

UHV Question-Answers (Not For Sharing Purpose)

Disclaimer: These answers contain all the key points for every topic discussed in the question. The length of the answer can vary as per the requirements, but the presence of the key words is a must and must not be ignored under any circumstances whether dead or alive.

Chapter 1: Understanding Value Education

1. Define Value. Explain the Value of a Human Being with a few examples.

Ans- The value of a human being is its natural or expected participation in the larger order – at the level of the individual, at the level of family, at the level of society and ultimately, at the level of nature/existence.

For example, if you understand what has been taught, you feel happy. The teacher also feels happy when you participate in understanding what is being taught.

2. Define Skill. Elaborate on it with a few examples. Highlight the differences between Values and Skills.

Ans- Skills are only a means to achieve a given purpose and are required to achieve a particular purpose in a effective and efficient manner. Skills can be aimless, directionless and can therefore, be put to any use - for constructive or destructive purposes.

For example, students of technology will be studying, creating and implementing technological skills without deciding the purpose of the human being.

Values are required to decide “what to do”, while skills are required for “how to do”.

Getting skilled enables one to achieve a particular purpose effectively, but can be used

for constructive or destructive purposes. Value of human beings tells about “what to do” and “what not to do”. Skills can be useful in fulfilling the physical facilities and physical needs, whereas Values ensures the fulfillment of the life.

3. As mentioned in the chapter, as a human being, we have two important questions to resolve:

a. What to do?

b. How to do?

Elaborate on the meaning of these two questions with a few examples.

Ans- The question “What to do?” address the issue related to the fulfilment of life in a human being. It gives us the clarity of our goal, our basic aspiration and the programme to fulfill the basic aspiration. E.g: Students of technology gets trained to create technology to harness the atomic energy or nuclear energy.

The question “How to do?” address the issue related to the fulfilment of physical facilities. It helps us learn skills, methods and techniques to implement the programme. E.g: With questioning “How to do?”, harnessing the technology to use atomic energy for the welfare of the society and the nature.

4. Describe the two domains of education. How are they complementary? How do they assist in living a fulfilling life?

Ans- The two domains of education are Value Education and Skill Education. The part of education that deals with the understanding of one’s participation in the larger order, and thus ensuring it in living, is called as Value Education. It will serve to fulfil the basic aspirations of the human being, i.e. fulfilment of life.

The part of education that deals with achieving a particular purpose in an effective and efficient manner is known as Skill Education. It will serve in fulfilment of physical facilities.

Value education helps the individual in participation in the larger order, whereas Skill education is more focused towards the accumulation of wealth and physical facilities.

Both of them are required for the fulfilment of the life. Skills enables us to upgrade ourselves and completes our physical needs. Values lets us do the development with mutual respect towards the nature.

5. What is the content of Value Education? Discuss the need for it in technical and other professional institutions.

Ans- The content of the value education must covers all the dimensions of human beings such as thought, behaviour, work and realisation. It should also cover all levels of human livings such as individual, family, society, nature and existence.

the content of Value Education has to be to understand human being, human aspirations, happiness; understand the goal of human life comprehensively; understand the other entities in nature, the innate inter-connectedness, the harmony in the nature/existence and finally the role of human being in this nature/existence.

It is necessary to introduce it into the technical and professional institutions as they generally focus on the skill development and often have money minded mindsets. Once the value education is introduced, it can ensure the correct implementations of the skills with harmony with the nature and society.

6. Explain the basic guidelines for Value Education. What is the need for these guidelines?

Ans- The Basic guidelines of the value education are as follows:

Universal: Whatever we study as value education has to be universally applicable to all human beings and be true at all times and all places. This implies that it should not change depending upon sect, creed, nationality and gender, etc. It has to deal with universal human values.

Rational: It has to be amenable to reasoning and not based on dogmas or blind beliefs. It should be open to address the related questions.

Natural and Verifiable: It has to be acceptable in a natural manner. When we life on the basis of such values that are natural to us, it leads to mutual fulfilment.

All encompassing: The content of value education has to cover all dimensions of our being (thought, behavior, work and understanding) as well as all level of our lining (individual, family, society and natural/existence).

Leading to Harmony: Value education has to enable us to be in harmony within and in harmony with others. Hence, when we live on the basis of the values, we start observing that it leads to the harmony in us and harmony in our interactions with other humans and rest of the nature.

7. List any three implications of Value Education. Explain how they are related to your life.

Ans- The implications of Value education are :

1. Correct identification of Our Goals: Value education helps us to identify our goals appropriately. The questions such as the following need an authentic answer which can only come through Value Education.
2. Development of a Holistic Perspective: The outcome of value education is a holistic perspective with the clarity about human being (the one who understands), about the nature/existence of which we are an integral part as well as our participation in this nature/existence. This participation is our role, it is our purpose, it is our right, it is our responsibility and it is our value.
3. Evaluations of our Beliefs: Value education also helps us become aware of our own beliefs. Much of our behaviour or working is based on beliefs about which we are ourselves quite unaware of. These somehow become the guiding factors of the decisions of our life. Hence, it is important to evaluate our own beliefs sincerely.

Write on your own that how they are related to your life. I was feeling sleepy while typing this.

8. Describe the process of Value Education.

Ans- Human Values can be understood by an appropriate process of self-discovery, because they are potentially there in each and every human being. There is already a natural acceptance for values in a human being. It is only that we have to discover them or become aware of them.. Hence, to study human values, the process has to be such

that it develops a process of self-exploration in you. Taking every statement as a proposal, you are able to investigate the reality by yourself. Value education is not a set of do's and don'ts or a set of sermons. It rather is a process of self-exploration and self-investigation.

9. Define ethics. How are values and ethics related?

Ans- Ethics is the expression of definite human conduct in one's behaviour, work or participation in the larger order. It is easy to appreciate that the core purpose of value education is to develop ethical competence among human beings which will reflect in all their pursuits.

The problem of unethical conduct in various professions which is becoming a grave menace almost everywhere, can also be tackled effectively by focussing attention on development of ethical competence through human value education.

Chapter 2: Self-exploration as the Process for Value Education

1. The process of value education has been proposed as 'self-exploration'. What could be some other possibilities for the process of value education?

Ans-

Explain the process of self-exploration. What is the expected result of self-exploration? Please explain the process, content and natural outcome of self-exploration with a neat diagram and two examples from your life.

Ans- The process of self-exploration has two parts, verifying it on the basis of natural acceptance and experimental validation by living according to it.

The first part of self-exploration is to verify the proposal on the basis of our natural acceptance. Natural acceptance has to do with something fundamental, something related to our purpose, something related to our basic desires. natural acceptance is innate in each of us; it is uncorrupted and it is universal, i.e. it is invariant with respect to time, place and person. Once we have verified that a proposal is naturally acceptable to us, we are sure that it is something which 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 behaviour with other human beings and the second is work with rest of nature.

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

a) Desire: What is our basic aspiration?

The desire is essentially the basic aspiration, the aim, the objective, the purpose, what we want to achieve – what is our goal.

b) Programme: What is the way to fulfil this basic aspiration?

The programme is the process of achieving the desire, the action to achieve our goal.

When we are able to verify a proposal, both by way of verifying through natural acceptance and by way of verifying through experiential validation, the ultimate outcome is “right understanding”. Right understanding is the understanding of the harmony from the Self to the entire existence, i.e. realisation of coexistence, understanding of harmony and contemplation of relationship; and on that basis, understanding human conduct. Right understanding is definite; it is assuring, it is satisfying and it is universal

3. What exactly are the following realities:

a. “What I am”

b. “What is naturally acceptable to me”

c. The dialogue between “what I am” and “what is naturally acceptable to me”

Ans- a) What I am? deals with the questioning of what are my feelings and what i am thinking. This question has to do with My desires, thoughts, expectations and my competence. 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 on the basis of which I live

b) What is naturally acceptable to me? is my natural acceptance. It is my intention. It is “what I really want to be”. It is a basic reference which is a part and parcel of every human being. We may or may not be referring to it at present, but it is always there. I may or may not be living according to it, but I can see “what I really want to be”

c) This dialogue within yourself is in terms of first finding out, “what is naturally acceptable to you” and then finding out “what you are”. After that it is about finding out whether “what you are” is in line with your natural acceptance or it is in contradiction with your natural acceptance. This is the meaning of dialogue within oneself. The very process of being in this dialogue starts facilitating one’s self-evolution and we start becoming more and more comfortable within

4. Describe the term ‘Natural Acceptance’. How do you make out if it is your natural acceptance or not? Describe the characteristics of Natural Acceptance. Explain with examples from your own life.

Ans- Natural acceptance has to do with something fundamental, something related to our purpose, something related to our basic desires. Natural acceptance is innate in each of us; it is uncorrupted and it is universal, i.e. it is invariant with respect to time, place and person.

Something that comes under your natural acceptance does not change with time, place, with the individual. It is uncorrupted by likes and dislikes or assumptions or beliefs. It is innate, we don’t need to create it and it is definite.

Followings are some elaborated points on the characteristics of natural acceptance:

1. Natural acceptance does not change with time: What is naturally acceptable to you today is the same as what was naturally acceptable to you yesterday, and what will be naturally acceptable to you tomorrow

2. Natural acceptance does not change with place: Naturally acceptable feelings, like trust, respect, affection, etc. remain invariant with place.
3. Natural acceptance does not change with the individual: Natural acceptance is the same for all of us; it is a part and parcel of every human being; it is part of our human-ness.
4. Natural acceptance is uncorrupted by likes and dislikes or assumptions or beliefs: We have taken the examples of this above also. When we ask the right questions, we can see our natural acceptance and it is there. Natural acceptance remains unaffected by our likes and dislikes, our belief systems and our preconditioning even if they are very deep and influence our thoughts day and night.
5. Natural acceptance is innate; we don't need to create it: Whatever be the background of a person, this faculty is very much there.
6. Natural acceptance is definite: It is for relationship, harmony and co-existence which is universal.

5. Distinguish between Natural Acceptance and Acceptance with a few examples.

Ans- Natural acceptance has to do with something fundamental, something related to our purpose, something related to our basic desires. Natural acceptance is innate in each of us; it is uncorrupted and it is universal, i.e. it is invariant with respect to time, place and person.

The acceptance is something that is influenced by the preconditioning, beliefs, likes or dislikes, world-view or perspective. It can change with time, place and person.

6. Given any proposal, if one is not doing self-exploration, what are the other possibilities? Give two examples to explain.

Chapter 3: Basic Human Aspirations and Their Fulfilment

1. What are the basic human aspirations and what are the requirements to fulfil them? Indicate their correct priority. Support your answer with two examples.

Ans- The basic human aspirations are happiness, prosperity and its continuity. Right Understanding, Relationship and Physical Facility – All Three are Required for Fulfilment of Human Being.

- 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.

Right understanding + Relationship → Mutual happiness

Right understanding + Physical facility → Mutual prosperity

So the correct priority order will be right understanding, relationship and physical facilities.

2. Why is right understanding required in relationship for mutual happiness? Illustrate with the help of two examples from your life.

Ans- Right understanding is required in a relationship as Through right feeling in relationship, based on right understanding, we can ensure mutual happiness – happiness for ourselves as well as happiness for others.

Right understanding + Relationship → Mutual happiness

When you are unhappy within, you make the other unhappy. You can find this out for yourself, in the interactions with family members and friends. If we don't have right understanding about relationship, we don't know about the feelings in relationship. If we

have not ensured those feelings in us, we are unhappy within. In that state of unhappiness, we are not able to ensure fulfilment in relationship – we make others unhappy.

3. Why is right understanding required for ensuring physical facility? How does it result in mutual prosperity? Illustrate with the help of two personal examples.

Ans- With right understanding, we can identify the need for physical facility. We can also learn how to produce using a mutually enriching production process. Once we are able to ensure the availability of more than required physical facility, we have a feeling of prosperity. If the right understanding is missing, we are not able to identify our need for physical facility. Now, if we are not able to identify our need for physical facility then regardless of how much physical facility we accumulate, we never feel that we have enough. We keep wanting more. This feeling of not having enough is the feeling of deprivation. Now, if we have a feeling of deprivation, will we think of nurturing others.

4. Distinguish between 'animal consciousness' and 'human consciousness'.

Ans- The basic aspirations of human being, i.e. happiness, prosperity and its continuity, are fulfilled by right understanding, relationship and physical facility, in that priority order. A human being working for all three of them can be fulfilled. Therefore, a human being living with all three is living with 'human consciousnesses'.

On the other hand, if one is living for physical facility alone, one is living with 'animal consciousness'. While physical facility may suffice for animals, it is not adequate for human being to be fulfilled.

5. Describe the societal impact of living with human consciousness.

Ans- Living with human consciousness means fulfilling the basic aspirations of human being, i.e. happiness, prosperity and its continuity. Once a person starts living with

human consciousness, we can ensure the holistic development of ourselves and of the society.

The predominant perception regarding development, success and prosperity is largely to do with accumulation of physical facility – more and more physical facility. This perception is there in the society, in the education system and even in the family.

With human consciousness, we can ensure the mutual prosperity between us and the nature, and mutual happiness between us and others. This will help in living a sustainable and happy life.

6. When do you say that the development is holistic? What is the role of education in it? Explain briefly.

Ans- The predominant perception regarding development, success and prosperity is largely to do with accumulation of physical facility – more and more physical facility. When development is done with human consciousness and right understanding, it becomes holistic. With right understanding, we can ensure the fulfilments in relationship as well as physical facility, that does the development holistic.

Education is developing the right understanding. The role of education is to facilitate the development of the competence to live with human consciousness, with definite human conduct. There are the three components of education, if it has to ensure development of human consciousness which will in return will ensure holistic development.

1. Right understanding in every child,
2. The capacity to live in relationship with other human beings, and
3. 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.

Chapter 4: Understanding Happiness and Prosperity – Their Continuity and

Programme for Fulfilment

1. Define happiness as proposed in the chapter. Explain with two examples from your day-today life to support your answer.

Ans- The happiness is 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, i.e. to be in a state of harmony / synergy is happiness.

For example, when we have a feeling of affection for someone in the family, it leads to a state of harmony within and we want to continue with it. We also want to extend it to the others in the family. Ultimately, we want to ensure this feeling of harmony with everyone which will create mutual happiness.

2. Four levels of living have been proposed in this chapter. What are these levels? Can you see that you are living at all these levels? Explain with examples from your life.

Ans- Four levels of living are as follows:

1. As an individual human being: Each one of us is engaged in ourselves much of the time – in our desires, thoughts, beliefs, imaginations, memories, future plans, etc. No one else is involved.
2. As a member of a family: The family tries to ensure mutual happiness among the members, it takes care of their physical needs, it takes care of the young children, the old and all members in between.
3. As a member of the Society: In the society we produce, use and exchange things like food, clothing, housing, etc. There are systems for education, health, justice, production and order in society.
4. As a unit in Nature/Existence: We are a part and parcel of a large interconnected, interdependent eco-system along with the air, water, soil, plants, trees, birds and animals.

To see whether one is living at all these levels, one has to explore each proposal on the basis of natural acceptance and validate it experimentally.

3. Discuss the programme for continuity of happiness.

Ans- For the continuity of happiness, we have to look into the total possibility of our being. Ensuring harmony in every aspect of living would lead to continuity of happiness.

The programme for ensuring the continuity of happiness is:

At all levels of beings:

To Understand The Harmony and To live
in Harmony

1. At the level of the individual human beings
2. At the level of family
3. At the level of society
4. At the level of nature/existence

The scope of understanding extends from understanding the harmony in the human being, to understanding the harmony in the family, understanding the harmony in the society and finally, understanding the harmony in the nature and existence. The scope of living also encompasses these four levels – living in harmony as an individual, living in harmony in the family, living in harmony in the society and living in harmony in nature/existence.

4. Define prosperity as proposed in the chapter. Explain with two examples from your day-to-day life to support your answer.

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

There are two basic requirements:

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

The right assessment of physical needs, along with their required quantity, will come through right understanding. Without that right assessment, the feeling of prosperity cannot be assured, regardless of the availability or accumulation of physical facility that we may have been able to do.

5. Is there any difference between prosperity and accumulation of wealth? Explain with few examples of both, preferably from your own experience.

Ans- By and large, there is a confusion between accumulation of physical facility and 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 an obsession for profit, for accumulation. That is happening all around. The major focus in the society today is on accumulation of physical facility. In particular, there is a major focus on accumulating money.

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

There are two basic requirements:

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

6. Is excitement and happiness the same thing or different? Explain with few examples of both, preferably from your own experience.

Ans- Excitement is the temporary happiness that comes from the consumption of physical facility, enjoyment of favorable sensations (sound, touch, form, taste, smell) and receiving favorable feeling from others. Excitement is short lived, not sustainable, while happiness is a harmonious state within is something which can be continuous and sustainable. Happiness creates harmony in all the levels whereas excitement can create a sense of disharmonious state within ourselves. That is why you feel uncomfortable within when you are in a state of excitement, so much so that it starts reflecting on your body in terms of disturbed pace of breathing, high blood pressure, etc.

7. Critically examine the prevailing notions of happiness and prosperity in the society. What are the consequences of these

notions?

Ans- Some of the notions of happiness and prosperity are as follows

1. "I will be bored of happiness if I am always happy"

Of course, one will be bored of the excitement arising out of favourable sensation. If we understand that happiness is to be in harmony, we can evaluate this assumption to be false.

2. "Don't bother me with vague things like happiness. I have to live and deal with other more important things in my life"

It is simpler to ask yourself what you are expecting to achieve out of effort you are making – is it happiness or something else. Of course, the clarity of happiness is essential.

3. "If we become happy, progress will stop"

If the purpose of all this progress is for sustained human happiness, the progress will not stop as it will be continuous.

4. "My happiness depends on the others. What can I do about it"?

If we can see that happiness is harmony, it is our property, and does not depend on the other. If we are expecting feeling from the other for our happiness, it certainly can't be guaranteed, nor can it be continuous.

5. "Happiness is a small thing. We have higher aspirations, such as contentment, peace, bliss, etc."

Ture, we do have higher aspirations. But it is not possible to get to contentment without harmony within.

Chapter 5: Understanding the Human Being as Co-existence of the Self and the Body

1. Human being is the co-existence of the Self and the Body. What are three specific distinguishing attributes of the Self and the Body? Explain with examples.

Ans- 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 need of the Body, it is physical facility. One example of it is food. Needs of the self is continuous whereas needs of the body is temporary. Also needs of the self is qualitative such as feelings, whereas body is quantitative.

2. The domain of consciousness is fulfilled by the activities of consciousness, while the domain of material is fulfilled by material things. Consciousness cannot be fulfilled by material. Explain these statements.

Ans- Happiness is the need of the consciousness and it is fulfilled by right understanding and right feeling which are activities of the consciousness itself. Body is a material unit and its needs are material in nature and they are fulfilled by physio-chemical things. For example, people who are trying to get respect out of clothes can never get the feeling of respect. Thus, the need of the consciousness is fulfilled by the activities of consciousness only; whereas the need of the material body is fulfilled by physiochemical (material) things only.

3. What is the qualitative difference between the activities of the Self and those of the Body? Illustrate with few examples.

Ans- The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. Same is the case with the need of clothes, shelter, etc. None of us can eat unlimited amount of food or wear unlimited amount of clothes

On the other hand, the feeling of respect, trust, etc. is not quantitative. We don't say, 'today I got half kg of respect' or 'two metres of trust'. Even speaking like this appears laughable. These feelings are qualitative in nature.

4. How is the response of the Body definite?

Ans-The response of the Body is based on recognizing and fulfilling. For example, If someone is piercing a needle in your body, the Body has a definite recognition and fulfilment. If the needle is harder than the skin of the Body, it will go inside; if it is softer than the skin, it will not go inside. This recognition and fulfilment of the Body with the needle is definite.

Similarly, if someone is poisoning the body with that needle, body will oppose him. If a doctor is treating the body with the needle, body will still oppose him. This shows that the response of the body is definite.

5. What is the meaning of definite human conduct? Explain with examples of the definite and indefinite response of the Self.

Ans- 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, can the recognition and fulfilment be set right; and only then can the conduct become definite.

Our conduct is indefinite as our assumptions keep changing. For example, discrimination on the basis of cast, creed, gender, age, language, region, religion, etc. The solution is to operate in the bigger block (knowing, assuming, recognizing, fulfilling). The shift from operating only on the basis of assuming without knowing to operating on the basis of knowing is facilitated by human education-sanskar.

6. What is the gross misunderstanding about a human being? What is the outcome of it? Relate it to the problems we see in the society.

Ans- The gross misunderstanding about a human being is that it is just the Body, all the efforts for fulfilment of human needs have to take place through physical facility.

It is needless to say that there are wide repercussions at every level of human existence. On the one hand, there is exploitation of natural resources for more and

more physical facility. On the other hand, human beings are exploited in the process and also, they are made to compete for the limited physical facility.

We are trying to fulfil the continuous need for happiness, like respect, through physical facility like clothes and food. Since the need for happiness is continuous, we end up thinking that it will come from more clothes, more food, etc. Hence, the need for clothes, food and any other physical facility appears to be undefined or unlimited in quantity.

Chapter 6 : Harmony in the Self – Understanding Myself

1. Why is it important to study the Self? How does it help in your day to day life?

Ans- There is a harmony in the human being when needs of the body as well as needs of the self are fulfilled. Needs of the body can simply be fulfilled by physical facilities, but it is important to carefully study how to fulfil the needs of self such as respect and trust, because it is the self that makes all the decisions, regarding itself and the body.

Understanding the Self can ensure harmony among all the activities of the self, ultimately leading to harmony in the self, resulting into a state of continuous happiness.

2. Explain the activities of the Self with a diagram. With the help of an example, show how they are related.

Ans-

Space			
Self	Dynamic Activity		State Activity
	1. Authentication	Realization (B1)	Co-existence
	2. Determination	Understanding	Harmony in Nature
	3. Imaging ←	Contemplation	Participation in Larger Order, Relationship
	4. Analysing	Comparing (B2)	Co-existence, Harmony, Justice Guided Sensation, Health, Profit
Body	5. Selecting	Tasting	Goal, Value Guided Sensation
	↓	↓	↓
Other	Behaviour	Work	Participation
	Human	Rest of Nature	in larger Order

The activities related to block B1, “What I really want to be”, are related to natural acceptance. These are the activities of contemplation, understanding and realisation. Activities related to block B2, “What I am” are imagination. These are the Desire that is the activity of imaging – about myself, my state of being, what I want to be as a human being.

For example, we keep getting inputs from the social environment like ‘do not trust anyone’!. 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, we may develop the acceptance for it.

If we ask ourselves, ‘is the feeling of trust naturally acceptable to me or the feeling of mistrust is naturally acceptable to me?’ 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 the acceptance for the feeling of trust.

Both of the activities are needed for the fulfilment of the harmony in the self.

3.What is imagination? Is it taking place continuously or is it a temporary activity that you can start and stop at will? Justify your answer with some examples.

Ans- We have the power of desire, i.e. we have the capacity for the activity of imaging, so we are able to image. We have the power of thought, i.e. we have the capacity for the activity of analysing, so we are able to analyse. We have the power of expectation, i.e. we have the capacity for the activity of selecting, so we are able to select. The activities of imaging, analysing-comparing and selecting-tasting together is called imagination.

Imagination is continuous activity. For example, we always desire something, whether it's a desire of being happy or prosperous. When we desire to be happy, we think about the ways we can be happy. Once we find out the desirable way, we implement it to our life. This process of imaging, analysing and tasting are continuously happening in our life. Hence the imagination is continuous.

4.Describe the harmony in the Self with a few examples.

Ans- The activities such as contemplation, understanding and realisation are related to the natural acceptance. The activities such as desires, thought and expectation are related to imagination. It is important to awaken to these activities, i.e. if we have the right understanding and right feeling, it is our internal guide for all our imagination. We can filter every input that we get from outside. We accept only those inputs which are in line with relationship and ensure relationship; inputs which are in line with harmony and ensure harmony and inputs which are in line with co-existence and ensure co-existence. This can bring harmony in the self.

For example, we are getting inputs from the society like, "do not trust anyone!". Getting this input repeatedly will develop the acceptance for it. If we ask ourselves, "is the feeling of trust naturally acceptable or the mistrust naturally acceptable", we do self-exploration on this question and in our self-verification, we will find that the feeling of trust is naturally acceptable which will in return develop the feeling of trust. This will cause harmony in the self.

5. List the various sources of imagination in the Self. Elaborate with few examples.

Ans- There are three possible sources of motivation for imagination:

1. Preconditioning
2. Sensation
3. Natural Acceptance.

Preconditioning means the beliefs, notions, norms, ideas, views, assumptions, etc picked by oneself, or prevailing in the family, in the society which may influence our imagination. For example, if parents say ten times you have to come first in the class, your desire gets conditioned, and you have the desire to come first in the class.

Sensation is the information we get from the Body through the five sense organs – of sound (through ears), touch (through the skin), sight (through the eyes), taste (through the tongue) and smell (through the nose). For example, you are going by the road and you see a very shining red car passing by. You start desiring for that car now, because you happened to like the colour, 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.

Natural Acceptance is the inner voice or conscience. If we are aware of our natural acceptance, and we are aware of our imagination, we can make the choices that are in line with our natural acceptance.

6. How is behaviour and work decided? Is it decided by the Body or by the Self? which activity of the Self is connecting to behaviour and work?

Ans- The decisions regarding behaviour with human being and work we do with the rest of the nature, is taken at the level of imagination. When imagination is in harmony with natural acceptance, it leads to harmony within and therefore, a state of happiness. This will cause our behaviour and work also likely to be harmonious.

As imagination is a central activity to the self, and imagination plays a central role when we want to decide the work or behaviour, therefore, work and behaviour are

decide by the self. Although body is used as an instrument for the execution of the behaviour and work, self being the central to human being, controls a lot of part when it comes to behaviour and work.

7. How can self-exploration help to ensure harmony in the Self?

Ans- The activities of the self such as desires, expectation and thoughts are related to the imagination whereas activities such as contemplation, understanding and realisation are related to the natural acceptance.

If the activities related to imagination are only awakened, it is partly in harmony but largely in disharmony. So, it is important to awaken the activities related to natural acceptance also.

This self-evolution is facilitated by self-exploration. When we do the self-exploration based on our natural acceptance, sanskar (which is the acceptances derived from summation of all our imaginations.) generated out of this will be harmonious. This will cause harmony in the self as well.

8. The acceptances out of accumulated imagination at time t was mentioned as sanskar (t). It keeps getting updated as given in the chapter. Sanskar at the next moment is Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t).

Explain the meaning of this statement with the help of any two examples

Ans- Sanskar is the acceptance derived from the summation of all our imaginations.

Sanskar = 'Acceptances derived out of \sum [Desire (from all time) + Thought (from all time) + Expectation (from all time)]'

When we are doing 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.

For example: getting inputs from the social environment like 'do not trust anyone'! again and again will eventually become the part of our imagination. As a result, at

one point of time, 'do not trust anyone' becomes the part of our sanskar and it continues with us. Our sanskar got updated to 'do not trust anyone'.

Now, when we self-explore and self-verify the question of 'whether not trusting anyone is naturally acceptable or not?', we will get to know that it does not come under our natural acceptance. So our sanskar will again get updated to trust and this will be harmonious also.

Another example: Conservative thoughts based on the orthodox beliefs such as discrimination based on caste-system is an input that we repeatedly get from the society. This will eventually become the part of our imagination and our sanskar will be updated to discriminate on the basis of caste-system. But when we do self-exploration, we will realise that this does not come under our natural acceptance. Our sanskar again gets updated to not discriminate on the basis of caste-system.

Chapter 7: Harmony of the Self with the Body – Understanding Self-regulation and Health

1. "I am the seer, doer and enjoyer. The body is an instrument". Explain with an example of each.

Ans-The Self is the seer, it is the one which understands. The eyes are a tool. The eyes or any of the other sense organs do not see, the Body does not see. Rather, it is the Self which sees through the eyes, it is the Self which associates meaning, it is the Self which understands. For example to see your feeling, to see if you are happy or unhappy, you are able to see it directly

Self is the doer. Doer means, one who decides, one who takes the decision to do or not to do. For example, you are reading These class notes right now with the help of your eyes. It is the self that has taken the decision to read and not the eyes. Eyes are just used as an instrument for the self to read.

It is the Self that feels enthused or depressed or angry or delighted – the feelings are in the Self and not in the Body. Of course, there is an impact of these feelings on the Body; so if you are enthused, your body is more energetic; if you feel angry, your breathing may become faster and so on.

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.

2. Define self-regulation and health? How are the two related?

Ans- Feeling of self-regulation = the feeling of responsibility toward the Body – for nurturing, protection and right utilization of the Body

The feeling of responsibility toward the Body is called as the feeling of self-regulation. It is not restraining or controlling, but rather it is identifying the responsibility and having commitment towards the Body.

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 body is said to be healthy when it is able to act according to the instructions of the self and all the organs of the body are in harmony with each other.

As far as health of the Body is concerned, the feeling of self-regulation in the Self is primary and the health in the Body is a natural consequence.

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

3. What purpose does physical facility serve for a human being? Explain categorically.

Ans- Physical facility serve several purposes for a human being.

- 1. Nurturing the body:** Nurturing means providing the necessary inputs to body. The right inputs nurture the Body, without disturbing its harmony. The Body is

not in isolation – it is in an environment which has some impact on it. The state of the Body, the inputs and the environment together could be a cause for disharmony in the Body. To correct these, medicine or medicine with treatment may be required.

2. **Protecting the body:** Providing a conducive physical environment includes clothing, shelter, vaccinations, etc. is all a part of 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. Like that various protective measures are required for the Body.
3. **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, right utilization of the Body would mean that it is used in the process of fulfilling human aspiration and using for right understanding and right feeling.

4. When one has the feeling of self-regulation, what would be the programs for nurturing the Body and protection of the Body? What would be the outcome of these programs?

Ans- The programme for nurturing and maintaining health of the Body includes the following:

1a. Intake : The Body needs to be able to take what it needs from the intake for its nurturing and protection.

1b. Routine : A regular routine is required in order to keep the Body healthy and appropriate adjustments are required in order to keep the Body in good health in every season.

2a. Physical Labour : Labour is the effort a human being does on the rest of nature. Labour ensures movement of the Body. There are two categories of labour.

The first or main category of labour results in production of physical facility.

The second category of labour is service in which maintenance and upkeep of a physical facility or body is ensured; even though no new physical facility is

produced.

2b. Exercise: Exercise requires exertion or physical effort; and it also ensures movement of the Body. The major difference between 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.

3a. Balancing internal and external organs of body : 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.

3b. Balancing breathing of body : Breathing is a significant activity for the Body. If breathing is disturbed due to any reason, the harmony of the Body gets disturbed.

4a. Medicine : Medicine is helpful in taking care of lifestyle disorders, non-communicable illnesses as well as communicable diseases

4b. 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

Performing this program in right sequence will ensure the health of the body.

5. Explain what is meant by right utilization of body?

Ans- 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, right utilization of the Body would mean that it is used in the process of fulfilling human aspiration.

We have seen that the need for happiness is fulfilled by right understanding and right feeling. Right utilisation of the Body would mean using the Body for right understanding and right feeling.

We have also seen that the need 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.

6. What role does the feeling of self-regulation play in understanding prosperity? Elaborate on the feeling of prosperity with the base of self-regulation.

Ans- Prosperity is the feeling of having or producing more than the required physical facility (for nurturing, protecting and rightly utilizing the Body). We can also understand that prosperity calls for:

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

Prosperity can truly be understood, only when one is able to see that the human being is the coexistence of the self and the body. This can be achieved by self-regulation.

The feeling of self-regulation ensures the harmony of the self with the body. It enables us to understand how much is the need of the body and ensures the good health of the body that will ensure the availability or production of physical facility.

7. Explain how the assumption “Human Being = Body”, leads to the feeling of deprivation.

Ans- The assumption that human being is just the Body causes happiness to be derived through the sensations of the Body, for which physical facility is required (in an undefined or unlimited quantity).

Once this assumption is made, the self will be completely ignored. This will cause the fulfilment of the basic aspirations of the human being, that are happiness , prosperity and its continuity, through the means of body only.

Happiness will be fulfilled by the sensations and the meaning of prosperity will be completely based on the accumulation of physical resources. There will be no guidelines based on the natural acceptance and the decision making will be completely based on the preconditioning. This will cause the sense of disharmony within and that will result in the feeling of deprivation.

Chapter 8: Harmony in the Family – Understanding Values in Human-Human Relationships

1. Is it possible to live in relationship without understanding relationship? How is a family the basic ground for understanding relationships? Explain

Ans- No, it is not possible to live in relationship without understanding it. The harmony in the family has primarily to do with the fulfilment of relationship between one human being and the other human being. In order to fulfil relationship, it is necessary to understand relationship.

The family is the basic unit or building block of human organisation. It is a practice ground for living in relationship and harmony (order). It is the place where we start becoming aware of relationship.

The moment we hear the word mother, there is a whole lot of feeling. Similarly, every relationship name has an associated feeling which becomes more and more enriched as we interact. Our basic grooming for living in relationship starts in the family. It also provides us the platform to verify our understanding.

2. 'Relationship is – between one Self (I1) and another Self (I2)'. Examine this statement.

Ans- The relationship exists between one human being and the other human being. However, understanding human being, we can easily see that it is the Self which is recognizing the relationship, and not the Body. It is the Self which has feelings in 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 relationship, accept relationship

and fulfil relationship. The Body may be used as an instrument in the process of fulfilling the relationship by both human beings

3. Feelings in the Self are fundamental to live with fulfilment in relationship. Evaluate this statement.

Ans- The important issue in human relationship is that of the feelings. It is the Self which has the feelings and which recognises the feelings. To understand relationship, one has to understand the Self and the feelings in the Self.

Feelings like respect and affection are more important rather than merely the exchange of physical facility. For example, you are happy with your mother's cooking even if it is very simple, because of the feelings in that relationship.

The major crisis we are facing in relationship today is because of the failure to understand the Self. We are trying to assume relationship on the basis of body, trying to fulfil relationship on the basis of body and it does not work. If we don't understand the Self, we don't understand the feelings and therefore, we are not able to ensure the fulfilment of the feelings in relationship.

4. What are the feelings (values) in human relationship? Are they naturally acceptable to you? Do you think these feelings are also naturally acceptable to others?

Ans- There are nine feelings in relationship. These are the feelings which we can understand which we can ensure within ourselves which we can share with others and thus ensure mutual fulfilment in relationship. These are the feelings which are naturally acceptable to us in the relationship with the other human being.

Feelings (values) in relationship – nine feelings

1. Trust (foundation value)
2. Respect
3. Affection
4. Care
5. Guidance

6. Reverence
7. Glory
8. Gratitude
9. Love (complete value)

Asking questions like what feeling is acceptable to us: is it feeling of trust or mistrust, is it the feeling of love or hatred. After that we can identify which feeling is acceptable or not.

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. 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.

When we have naturally acceptable feelings in the Self, we share them with the other and when we are both able to evaluate the feelings rightly, it leads to mutual happiness, i.e. the happiness of oneself as well as the happiness of the other. This means that the feeling is naturally acceptable to them as well.

5. What is the outcome when we try to identify relationship based on the exchange of physical facility alone?

Ans-Feelings are central to human relationship. Understanding human being, we can easily see that it is the Self which is recognizing the relationship, and not the Body. It is the Self which has feelings in relationship, and not the Body. Also, these feelings are recognized by the other Self and not the Body. When we try to identify the relationship based on the exchange of the physical facility alone, we are then not able to ensure the fulfilment of the feelings of relationship. This causes disharmony in a relationship.

No amount of physical facility can ensure the fulfilment of feelings and therefore, no amount of physical facility alone can ensure fulfilment in relationship.