

Process of Value Education:

- i) Material of all other principles of life.
- ii) Rational argumentation of generalities.
- iii) Verifiable basis of it has been
- iv) Leading to Harmony.

The process of value education is characterised by

~~(1)~~ Universal :-

The content needs to be universal i.e. applicable to all human beings, of be true at all times, at all places.

~~(2)~~ Rational :-

The process of value education is a proposal i.e whatever is said is a proposal don't assume it to be true or false. Verify it on your own weight i.e. on the basis of our "natural acceptance".

It is a process of dialogue i.e. a dialogue b/w me & you to start with it soon become a dialogue "within your own self" i.e. b/w what you are & what you really want to be. (Your natural acceptance)

The purpose of Universal human value is to initiate the internal dialogue to help you to be self referential & self-confident. If the basic principles of human existence are universal then it is not dependent on any caste, religion, nationality, gender.

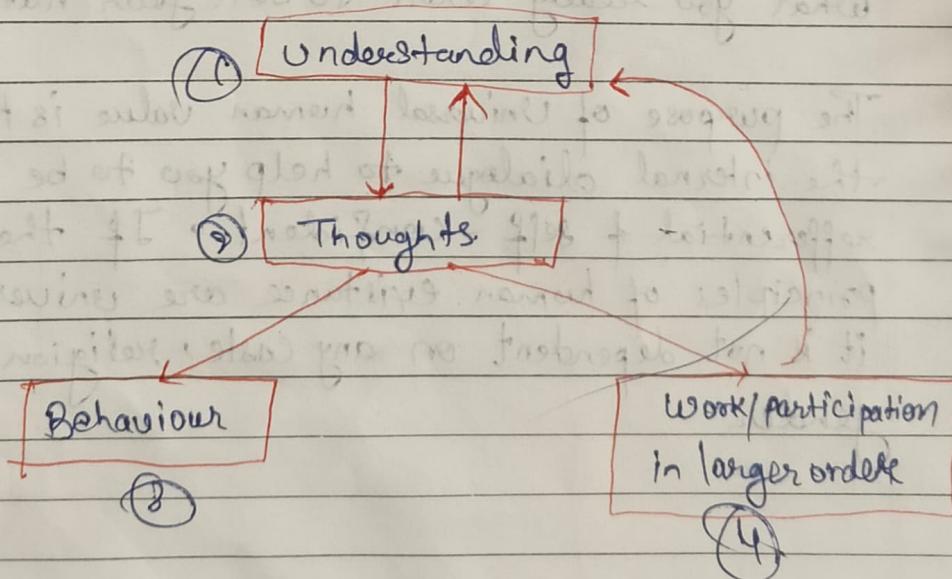
living

for eg - leaving with the feeling of relationship is naturally acceptable to all human being and it is universal.

Value education must be able to enable us to be in harmony within and ~~time~~^{live} in harmony with others in the complete expense of our living, as an individual it needs to take care of all the dimensions of our individual existence i.e. Hot ~~to~~^{to} thought, behaviour, work & realisation it must also covers all levels from individual to family to society & to nature or existence.

Hence we live on the basis of these values we start understanding that it will lead to harmony in us & harmony in an interaction with other human being & the rest of nature. i.e. it leads to human conduct.

The four dimensions of human being



Proposal :→

Ques Make a list of atleast 15 items what all you required to live a "fulfilling life".

- Ans 1) Food 2) Space for living 3) Jobs
4) Money 5) Vehicle 6) Health 7) Education
8) Self-care 9) Clothes 10) Relationship
11) Respect 12) Discipline 13) Money I today (meet)

Check if the following caters to a fulfilling life for you.

- 1) There is a feeling of happiness within you all the time.
- 2) Your body is in good health.
- 3) You are able to have what you require in terms of physical facilities & you have feeling to prosperity all the time.

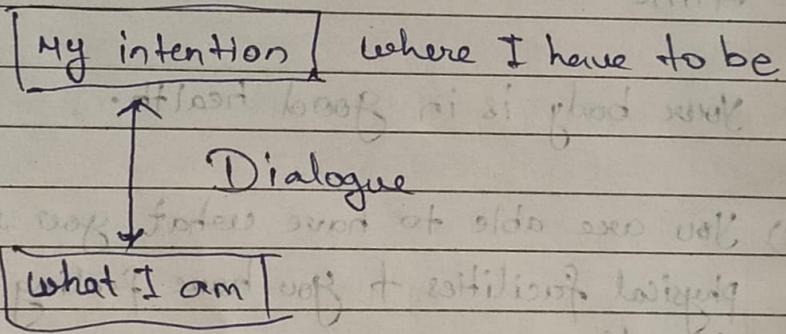
- 4) You have good relation with everyone connected to you.

② Self Exploration as a process of value evaluation

- When a dialogue starts it initially starts b/w you & me. Then it soon becomes a dialogue "within yourself", i.e b/w what you are? and what you really want to be? i.e your natural acceptance.

- # When we say that there is a dialogue fitting in the individual it is the dialogue "what I really want to be?" i.e my natural acceptance, my intention,

and "what I am" i.e my desire, thoughts, expectation and right completion



- 1) When the dialogue takes b/w related to what I really want to be? and what I am? first I will have to discover our natural acceptance i.e where we want to reach.

- 2) We have to find out what I am? i.e where we are now.

(8) we have to ensure that this dialogue ensures harmony within i.e. evaluate our desires & our material acceptance.

1) Suppose you are being asked to introduce yourself in detail where you need to share your silent achievement & failure in your life.

2) Share how do you presently differentiate which means right & wrong.

3) Share what a fulfilling life means for you while responding to the above points. Please consider ~~yourself~~ your entire life not just the present stage of your life.

~~4/03/24~~
Self exploration is a process of seeing the truth about a reality on our own right, via own investigation, observation & analysis. Through this process we are trying to understand the reality that exist and our participation with it which we are calling values. It is for you to decide what is valuable for you and what is not.

The first step is to "verify" the given proposal on your own right by referring it to your "natural acceptance".

If the proposal is naturally acceptable to you it is right for you - if it is not acceptable to you it is not right for you.

↳ If you ask yourself what is naturally acceptable to you to be in relationship with your family members or to be in opposition with them

Every human being has the natural acceptance and therefore the potential for self exploration. We don't need any specific qualification for it. But we only have to start exercising the "Capacity to convert our potential into competence".

Naturally we want to be in relationship with the family members regardless of the way they are living or we are living. It is something that each one of us easily verify. Many times we might be living with "feeling of opposition" even in the family but i.e. not naturally acceptable to us. With the feeling of opposition we feel uncomfortable within it. Want to "resolve" the situation. It is the feeling of relationship only that we always "aspire")

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Questions

(Q 1) ~~E/P~~ Define Value ? Explain the value of a human being with few example.

(Q 2) As a human being we have two important question to resolve.

i) What to do?

ii) How to do? Elaborate on the meaning of these two questions with a few examples.

Skills

(Q 3) Write some of your five best ~~skills~~ which you have in order to write the five skills does self exploration help you?

1) The word/term "Value" refers "that to do". ~~the~~

There are many examples that the value plays an important role in human being life. i.e. ~~the~~ Due to the value the individual has its own place in the society.

2) This is refers to the value term that the process of working the things

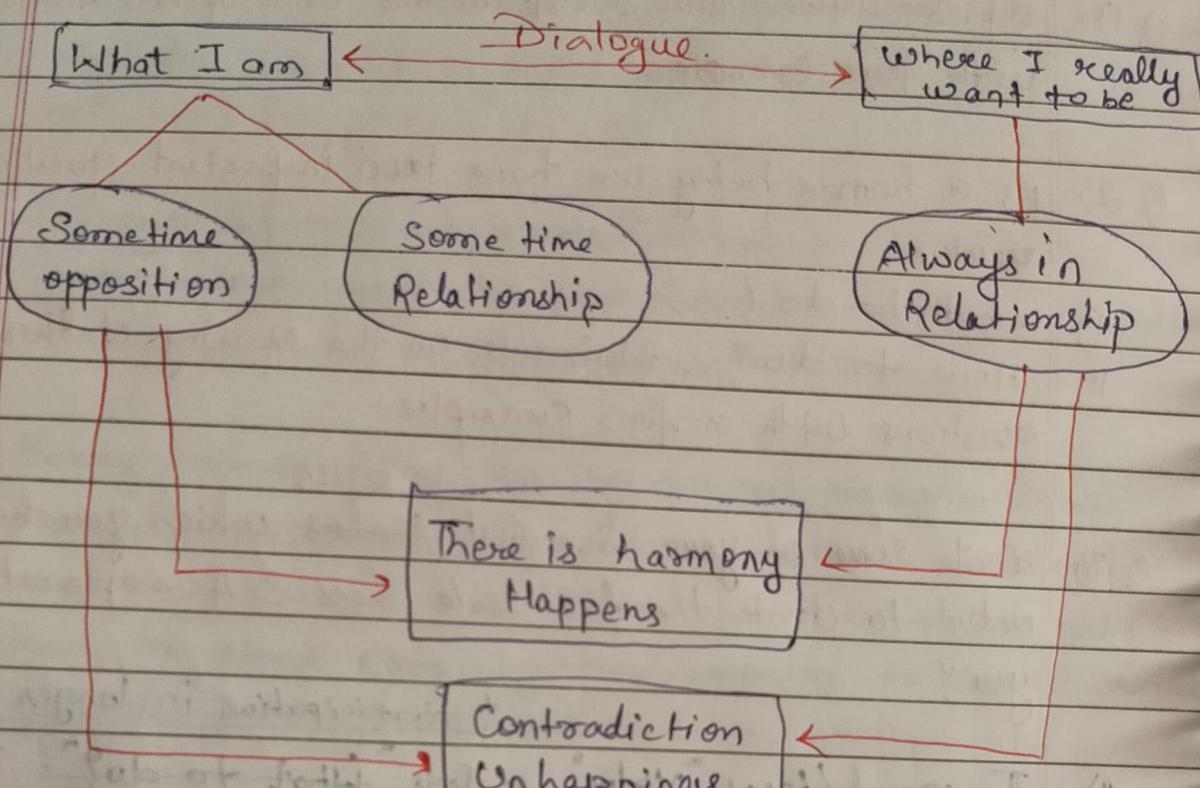
refers skill
And the question "How to do" ~~the~~ the term in which an individual takes the step to achieve their goals that are fixed by them.

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Content of self Exploration

- i) Verify Natural Acceptance.
- ii) Experimental Validation.
 - work with human-being (Happiness)
 - work with nature. (Prosperity)

Content

The first part of the self exploration is divided into two parts or some parts

- i) desire
- ii) Programma

Desire refers to what is our basic aspiration i.e. what do I want to be achieve, My aim, objective, purpose etc.

- 2) Programs which means what is the way to fulfill this basic aspiration i.e how do I achieve the process of achieving the desire or action there has to be a process of self-exploration with a proposal.
- 1) we want to explore into our desire as a human being
- 2) we want to explore with the program to ensure the fulfillment of that desire. The program is the process of achieving the goal desire consists of three things ① Happiness, ② Prosperity ③ Happiness & prosperity in continuity,

Our basic aspiration is for Happiness, prosperity and continuity.

The Process of self exploration.

The first part of self exploration is to verify the proposal on the basis of our natural acceptance. Once we had verified that a proposal is naturally acceptable to us. we are sure that It is something which we would like to live with.

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- Competition → Acceptance
- Co-operation } → Natural Acceptance
- Collaboration. } Acceptance

How is right understanding based on natural acceptance & acceptance with these three example ?

Understanding natural Acceptance : The basis for right understanding (Distinguish b/w acceptance & Natural acceptance).

- Natural acceptance has to do with something fundamental related to our purpose, something related to our basic desire. Acceptance based on "likes & dislikes", assumption pre-conditioning, beliefs etc.

for eg - we like a particular type of food or chocolate we have an acceptance for it but is that acceptance in line with our natural acceptance or not.

We have to relate it to the feeling or purpose like - Do we want to nurture the body or exploit it?

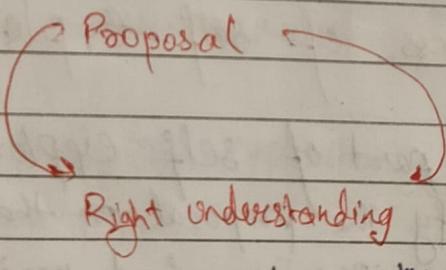
To nurture the body we have to find out whether the given food or chocolate will really nurture or harm the body. We can conclude that the choice of that food or chocolate is not in line with our natural acceptance while we have the liking for that taste of that particular food or chocolate we have

The second part of the self exploration is experiential validation which means trying to live according to the proposal. In living with the proposal there are two parts.

- i) Behaviours with other human being
- ii) Work with rest of Nature.

When we are behaving with human being on the basis of proposal we want to verify whether it leads to mutual happiness or not if it leads to mutual happiness. It is the eight proposal & vice-versa. Similarly when we are working with rest of nature on the basis of this proposal we want to verify whether it leads to mutual prosperity or not.

Ques
Complete the model with conclusion of happiness & Prosperity.



- ① verify on your even the ~~natural~~ natural acceptance
- ② Experiential validation
- ③ Desire to have to a "Healthy body"

an acceptance for it but it is inline or not
inline with a natural acceptance we will have
to verify it.

- Passing the acceptance, through our natural acceptance
will validate them and contribute to our self
confidence.

eg You are appearing for the exam what is the right
understanding based on natural acceptance considering the
acceptance.

- ⇒ Right understanding is satisfying to me it is invariant
with time & place it is universal for all human
beings. it leads to harmony in my living, in behaviour
with human being & working with the rest of nature
& at last I will naturally accept to continue with it.

One may assume oneself to be right but we need to
verify our assumptions on the basis of the above
criteria to see if it is part of or "based on right
understanding". Right understanding can be recognized as
assuring, satisfying & universal with respect to time,
space & individual.

Ques Explain the process, content and natural outcome of
self exploration with the neat diagram & 2 example
from your life.

(3)

Basic Human Aspiration

+ their Fulfilment.

Ques List the five factor that make you happy + the happiness is in continuity?

Ans 1

Suppose you have the following aspiration find out what would be necessary to fulfill it & will it be require ~~or~~ understanding

i) Right Understanding

ii) Relationship

iii) Physical facilities

work which one is higher priority to you

Basic Aspiration	Right understanding	Relationship	Physical facilities
1. Good health	2	3	1
2. lot of friends	2	1	3
3. peace of mind	1	3	2
4. studying	2	3	2
5. sleeping	3	2	1
6. talking with friends	1	3	2
7. Exercise	2	3	1
8. Playing games	2	3	1
9. Mostly accessing mobile in a day	2	1	3

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Physical fact

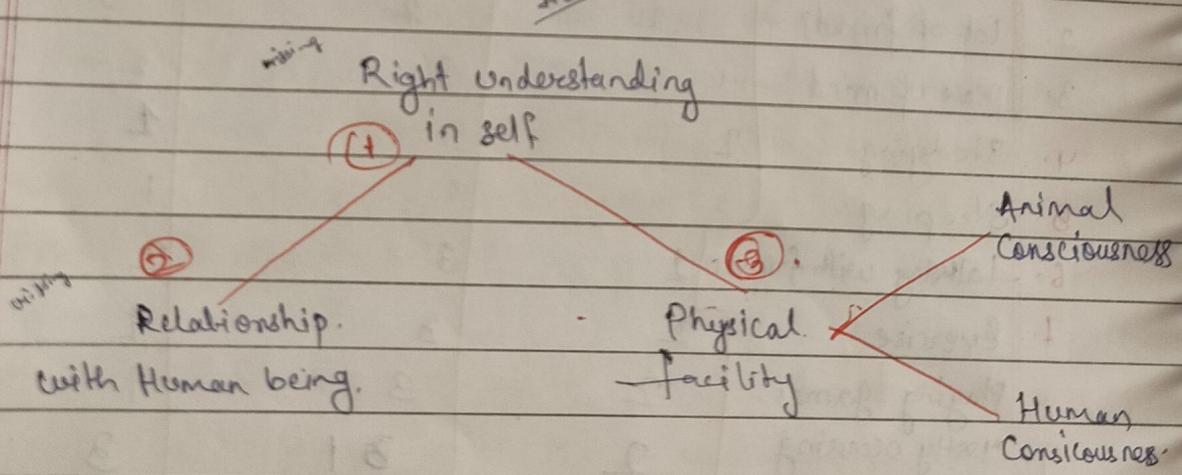
- ① Animal Consciousness i.e. Animal living with ~~to human~~ being with animal consciousness. ~~Harmony~~ → Disharmony (unhappiness) ~~Physical facility is adequate & necessary &~~
2. ~~to Human~~ → ~~disharmony~~ ~~Harmony~~
3. Human beings ~~to~~ living with human consciousness ~~Harmony~~
- ~~x~~ ~~•~~ ~~•~~ ~~•~~ ~~•~~
- i) Animal Consciousness i.e. Animal living with animal. ~~Harmony~~
- ii) ~~Human beings live with animal consciousness. Disharmony~~
- iii) Human being living with human consciousness. ~~Harmony~~

Development of Human Consciousness

The basic aspiration of human being is happiness, prosperity & its continuity which are fulfill by

- i) Right understanding (clarity)
- ii) Relationship (Right feeling) (Trust, respect, love, caring)
- iii) Physical facilities.

In that "priority order"



~~NUT~~

A human being working for all three of them can be fulfilled. therefore A human being living with all three is living with "Human Consciousness"

If one is living for physical facilities alone, one is living with animal "consciousness". It is not adequate for human beings to be fulfilled.

Right understanding + Relationship → Harmony | Mutual Happiness

Right understanding + Physical facility → Mutual prosperity.

Development of Human Consciousness:

- 1) Animals living with Animal consciousness leads to Harmony
- 2) Human being living with Human consciousness leads to Harmony
- 3) Human being living with Animal consciousness leads to dis-harmony.

* Ask the question to yourself whether transformation from animal consciousness to human consciousness is desirable or not.

Draw the model as per the concept of Right understanding.

Holistic Development:-

where we say there is Right Understanding with self.

1) The next priority

Role of Education - "Samskara"

AVT
Enabling the transformation to Human Consciousness.

Education is developing the right understanding

(Holistic perspective) • "Samskara is the commitment"

preparation & practice of living with Right understanding"

The preparation includes learning, appropriate skills & technology
Role of Education is to facilitates the development of the
Conscience to live with "human consciousness & with
definite human conduct".

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Education Sanskar has to ensure

- 1) Right Understanding in every child.
- 2) The capacity to live in Relationship with other human beings.
- 3) The capacity to identify the need for physical facilities, skills & practice for sustainable production of more than what is required leading to a feeling of prosperity (feeling of prosperity is the core feeling generated to accumulate more & more to consume more & more rather than to produce as per need).

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Understanding Happiness, Prosperity

Then Continuity in

The basic aspiration of human being is Continuity of happiness & prosperity. There are three basic requirement to fulfill the aspiration.

- 1) Right Understanding
- 2) Relationship
- 3) Physical facilities.

and that to in the correct order of priority. When we are in harmony within i.e b/w what I am & what is naturally acceptable to me. we are in a state of happiness. The state or situation in which I live if there is harmony or synergy in it. It is naturally acceptable to me to be in that situation or state. To be

To be in a state or situation which is naturally acceptable is Happiness. So we can say

$$\left. \begin{array}{l} \text{Happiness} = \text{Harmony} \\ \text{Unhappiness} = \text{Disharmony} \end{array} \right\} \text{WIT}$$

Prosperity is the core feeling felt in feeling to accumulate more & more consume More & More rather than to produce as per need.

~~Inspit~~ Inspite of acceptance for relationship we have contradiction and opposition in relationship because since there is missing of eight understanding so there is missing relationship. For fulfillment in relationship it is necessary to have the eight understanding.

The eight understanding is Understanding harmony & living in harmony at all four levels of a human being.

It is essential to understand the harmony at all the levels. which is the state of continuous happiness. The program for ensuring the continuity of happiness is to understand the harmony and to live in harmony at all levels of being. Over & above physical facilities prosperity has to do with our feeling.

The proposal is prosperity is having the feeling of having more than the require physical facilities

* There are two basic requirement.

- 1) Right assessment of the need for physical facilities with its require quantity.
- 2) And ensuring the availability or production of more than require physical facilities.

Ques Consumption of ice cream & enjoying favourable sensation provide continuous happiness to human being. Do you agree with the statement.

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Human Being as a co-existence of Self - Body

Is the human being just the body or something more than that? The proposal is human being is the co-existence of the self & the body.

I referring to the self not the body. You also refers to the self the one that recognises the relationship that decide what to do & that feels happy or sad.

Q:- The Needs of the self or Body.

If you try to understand self or body separately it could be "understood on the basis of need." The need of the self is happiness. Are needs temporary or continuous.

Are needs temporary or continuous.

All needs related to the self like, the need for respect, the need for trust, the need for relationship, the need for happiness all these are continuous in time. We don't want any kind of break in it. On the other hand all the need related to the body like the need for food, the need for shelter all these are required for a limited time. Having them in continuity creates a problem for us.

Need is either qualitative or quantitative.

- The need for food is quantitative in nature. We can identify the quantity of the food needed to ~~nourish~~^{nature} our body. Same is with the need of clothes & also the need for shelter. None of us eat unlimited amount of food or wear unlimited amount of clothes. We can always identify the quantity of clothes needed to prepare a dress. Any physical facilities is require in a limited quantity. The feeling of respect itself is not quantitative rather qualitative.

The needs are categories as per

- 1) Temporary or Continuous.
- 2) ~~Society~~ Quantity or Quality

With these two differences we can see that the need for physical facilities & the need for happiness are two different types of need. The need for physical facilities relate to the body and the need of happiness relate to the self.

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The need of
a human being

Happiness

Physical
facilities

- 1) In time
2) In quantity.

Continuous
Qualitative

Temporary
Quantitative

fulfilment of
Relationship.
→ Mutual
Happiness

Right understanding
in the self

Physical facilities
sest of nature.

Animal (necessary & largely
adequate)
Human (necessary)

Mutual
prosperity.

The need of the self is happiness while the need of the body is physical facilities. For ~~the~~ human being to be fulfilled both the needs have to be taken care for.

- :- Needs of the self is definite.

Needs related to the body depend on age, health condition, size of the body etc. whereas the "needs of the self are definite."

for example:- A child needs happiness & respect as much as an adult.

Important.

"Right understanding and right feeling is the need of oneself + everyone regardless of the state & condition of the body"

2 pt. The activities of the self and the body.

The self as the activity of desire, thought & expectation.

VUT "The activity of the self is continuous in time". The work or the activity that we take from the body, for eg - eating, walking, sleeping etc. is "temporary in time". After sometimes the body gets tired and we need to give some rest therefore we can't make it continuous.

"Any activity with the help of body is difficult to continue while "any activity of the self is difficult to stop"

3 pt. The response of the self & the body.

The response of the body is based on "recognising + fulfilling" whereas the response of the self is based on "knowing, assuring, recognising + fulfilling".

Self ← Co-existence → Body

Need	Self	Body
Response	Knowing, assuring, recognising + fulfilling	Recognising + fulfilling.

We have various assumption manner time not based on eight understanding but influenced by the sensation, media, advertisement prevailing in the society. Due to the differences in the assumption their recognition + fulfillment is also different.

Knowing means understanding the reality as it is in its completeness. Since the reality is definite. Knowing is also definite.

With the eight understanding our assumption basically our acceptance is set eight, our recognition is set eight. Therefore we make efforts to fulfill the relationship. In this way our conduct become definite + we call "definite definite human conduct".

~~Understanding~~

Understanding by
Natural Acceptance

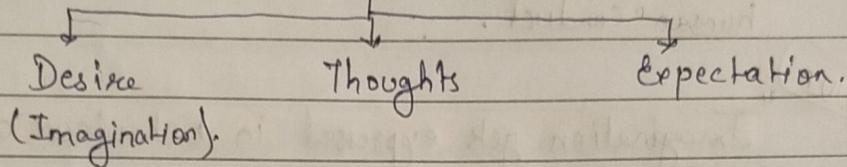
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Activity of the Self

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Activity of the Self

→ ~~DA~~

The three possible sources of motivation for imagination are :-

- i) Pre-conditioning,
- ii) Sensation
- iii) Natural acceptance

OR

If long as desire are coming from pre-conditioning + sensation we can't be sure whether they are in harmony with your natural acceptance or not. Only when your desires are coming through natural acceptance you can be sure that you are in "harmony within because your imagination is inline with your natural acceptance". Only then you are sure to be in a state of harmony within & therefore ~~is~~ within a state of happiness.

↑ TUN
Ward

The only way to ensure harmony in the self at all levels is over desire, thought and expectation are inline with our natural acceptance"

when our behaviour and work are inline with the natural acceptance it is known as "definite human conduct".

VII

"Imagination gets expressed in behaviour and work"

NATURAL ACCEPTANCE AS THE MOST AUTHENTIC AUTHENTIC SOURCE OF MOTIVATION FOR IMAGINATION.

Natural acceptance is also referred to as the inner voice or Einstein coincide. If we are aware of our natural acceptance & we are aware of the imagination. We can make "the choices" that are in line with our natural acceptance".

When the imagination is motivated by pre-conditioning + ~~sense~~ sensation, it is "enslaved" by external sources. But when the imagination we are aware of & it is guided by natural acceptance it is the state of "Self-organisation".

Desire	Motivated by Pre-conditioning	Motivated by Sensation	Motivated by Natural acceptance
I) Good Health.	✓	✓	✓
II) Feeling of acceptance for me in my friends		✓	✓
III) Being physical in the company of my friends			✓
IV) Food for nutrition			✓
V) Food for taste.		✓	
VI) Lots of money for the need of body.	✓	✓	
VII) Lots of money for respect in the Society		✓	✓

Harmony of the self with the Body.

This chapter explains the understanding the regulation and health where the Self as the SEER-DOER-ENJOYER whereas Body is the INSTRUMENT.

In simple terms we can say the "body follows the instruction of the self".

→ The self is an unit of "consciousness" if it is in "co-existence with the "material" body. It is the "self" that "makes all the decision" & uses the "body" to "execute" them as and when require.

The self sends instruction to the body and the body follow those "instructions".

All the sensations taking place in the body are available to the self.

- i) I am the SEER i.e. the self sees the reality & understand the reality.
- ii) I am the DOER which means the self decides the one who decide to take the decision to do or not to do.
- iii) I am the ENJOYER (experiencer) i.e. it is the self that feels depressed, angry, enthusiastic, delighted i.e. the feelings are in the self and are not in the body.

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The Body is an instrument of the self where the body follows the instruction of the self.

The Body is used as an "instrument" as & when required.

"SELF IS CENTRAL TO HUMAN EXISTENCE"

The self is an unit of "consciousness" and it is in co-existing with the "material body"

-i- Body as a Self-Organised System and an instrument of the self.

Body has so many parts. each part is co-existing in harmony with every other part. When there is harmony the body is functional or dysfunctional

-ii- Harmony of the self with the Body.

Our responsibility towards the body in terms of nurturing the body, protecting the body & rightly utilizing the body.

Nurturing the body is by providing the right air, water, food, sunlight, etc to the body.

Protecting the body from unfavourable situation or condition.

Right utilization of the body means using the body for the purpose of the self.

QVI

The feeling of responsibility towards the body is called as the feeling of "self-regulation".

VI

~~Self~~ Self-regulation is not controlling or restraining but "identifying" the responsibility & having the "commitment towards the body".

With the feeling of self-regulation in me, I make a program to nurture, protect and rightly utilize the body ensuring the health of the body. When I am able ~~execute~~ execute the program then only my body remains healthy.

Self (I)

Body (Instrument)

The feeling of responsibility towards the body for nurturing, protection & right utilization of the body (self-regulation)

Body acts according to the individual.

The parts of the body are in harmony

(Report
Doubt
Question)

Self-regulation → Health
(Self) (Body)

The program for self-regulation and health of the body includes intake, routine, labour, exercise, balancing external and internal organs of the body, regulating the breathing of the body, medicine & treatment.

Responsibility of commitment

Harmony within the family.

"Feeling can be recognised as definite". There are 9 feeling in relationships. These are the feeling which we can understand and ensure within ourselves, also share with others and ensure mutual fulfillment in relationship. These are the feeling which are naturally acceptable to us in a relationship with other human being.

The feeling are :-

Trust, ~~sceptre~~

Respect

~~Reverence~~ Reverence {-(Proposing a matter to be in state of cont. happiness)}

Affection

Guidance

Care

Gratitude

Glory

Love

V.V.T

The ~~unhappiness~~ "Unhappiness in the family is more due to lack of ~~faith~~ fulfillment in our relationship but also due to lack of physical facility."

The family is the basis or the basic unit of harmony of human organisation for living in relationship.

QVI

Trust is the foundation value. Trust is to be assure the other intends has the natural acceptance to make me happy and prosperous. Trust is the starting point of relationship of mutual development.

XVI

Relationship is founded on Trust. In the absence of trust we donot feel related to the other?

To be in a harmonious relationship with the family members with the right understanding with the right feeling of "mutual trust", we can avoid contradictions or opposition.