

**UHV – QUESTION & ANSWER BOOK (SHORT FOR
2M, MEDIUM FOR 5M, LONG FOR 10M)**

Define happiness.

Happiness is a continuous inner state of satisfaction experienced by the self. It is not temporary pleasure but long-lasting contentment.

What is natural acceptance?

Natural acceptance is our innate ability to instantly know what is right or wrong without external influence.

Define prosperity.

Prosperity is the feeling of having enough physical facilities and being content with them.

Explain Right Understanding with example.

Right understanding means knowing things as they really are—about the self, body, relationships, and nature.

Example: If I understand that respect is a feeling in relationships, I stop expecting it through money or status.

Differentiate needs of Self and Body.

Needs of Self: Qualitative, continuous, include trust, respect, happiness. Needs of Body: Physical, temporary, include food, shelter, clothing.

Self needs are fulfilled through right feelings, body needs through physical facilities.

Explain Self■Exploration in detail.

Self■exploration is a process of investigating one's own desires, thoughts, and expectations. It is a dialogue between 'what I am' and 'what I want to be'.

It works at two levels: 1. Natural Acceptance – whether something feels right from within. 2. Lived Experience – whether living according to it gives happiness.

Benefits: • Removes confusion and contradictions • Brings clarity in life goals • Improves relationships • Leads to right understanding and ethical behaviour

Self■exploration connects the individual with harmony at all levels—self, family, society, and nature.