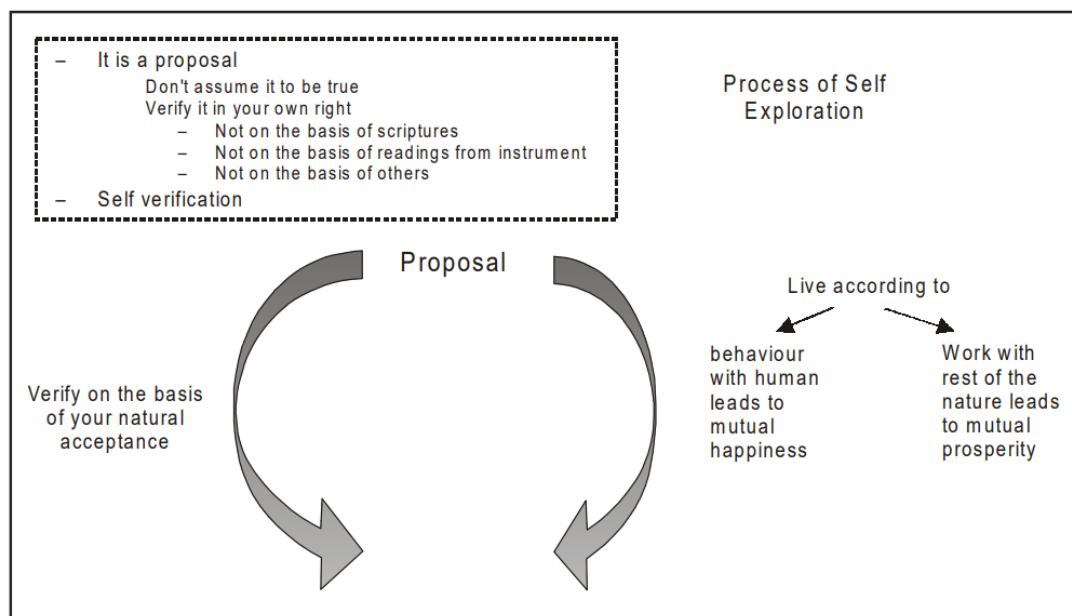


UNIT I

1. Explain the process of self-exploration with the help of a diagram.

- Self exploration is the process to find out what is valuable to me by investigating within myself.
- What is right for me and true for me has to be judged within myself.
- Once we start paying attention towards investigating into our present beliefs and aspirations, we get to know whether our aspirations and what we really want to be (i.e. what is naturally acceptable to us) are one and the same or not.
- If they are the same, then it's no problem. But if the two are different, it means that we are leading a life against our natural acceptance. Such a life cannot bring us happiness.
- Self exploration is a process of discovering that there is something innate, invariant and universal in all human beings.
- This enables us to look at the confusions and contradictions within us and resolve them by becoming aware of our natural acceptance.
- Once we start observing inside, we can achieve harmony at all levels of our living.



2. What do you mean by your natural acceptance? Illustrate with examples. Is it invariant with time and place?

Let's ask ourselves, "What is naturally acceptable to me?"

"Accumulating more and more wealth while feeling deprived"

Or

"Having requisite wealth and feeling prosperous"

We find the latter to be naturally acceptable to us.

a. Natural acceptance does not change with time:

- The natural acceptance does not change with time.
- It remains invariant with time.
- This can be easily verified.
- For example, our acceptance for trust and respect does not change with age.
- People hundred years ago also had the same natural acceptance.

b. It does not change with place:

- Whether we are in New Delhi, New York or Abu Dhabi, if we address our natural acceptance, the answer would still be the same.

3. "To be in a state of harmony is happiness." Examine this statement and illustrate with two examples from your day-to-day life.

- Let us try to recollect situations when we feel happy.
- It can be observed that there is a set of feelings which we are able to accept effortlessly and naturally.
- These are feelings such as trust, respect, being confident about our future.
- These feelings are naturally and effortlessly acceptable to each one of us.

Example:

1. Respect is a state of harmony between two human beings. When I respect the other and the other respects me, I like to be in that situation. It gives me happiness.
2. Trust is a state of harmony between two human beings. When I trust the other and the other trusts me, I like to be in that situation. It gives me happiness.

Thus, “The state in which I live, if there is harmony in it, then I like to be in that situation.”

“To be in a state of harmony is happiness”

“To be in a state of disharmony or contradiction is unhappiness”

4. What do you understand by prosperity? What is the difference between prosperity and wealth? How are the two related?

Prosperity: is related to material things or what we call as ‘physical facilities’.

- We need physical things to take care of our body.
- When we are able to cater to the needs of the body adequately, we feel prosperous.

Wealth: is a physical thing. It means having money or having a lot of physical facilities or both.

- Prosperity is a feeling of having more than required.

Difference between wealth and prosperity:

- Assume a person has a lot of money but does not want to share even a bit of it. The person has wealth, but feels deprived. In other words, the person does not have a feeling of being prosperous.
- On the other hand, someone who does not have a lot of wealth may help others in the needy situation. This is an indication of feeling prosperous.

5. "Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans." Comment.

- Physical facilities are necessary and complete for animals.
- Physical facilities are necessary but not complete for humans.

For animals:

Animals need physical things to survive, mainly to take care of their body.

Example:

- A cow will look for food when it is hungry.
- Once it gets the grass or fodder, it eats it, sits around to chew at leisure.
- Hence, as long as animals have physical things, they are largely fine.

- They do not desire other things like knowledge or a peaceful animal society.

For humans:

- Assume we are hungry. We would look for some food, perhaps, some tasty food.
- Once our hunger is satisfied, we will not sit around and relax. We have other plans like reading a book, spend time with family and friends, go to college.

Hence, for animals – “physical facilities are necessary and complete”.

for humans – “physical facilities are necessary but not complete”.

6. What do the abbreviations given as SVDD, SSDD and SSSS signify? Explain the reason for the state SSDD.

SVDD – stands for Sadhan Viheen Dukhi Daridra

- People who do not have physical facilities / wealth and feel unhappy and deprived, belong to this category.
- Such people can be said to be materially deficient, unhappy and deprived.

SSDD – stands for Sadhan Sampann Dukhi Daridra

- These are the people who have physical facilities / wealth and feel unhappy and deprived.
- Such people can be said to be materially affluent, but unhappy and deprived.

SSSS – stands for Sadhan Sampann Sukhi Samridh

- These are the people who have physical facilities and feel happy and prosperous.
- Such people can be said to be materially affluent, happy and prosperous.

Reason for the state SSDD:

When a person has lot of wealth and does not want to share with others or help the needy people, it results in the state - SSDD.

If a person is lacking the feeling of prosperity, it results in the state – SSDD.

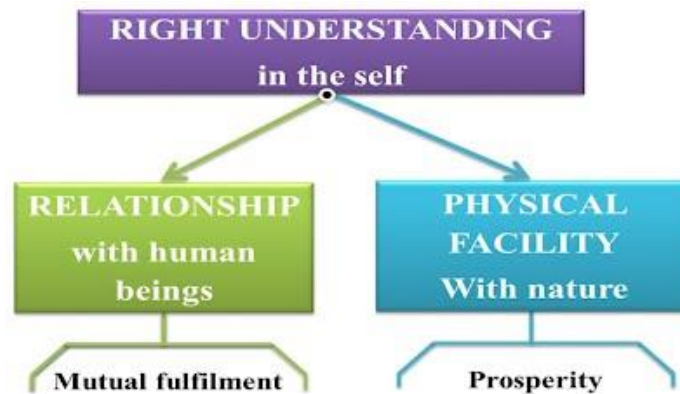
7. What is the program to fulfil the basic human aspirations? Name the different levels of human living?

Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity). Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities.

Right Understanding: This refers to higher order human skills - the need to learn and utilize our intelligence most effectively.

Good Relationships: This refers to the interpersonal relationships that a person builds in his or her life - at home, at the workplace and in society.

Physical Facilities: This 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.



- In order to resolve the issues in human relationships, we need to understand them first, and this would come from 'right understanding of relationship'.
- 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.

8. What is the difference between 'animal consciousness' and 'human consciousness'? Explain with the help of a diagram.

Animal Consciousness: To live completely on the basis of physical facilities can be called as living in animal consciousness.

Human Consciousness: Living with all the three:

1. Right understanding. 2. Relationship and 3. Physical facilities is called human consciousness.

