Chapter 3 Basic Human Aspirations and their Fulfilment

Recap

In the previous chapters, we explored into the need, guidelines, content and process of value education, followed by the details of self-exploration. Self-exploration is a process of understanding human values, first by exploring within, on the basis of our natural acceptance; and then by validating it experientially, by exploring outside (by living accordingly and observing the outcomes). We have also discussed about natural acceptance, and how it forms the basis of self-exploration.

While discussing self-exploration, we mentioned that there are two issues to be explored: first, what is the basic aspiration of a human being, and second, what is the process to fulfil this basic aspiration. In this chapter, we will discuss these two issues further.

What is Meant by Basic Aspiration?

Whatever we think, whatever we do is with some end in mind. We may be going to school to learn and be eligible for college. We may be doing engineering in order to get a job. We may be working in a job for the salary. We may be shopping with that salary. Like that there is a chain of thoughts and actions.

You can observe that when we achieve one of these, we tend to move on to something else. After school is completed, we start preparing for entrance exams. When we get admission into a college, we become concerned about the assignments, grades and the rank. Once that is done, placement becomes our target. Like that we keep doing something which we consider to be important at a given point in time.

Out of these which is our basic aspiration? Is it learning what is taught in school or getting that engineering degree or the job or the salary from the job or the shopping? Let us ask ourselves: what will make us fulfilled? Let us find out, if there is an end goal which we want to achieve through all this. Is there an end state that we want to reach and then we want the continuity of that state? That end state is our basic aspiration.

Continuous Happiness and Prosperity as Basic Human Aspirations

To explore into the question of basic aspiration, ask yourself the following questions:

- Do you want to be happy?
- Do you want to be prosperous?
- Do you want the continuity of happiness and prosperity?

The answers are in affirmative yes. Right? We have a natural acceptance to be happy all the time. We have a natural acceptance to be always prosperous.

The basic human aspirations are happiness, prosperity and its continuity. We may, of course, have different notions of happiness and prosperity, but we do want to be happy and prosperous. We may, at times, even feel that their continuity is not possible, but still we want to be always happy and always prosperous. There is no moment when we want to be unhappy or when we want to be deprived. This is what we are trying to confirm here by referring to our natural acceptance.

Basic Requirements for Fulfilment of Human Aspirations

Let us explore further by asking ourselves the following questions:

- Are we happy?
- Are we prosperous?
- Is there continuity of the two?

What answer do you get? Is it an affirmative yes? As far as the basic aspiration or desire is concerned, there is very much an affirmative yes; but when it comes to our state of being, it is not always so affirmative, isn't it? There is quite a gap between our basic aspiration and our state of being (see fig. 3-1); and this is not naturally acceptable to us. Is it?

Desire, Basic Aspiration	State of Being, What We Are
Do we want to be happy?	Are we happy?
Do we want to be prosperous?	Are we prosperous?
Do we want the continuity of happiness and prosperity?	Is there continuity of our happiness and prosperity?

Why this gap?
– between our desire and our state of being
– between what we really want to be and what we are

What are we doing to fill this gap? Is it getting filled up or getting wider?

We will explore into this

Fig. 3-1. Basic Human Aspiration and State of Being

Let us continue the exploration further. Let us find out, if our effort is for:

- Continuity of happiness and prosperity?

  or

- Just for accumulation of physical facility?

When we reflect on all the effort we are making, we can easily see that we are generally working for accumulation of physical facility! We are expecting happiness and prosperity, but the effort is for physical things. We don't even find out if we have enough physical facility or not; will it actually ensure happiness and prosperity or not; but we go on accumulating more and more. We are making this effort with the assumption that we will get happiness and prosperity out of the physical things. Find out if you have assumed that happiness and prosperity will automatically come when you have enough physical facility?

This may be one underlying assumption. We might be thinking that money is everything – once we have enough of it, everything will be all right – we will have happiness and prosperity. We may not even be aware that we have such an assumption driving our effort! So, go ahead and check if this is the case.

We can explore further by asking ourselves:

What effort are we making for continuity of happiness and prosperity, other than accumulation of physical facility?

If we have not assumed that physical facility is all that is required; then what else are we doing apart from that? This is something we need to explore in our own life. Where are we putting in our effort? We spend time in eating, sleeping, developing skills, working, watching TV and so on. We are putting in most of our effort for physical facility. This may be because most of the time, we have been trained to study for it, work for it and achieve it as much as possible. With all that effort, even if we are missing on account of happiness, we tend to keep working harder and harder for more and more physical facility.

If continuity of happiness and prosperity is not achieved by just accumulating physical facility then what else is essential to do? Let's try to find out by asking this question to ourselves:

- Is the unhappiness in my family
- More due to lack of physical facility or
- More due to lack of fulfilment in relationship?

Whenever there is any unhappiness in your family, what is the major reason for it? When you explore into it, you will find that the major reason for the unhappiness in the family is the lack of fulfilment in relationship. Don't just accept this conclusion, but check it yourself.

Now to look at the investment of your effort, find out:

- How much time and effort you are investing for physical facility, and
- How much time and effort you are investing for fulfilment in relationship?

What is, roughly, the percentage of your total time and effort spent for physical facility? Eating, sleeping, working, studying and so on are all related to physical facility. You can find out for yourself how your time is spent.

Generally, most of the time and effort is being invested for physical facility, assuming that everything is going to be fine when there is enough physical facility; then there will be no problem; there will be no unhappiness in the family.

In the meanwhile, if any issue of relationship has cropped up, we try to invest some time to patch it up or somehow manage it. Many times, we again invest physical facility to compensate for the dissatisfactions or complaints in relationship. If we are not able to give time to the family in day-to-day life, we then try to spend time with them on weekends, on dining out, by watching movies together or giving some gift, and so on. All this is possible only by investing physical facility, so we work even harder. But, does it work?

The problems are more due to lack of fulfilment in relationship, and we are investing major part of our time and effort for physical facility. We are so careful about investing money and other material resources. But when it comes to investing ourselves, our time and effort for relationship, we are not very aware about it. This is certainly not a right kind of investment.

Can you see that:

> The unhappiness in your family is more due to lack of fulfilment in relationship, but the major part of time, or most of the time and effort, is spent for physical facility?

With all this discussion, the conclusion that we want to draw out of this is a very simple one:

> **For human being physical facility is necessary, but relationship is also necessary.**

Does it make sense? Is it true for you?

Now we can see that as far as human being is concerned, physical facility is a necessity, but relationship is also necessary. Both are important.

In fact, by seeing this, we can understand the difference between animals and human beings. Physical facility is necessary for animals as well as for human beings. For animals, it is necessary as well as adequate (which means that animals can be satisfied with physical facility alone). But when it comes to human beings, that is not the case – physical facility is a necessity, but physical facility alone is not going to suffice for the fulfilment of human being.

> *To take an example, when an animal has lack of physical facility, it becomes uncomfortable. When it has the physical facility, it becomes comfortable. When a cow gets a stomach full of grass, it become comfortable, sits and chews the cud. With enough grass to fill the stomach, the cow is comfortable. But, what about a human being?*

When a human being has lack of physical facility, (s)he becomes uncomfortable and unhappy. Once (s)he gets the physical facility, (s)he forgets about it and starts thinking about many other things.

Does it happen with you? Once you do not have a facility that you need, you keep thinking about how to get it.

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 thought much of the time. But once you have a house of your own, you simply forget about it and start thinking about so many other things, like furniture in the house, your career, your social connections, etc. And if they are not up to your expectations, you start feeling anxious. Seldom you feel happy that you have a house of your own. Can you see that?

We keep asking participants of our human value workshops, "Do you know how many pairs of clothes you have"? Generally, not more than 10% of the people even know how many pairs of clothes they have. That means if we did not have clothes, we would have been be unhappy and uncomfortable, but now that we have clothes, most of us tend to forget about it. And of course, we have many other things to think about.

So, we can conclude that physical facility is necessary for animals; it is necessary for human beings also; However:

- For animals, physical facility is necessary as well as adequate.
- For human beings, physical facility is necessary but physical facility alone is not adequate.

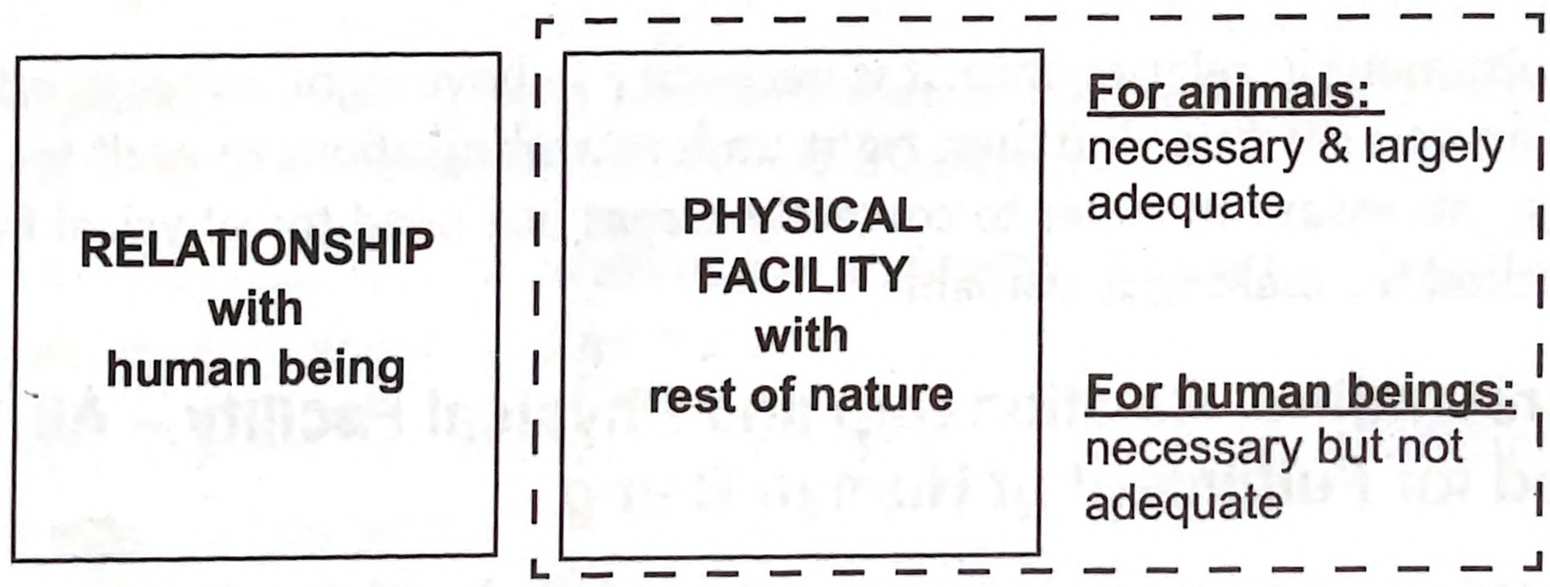

Fig. 3-2. For Human Being, Physical Facility is Necessary but Relationship is also Necessary

When it comes to human being, the lack of physical facility makes him/her uncomfortable and unhappy, but availability of physical facility alone does not ensure the feeling of happiness or prosperity. Something more is required. And if you look at what more is required, fulfilment in relationship is also required (see fig. 3-2).

Can you see this? Imagine being in a five-star hotel for a month with every facility – except that you have no one to talk to!

While we do have a natural acceptance to live in relationship, are we actually living in relationship? Have we understood this or just assumed it? To explore this further, find out if:

1. You want to live in relationship (harmony) with others or
2. You want to live in opposition with others or

3. You believe, living has to be necessarily in opposition with others, i.e. there is 'struggle for survival', 'survival of the fittest' and if you feel happy living this way?

A little introspection will show that out of these three, what is naturally acceptable is the first one. Isn't it? You certainly do not want to live in opposition with others. But you may be conditioned to think in a manner as mentioned in the third option, because this is mostly what we are teaching today in the schools and colleges. Relationship is naturally acceptable to us but what we are trying to teach the children is opposition and struggle. If we adopt the third option, it has significant negative implications in our life, in the family and in the society. And we can see this all around today.

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

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

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

Right Understanding, Relationship and Physical Facility – All Three are Required for Fulfilment of Human Being

From the preceding discussion, it may be concluded that for fulfilment of human being – physical facility, relationship and right understanding – all three are necessary. It is indicated in fig. 3-3.

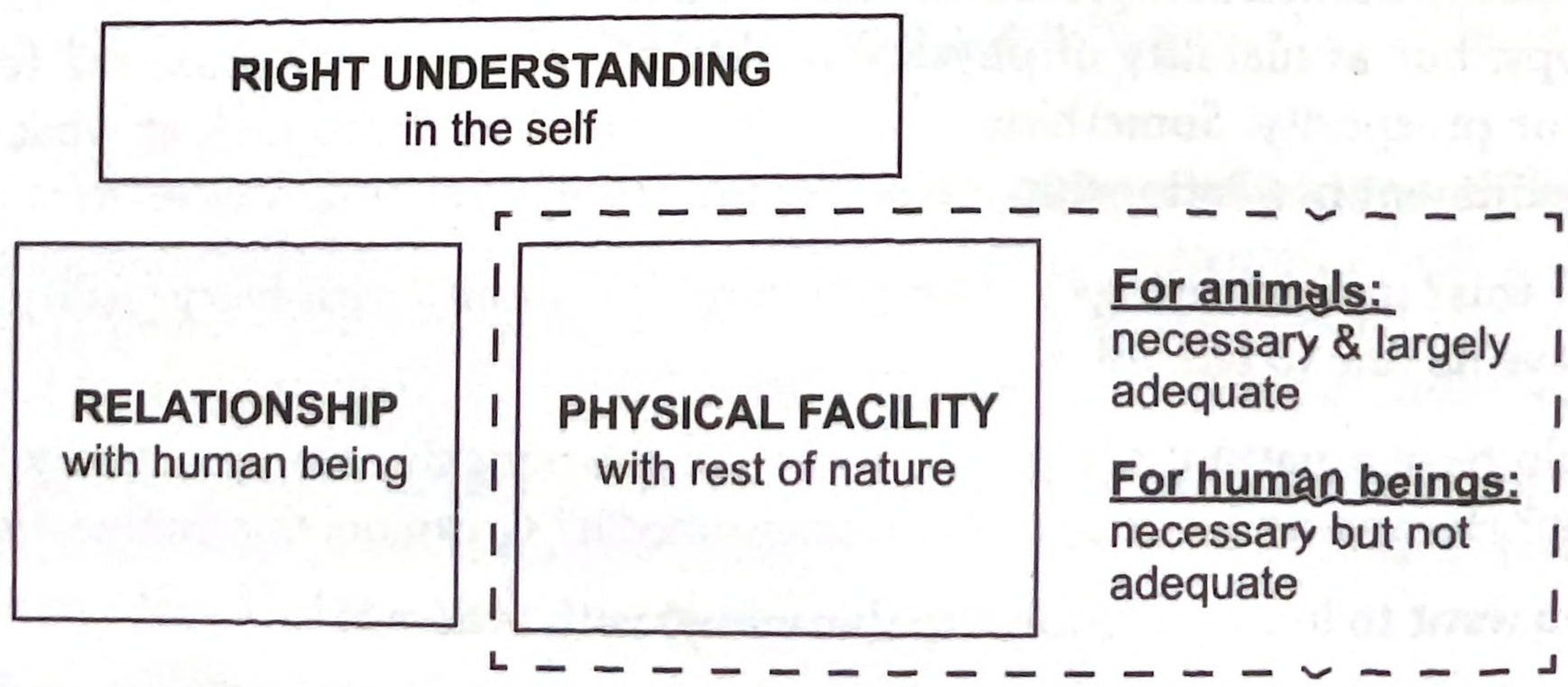

Fig. 3-3. For Human Being, Physical Facility, Fulfilment in Relationship as well as Right Understanding are Necessary

Now you can find out if all three of them are required or you can do away with any of them. Do you need physical facility? Do you need fulfilment in relationship? Do you need right understanding? Is there anything unnecessary, superfluous? We can easily make out that all three are required.

These three are of different types. To explore this further, let us look at these situations:

- It is hot and humid and you are sweating. If you switch on an air conditioner, does the cool air from it help? 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 facility. It is useful for protecting the Body from excessive heat.
- Now, you are sitting in that air-conditioned room. A person, with whom you have a feeling of 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 that is within you. Check if it will make any difference if you made the room cooler (or warmer)?
- 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 are unable to. Will you feel comfortable within or uncomfortable within? Once again, you can see that you will be uncomfortable within, regardless of the temperature of the air conditioner. Without the requisite knowledge, the right understanding (of relationship and the feelings in relationship) can you resolve these contradictions? Can any amount of physical facility resolve these contradictions in you?

We can see that physical facility, relationship and right understanding are three distinct realities. When we look them in more detail, we can see that:

- 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.

All three are required for fulfilment of human being. One cannot be substituted for the other.

Next, let us find out, if we are taking care of all three of them or we are largely focusing on physical facility? You can see that we need all three of them, but today the major focus is on physical facility. Now, you can verify if this prevalent belief that physical facility can take care of everything is true or not. Can we take care of relationship with physical facility alone? Can we take care of right understanding with physical facility alone?

Priority – Right Understanding, Relationship and Physical Facility

Now, the next question is that if all three of them are required, what is going to be the priority?

Priority indicates what is fundamental, what is the relative importance. Working on the higher priority facilitates the fulfilment of the lower priority. It does not mean that we can do away with the lower priority. To identify the priority order, find out what is fundamental, what is going to facilitate the other.

We can ask this question about priority directly to ourselves to get the answer. Take some time and think it over.

All three of them are required. Right understanding in the Self is a priority because only with right understanding we can ensure fulfilment in relationship; and we are able to make out how much physical facility is required. Therefore, right understanding is the first priority.

As we discussed, the problems in the family are more due to lack of fulfilment in relationship, rather than the lack of physical facility. It indicates that relationship is more important than physical facility.

> *To take an example, a lady teacher was attending one of the evening human values workshops. Two days after the topic on relationship and its priority was discussed, she shared her experience. She was in the kitchen, while her two sons, aged about five and eight, were playing cricket inside the house. Hearing the sound of a shattered windowpane, she rushed out of the kitchen. But before she reached the children, she recollected the priority. Now this is just in her assumption, yet she was able to see that relationship is certainly a higher priority over physical facility. "I can get the window pane repaired for a few rupees, but it would take much more if I were to lose the affection from my children", she thought. She asked the boys, "I hope you are not hurt", while she collected the broken glass pieces and put them in the dustbin. "We are OK" said the older one. And as she was going back to the kitchen, the younger one said, "won't you beat us"? Because he had a good idea of his mother – who, in a state of unawareness, valued physical facility more than the children's feelings!*

Now, if you look at this overall priority, right understanding is the first priority, fulfilment in relationship with human being is the second priority and ensuring physical facility with rest of nature is the third priority.

Regarding priority, we will keep it open as to whether this is the right priority for you or not – feel free to experiment with the priority order and come to your own conclusion. One thing is very clear that all three of them are required – the right understanding in the Self is required, the fulfilment in relationship with human being is required and physical facility (with rest of nature) is required; and all three have to be ensured separately (one cannot be substituted by the other).

It is interesting that out of these three, today, generally we are not taking care of the first priority; we are not taking care of the second priority; the major focus is on the third priority.

Can you see this? Can you see that our major focus is not on right understanding in the Self, not on fulfilment in relationship, but the major focus is on physical facility? And now you can see that if we are not focusing on the first two priorities and we are only trying to work with physical facility, where will we end up? Similarly, if we take care of all three of them, what is the result? What is the outcome? We would like to investigate this next.

If we are only working for physical facility, the outcome is depicted in fig. 3-4. At the level of physical facility, we are feeling deprived and we are making others deprived or exploiting others. When we don't have right understanding (about relationship) in the Self, we are not able to ensure fulfilment in relationship, therefore, we are unhappy within. When we are unhappy within, we are going to make others unhappy, isn't it?

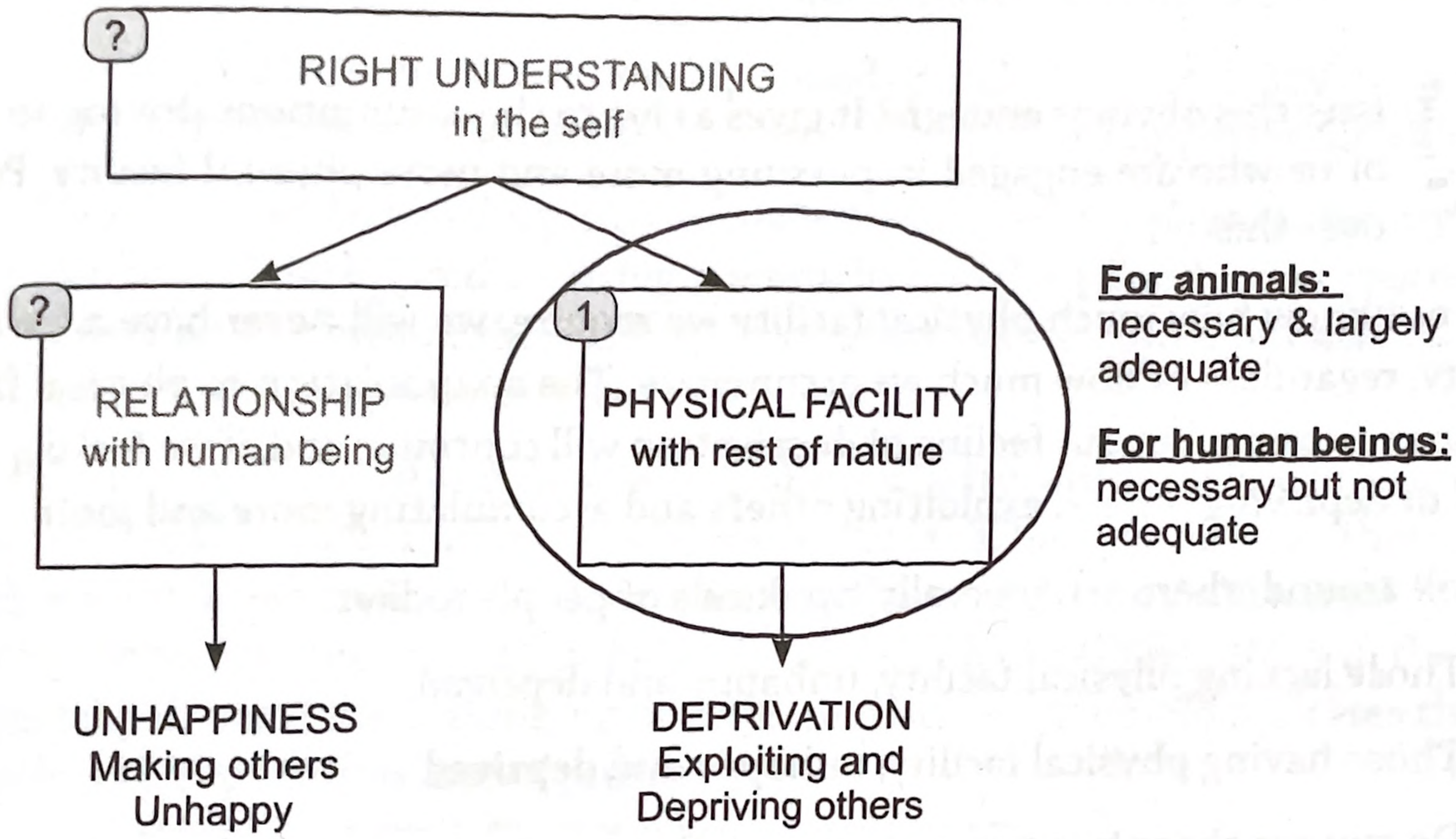

Fig. 3-4. Human Being Living with Physical Facility as the First Priority

To exemplify this point, we particularly ask mothers, "when do you shout or beat the child? When you are comfortable within or uncomfortable within"? The answer is simple – uncomfortable within.

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. This is one outcome.

The other outcome is that 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 or exploiting others? Find it out. Again, the answer is simple – we will think of exploiting others to get more and more physical facility.

Once, while taking tea with students, we asked them a funny question, "come, let's find out how much tea will be needed to fill this cup – if it does not have a bottom?" Naturally, they were amused and smilingly replied, "sir, are you joking? It is so obvious that if this cup doesn't have a bottom there is no question of it getting filled; no amount of tea will be sufficient to fill it up. But why are you asking us such a trivial question"? Then the discussion continued, "so, you can see that if this cup has no bottom, there is no question of ensuring its filling. That's good, you all appreciate this so easily. Now let us look at the cup of our aspiration for physical facility, for money. Does it have a bottom? Do you know how much physical facility you require? If you don't know how much is required, can you ever feel prosperous, regardless of how much you earn"?

Isn't this obvious enough? It gives a clue to the assumptions driving so many of us who are engaged in pursuing more and more physical facility. Ponder over this.

If we do not know how much physical facility we require, we will never have a feeling of prosperity, regardless of how much we accumulate. The accumulation of physical facility may go on increasing, but our feeling of deprivation will continue; and, if we feel deprived, we think of depriving others, exploiting others and accumulating more and more.

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

1. Those lacking physical facility, unhappy and deprived
2. Those having physical facility, unhappy and deprived

Do you see these two types of people? Do you see people who don't have enough physical facility, and they are deprived and also unhappy? Do you see people who have lots of physical facility, but still they 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 facility, 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, largely takes us from '1' to '2'. While working for development, we are focusing 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 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 is 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, isn't it?

   However, where are we today – at 1, 2 or 3? And even more importantly, what is our effort for – 1, 2 or 3?

Now, if we are able to ensure all three, i.e. right understanding, relationship and physical facility, in that order of priority, let us see the outcome (refer to fig. 3-5).

- Through right feeling in relationship, based on right understanding, we can ensure mutual happiness – happiness for ourselves as well as happiness for others.
- 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; isn't it?

Now ask yourself, when you have a feeling of prosperity within you, will you think of nurturing others or exploiting others? Think about it. When you can see that you have more than what is required, i.e. you have a feeling of prosperity, you will naturally think of nurturing others and not exploiting them. You will think of helping others in their effort for prosperity. If someone is thinking of exploiting others, it simply indicates that (s)he has a feeling of deprivation, not of prosperity.

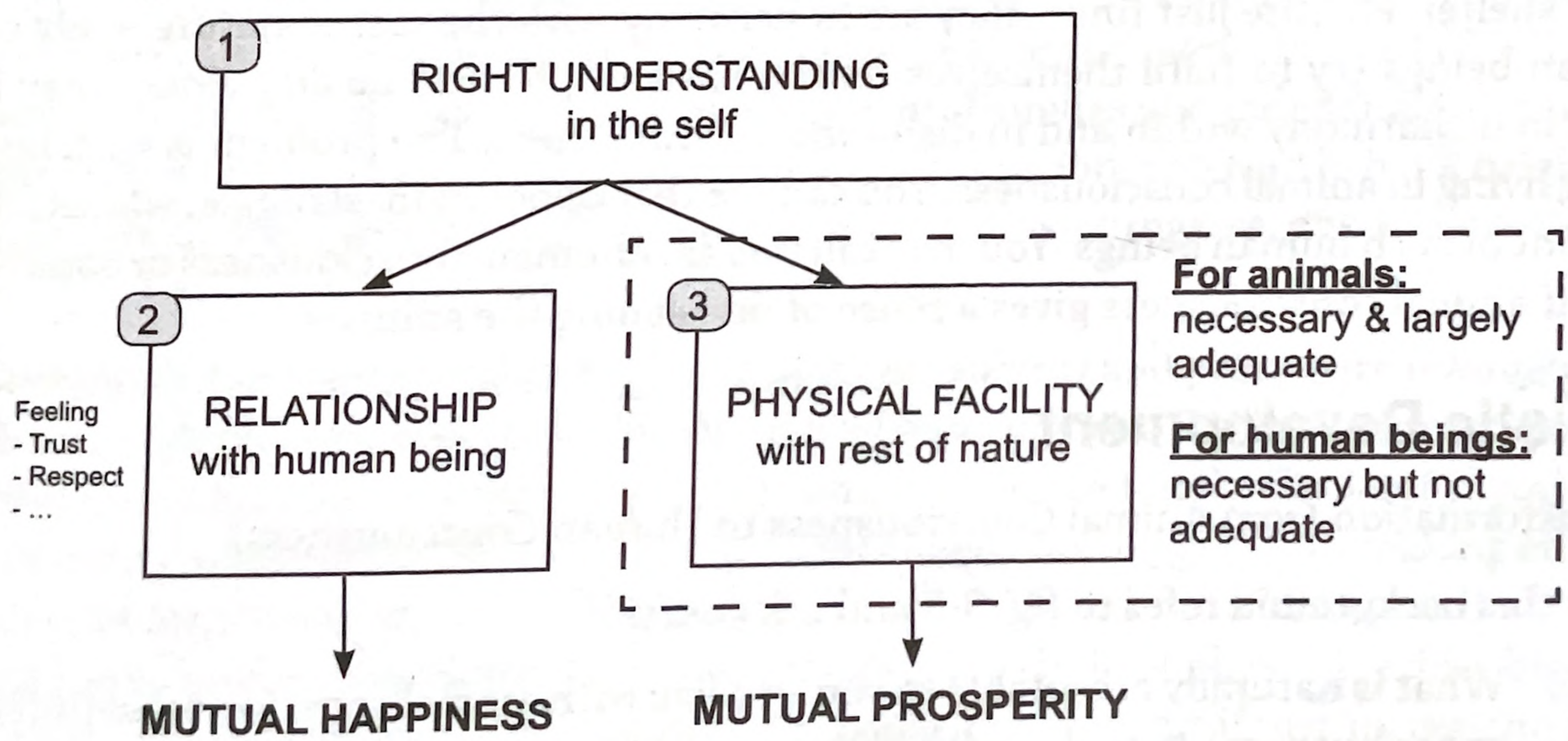

Fig. 3-5. Human Being Living with Right Understanding, Relationship and Physical Facility in Priority Order

Right understanding + Relationship ⟶ Mutual happiness

Right understanding + Physical facility ⟶ Mutual prosperity

In this way, with right understanding and fulfilment in relationship, we can ensure mutual happiness. With right understanding and enough physical facility (working with rest of

nature), we can ensure mutual prosperity, mutual enrichment. Therefore, by ensuring right understanding, relationship and physical facility, we can ensure happiness and prosperity for ourselves and work for happiness and prosperity for others. Can you see that?

Development of Human Consciousness

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.

Now you can find out if development would basically mean development of human consciousness in the human being, or just the development of physical facility is sufficient.

A word of caution here. By using the word 'animal consciousness', we are not trying to demean animals.

Animals living with animal consciousness	they are in harmony	this is fine
Human being living with human consciousness	they are in harmony	this is fine
Human being living with animal consciousness	they are in disharmony	this is the problem

Animals living with animal consciousness, living for physical facility alone, living for food, shelter, etc., are just fine – they are in harmony with the rest of nature! Only when human beings try to fulfil themselves on the basis of physical facility alone, they tend to be in disharmony within and in disharmony with others. The problem is with human being living in animal consciousness. You can see that opposition, struggle, war, etc. is on account of such human beings. You may call this as inhuman-consciousness or something else, if animal consciousness gives a sense of demeaning the animals.

Holistic Development

(Transformation from Animal Consciousness to Human Consciousness)

With this background refer to fig. 3-6 and ask yourself:

1. What is naturally acceptable to you – to live with animal consciousness (inhuman consciousness) or to live with human consciousness?
2. Where are we now? Living with animal consciousness or human consciousness?
3. Whether this transformation from animal consciousness to human consciousness is desirable or not desirable?

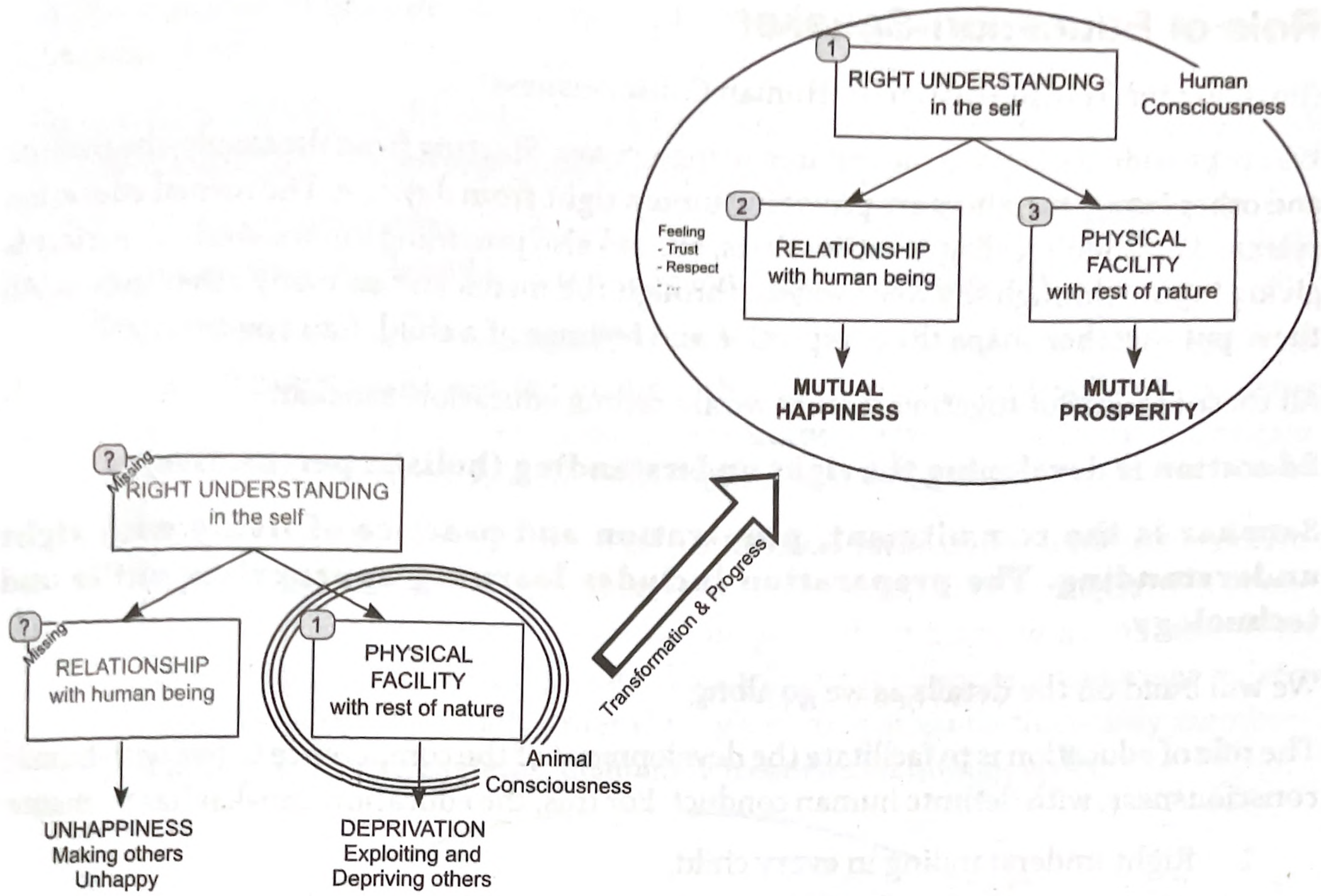

Fig. 3-6. Transformation, Progress, Development

Keep exploring these questions.

If we see today, the world is largely focused on physical facility as the sole or primary measure of progress and development. Nations measure Gross Domestic Product (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, the house, the cars and other physical facility as indicators of progress, development and success.

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. Find out if you are also only trying to make this circle of physical facility bigger and bigger? Like making effort for a salary of ten thousand rupees, fifty thousand, one lakh and so on? Find out if all this is taking you to human consciousness? Is just making the circle of physical facility bigger sufficient for the continuity of happiness and prosperity? Find out if just increasing the quantity and variety of physical facility alone is enough for development.

With right understanding, we can clearly envisage 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

(Enabling the Transformation to Human Consciousness)

We are providing inputs to the children in many ways. Starting from the family, the parents and other family members are providing inputs right from day one. The formal education system, i.e. schools, colleges, universities, etc. are also providing inputs. And the society is giving inputs through the role models, through the media and so many other means. All these put together shape the perspective and feelings of a child. Can you see that?

All these inputs put together is what we are calling education-sanskar.

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.

We will build on the details as we go along.

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:

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.

These are the three components of education-sanskar, if it has to ensure development of human consciousness.

With this, let us see whether we are ensuring all three of them or not in the present-day education-sanskar. We can see that today, in our programs of education,

1. The first one is largely missing (are we teaching the students to explore and know (have right understanding) or to assume and reproduce the content?)
2. The second one is largely missing (are we teaching relationship and cooperation or opposition and competition?)
3. And in the third one, you will see that identification of need for physical facility is missing. The willingness to produce by way of labour 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 of our colleagues shared this incident. He said, "I was having a discussion with the final year students of a well-known institute. I asked the students about their expectation when they graduate. One of the students very articulately said, 'No. 1, good job i.e. good salary, No. 2, job satisfaction'; and then slowly he added 'No. 3, if possible, no work'! Present-day education is setting such expectations in students".

Is that happening? You can reflect on your expectations and experience from the present-day education.

Education provides thought leadership and direction to the society through the preparation of individuals. These long-term potential of human education-sanskar is:

1. Right understanding in every child – by facilitating the development of right understanding, it will lead to living in human consciousness.
2. The capacity to live in relationship – by facilitating the capacity to live with mutual happiness or justice in relationship with other human being it 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.
3. The capacity to identify the need for 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.

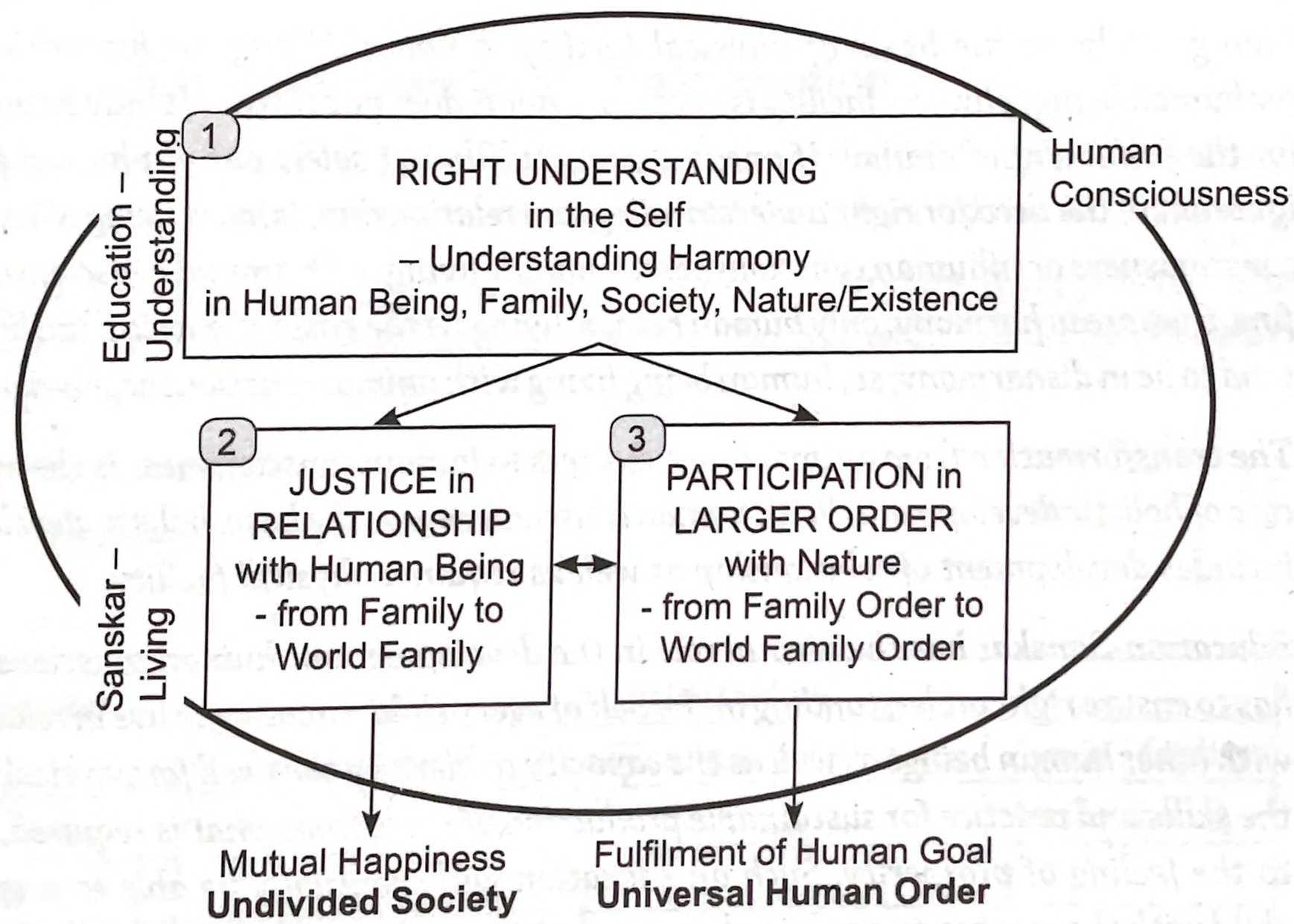

Fig. 3-7. Living with Human Consciousness

The outcomes of human beings living with human consciousness are depicted in fig. 3-7.

This is the proposal about the role of education. If you can see this, you will see that the role of education is essentially to facilitate holistic development, i.e. the individual transformation to human consciousness as well as the societal transformation to universal human order. We will discuss both these transformations in chapters to follow.

To sum up, our basic aspiration of continuity of happiness and prosperity is fulfilled by right understanding, relationship and physical facility, in that priority order. The most significant human activity towards this end is human education-sanskar.

Salient Points

- *The basic human aspiration is to be in a state of continuous happiness and prosperity. It is something we want to be and continue to be, without any break.*
- *For fulfilment of human aspiration, three things are necessary: right understanding in the Self, fulfilment in relationship with human being and physical facility with rest of nature, in that order of priority.*
- *Fulfilment of relationship (with human being) leads to mutual happiness, and fulfilment of physical facility (with rest of nature) leads to mutual prosperity.*
- *Living with all three, right understanding, relationship and physical facility, in that order of priority, is fulfilling for human being. Seeking and ensuring fulfilment in this manner is living with human consciousness.*
- *Living solely on the basis of physical facility is not fulfilling for human being – for human being, physical facility is necessary but it does not suffice. It may be adequate for the fulfilment of animal. If one is seeking fulfilment solely out of physical facility, ignorant of the need for right understanding and relationship, (s)he is living with animal consciousness or inhuman consciousness. Animals living with animal consciousness are fine, they are in harmony; only human beings, living on the basis of physical facility alone tend to be in disharmony; so, human being living with animal consciousness is a problem.*
- *The transformation from animal consciousness to human consciousness is the essential core of holistic development. With human consciousness at the base, holistic development includes development of relationship as well as required physical facility.*
- *Education-Sanskar has the pivotal role in the development of human consciousness. It has to ensure right understanding in the Self of every child, capacity to live in relationship with other human beings as well as 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. Such an education will eventually be able to prepare the child with the competence to be in harmony within, to live with definite human conduct and to be in harmony with the world outside for actualising an undivided society and universal human order.*

Test Your Understanding

Part 1: Questions for Self-evaluation

(Have we grasped the basic proposals made in this chapter?)

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.
2. Why is right understanding required in relationship for mutual happiness? Illustrate with the help of two examples from your life.
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.
4. Distinguish between 'animal consciousness' and 'human consciousness'.
5. Describe the societal impact of living with human consciousness.
6. When do you say that the development is holistic? What is the role of education in it? Explain briefly.

Part 2: Practice Exercises for Self-exploration

(To help connect the content to one's life, at least at the level of thought, these exercises may be done individually or in a group, particularly with friends and family members)

1. Take the list of your desires (from chapter 1). Update it, if you feel that is necessary. Now for each item on the list, find out what would be necessary to fulfil it, i.e. will it require:
   a. Right understanding?
   b. Relationship (right feeling)?
   c. Physical facility?

Desire	**Fulfilled by**		
	Right understanding	Fulfilment in relationship	Physical facility
Good health	?	?	Yes (food etc.)
Lots of friends	?	Yes	?
Other desires...			
Your priority	1, 2 or 3?	1, 2 or 3?	1, 2 or 3?

If it requires more than one of these, mark which one is the higher priority. Explain your conclusion from this exercise.

- Can all your aspirations be fulfilled just by physical facility?
- Is right understanding required for the fulfilment of none, some or all of your aspirations?

Contd...

- Is relationship required for the fulfilment of none, some or all of your aspirations?
- Can one be substituted for the other (e.g. can right understanding be substituted by physical facility). If they are distinct things, what are their key characteristics (or what are the key differences between right understanding, relationship and physical facility)?
- What is the priority order of these three?

Keep this list handy, because we intend to use the same list in future chapters as well.

2. List your activities throughout a typical day in your life. Categorise these activities as activity for developing right understanding, activity for fulfilment in relationship and activity for physical facility (see table, below).

Activity	**This activity has time & effort for**		
	Right understanding	Fulfilment in relationship	Physical facility
Exercise, playing games (2 hrs/day)	?	?	2 hrs (for health of body)
Talking with friends	?	3 hrs (for relationship)	?
Studying Sleeping	1 hr (studying for values)	?	6 hrs (studying for skills)
This is just a sample list. Please make your own list			
Total Time & Effort	Max 24 hrs		

Find out what percentage of your time and effort is being spent for each of these three. What do you conclude from this exercise?

3. Refer to your natural acceptance and find out if
   a. You want to live in relationship (harmony) with others or
   b. You want to live in opposition with others or
   c. You believe living has to be necessarily in opposition with others, i.e. there is 'struggle for survival', 'survival of the fittest' and check if you feel happy living this way?

Now conduct the same exercise for at least 20 occasions in your life and note the observation. Then draw your conclusions and write them down.

Contd...

Part 3: Projects and Modelling Exercises

You may like to revisit this part of Test Your Understanding after reading through the complete book once and self-exploring all the key proposals. With that, you may have some (or many) aha! moments in which something clicks for you, you understand a proposal. What you have understood may be expressed in various creative ways which appeal to different people. This part is for you to give a creative expression to your understanding. Of course, you can do this in a group also. Creative expressions may be in the form of sketches, drawings, paintings, clay models, sculptures, songs, poems, music, dance, audios, videos, games, puzzles, stories, skits, plays, dramas, charts, diagrams, plans, survey questionnaires, blogs, something on social media and so on. It is the story of your own life – and it matters. While some hints are given above, please feel free to share your real aha's in your own way!

"Day after day, week after week, year after year I have been running for happiness. Now I know exactly where to put in effort. I can imagine my life (after few years) – it will be wonderful".

1. Personal transformation to 'human consciousness' by focusing on right understanding, fulfilment in relationship and on physical facility.
2. Societal transformation from inhuman society to humane society.
3. For both, human education has to be the foundation.

Part 4: Your Questions

Write down your questions or doubts in your note-book. If any of the previous questions have been clarified by your self-exploration of the proposals so far, please mark them as answered. We would like to discuss the questions remaining unanswered in your self-exploration.