



Lecture 6

Method to Fulfill the Basic Human Aspirations

About this Material and Effort on Universal Human Values

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

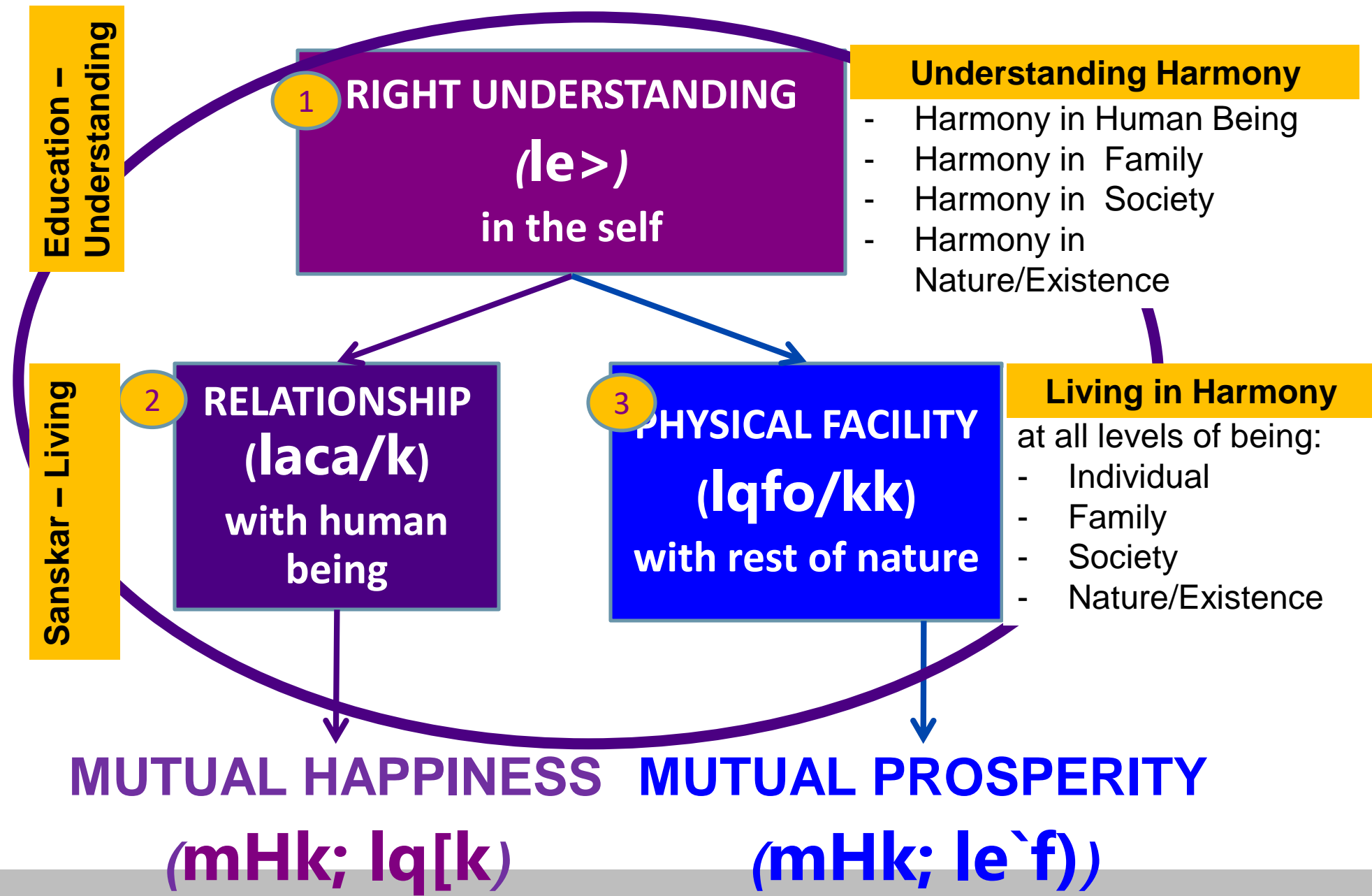
We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

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



Human Being Living with Human Consciousness



Happiness

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



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

Continuity of Happiness

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

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



Continuity of Happiness

= Harmony at all levels of being i.e.

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

To facilitate understanding of the harmony at all levels of being

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

Proposals

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

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

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

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

Happiness (Harmony) Within

Right Understanding

– in Self (I)

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

Right Feeling

– in Self (I)

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

**Continuous
happiness**

Realised
(Dorji)

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

Sensation for Happiness

– Through Body

Sound, Touch, Form, Taste, Smell

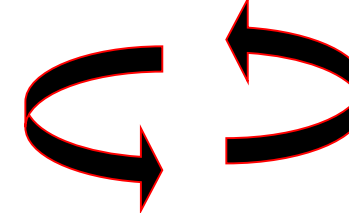
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Expression of Feeling for Happiness

– from Other

Temporary
excitement

Recovering
Addict



Temporary
escape from
unhappiness

Addict

Animal Consciousness

Escape (Running away from unhappiness)

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



Happiness (Harmony) Within

Right Understanding

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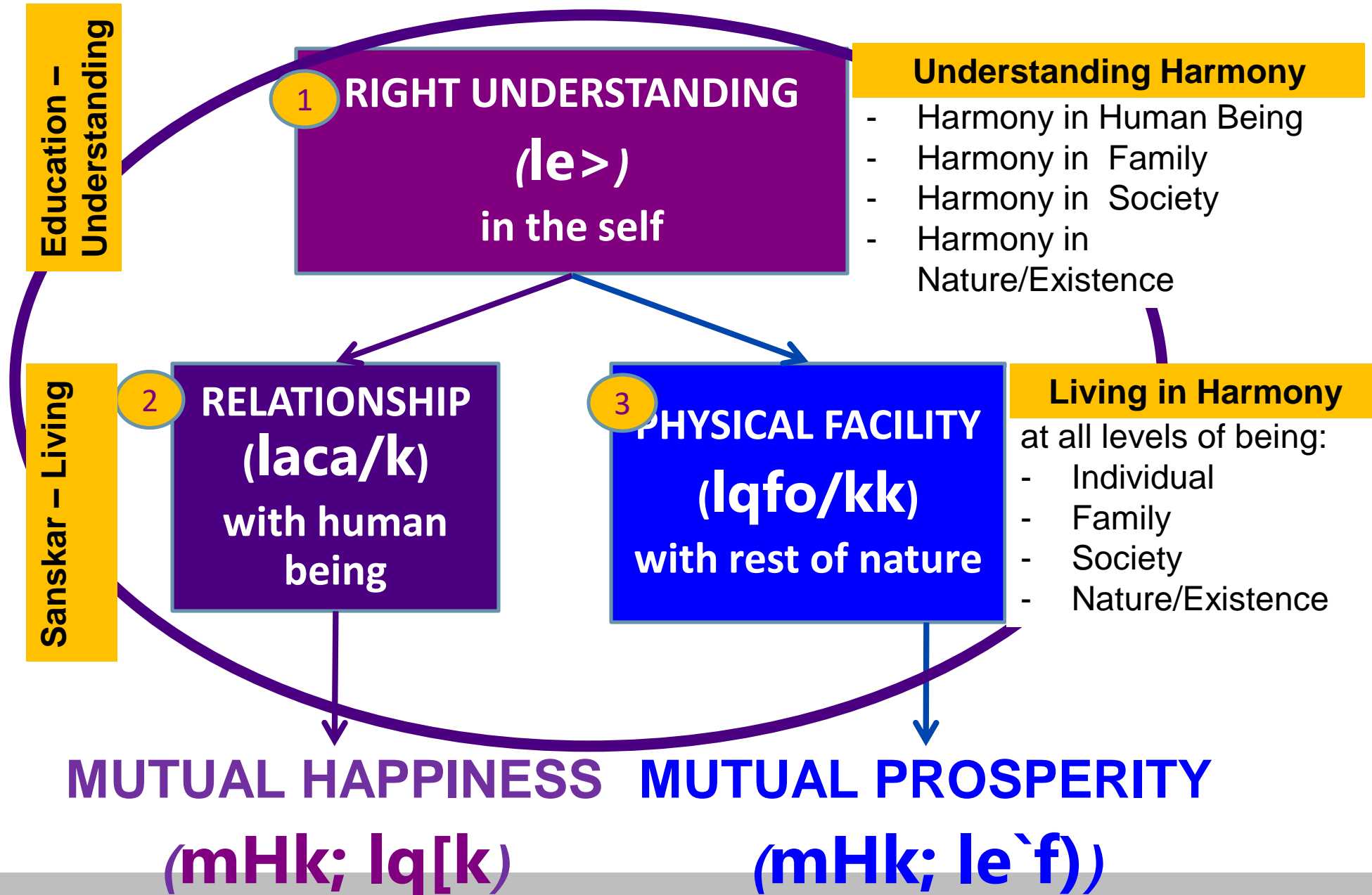
Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love



Key Points

Method to Fulfill the Basic Human Aspirations

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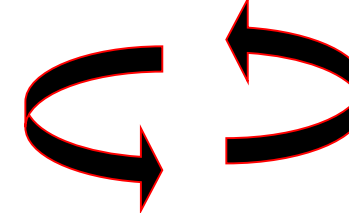
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FAQs for Lecture 6

Method to Fulfill the Basic Human Aspirations

Question(s) 1: Four Levels

- If ensuring harmony at one level disturbs the harmony at some other level, how can I make the program for continuity of happiness?

e.g. taking care of my baby and doing justice with my job

e.g. when I invest myself for right understanding, the family members feel angry on me, and there is disharmony in the family.

Response

- As it appears today, to manage things at one level makes it difficult at another level, as mentioned in the examples quoted. However, we are not talking about managing things, we are talking about ensuring harmony. If I am trying to understand harmony and live in harmony at one level, it will certainly help in understanding and living in harmony at other levels, atleast it will not contradict. For example, if I am working for harmony at the individual level, as a human being, I will ensure right understanding and right feeling in the self. This will certainly facilitate my being in harmony at the family level because I can now ensure mutual fulfillment in my behaviour with right feelings. Similarly, I can better participate in ensuring harmony at the level of society and nature.



Balance between profession and
persona/family life

Compromise

People are migrating for work
(present day education is inadvertently setting
up a world view... this type of mindset that
village... working with land etc. is not OK, a
curse...

3 generations living together

Getting uprooted migrating from village to city
to big city to US Canada etc.

Empty houses, empty villages, fallow land... a
disturbed society (crowd)

Compromised social base / family/social
security... losing out on family... community...
culture... for some type of work

Used to have production at home... in the
village



Question(s) 1: Four Levels

- Few people in the history have said that the biggest hurdle in the development of society is family. They propounded the concept of commune. Where do we place the commune here?

Response

- There have been two experiments tried out in the history-
One says that family is a hurdle in the development of the society, therefore, get rid of the family,
the other says that family is a hurdle in the development of the individual, therefore, get rid of the family,
What we are saying is that if harmony in the family is understood properly and ensured, then family will provide the appropriate environment including education- sanskar for the development of the individual; and it will also work as the basic building block for development of the society.
In fact, what they visualised as commune was essentially a version of harmonious family of a bigger size



Question(s) 2: Four Levels

- If there is disharmony in the society, I will also be in disharmony as I am part of society. Then how can I ensure happiness in continuity? Similar with nature.

Response

- If there is harmony in the society, then certainly it will provide appropriate environment including education- sanskar for my development. However, even if this is not there, it is possible for me to work for self-development through self-exploration and if I ensure this, then I can be in a state of harmony within and happiness within in continuity. In fact, I will even become a help in the process of development of harmony in the society. But, this is going to be a much more difficult task for me than in case there is harmony in the society.



Question(s) 3: Four Levels

Response

- How do I demarcate between family and society? e.g. my in-laws, extended family members, neighbors, friends, etc.
- The range of family is from family (blood-relation) to world family. What matters really is my feeling of relationship (and my competence for its fulfillment), how extended it is i.e. how many people I feel related to; that will define the size of the family. At least we should be able to have this feeling of relationship for the members of the family (blood-relation) with three generations.
- I have a pet, and I treat it like a family member. Is it fine to do it as it is not a human being?
- It is fine to do it with animals too, but we must be able to do this human being as well. It should not happen that we are not able to do it for human beings in the family and we are using the pet as a substitute.

Question(s) 4: Four Levels

Response

- Where do I put my organization or place of work here? In family or society?
- Why have we put nature and existence together at the fourth level?

- If I have the feeling of relationship and competence for its fulfillment with all the members of the organisation, I will take it as a family. Otherwise I have to place it in the society, if there is a common goal; if there is a no common goal, it will be more like a crowd than society.
- When it comes to fulfillment, we have to work with nature only. At the level of existence, we only have to understand the existence as co-existence, we do not have to do anything for it, it is ever-present anyway.

Question(s) 5: Four Levels

- How can I be in harmony with the entire nature/existence? I don't even know so many things in the nature/existence.

Response

- We have to understand that there is harmony at the level of nature and existence and we have to have that feeling of harmony for every unit in nature. That is what is important. When it comes to fulfillment, we will get the necessary information about the concerned unit as and when required.