

Happiness and Prosperity – Current Scenario & Method to Fulfill the Basic Human Aspirations

RECAP

- In the last Lecture, we gained some clarity about Happiness and Prosperity and the three basic requirements for fulfillment of these aspirations of every human being with their correct priority.
- We have also been able to discriminate between living with ‘animal consciousness’ and living with ‘human consciousness’.

Topics to be covered

- 5.1 Two Categories Persons
- 5.2 What is the Prevailing Notions about Happiness and its Continuity?
- 5.3 What is the Prevailing Notion about Attaining Prosperity?
- 5.4 Where do we stand Today?
- 5.5 Urgent Need
- 6.1 The Universal Human Desire and the Program to Fulfill it
- 6.2 The Four Levels of our Living

Whatever is said is a **Proposal** (**Do not assume it to be true**)

Verify it on Your Own Right – on the basis of your **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

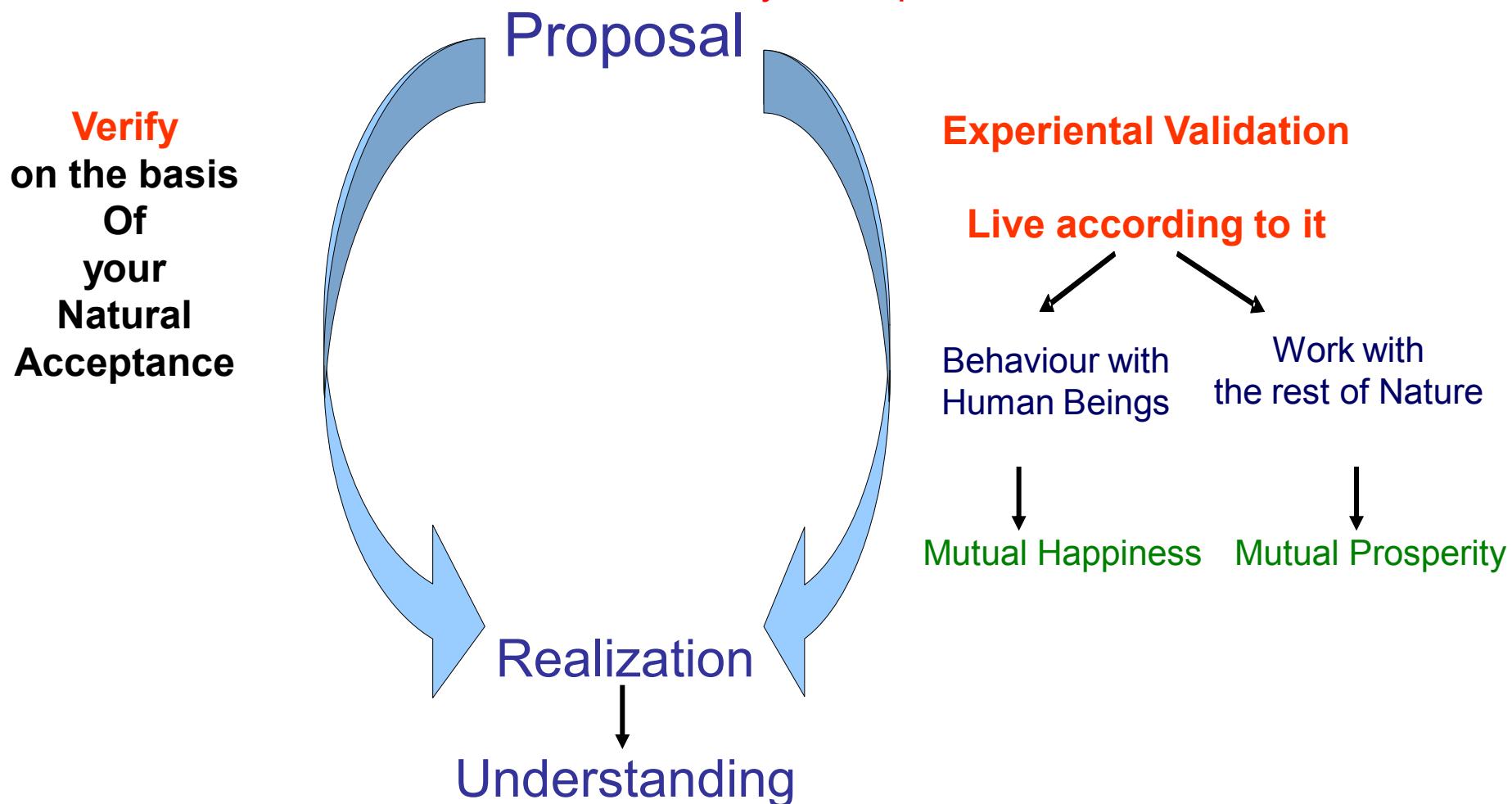
It soon becomes a dialogue **within your own self**

Process of Self-verification

Whatever is said is a **Proposal**

Do not accept it just because it is – written in some book

- a reading from some instrument
- stated by some person



Happiness

The state or situation, in which I live,

if there is harmony / synergy in it,

then it is Naturally Acceptable to me to be in that state / situation

To be in a state / situation which is Naturally Acceptable is Happiness



To be in a state of Harmony / Synergy is Happiness



Happiness = Harmony

Continuous Happiness

State / Situation in which I live or Expanse of our Being:

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

**Continuous Happiness =
Harmony at all levels of our
Being.** i.e.

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
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Prosperity

Prosperity – The feeling of having more than required Physical Facility

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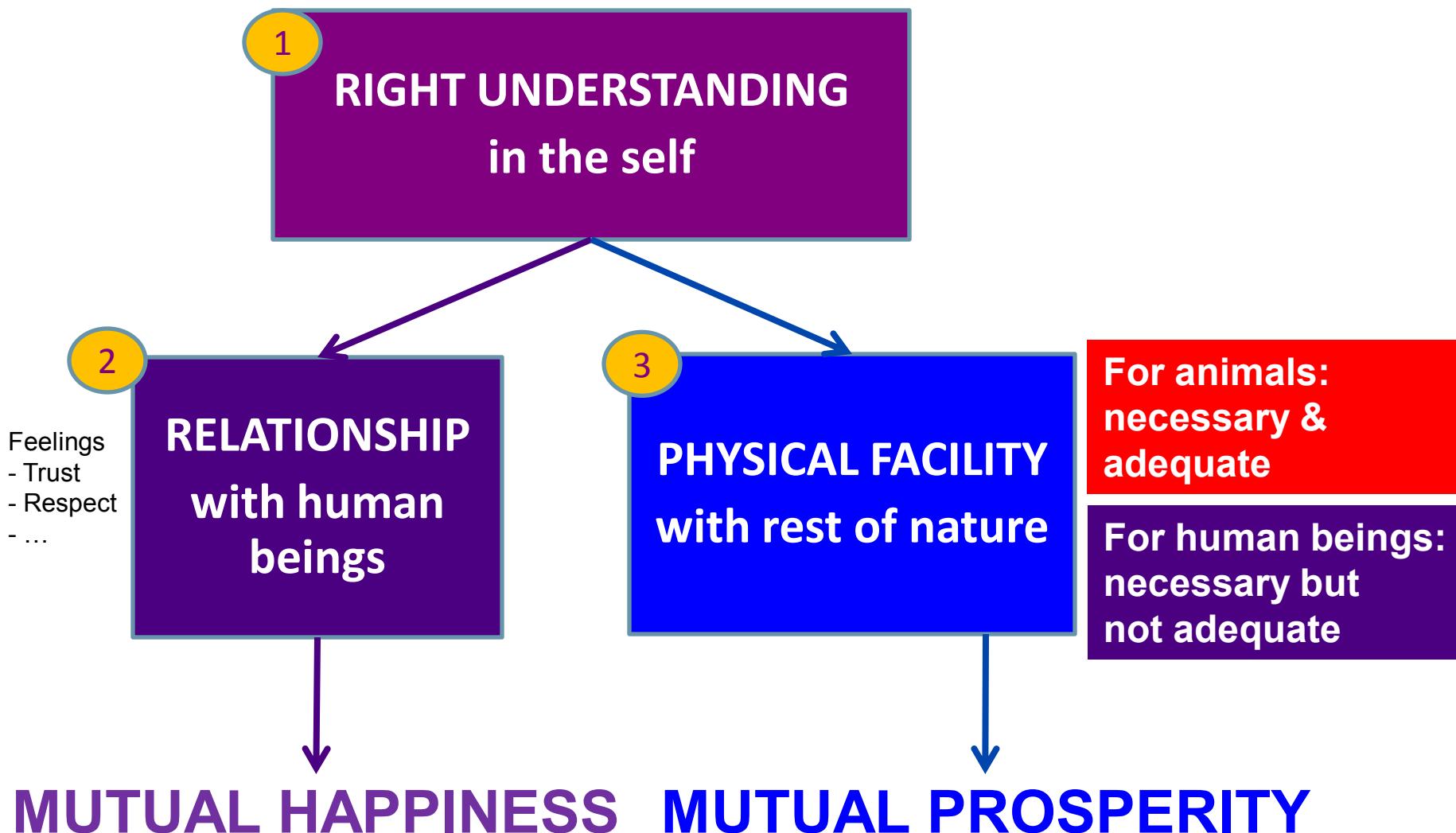
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1 – Identification of required physical facility (including the required quantity)
– with right understanding

2 – Ensuring availability/ production of more than required physical facility
– with right skills

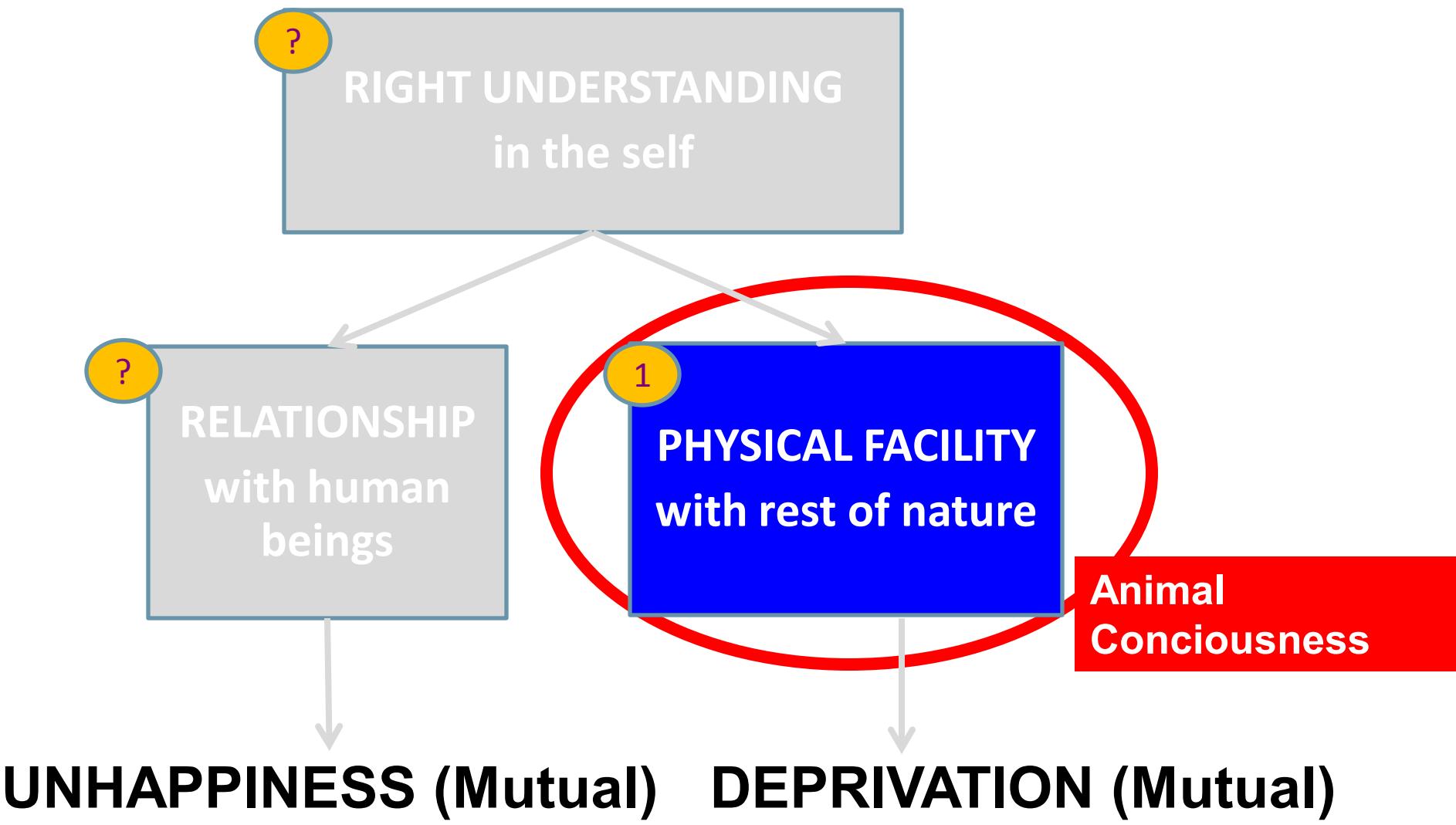
A prosperous person thinks of right utilisation, nurturing the other
A deprived person thinks of accumulation, exploiting the other

Priority: Right Understanding, Relationship & Physical Facility



If our living is only for physical facility, then we are living with animal consciousness, because animals live only for physical facility and are fulfilled by that, not human beings

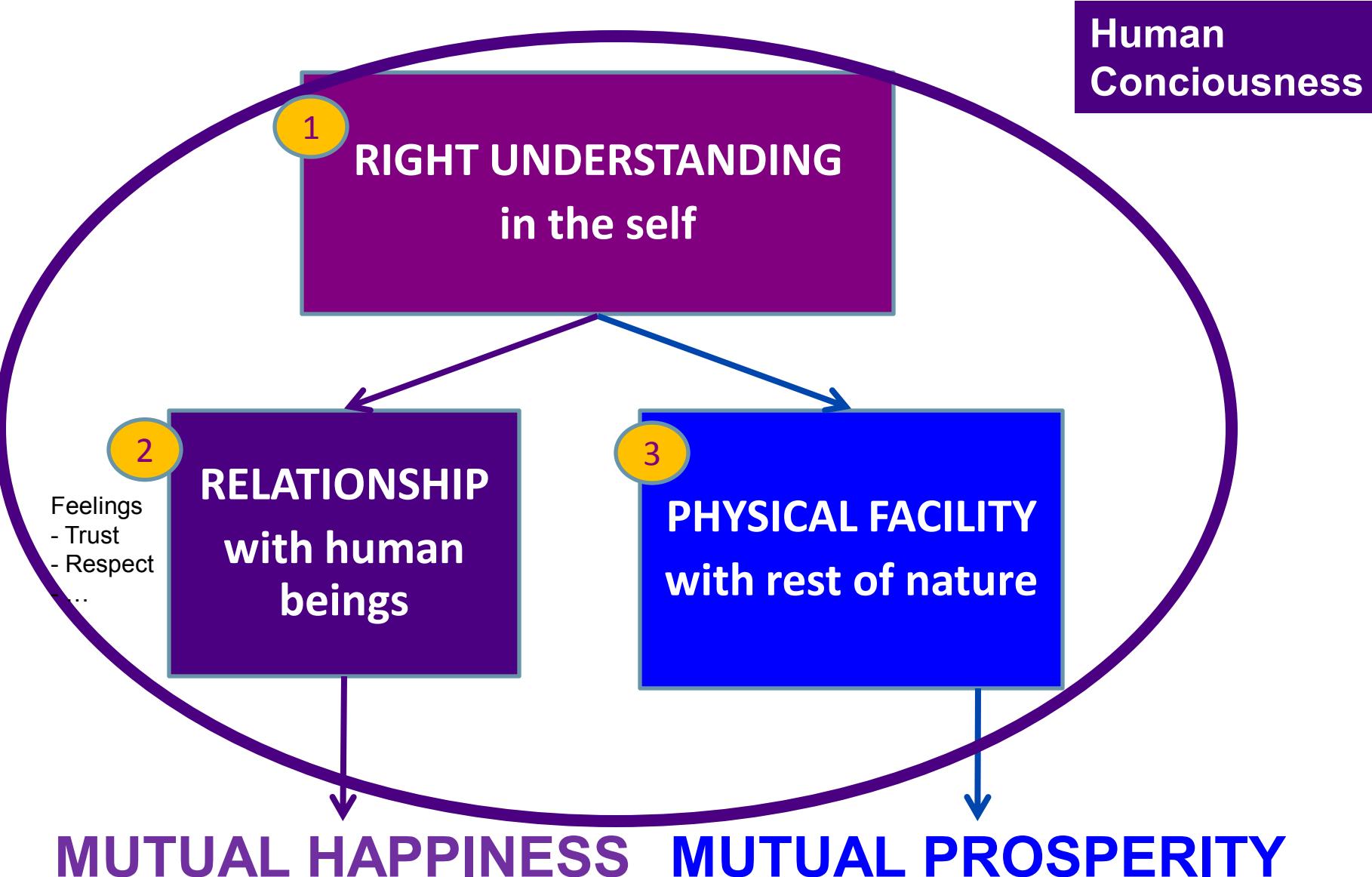
Animal Consciousness, Indefinite Conduct



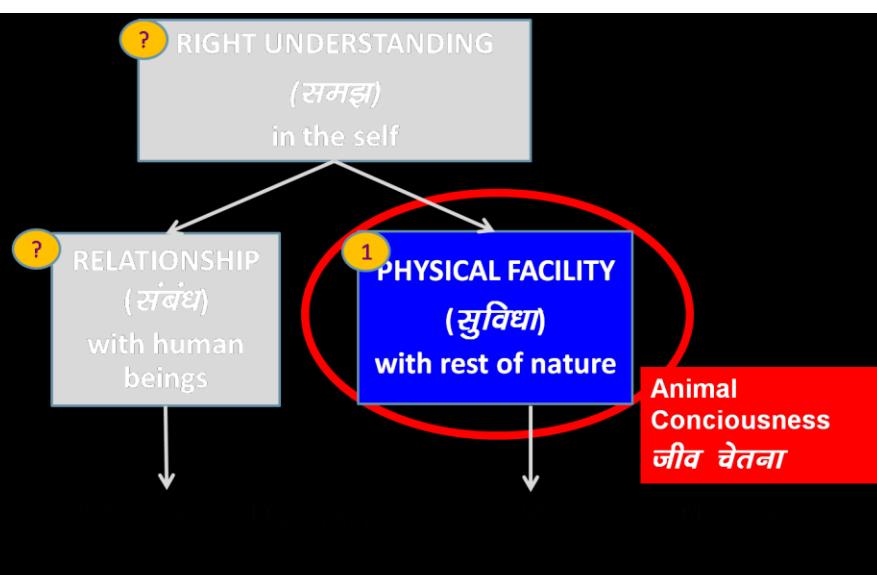
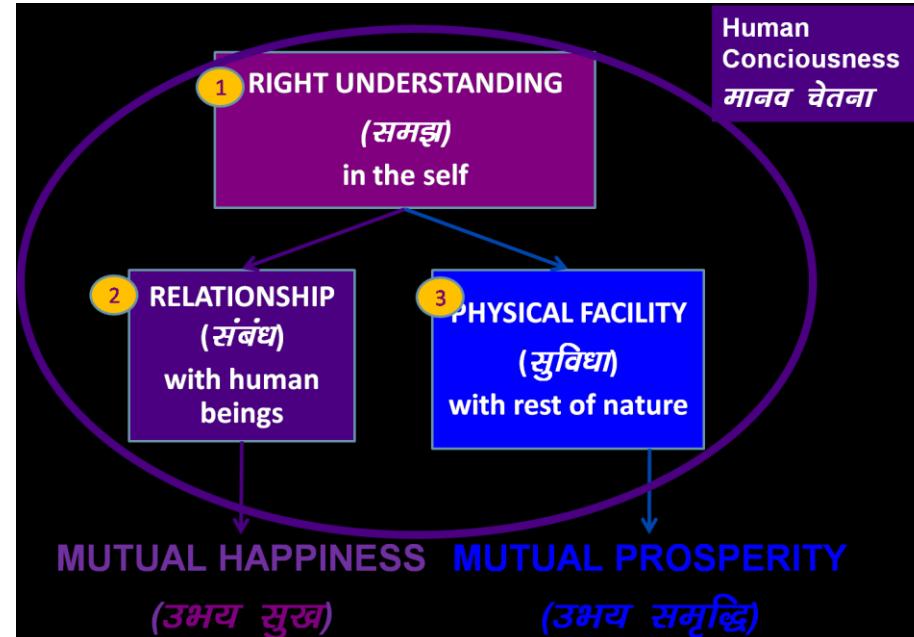
If we are living for all three (right understanding, relationship and physical facility) then we are living with human consciousness

Human beings can be fulfilled by being happy and prosperous on the basis of these three

Human Consciousness, Definite Human Conduct

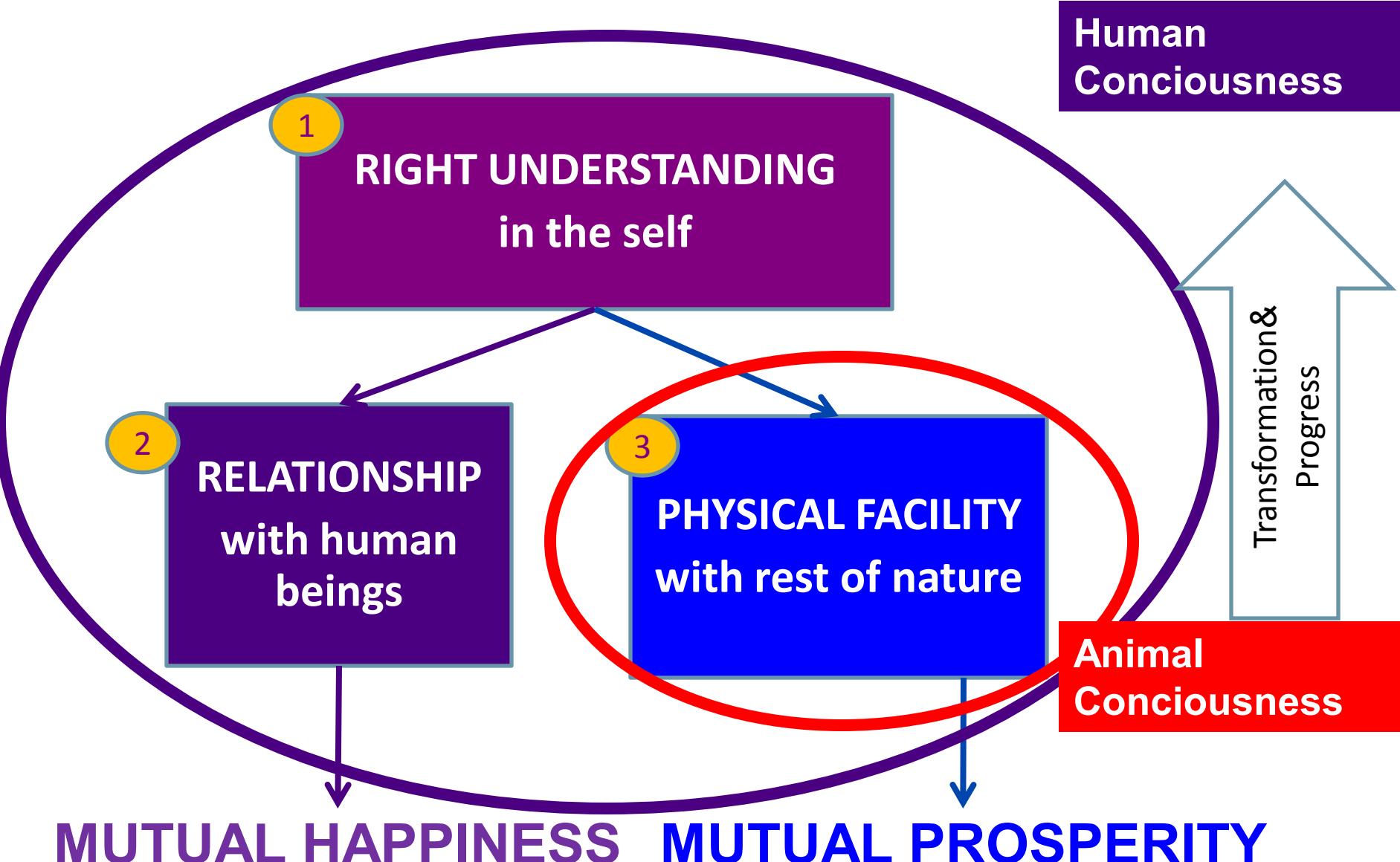


Transformation = Development



Transformation & Progress
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Transformation Development



Two Categories Persons

we can observe two categories of human beings in terms of Happiness and Prosperity.

1. **SVDD** – Sadhan Viheen Dukhi Daridra - Lacking physical facility, unhappy deprived
2. **SSDD** – Sadhan Sampann Dukhi Daridra - Having physical facility, unhappy deprived

While the **Natural Acceptance** of all Human being (we want to be) –

3. **SSSS** – **Sadhan Sampann Sukhi Samriddha** - Having physical facility, happy prosperous

Check within yourself

- Where are you now – at 1, 2 or 3 and
- Where do you want to be?

What is the Prevailing Notion about Happiness and its Continuity?

- Explore and analyse what is the present perception about Happiness and its continuity. Indicate how fulfilling the present perception has proven to be.
- A common notion among people is that Continuous Happiness can be achieved through maximization of pleasant sensory interactions.
- Explore the truthfulness of the above by verifying at the level of your **Natural Acceptance**.
- Is it possible to ensure continuity of Happiness through maximisation of pleasant Sensory interactions?
- Is it not self-defeating?
- Analyze-discuss some **Case Studies**.

Notions about Happiness

| | |
|----------------------------|--------------------------------------|
| Physical Facility | Right utilisation (sadupyog) |
| Sensation | Only purpose is to keep body healthy |
| Excitement | Harmony, Not Excitement |
| Domination | Co-existence, Complimentarity |
| Fulfillment of All Desires | Fulfillment of Right Desires |

Where do we Stand Today?

- An appraisal of the current scenario-
- At the level of the individual – rising problems of depression, anxiety, suicides, stress, insecurity, increasing health problems, lack of confidence and conviction etc.
- At the level of the Family – breaking up of joint families, mistrust and disharmony in relationships, divorce, generation gap, dowry deaths, neglect of older people etc.
- At the level of the Society – growing incidences of terrorism, violence, communalism, racial and ethnic struggle, corruption, adulteration, sex-crimes, exploitation, wars between nations, proliferation of lethal weapons etc.

Where do we Stand Today?

- An appraisal of the current scenario-
- At the level of Nature - global warming, weather imbalances, depletion of mineral and energy resources, deforestation, soil degradation etc.
- All the problems are a direct outcome of an incorrect understanding, our wrong notion about Happiness and Prosperity and their continuity
 - This is an issue for serious exploration!!!
- What is the way out???

Urgent need

- Under the situations discussed until now, where basic human aspirations (continuous Happiness, Prosperity) tend to become unachievable, contradictions, tensions and insecurity at various levels are bound to increase, hence peace and harmony among human beings are increasingly at peril.
- Further, the global environmental imbalance is a serious threat to Human survival at this planet.
- Hence, there is an urgent need to rectify this situation and the prime most step is to acquire the right understanding and learn to live in accordance with it.

- Any Clarifications/Questions from Students?

- Let us now begin our journey towards Right Understanding.

The Universal Human Desire and the Program to Fulfill it

1. Desire/Goal (Aim, Objective, Purpose):

What is my (human) Desire/Goal?

(What do I really want in life, or what is the goal of human life?)

Desire: To live with Continuous Happiness and Prosperity.

2. Program:

What is my (human) program for fulfilling the Goal/ Desire?

(How to fulfill it? What is the program to actualize the above?)

Program: To acquire the Right Understanding about oneself vis-à-vis rest of existence. To identify the innate Harmony at all levels of existence and to live in consonance with it.

Happiness

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Happiness = Harmony

Continuous Happiness

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**Continuous Happiness =
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1. Harmony in the Human Being
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Continuous Happiness

Happiness = To Be in Harmony

Expanse of our Being:

1. As an Individual
2. In Family
3. In Society
4. In Nature/Existence

Continuous Happiness = Harmony at all levels of our Being. i.e.

1. Harmony in the Human Being
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Program for Continuous Happiness

To facilitate understanding of the Harmony at all levels of my Being

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

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Proposals

To understand & to live in Harmony at all levels of my Being

1. As an Individual
2. In Family
3. In Society
4. In Nature/Existence

1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE

2 Experiential validation
by **LIVING ACCORDINGLY**

Realization/Understanding

The Four Levels of our Living

- It is necessary to recognise the Harmony at the following four levels of our Living/Existence.
 1. Harmony in the Human Being
 2. Harmony in the Family
 3. Harmony in the Society
 4. Harmony in Nature/Existence
- Observe that your expanse of living is right from yourself to the whole existence.
- Observe that you are related to each and every unit in Existence
- Observe that you want to be in Harmony at all the levels of your living.

The Four Levels of our Living

State / Situation in which I live or Expanse of our Being:

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- When we investigate into each of these levels, we shall find that there is a Harmony, a Synergy that exists between and at each one of these levels.
- There is a relationship between us and the ‘totality’ and this needs to be understood – this leads to assurance in us.
- **We will further see that this Harmony already exists; we don't have to create it. We only have to understand it to be in Harmony.**

Purpose of this course – To Initiate Self-exploration in You

1. Content of Self Exploration:

a. Desire - Aim, Purpose – Happiness, Prosperity → Continuity

b. Program – Process of achieving the desire, action

Happiness = To be in Harmony



To understand Harmony & to live in harmony at all 4 levels:

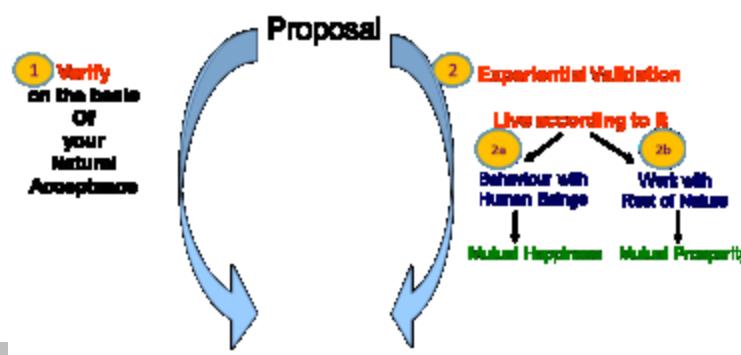
1. Harmony in the Human Being
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2. Process of Self Exploration

Self-verification

Whatever is said is a Proposal (Do not accept it to be true)

Verify it on your own right



TO CONCLUDE

- All Human Beings want to live Happily at all times and are striving for this goal.
- Continuous Happiness is being in Harmony within oneself, being in Harmony with others and being in Harmony with Nature/Existence.
- There exists an inherent Harmony and Co-Existence in the whole Existence and the prime goal for Human Being is to gain the Right Understanding of this Harmony at various levels and to learn to live in accordance with it.
- This is the way towards Continuous and collective Human Happiness as well as sustainable Prosperity.

Summary

- The Program to ensure Continuous Happiness and Prosperity is to understand and learn to live in Harmony at all levels of Existence.

Coming up...

- In the following Modules 2,3,4 we shall look at the Harmony at the level of the Individual, Family, Society, Nature and the Existence as a whole.