- The fulfillment of these feelings and their right evaluation leads to mutual happiness



1. Relationship is – between one Self (I_1) and another Self (I_2):

We do not have to construct or create relationships. All we need to do is to understand the relationship. We are part of a family with parents, grandparents, brothers, and sisters. We have neighbors, relatives, and friends. We are connected to the people who are producing, processing, packaging, marketing, delivering, and repairing all the things we use. We are dependent on the people who provide services to us. There are a lot of people who depend on us – for the goods and services that we produce or provide.

We have asked many times if it is naturally acceptable to live in a relationship or opposition, and every time, we can see that it is naturally acceptable to live in a relationship. It indicates that the relationship is already there; it is a part and parcel of human existence and existence as a whole. We only need to understand it to fulfill the relationship.

The second observation is that the relationship is between one Self and the other Self. **Of course, the relationship exists between one human being and the other human being.** However, understanding human beings, we can easily see that **the Self is recognizing the relationship and not the Body.** The Self has feelings in the relationship and not the Body. Also, these feelings are recognized by the other Self and not the Body. In that sense, the relationship is between one Self and the other Self. It is the Self that is able to see or understand relationships, accept relationships, and fulfill relationships. The Body may be used as an instrument in the process of fulfilling the relationship by both human beings.

2. There are feelings in the relationship – in one Self (I₁) for the other Self (I₂):

The important issue in human relationships is that of feelings. We can see that feelings are in the Self, not in the Body. It is the Self that has the feelings and which recognizes the feelings. To understand a relationship, one has to understand the Self and the feelings of the Self.

Feelings like respect and affection are more important than merely exchanging physical facilities.

For example, you are happy with your mother's cooking, even if it is very simple, because of the feelings in that relationship. You may complain about very similar hostel mess food if you haven't realized the feelings in the relationship with the mess staff.

3. These feelings can be recognized – they are definite:

The third important issue is that these feelings can be recognized; they are definite. There are nine feelings in the relationship. These are the feelings that we can understand, which we can ensure within ourselves, which we can share with others and thus ensure mutual fulfilment in the relationship. These are the feelings that are naturally acceptable to us in a relationship with the other human being.

Feelings (values) in relationship – nine feelings

1. **Trust (foundation value)** – To be assured that the other intends to make me happy and prosperous.
2. **Respect** – Right evaluation.
3. **Affection** – Feeling of being related to the other.
4. **Care** – Feeling of responsibility and commitment for nurturing and protecting the body of my relative.
5. **Guidance** - Feeling of responsibility and commitment for ensuring the right understanding and right feelings in the self of my relative.
6. **Reverence** - Feeling of acceptance for excellence.
7. **Glory** – Feeling of acceptance for those who have made an effort for excellence.
8. **Gratitude** – Feeling of acceptance for those who have made an effort for my excellence.
9. **Love (complete value)** – Feeling of being related to all.

You will see that these feelings are naturally acceptable to you; therefore, having these feelings in yourself leads to your happiness. When you have a feeling of respect within you, you are comfortable within, you are in harmony within – because this feeling of respect is naturally acceptable to you. When you are in harmony within, you are in a state of happiness.

On the other hand, if you have a feeling of disrespect for the other, you are uncomfortable within because you are in contradiction within – the feeling of disrespect is not naturally acceptable to you.

4. Fulfilment of feelings in relationship and their evaluation leads to mutual happiness:

When we have naturally acceptable feelings in the Self, we share them with the other. When we can both evaluate the feelings rightly, it leads to mutual happiness, i.e. the happiness of oneself and the happiness of the other.

The important observation is that these feelings are naturally acceptable to us therefore, having these feelings in us leads to our happiness. Similarly, these feelings are naturally acceptable to the other, so when we share these feelings with the other, it leads to happiness of the other as well.

Lecture No.	Chapter	Content
23	Ch – 8 - Harmony in the Family – Understanding Values in Human-Human Relationships	Trust – Foundation Value

Fulfillment of the relationship calls for the understanding and expression of nine feelings – trust, respect, affection, care, reverence, guidance, glory, gratitude, and love.

Trust is “to be assured”.

Trust is “to be assured” that the other (persons) intends to make me happy and prosperous.

Since our (human beings) basic aspirations are happiness, prosperity, and continuity, if we are clear that the other person wants to make us happy and prosperous, we feel assured of him – that’s what is meant by having a feeling of trust. On the other hand, if we have even a small doubt that the other person wants to make us unhappy or deprived, we will not feel assured of him. We will have doubt and apprehension or fear. We will have a feeling of mistrust for him.

In order to evaluate trust between two individuals (I_1 and I_2), we will examine eight statements. While you are reading this, think of yourself as the first person and someone close to you as the second person – like your mother, father, brother, sister, etc.

Let's evaluate the first set of four statements (our natural acceptance – intention):

- 1a. I want to make myself happy => (**Naturally accepted for me**)
- 2a. I want to make the other happy => (**Naturally accepted for me**)
- 3a. The other wants to make herself/himself happy => (**Naturally accepted to others**)
- 4a. The other wants to make me happy => (Not sure) => **Doubt and mistrust comes from this.**

Evaluation of Trust between Two Individuals (I_1 & I_2)

No.	About your Natural acceptance (intention)		No.	*About your ability (competence) $= \sum D, T, E$	
1.a	I want to make myself happy.	✓	1.b	I am able to make myself always happy	?
2.a	I want to make the other happy.	✓	2.b	I am able to make others always happy	?
3.a	The other wants to make herself/himself happy.	✓	3.b	The others able to make herself/himself always happy	?
4.a	The other wants to make me happy.	?	4.b	The others able to make me always happy	??

*D-Desire, T-Thought, E-Expectation

Distinguishing between Intention and Competence

(**The common mistake in relationships is due to confusion between intention and competence**)

While evaluating yourself, you evaluate on the basis of your intention (natural acceptance). You think that you are a good person and your intentions are good. On the other hand, when you evaluate the other, you evaluate him on the basis of his competence. You find that he is not able to make you happy all the time. Many times, or most of the time, he ends up making you unhappy. Therefore, you think that the other wants to make you unhappy. You have a doubt about other's intentions. **When you find that the competence is missing, you have the doubt**. But this doubt does not remain limited to competence; rather, you start concluding about his intention. On the basis of his state of competence, you start doubting his intention!

For example, let's say a glass breaks. It is made of fragile material, and such an event keeps happening. When a glass breaks, there are two interpretations possible. If you are the one who is involved in it, your interpretation is one way. If the other person is involved in it, your interpretation is very different. If you are involved, you say, “The glass broke by accident.” But, if it is about the other, you say ‘the other broke the glass’. When it breaks by you then you say that it was by accident, it was not your intention. When the same thing happens by the other person, you do not say the same thing, you do not say that it broke by accident. You say that “he broke the glass” which means he had the intention to break the glass.

Evaluation of Trust between Two Individuals (I1 & I2)

No .	About your Natural acceptance (intention)	No .	*About your ability (competence) = $\sum D, T, E$	
1.a	I want to make myself happy.	✓	1.b I am able to make myself always happy	?
2.a	I want to make the other happy.	✓	2.b I am able to make others always happy	?
3.a	The other wants to make herself/himself happy.	✓	3.b The others able to make herself/himself always happy	?
4.a	The other wants to make me happy.	?	4.b The others able to make me always happy	??

<u>About the Other</u>	<u>About Myself</u>
<p>The other broke a glass</p> <p>If the other makes a mistake even once...</p> <ul style="list-style-type: none"> – I doubt his intention – He makes mistakes intentionally – I have a feeling of opposition, get irritated, angry... – I reinforce “The other is bad”, can not improve 	<p>The glass broke by accident</p> <p>Even if I make the same mistake 100 times...</p> <ul style="list-style-type: none"> – I never doubt my intention – I make mistakes by accident – I have a feeling “I am special” – I reinforce “I am good”. I do not make effort to improve my own competence

Doubt on intention is a major reason for problems in relationships

Common Mistakes in Relationships:

- I evaluate myself on the basis of my intension (natural acceptance)
- I evaluate the other on the basis of their competence (ability)
- I doubt their intension
- I assume their lack of competence to be their lack of intention
=> I feel opposed to the other, I get irritated, angry,
- I may not speak to the other for days or even breakup the relationship. One may have lost many good friends because of this.
