

Title:UHV Assignment No.2

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QUESTION:Practice session to discuss the innate acceptance for living with responsibility (living in relationship, harmony and co-existence) rather than as arbitrariness in choice based on liking- disliking.

Answer:Our basic aspirations are happiness and prosperity . Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities. Relationship refers to the interpersonal relationships that a person builds in his/her life – at home, at the workplace and in society. Physical Facilities includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means the feeling of having or being able to have more physical facilities than is needed. Today we are unable to have fulfilling relationships all the time: in family, outside family, and as a society– in the world at large. If there is a problem in a relationship, we feel uneasy, it bothers us. Even if we are interacting with someone, and something we said or did ends them, it makes us uneasy; i.e. we want mutual fulfillment in a relationship. Similarly, we want to feel prosperous, but end up working only for accumulation of wealth. We want to enrich nature, but are exploiting it, destroying it. But our natural acceptance is that we want to live in harmony with nature. The reason behind these problems is that we have to focus on one more aspect, i.e. right understanding. Right Understanding refers to higher order human skills the need to learn and utilize our intelligence most effectively. In order to resolve the issues in human relationships, we need to understand them first, and this would come from 'right understanding of relationships'. Similarly in order to be prosperous and to enrich nature, we need to have the 'right understanding'. The 'right understanding' will enable us to work out our requirements for physical facilities and hence correctly distinguish the difference between wealth and prosperity. With nature as well, we need to understand the harmony in nature, and how we can complement this harmony.

Thus we can say that when we use right understanding with relationships it gives us mutual fulfillment because if we have right understanding, then we can be happy in ourselves and work to have fulfilling relationships with humans and mutual prosperity with nature. If we do not have the right understanding, then we have problems. Thus, our happiness depends on the fulfillment of these three basic requirements. So we should first understand the problem.

Our innate inclinations are, however, few and simple, and most of our likes and dislikes are acquired from experiences of pleasure and pain, or displeasure. In all probability, this like and dislike is some kind of survival device that evolution has equipped us with. Being able to make a rapid assumption about the possible threat of other life forms or situations is the key to survival.