

Understanding Human Being Comprehensively Human Aspiration & its Fulfillment (ROE-074)

Module 1: Introduction Lecture:1

Student can able to understand the Human Aspirations and identified that Right Understanding is an only key to fulfil the Human Aspiration.

Module Overview

- Introduction
- Aim of this Course
- Recap – Human Aspirations
- Recap – Human Being & Existence
- Self is Central

Introduction

■ We Know that

- We exist as human being. We want to live a fulfilling life. We have some desires and we have some programs for the fulfillment of it.
- It is important for us to understand our basic aspiration and program for its fulfillment correctly and comprehensibly. Only then, we can ensure the fulfillment.
- This is what we have been trying to do in Universal Human Values & Professional Ethics Course 1. We want to study it in further depth in this course i.e. Understanding Human Being Comprehensively Human Aspiration & It's Fulfillment.

Goal of this Course

- To explore the human reality (its being, basic aspiration, its fulfilment), particularly the Self, in more depth
 - Self is central to human existence
- To explore deeper into the nature and existence as co-existence
 - co-existence is central to existence
 - everything that we see in nature and existence is the natural expression and unfolding of this co-existence
- To understand the role of human being in further detail, in the light of the above
 - To understand the co-existence
 - To have the feeling and the thought of co-existence
 - To live in co-existence in mutual relation with human being and the rest of nature

Our Purpose & Program depends on Assumption/ Understanding

- In Universal Human Values course 1, we have seen that knowingly or unknowingly, we have assumed some purpose in life and we have some program for the fulfillment of the set purpose.
- This setting up of the purpose and program depends upon our assumptions about:
 - **Human Being**
 - **Existence**
- We had some assumptions about these two before UHV1
- And now these assumptions have been modified through the process of self-exploration that we went through in the UHV1 course.

Let us look at some details of this shift in our assumptions

Shift in Our Assumptions / Understanding through Course-1

Assumptions	Before Course - 1	After Course - 1
Human Being	Body	Co-existence Self ↔ Body
Existence	Material	Units (submerged in space) Consciousness Material
Purpose	Happiness [through sensation, feeling from other] ?	Continuous happiness and Prosperity (Happiness is to be in a state of harmony)
Program	Accumulation of physical facility (unlimited!) ?	To understand and to live in harmony (at all levels of being – human being, family, society, nature/existence)

Shift 1

- Universal Human Values Course – 1 is focused on:

- **To initiate the process of self-exploration in you**
- **The realization that human being is co-existence of Self and Body**
- Which in turn leads to the following shift in perception

Assumption: 'Human Being is Body'

Knowing:
'Human Being is coexistence of Self and Body'

Shift 1

- **Assumption: 'Human Being is Body'**
- **Purpose:** Expectation to live with continuous happiness (effort to be made outside and not within – I am OK, problem is with others)
- Seeking happiness through physical facility, sensation & feeling from other
- Requirement of physical facility is undefined/unlimited
- **Program:** Accumulation of physical facility (unlimited!)

- **Knowing: 'Human Being is coexistence of Self and Body'**
- **Purpose:** Desire to live with continuous happiness (effort to be made within and then outside)
- Continuous happiness = To be in harmony at all levels of being
- Physical facility is required only for nurturing, protecting and right utilisation of body. Need of PF is defined, limited in quantity
- **Program:** To understand & to live in harmony at all levels of being

	Before UHV1	After UHV1
Assumption	Human being is physical facility, the Body	Human being is the co-existence of Self and Body
Goal	Happiness through physical facility / sensation (transitory)	Happiness and prosperity (continuous)
Program	Getting favorable sensation, accumulation of physical facility	Right understanding, relationship and physical facility

With UHV-1 following must have happened

- You have concluded that this content about the existential reality is relevant for you. It is your own need to understand it in depth.
- On the basis of the effort you have put in to understand this content and to live accordingly, you have concluded that
 - You have to work on your Self first
 - You are responsible for your happiness and unhappiness; (The other or the situations are only a triggering point)
- You are able to see that you are the co-existence of Self and Body. While most of the effort you may have been making are for fulfilling the needs of the Body; you expect/desire to further understand the co-existence of the Self with the Body and live accordingly
- You are able to see that the whole existence is not just material; there is space and submerged in space are material as well as consciousness units

Your Qualification for UHV2 – Rephrased for Self-evaluation

- Your attention is beginning to be drawn toward your Self
 - Shift from thoughts like "I am special; I have to dominate over others"
 - You have started thinking about "what is my real goal, as a human being"
 - You have started becoming aware of your desires, thoughts & expectations
 - There is less contradiction within.
- You are realizing that the goal is more **than 'accumulation of physical facility'**
 - You are thinking about prosperity (versus accumulation of physical facility)
 - You are able to see that everyone can be prosperous
- You are realizing the significance of relationship
 - You can see that feeling is central in relationship
 - You are realizing that having the feelings in yourself and expressing these feelings to the other is the source of your happiness
 - Expecting the feelings from the other is enslavement and can not be a source of continuous happiness. visible improvement in reaction, irritation, anger

- You can see that you have to first develop your own competence
 - Effort to first correct the other or the situation outside has reduced/stopped
- You have decided to understand things in depth yourself
 - You have questions for which you are committed to find answers



Home Work

Since Universal Human Values Course-1, what effort are you making for self-exploration on a regular basis? What is the outcome of it? Share 3 specific achievements.



THANKS