

Practical Exercise

Make a list of your desires, thoughts & expectations

1. Find out if these needs can be fulfilled by Right Understanding, Relationship, Physical Facility or something else (specify)
2. Categorize them as need of Self (I) or need of body
3. Categorize them based on source of motivation – Preconditioning, Sensation or Natural Acceptance
4. (Optional)
Categorize them as
– Expectation, Desire

Force / Power बल / शक्ति	Activity क्रिया
1.	
2.	
3. Desire इच्छा	Imaging चित्रण
4. Thought विचार	Analysis विश्लेषण
5. Expectation आशा	Selecting/Tasting चयन / आस्वादन

You can do this practical exercise with your family

Are desires unlimited (or they are continuous?)

2. Categorize: Need of I and Need of Body

Make a list of Your desires

Categorize each desire as Need of I or Need of Body

Some needs will be for both I and for Body – you can reflect on what is the primary need

E.g.

Food for nurturing – need of Body
for taste – need of I

House for protection – need of Body

House to show others, to get respect – need of I

Q: What is the % of desires that are needs of I, % of needs of Body?

Q: % Effort for PF? % Effort for RU & RF?

2. Categorize: Needs of I and Need of Body

Human Being = Coexistence of Self (I) and Body

Activities of desire, thought & expectation are going on in the Self (I)

These activities are continuously going on. I can see this within myself

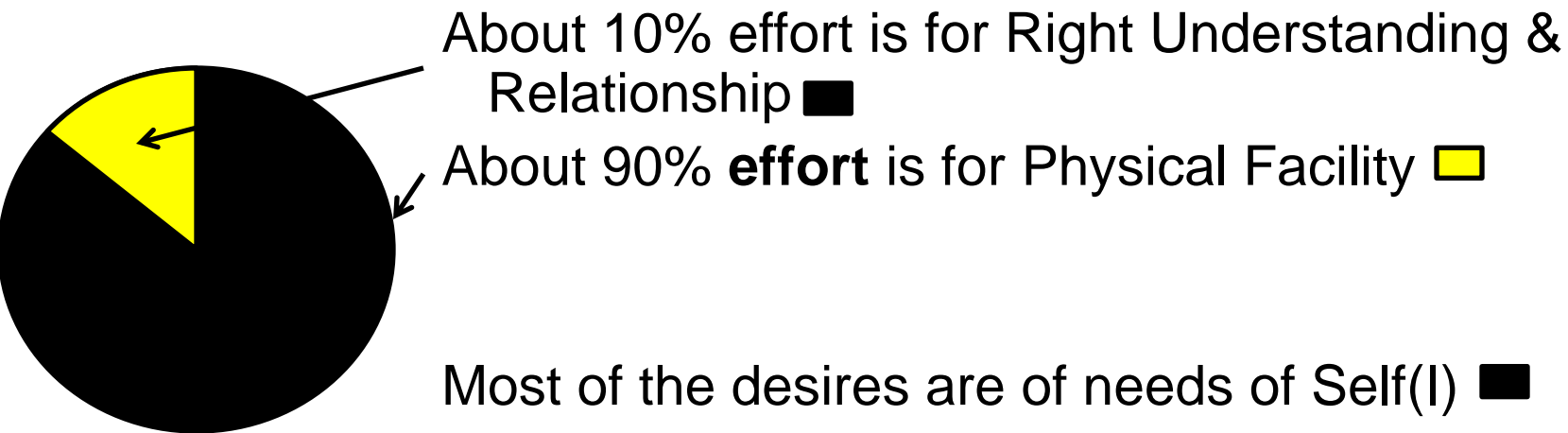
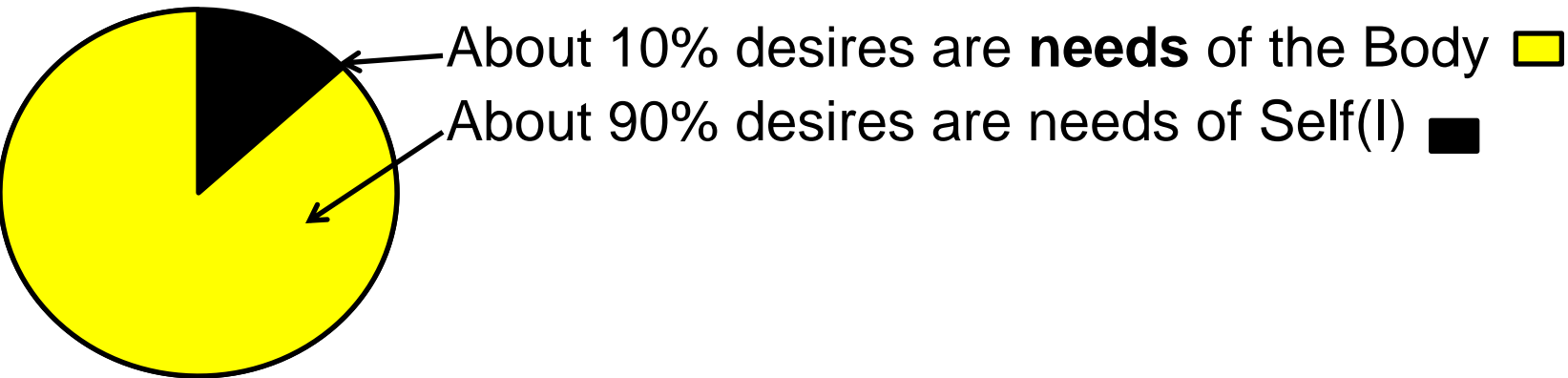
Some of these are related to needs of the Body and some or related to the needs of the Self (I). We can distinguish between these two

Most of the desires, thoughts & expectations are related to the needs of the self

Most of the effort is for physical facility

More effort on right understanding & right feeling in oneself is required

2. Categorize: Need of I and Need of Body



Most of the desires are of needs of Self(I) ■

Most of the effort is for Physical facility ■

Physical Facility can fulfill only needs of the Body...
... There is a mismatch between desire and effort ...

What is the effort required to balance this?

2. Categorize: Need of I and Need of Body – Effort

Sanskar (t+1) = Fn [Sanskar (t), Environment (t), **Self Exploration** (t)]

Proposal



Self Study, Self Verification

- **Listening** (with comitment, concentration, listening to get the sense in which the speaker is indicating, not comparing with pre-conditioning)
- **Self-Exploration** (to see the reality indicated by the words, **to refer to your natural acceptance**)



Right Understanding & Right Feeling in the Self (I)

- Your Desire, Thought, Expectation
is guided by your own Natural Acceptance

3. Categorise: Preconditioning, Sensation and Natural Acceptance

Reflect on its underlying assumption

Eg. Nice house

- Nice = comparatively better than other houses – preconditioning
- Nice = luxurious – sensation
- Nice = provides protection for body – natural acceptance

3. Categorise: Preconditioning, Sensation and Natural Acceptance

Preconditioning: Assuming without knowing. Depends on something or someone outside, keeps changing. Not sure it leads to harmony or contradiction.

Sensation: taste of sound, touch, sight, taste, smell

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

Natural Acceptance: About meaning (sarthakta), Purpose or what to do as a human being. Leads to harmony (happiness) within, continuity is desirable, possible

- | | |
|-----------------|---|
| 1. Assurance | (Ashwasti) – I am clear this is what I want to do |
| 2. Satisfaction | (Tripti) – I am sure that this will lead to harmony |
| 3. Universal | (Sarvbhaum) – It is same for all |

Q: % Preconditioning, % Sensation and % Natural Acceptance

Natural Acceptance

About meaning (sarthakta), purpose or what to do as a human being.
Leads to harmony (happiness) within, continuity is desirable, possible

For Relationship	[Mutual fulfillment, complimentarity]
For Harmony	[Nature is by way of harmony, mutual enrichment]
For Co-existence	[Existence is Co-existence, is ever present]

- | | |
|-----------------|---|
| 1. Assurance | (Ashwasti) – I am clear this is what I want to do |
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About What to Do (Not about How to Do)

3. Categorise: Preconditioning, Sensation and Natural Acceptance

Human Being = Coexistence of Self (I) and Body

Activities of desire, thought & expectation are going on in the Self (I)

These activities are continuously going on. I can see this within myself

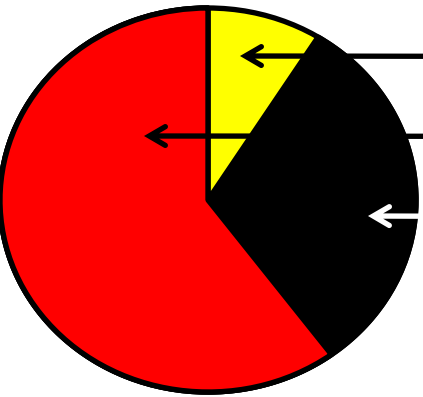
These activities are motivated by preconditioning, sensation and natural acceptance

Most of the desires, thoughts & expectations are motivated by preconditioning and sensation; and to that extent I am partantra

My natural acceptance is for swatantra. Partantrata is not naturally acceptable to me

To be swatantra, effort is required to understand my natural acceptance and be motivated/guided by it

3. Categorise: Preconditioning, Sensation and Natural Acceptance



About 5% desires are based on Natural Acceptance ■

About 60% desires are based on Preconditioning ■

About 35% desires are based on Sensation ■

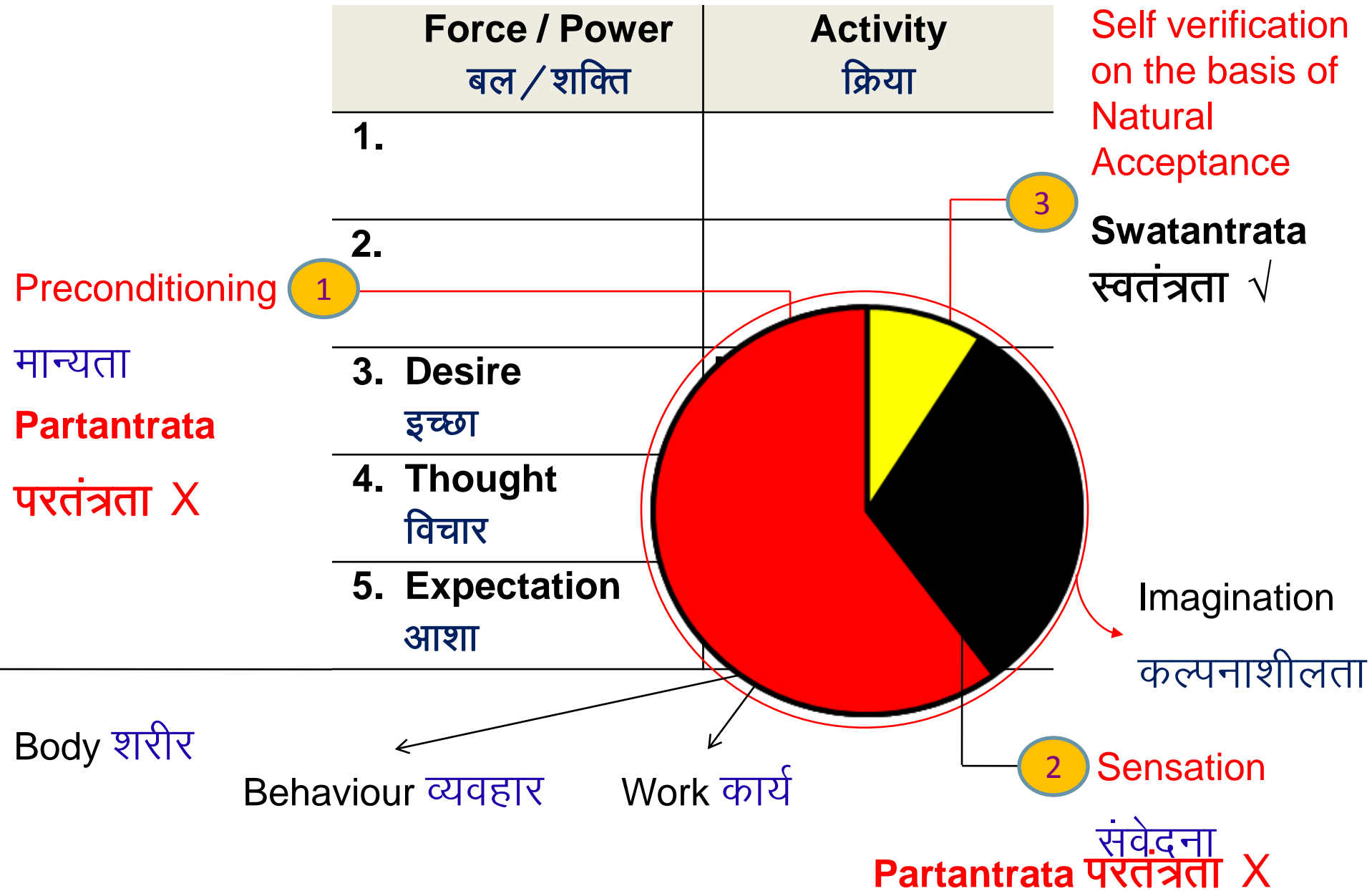
If most of the Needs are based on Preconditioning or Sensation, then one is living mostly in Partantrata

Effort required for swatantrata:

- a) Self awareness
- b) Evaluation of desire on the basis of your natural acceptance

If desire is naturally acceptable, it will become definite & continue otherwise it will slowly become corrected or drop off

3. Categorise: Preconditioning, Sensation and Natural Acceptance



3. Partantrata and Swatantrata

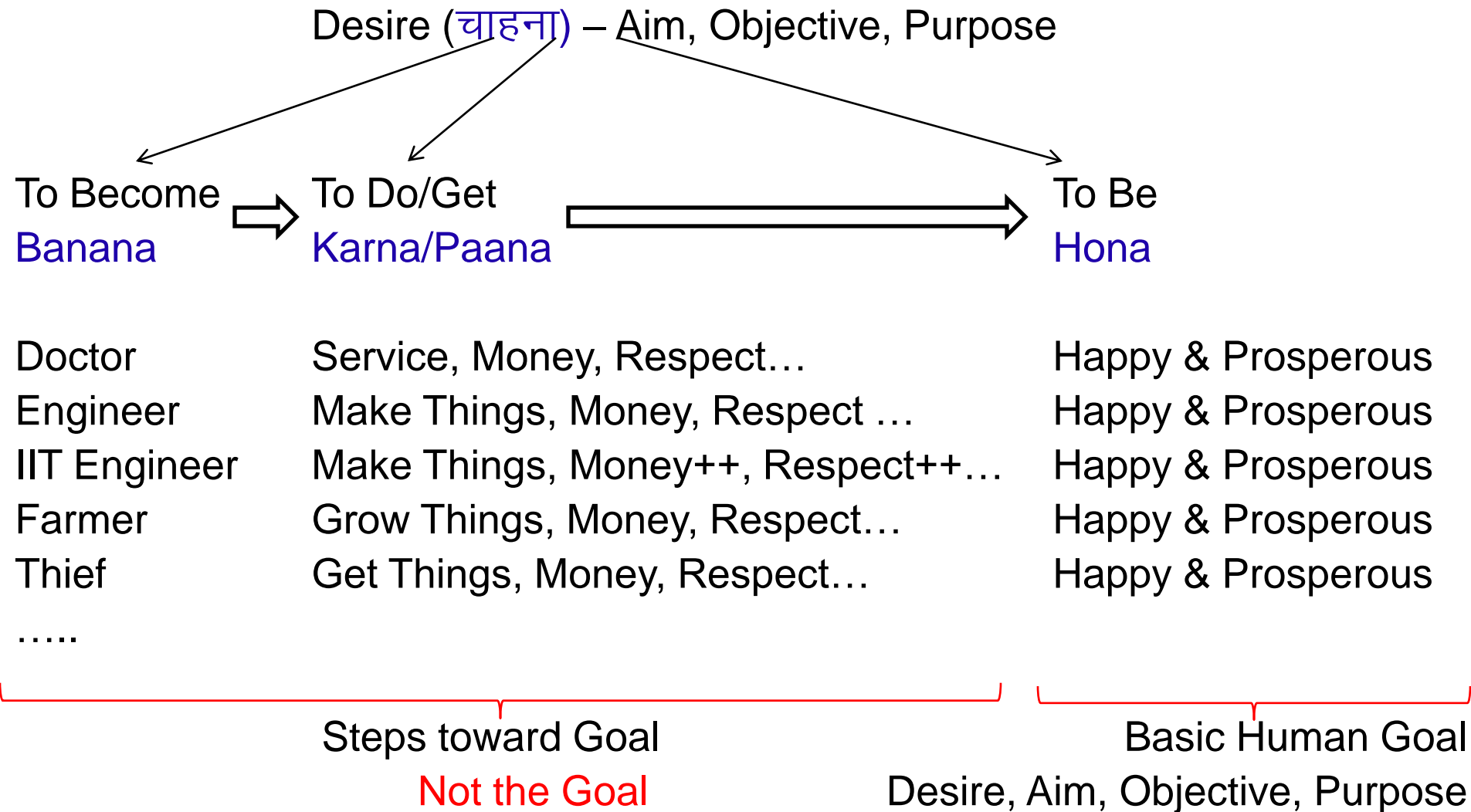
Preconditioning – Partantrata (Decided by outside)

Sensation – Partantrata (Decided by outside)

Natural Acceptance – Swatantrata (Self organised)

Q: % Partantrata and % Swatantrata

4. Sequence of Desires: Goal or just a Step?



Teacher by Chance, Teacher by Choice...

Sources of Happiness

1. Right Understanding

- in Self (I)
 - Harmony at all levels of being
 - Human Being, Family, Society, Nature/Existence
 - Definite completion point, Continuity is possible, Swatantrata

2. Right Feeling

- in Self (I)
 - Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
 - Definite completion point, Continuity is possible, Swatantrata

- From Other
 - Temporary, Dependence on Other,
 - No completion point, Continuity not possible

3. Sensation, PF

- Through Body
 - Sound, Touch, Form, Taste, Smell
 - Temporary, Dependence on Body & Other,
 - No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Sources of Continuous Happiness

1. Right Understanding

- in Self (I)
 - Harmony at all levels of being
 - Human Being, Family, Society, Nature/Existence
 - Definite completion point, Continuity is possible, Swatantrata

2. Right Feeling

- in Self (I)
 - Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
 - Definite completion point, Continuity is possible, Swatantrata

Sources of Excitement (Temporary Happiness)

2. Right Feeling

– From Other

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love

Temporary, Dependence on Other,
No completion point, Continuity not possible

3. Sensation, PF

– Through Body

Sound, Touch, Form, Taste, Smell

Temporary, Dependence on Body & Other,
No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Purpose of Right Understanding, Right Feeling, Sensation/PF

1. Right Understanding

- in Self (I) Harmony at all levels of being
Human Being, Family, Society, Nature/Existence
for happiness in the Self(I), definite completion pt.

2. Right Feeling

- in Self (I) Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love
for happiness in the Self(I), definite completion pt.
- From Other For evaluating state of other Self(I)
to identify complementarity in relationship

3. Sensation, PF

- Through Body Sound, Touch, Form, Taste, Smell
For evaluating state of physical facility
to identify if it is OK for nurturing, protection
of body (health of body), exchanging feeling &
right understanding