

## **Lecture-1: Introduction**

### **Outcome of the Lecture:**

After studying this lecture, you would be able to learn the following points.

- ) Goal of this course
- ) Our Purpose & Program depends on Assumption/ Understanding
- ) Total Shift through UHV1 and UHV2
- ) Your Qualification for UHV2

This course is in continuation with the course UHV1 titled as “Human Values and Professional Ethics”. So, before we move forward, it is expected that certain basic shifts must have taken place in us while going through the first course. So, we will discuss those expected fundamental shifts that are prerequisite for this course on UHV2.

### **1.1 Goal of this course:**

The goal of UHV2 can be viewed as follows:

1. To explore the human reality.
  2. To explore nature and existence in depth.
  3. To understand the role of a human being in further details.
- 
1. The first goal is to explore the human reality, its being, basic aspiration and its fulfilment, particularly the self in more depth. We are going to explore the same issues what we studied in UHV1 but in more depth. Thus, UHV1 was preparation to explore the self in depth. We will see an important conclusion during the investigation of UHV2 that the self is central to human existence. We will also see that the self is not only part of the human being but also the central of human existence.
  2. We will also explore deeper into the nature of existence as coexistence which is central to existence. Everything that we see in nature and existence is actually the natural expression of the unfolding of this coexistence. On a deeper level of investigation of nature and existence, we will find that existence is coexistence. This coexistence is ever-present and expressing in a different form at various levels of nature. Hence, all that we see around us in nature that we see a systematic unfolding of this coexistence at different levels.
  3. In light of the above two, we will investigate the role of a human being that is to understand the coexistence. We will also be able to see that the basic role as a human being is to understand, to have the feeling and thought of coexistence and finally to live in coexistence in mutual relation with human being and rest of nature.

The above goals are in continuation with what we have been trying to investigate in UHV1.

## 1.2 Our Purpose & Program depends on Assumption/ Understanding

We have also seen that as a human being, our decision is either based on assumption or right understanding. Our assumptions, that can be on the basis of knowing or without knowing, become the basis of our decision. So, knowingly or unknowingly, we assume some purpose in life, and we have some program for the fulfilment of purpose. Our purpose or the program depends upon our assumption of a human being in existence. Therefore, our assumptions depend upon what we assume about

1 Human being

2 Existence

Based on the above assumptions, we decide our purpose and program. We can see that we have some assumption before UHV1, and now these assumptions are modified by the process of self-exploration after UHV1 course.

We have to evaluate our assumptions before UHV1 and after the process of self-exploration in UHV1. It will give us an idea about what is our status at present, where do we stand, what is the condition of our self. It will also give us an idea whether we are ready to move in the second step of self-evaluation or not whether we are ready to do further investigation through UHV2 or we have to do some more preparation. Now, we will check some essential shifts in our assumptions or understanding after UHV1.

## 1.3 Total Shift through UHV1 and UHV2

Total Shift through UHV1 and UHV2		
Assumptions	After UHV1	Expected after UHV2
Human Being	= Self $\longleftrightarrow$ Body <i>co-existence</i>	Self is central. Body is used as an instrument
Existence	= Units submerged in space ↓ Consciousness      Material	Units submerged in space ↓ Consciousness      Material
Purpose	= Continuous happiness and prosperity (Happiness is to be in a state of harmony)	Continuous happiness (Happiness is to be in a state of co-existence) - Prosperity is a part of it
Program	= To understand and to live in harmony (at all levels of being – human being, family, society, nature/existence)	To understand co-existence To have the feeling and thought of co-existence To live in co-existence

- ) Before UHV1, we assumed human being as a body, but, after UHV1 now, we understand a human being as a coexistence of the self and body. The self is a unit of consciousness, while the body is the unit of material.
- ) Similarly, before UHV1 we assumed this whole nature/existence just as material, so we concluded that the whole world is material nothing else. After UHV1 or while going through the process of self-exploration and self-investigation, now we are able to see that the existence is not just material, but existence is in the form of coexistence which is in the form of units submerged in the space. These units are of two types (i) the unit of consciousness and (ii) unit of material. So, the existence constitutes of three basic realities (i) space (ii) consciousness unit (iii) material unit.
- ) Before UHV1, our conception about the purpose of human being was identified as getting happiness through sensation or feeling from others. After UHV1, we have realised that the purpose of a human being is continuous happiness and prosperity that is our basic desire or aspirations, and this happiness is in the state of harmony. So, happiness is not just momentary happiness, but happiness is in the state of harmony.
- ) In the light of the above, our purpose has now changed, the program has also changed now. Before UHV1 our program was the accumulation of physical facility because sensations and feeling like respect come through the physical facility. Now, we can understand that the basic aspiration is continuous happiness and prosperity, which cannot be met by only physical facilities. Happiness is to do with harmony at all level. Therefore, the program for ensuring continuity of happiness is to understand the harmony and to live in harmony at all levels, which include individual, family, society, nature and existence.
- ) Concluding the above, the four major shifts i.e. our assumptions, understanding and notion (i) about a human being (ii) about the existence (iii) about the purpose and (iv) about the program of a human being are expected through UHV1.

We can say that

- (a) Before UHV1: human being = body, and existence = material  
After UHV1: human being = coexistence of self and body, and existence = units submerged into space
- (b) Before UHV1: the expectation of happiness was from sensation and feelings from others that can be ensured through the accumulation of physical facilities in an unlimited manner.

After UHV1: the purpose is the continuity of happiness and prosperity. Happiness is being in a state of harmony. Program is to understand harmony and to live in harmony at all four levels (individual, family, society, nature and existence).

#### **1.4 Your Qualification for UHV2**

Value Education Cell (VE Cell)

So, before we start looking into UHV2, let's look at the qualification:

- ) You have concluded that this content about the existential reality is relevant for you. It is your own need to understand it in depth. You must be feeling strongly about the further investigation of reality, including human being. Based on these efforts, you are agreed to understand this content and to live accordingly so, you have to work on yourself first.
  - ) You are responsible for your happiness and unhappiness. The others and the situations can only trigger you. It is assumed that you have concluded the following two points before starting UHV2.
  - ) You have to work on yourself, you have to improve yourself, and you have to evolve yourself.
  - ) We are responsible for our happiness and the situation and people outside can only be a triggering point and cannot be a source of happiness or unhappiness.
  - ) You must have been able to understand that you are the coexistence of self and body, not just the body. However, you want to work further on this coexistence of self and body, understand this coexistence and live accordingly.
  - ) You have been able to see that the whole existence, world, nature is not just material. There are units which are submerged in space. These units are material as well as conscious.
  - ) Therefore, we expect that you have these qualifications and ready to go with further self-exploration in this course UHV2.
- 
- ) The above discussion is to evaluate yourself. You have started thinking about the real goal as a human being. You have started becoming aware of your desire, thought, and expectations. If it has started happening in you, go further. If it is not started happening, you have to work for this as well as go further.
  - ) You are also able to differentiate between the accumulation of physical facility and prosperity. So, thinking of prosperity has to do with feeling with prosperity which has to do with two parts- (i) identification of the needs of physical facilities and (ii) fulfilment of the need of the physical facilities. You are able to see that everyone can be prosperous. There is enough in nature and existence to ensure prosperity for everyone.
  - ) You realise the significance of the relationship. You can see the feeling is central in a relationship. So, now you can see that relationship is more important than physical facilities. When you are looking at the relationship, you are able to see that it is the feelings which are important than physical facilities when it comes to relationship. You realise that having a feeling in yourselves and expressing the feelings to others is the source of happiness. So, it is ensured by the right feeling in you and expressing the feeling with others.
  - ) Now, it is evaluated that we have to develop our own competence, and efforts to correct the others have reduced or stopped. So, we are realised that we have to develop our own competence first.
  - ) You have to decide to understand the things in depth in yourselves. So, understanding the things in depth is essential and if that has happened, we are ready for this course on UHV2.

So, the goal of this course is to understand the things in-depth like understanding the basic human aspirations and its fulfilment, understanding the existence, coexistence and the role of a human being. Therefore, if that has become a need for you, this course will be very relevant and very enriching for you.

## Lecture-2: The Aim of UHV2: Self-evolution

### Recap:

In the last lecture, we tried to explore the expected shift in our perception, assumption and understanding through UHV1. In this lecture, we intend to talk about the aim of this course (UHV2), i.e. to bring out self-evolution which will help us to live a better, more harmonious and happy life for ourself and also create a conducive environment for other human beings as well as the rest of nature. Before we start talking about the shift2 that has to take place through UHV2, it is important to note that it has become our need to understand the existential reality in-depth and to live accordingly. If this shift has taken place, UHV 2 or the self-exploration through UHV 2 will become a natural process for you. Otherwise, we need to keep working hard for ensuring shift1 (mentioned in lecture-1) along with working for shift2.

### 2.1 Focus of UHV2

- ) The focus of the UHV2 is to help for the second shift to take place, i.e. **to see that self is central to the human existence and body is used as an instrument**. So, this is a major shift that has to take place in our understanding, perception, and assumption.
- ) Through UHV1, we were able to see that human being is a coexistence of self and body. But now through this investigation in UHV 2 we will realise that the self is central to human existence and the body is used just as an instrument by the self to fulfil its aspirations, its need of continuous happiness and prosperity, we will be able to see that prosperity is basically part and parcel of the need for continuous happiness. Therefore, the basic human aspiration is the need for continuous happiness, and this need for continuous happiness is basically the need of the self and not the body.
- ) For ensuring continuous happiness, the self is using the body as an instrument and also taking care of the body by way of nurturing, protection and right utilisation of the body and for that self is able to identify the need of a physical facility to fulfil the need of the body.
- ) So, the feeling of prosperity, the need for physical facility, production of a physical facility is all a part of the need of the self to keep the body healthy. So, it is the need of the self which is playing the central role.
- ) Similarly, through UHV1 this need of continuous happiness is fulfilled through understanding the harmony and living in harmony at all levels and all this harmony at different levels is

essentially the expression of coexistence which is ever-present at different levels. So, the coexistence at the base of all the harmony that we see and therefore the program for ensuring continuity of happiness now can be seen as understanding the coexistence and living in coexistence.

- ) At the level of self, this need for continuous happiness is fulfilled by understanding the coexistence and by having the feeling and thought of coexistence. So, both at the level of the need and at the level of fulfilment of this need of human being, it is the self which is playing the central role. So, essentially it is the self which is central to human existence. So, this need of human being is the need of the self.
- ) The fulfilment of the need of human being is by the activity of the self, i.e. understanding of coexistence and feeling and thought of coexistence. Once we have the feeling and thought of coexistence, then it will naturally express itself in the form of my behavior with a human being and in the form of work with the rest of nature and in the form of participation in the larger order. Therefore, my living in relationship with the world outside is going to be a natural expression of my feeling and thoughts of coexistence.
- ) So, the major work or shift has to take place at the level of self in terms of understanding the coexistence and in terms of feeling and thought of coexistence. Once that shift has taken place it will naturally express itself through the body in terms of mutually fulfilling behavior with a human being, mutually enriching work with rest of nature and it will naturally express itself through the body in the form of participation in the larger order leading to undivided society and universal human order. Therefore, the self is playing a central role in human existence.
- ) The perception about existence in UHV1 is existence is in the form of coexistence which is in the form of units submerged in space and these units are of two types: consciousness and material. So, this understanding is same through UHV2, but it becomes deeper here in the sense that this coexistence is something which is ever-present and this provides the foundation of all that we see in existence, in nature. So, all the units, whether material or consciousness is an expression of this coexistence, the harmony, the relationship.
- ) Regarding purpose, through UHV1, the purpose of a human being is continuous happiness and prosperity and happiness is to be in a state of harmony. Through UHV 2, now we can see that the need, purpose of a human being is continuous happiness and prosperity is the just a part of it. So, basically, the need is for continuous happiness, and this happiness is to be in a state of

coexistence. So, if we are able to realise coexistence and if we are in a state of coexistence, we are in a state of happiness.

- )] The program for ensuring the fulfilment of the purpose after UHV 1 is to understand and to live in harmony at all levels of being, starting from individual, to family, to society, nature and existence. Through UHV2 now, we are able to see that program for ensuring the fulfilment of the need for continuous happiness is to understand the coexistence, to have the feeling and thought of coexistence and these two together ensures the fulfilment of continuous happiness at the level of self, and of course, this naturally expresses itself through the body in the form of living in coexistence with a human being, and with rest of nature in our relationship. So, that becomes the program. Therefore, the major program is to understand coexistence and to have the feeling and thought of coexistence in the self. So, this is a shift that can be seen through the process of self-exploration.
- )] So, ultimately, we are going to achieve the following points through UHV2
  - (i) the self is central to human existence
  - (ii) the body is used as an instrument. The desire and need of human being is for continuous happiness, which is fulfilled by an understanding of coexistence, feeling and thought of coexistence, which are the activities of self. So, this is what we intend to get through UHV 2.
- )] There are two important points to be noted here also
  - (a) The need for the feeling of prosperity is part of being in a state of continuous happiness, of being in harmony at all levels.
  - (b) Expression in mutual relation with a human being and the rest of nature in terms of behavior and work is a natural outcome of the understanding of coexistence and feeling and thought of coexistence.
- )] Therefore, in the whole of discussion in UHV 2, we will see that the major shift has to take place at the level of self, at the level of activities of the self in terms of understanding of coexistence and in terms of feeling and thought of coexistence. The expression outside through the body in our relationship with a human being and with rest of nature is going to be a natural outcome of our shift in perception at the level of self.



### **Lecture-3: Recapitulation from UHV1 – Basic Human Aspiration and its fulfilment**

Before we proceed to discuss the content of UHV2, let's recapitulate certain basic essential concepts basic to UHV2 from UHV1 going to use again in this course.

#### **3.1 Basic Human aspiration: continuous happiness and prosperity**

One basic concept is the basic human aspiration and its fulfilment. In UHV1 some critical observations that we made about the basic human aspiration and its fulfilment are:

1. The Basic human aspiration is for continuity of happiness and prosperity.
2. This is fulfilled by living in human consciousness by ensuring the right understanding, right feeling and physical facilities.
3. The transformation from animal consciousness to human consciousness is ensured through human education-sanskar.
- 4 Living with human consciousness provides the base for ensuring justice and order living to undivided society and universal human order.

The above are four major concepts that we looked into UHV1.

- a. The basic human aspiration is the continuity of happiness and prosperity which is ensured by living in human consciousness. So, this transformation from animal consciousness to human consciousness is desired in order to ensure the fulfilment of the human aspiration. This transformation can take place through right kind of education and sanskar. If you are able to ensure living in human consciousness, ensure fulfilment of human aspiration, we can become a source for justice and order in the society. And, if we expand this justice from family to world family, it will lead to undivided society and universal human order. So, the below diagram depicts our state of being as we consider our self to be the body. So, the red circle is essentially depicting our living with the assumption that human being is equal to the body and therefore the physical facility is our need, so all our efforts are focused around building more and more physical facilities.

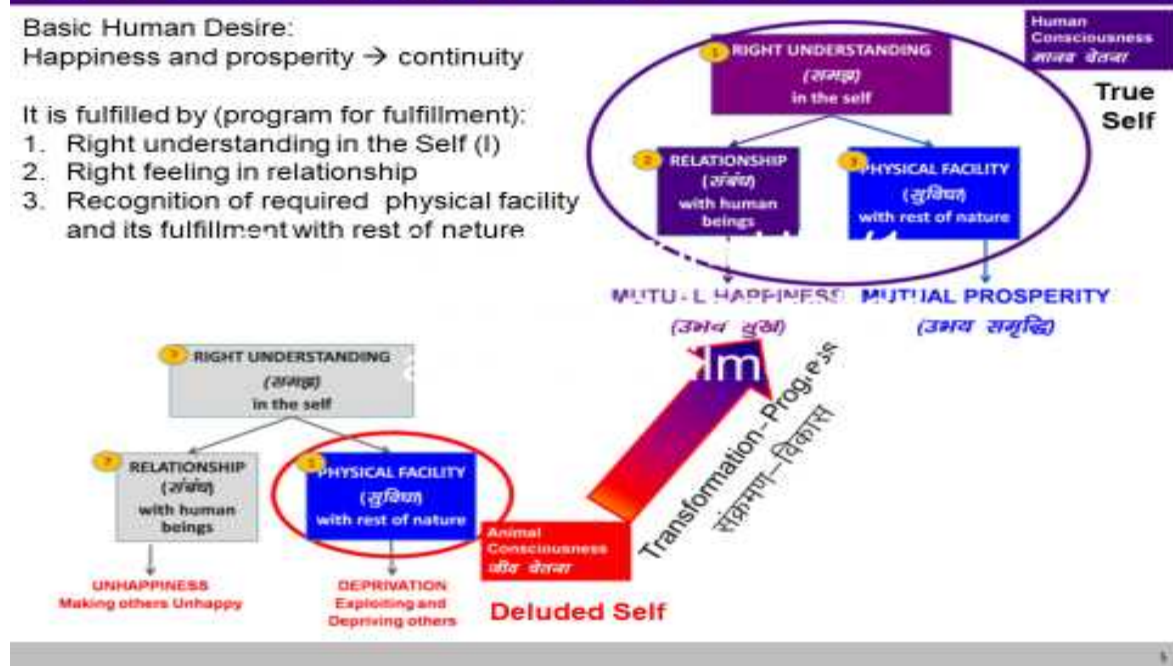
## Role of Education-Sanskar: To Enable Transformation

Basic Human Desire:

Happiness and prosperity → continuity

It is fulfilled by (program for fulfillment):

1. Right understanding in the Self (I)
2. Right feeling in relationship
3. Recognition of required physical facility and its fulfillment with rest of nature



- b. Animal consciousness means that we are living only in the red circle with the assumption human being is equal to the body. An animal is living by way of an assumption that it is the body and physical facility alone is sufficing for fulfilling its need, but the human being cannot be satisfied with the physical facility alone. There is need for continuity of happiness and prosperity and human being is to take care of physical facility of course but also to take care of relationship and right understanding in self. Therefore, three things are required for a human being

- I. Right understanding in the self.
- II. Fulfillment in relationship with other human beings.
- III. physical facilities with rest of nature.

If we can ensure all the three with right understanding, we will be able to ensure fulfilment in a relationship, ensure happiness in our self and happiness forever and similarly, we will be able to identify the required amount of physical facility by producing more which will have the feeling of prosperity and with the feeling of prosperity, we will be able to think of nurturing others. So, it will lead to mutual prosperity. We are calling this way as living with human consciousness.

### 3.2 Role of education

Hence, we are saying that in order to ensure the fulfilment of human aspiration for continuity of happiness and prosperity, we need to live with human consciousness. It means we need to ensure the right understanding, relationship and physical facility, and in order to do this, the transformation of animal consciousness to human consciousness is desirable. This is achieved through the right kind of education. Therefore, this is what is required to ensure the fulfilment of basic human aspiration. If you look at the above diagram, three things we are saying

- I. The Basic human aspiration is for continuity of happiness and prosperity.
- II. The basic human aspiration is fulfilled by right understanding in the self and right feeling in relationship and recognition of required physical facility and its fulfilment with the rest of nature. This human consciousness provides the base for universal human order, Relationship with a human being would ensure justice starting from family to world family. This will, of course, lead to mutual happiness and undivided society.
- III. Participation in a larger order of nature starts with family order and goes up to world family order. This real thing to the fulfilment of human goal ends universal human order. So, this is the total expanse of us living as a human being with human consciousness.

### 3.3 Process

- ) In UHV2 or higher courses, we are basically preparing ourselves for this transformation at different stages starting from the transformation at the level of an individual, family, society and nature/existence.
- ) If we are not aware of the higher activities of the self, the most of our imagination get influenced from the conditioning, sensations from society, our friends, our family members or the sensations get from the physical things outside.
- ) On the other hand, if we are living with human consciousness i.e., we have the understandings of the harmony from an individual to entire existence, we are awakened to this higher activity of the self. These activities lead
  - (a) to the clarity about existence that is in the form of coexistence
  - (b) the harmony in nature about the relationship.
- ) Both of this clarity become our guide for imagination. This transformation from animal consciousness to human consciousness at the level of a human being results in some transformation at the level of society as well. So, if you look at the social transformation, the society would look like humane society if we are living with human consciousness. So, these two transformations, one at the level of an individual from animal consciousness to human consciousness and another one at the level of the society from inhuman society to human society take place with right education and sanskar. Mentioning briefly,
- ) The goals of humane society are

- (i) right understanding and right feeling leading to happiness in every individual
- (ii) prosperity in every family
- (iii) fearlessness (trust) in society and
- (iv) coexistence in nature and existence.

So, we can find out for ourselves whether these are naturally acceptable to us, whether it is desirable for us.

) Now, if we are living with animal consciousness, instead of right understanding and right feeling in every individual what we have a lot of assumptions without verifications. For example, one of the assumptions today is very dominant is money is everything. Once we assume that money is everything, we become obsessed for the accumulation of physical facility. Similarly, instead of prosperity in every family, we talk about accumulation by any means by a few individuals. And if we have these two, it gives rise to various kinds of problems like obsession for consumption, obsession for profit and obsession for sensual pleasure. And these are the three major problems that we are facing in society today. The real solution to this shortfall assumption has to be changed by way of right understanding, by way of right feeling by way of right thought. Similarly, instead of ensuring fearlessness (trust) in society, there is domination, exploitation and fear. And if you have domination, exploitation and fear what it results into, sooner or later, is terrorism and war and that is what we have all around. Finally, if you look at the level of nature, are we working for ensuring coexistence, mutual fulfilment in nature or we are trying to work on mastery and exploitation over nature? And if we are working mastery over nature exploitation over nature then what we end up a resource depletion and pollution. So, all these problems are all related to our way of looking at things. We are all ultimately related to our level of consciousness, so if you are living with human consciousness will have all-encompassing solutions. Therefore, essentially what we observed through all this is that in order to understand a human being, identify the basic aspiration or desire of human being, and fulfil the basic desire of a human being what you need to do is:

1. Ensure the transformation from animal to human consciousness.
2. With human consciousness, we should be able to ensure the right understanding, right feeling in relationship with other human being and
3. Identify the right amount of physical facility with the rest of nature.

The above will ensure happiness and prosperity in ourselves, and we can work for the happiness and prosperity of others. So, the basic clue and basic shift that has to start a change in our level of consciousness, change in our perception and change in our understanding and that is what basically we are trying to work on our shift of perception, the understanding in the self.

## **Lecture 4: Recapitulation from UHV1 – Understanding about Human Being and Existence**

### **Recap:**

In this lecture, we will talk about our understanding of human being and existence. The three things that we just talked about in the last lecture are (i) right understanding in self, (ii) about feeling in relationship with other human being and (iii) physical facility with rest of nature.

### **4.1 Human Being-Coexistence of the self and body**

- ) If we look at a human being, it is the coexistence of self and body. The need of the self is right Understanding and feeling in relationship with other human being while the need of the body is physical facility from the rest of nature.
- ) As a human being, the need of the self has to be fulfilled by the right understanding and right feeling while the need of the body can be fulfilled through the physical facility. These two together will ensure the fulfilment of happiness and prosperity and its continuity which is the need of human being as a whole.
- ) We can also see that the self and body are two different types of reality. The self belongs to the world of consciousness and body belongs to the world of material, and they are in coexistence, and a human being is the coexistence of the two.
- ) The need of these two realities is different. The need of the self is happiness like respect while the need of the body is in term of the physical facility. If you get respect, you will be happy and the example of the physical facility is food. So, we can see that respect and food both are required.
- ) We can see that the needs are different in terms of time, quantity or quality and therefore there are different types of needs. The need of the self is continuous in time whereas the need of the body is temporary in time like you need food for nurturing, but do you need food all the time. Therefore, we can find that the need for food is temporary. But the need of respect is continuous in time.
- ) In terms of quantity and quality, the need of food is quantitative in nature and the need of respect is qualitative and it is in the form of feeling. Either you have the feeling of respect, or you do not have the feeling of respect while food which is the need of the body quantitative in time.
- ) So, we can say that the self belongs to the world of consciousness and its need is fulfilled by right understanding and right feeling which are the activities of consciousness. On the other hand, the body belongs to the world of material and its need is fulfilled by some physio-chemical things.
- ) The important part of the self is its activities which has activities of desire, thought, and expectation going on in us continuously. These activities, put together, are named as imagination. On the other hand, if we look at the activity of the body like eating and walking, you cannot take it continuously, and after some time the body gets tired. As a result, you have to give rest to the body so in that sense the activity of the body is temporary.

- ) Finally, if you look at the response of the two, the response of the body is in terms of recognising and fulfilling, and it is definite. In contrast, the response of the self depends upon assuming or without knowing. So, this is very important that the response of the self depends on assuming with knowing or assuming without knowing. As long as it is assuming without knowing we are not certain about our assumption and we are not certain about our conduct. If the assumptions are based on the right understanding, we can be sure about our assumption and therefore, sure about recognition and fulfilment that would lead to definite conduct. Therefore, the first and foremost requirement of a human being is the right understanding in self.

#### **4.2 Existence**

- ) Now, we can look into this existence. The existence is in the form of coexistence, which is ever-present, which is in the form of units submerged in space.
- ) The units are limited in size, whereas the space is unlimited and all pervading. All the units are active in the relationship with other units, whereas the space has no activity. So, this is the basic difference between these two types of reality, the reality of unit and reality of space.
- ) If you look at units, the units are of two types- the material unit and consciousness unit. The response of recognising and fulfilment identifies the material units. The consciousness unit is identified by the response of knowing, assuming, recognising and fulfilling. Similarly, we saw that the material unit had activity and need which are temporary in time, whereas the consciousness unit has the need and activity which are continuous in time.
- ) So, if you look at whole existence in terms of time, you can see that the material unit is temporary in time while consciousness unit is continuous in time. However, when it comes to space, space is unbounded in time and space. Both the material and consciousness units are bounded in space but space is not bounded either in time or in space. These are the three different types of reality that we have seen- One is the material unit, second is consciousness unit and the third is space.
- ) We can go deeper into space here you see that material units are further seen in terms of physical order and bio-order. And on expanding of physical order, it starts from the atoms goes on to molecules to a molecular structure to lump and to a fluid. If you look at bio-order, it starts from the cell (smallest unit of bio order) then to trees and plant then to the human body. And then this consciousness unit is an association with the animal body we have the animal order when self is in association with the human body we have human order.
- ) So, like that we see the details of existence the unfolding of existence in terms of four orders physical order, bio order, animal order and human order. And once we get that human order, we can further see that this human order can be understood in terms of coexistence of self and body. The major work has to be done at the level of the human order is the self by ensuring Right understanding and ensuring the right feeling and right thought in the self that we have been talking about.

#### **4.3 Activities of Self**

- ) With that idea about the human being and about existence. We can now look back about a human being and see that when a human being is living in animal consciousness, he is living with preconditioning and sensations. And, the imagination can be seen in terms of activities imaging, analysing and selecting/tasting. The imagination of the self of human being living in animal consciousness is mostly guided by preconditioning or sensations prevailing all around us.
- ) For example, everybody around us says you have to come first in class, that becomes the drive for my imagination, and I keep thinking about how to come first in class. if I am passing by a road and a very shining car passes by, I start thinking about the colour and shape of the car that occupies my imagination. So, like that, most of our imagination is guided by preconditioning or by sensation. And depending upon what is going on in the imagination, our behavior or work decide.
- ) There is a third possibility open for us in the form of our Natural Acceptance. This is our inner voice that keeps telling us what is right for us. If we start doing attention to it, we can get the guidance from our NA as what is right for us what is not right for us. The source is already present in us, but we generally don't refer to. If that is the source for your imagination you have the right feeling, right thought, and therefore there will be harmony in within as the state of happiness.
- ) Now there are three sources - one is the preconditioning, the other is a sensation, and the third is self-verification on the basis of natural acceptance. So let us look at this what is our present source of motivation for us.
- ) With human consciousness, based on the right understanding, we can have an understanding of coexistence, harmony, relationship, participation in the larger order, we have awakened the higher activity in self, that becomes the guide for our imagination. Now, we are no more guided by preconditioning and sensation. We are now guided by our Right Understanding, knowing, realisation of coexistence, understanding of harmony and contemplation of relationship to participate in higher order, and all these are definite. As a result, our behaviour and work in larger order are also appropriate, definite and mutually enriching and fulfilling. With that, we have Right Understanding at the level of higher activities of the self, right feeling and right thought at the level of imagination, and with these two, we are in a state of happiness.
- ) With that state of happiness within, when we participate with the world outside through the body, it leads to mutual happiness with other human beings and mutual prosperity with the rest of nature. And our participation in larger order leads to the fulfilment of the human goal. And if we expand this from family to world family, it ultimately leads to undivided human society and human order. The understanding of human being and existence will lead to human conduct. And if we put this human conduct in the framework of the whole existence, coexistence is expressed in nature in the form of four orders. Everything up to human order is an expression of coexistence as a natural unfolding of coexistence.
- ) Only the human order has to ensure the right understanding in the self at the level of higher activities (B1) then right thought and feeling at the level of imagination. And with that, it can

ensure continuous happiness. And with that state of continuous happiness, it can work with the world outside in terms of behaviour, work and participation in larger order which will mutually fulfil and this ultimately leads to mutual happiness and prosperity.

- ) When we expand this up to the world family, it results in undivided society and universal human order. So, this is how the unfolding of existence will take place through a human being. So, this whole thing is start with the coexistence and expresses ultimately in the form of universal human order, and this process is completed through a human being, human being living with human consciousness.



## **Lecture-5: Self is Central to Human Existence & Body as an Instrument of the Self**

### **Recap:**

After the proper understanding of human being in the last lecture, we will see a shift that the self is central to human existence, and the body is used just as an instrument. In light of the last lectures, we can now prepare the ground for the basic shift, the basic transition that has to take place through UHV2.

### **5.1 Transaction between self and the body**

- ) After having the clarity that human being is a coexistence of self and body, now let us look at the transaction between the two. The transaction is taking place in the form of information between the two. So, if you look at the transaction from the self to the body, we can see that the self keeps giving instructions to the body.
- ) The other way of a transaction is from the body to the self, there is a lot of sensations going on in the body. The self decides to read one of the information/sensations from the body. The self is giving some instruction to the body.
- ) I am giving some instruction to the body, which is a kind of information. I am reading some sensation from the body that is also a kind of information. In both cases, the self is taking decisions. One important point to be noted here that there is no physical transaction taking place between the self and the body.
- ) Briefly, the decision to read sensation from the body and the decision to give instruction to the body is taken by the self. The body is only complying with the decision taken by the self.

### **5.2 Self is central to this transaction**

- ) You can see that self is in central to this transaction between self and the body. The Other important point which we can see that I am and my body is, I want to live and my body used as an instrument. So, these two sets of statement that we can look into ourselves and verify.
- ) The third I can see that It is the self that wants to live with continuous happiness. Physical facilities are required for protection and right utilisation of the body. So, the need for the self is continuous happiness. The need of the body is the physical facility for ensuring nurturing protection and right utilisation of the body. And because I am using the body as an instrument, it is a part of my responsibility to keep the body healthy. Therefore, it is a part of my responsibility to protect and right utilisation of the body.
- ) The fourth thing that we can see is to understand and to live in harmony at all four levels in my being starting from self to entire existence is my program of action for continuity of happiness. A part of this program is production, protection and right utilisation of the physical facility, which is less than one fourth. This one fourth comes from the fact that if we look at ourselves living in harmony at all four levels, i.e., living harmony at the level of human being, harmony at the level of family, harmony at the level of society and harmony at the level of Nature/Existence. Out of that four, one fourth is ensuring harmony at the level of a human being. Out of this one fourth, there are two parts: (i) harmony at the level of the self (ii) harmony at the level of the body. So, we are saying that production,

protection right utilisation of the body is a part of the program of the self to ensure continuity of happiness. All engagements are related to body or PF is less than one-fourth of my program, ensuring continuity of happiness.

- ) The fifth very important point that if we look at the self and the body. I am seer, doer and enjoyer, and I use the body as an instrument as and when found important. It is not always we are using the body.
- ) I am the seer. Seer means who sees, the one who understands. Let us find out who is understanding, who is seeing, the self or the body? For example, if you are given something in your hand and you conclude that this is a pen. Who is concluding this that this is a pen, not a stick, the self or body? The self is concluding. the self sees via the eyes. The eyes do not see themselves. I am not seeing this with the eyes that this pen is for writing. But I can understand that this is a pen and it can be used for writing on the paper or on the board. So, basically it is the self that is seeing, and it is using the eyes to see some aspects of the reality that it is trying to see, trying to understand.
- ) For example, if you see something written on the board. if it is written in the language that the self does not know, it can see as some mark on the board, some shape in the board but it cannot read as some words. The self can read as words only if the self is acquainted of that language. As far as the eyes are concerned, it will see the same thing whether the self has the knowledge of the word or not. But if the self has knowledge of that language, it can understand.
- ) This is another interesting thing that you can see through sensation, but many times, in fact, most of the time we see without using sensation from the body. For example, you can see that you are feeling happy or getting angry / all these things you see it through the senses. So, it is not necessary that you see through sense organs. Thus, the self sometimes sees with the help of the body and sometimes without the help of the body. You can keep looking at this process of seeing reality, understanding reality.
- ) I am a doer. The doer means that one who does, the one who is making the decision is qualified as the doer. In fact, any action performed by human being involves decision and there is thought aspects involved in that work done. The one who is investing the thoughts, the one who is making a decision is qualified as a doer. So, if you look at yourself and find out that something is being done by you. Who is taking a decision, the self or the body? Some part it is implemented at the level of the body, and some part of it is implemented at the level of the self. So, it is the self who is making a decision, who is deciding what to do what not to do. And once decided if founds necessary, it gives instruction to the body. But whether you involve the body or not, the decision is always taken by the self. For example, I think which is also an act. But when I am thinking, imaging, I do not involve the body. But, when I am eating food, I make a decision to eat. I decide how much to eat, what to eat. How many times I chew what is in my mouth? I am taking the help of the body to chew, putting into my mouth. But every time the decision is taken by me. In that sense, I am the doer and using the body as an instrument. This is the second important observation. The self is the doer. The self is the seer. In both cases, the body is used as an instrument.
- ) The third point is I am the enjoyer. Enjoyer means the one who is the experiencer. I am experiencing happiness or unhappiness. Now you can ask yourself who is feeling happiness or happiness? the self or the body. I am the one who is feeling happy or unhappiness. I am one who is hungry or unhungry.

I am the enjoyer; I am the experiencer; I use the body as and when I find it required. Another example, who takes the decision, when you misbehave with someone, you or your body. The self has taken a decision to abuse. You ask the body to pronounce, the body pronounce. It abuses the other person. The other person gets angry and beats to you. Your body is beaten, and your body is hurt. Now if the body is hurt, who is going to suffer? the body or the self? You took the decision to abuse, the body has just executed your decision by pronouncing those words. When the body is hurt, the body has no problem. The body passes this information to you, you feel happy or unhappy about it. Now you are the enjoyer. You are going to suffer the unhappiness out of the body is getting hurt.

) It is the self who is the seer. It is the self who is the doer. It is the self who is the enjoyer. Now we can see that I am the seer, doer and enjoyer. I use the body for the fulfilment of the program as seer doer and enjoyer. If you look at three basic points that we have looked into right now, we can conclude it is the self that is central to human existence, and the body is used as an instrument of the self. So that is what we wanted to look into and investigate for ourself. We will continue to look at it further.

## Lecture-6: Basic Human Aspiration – Continuous Happiness and its fulfillment

### Recap

From the last lectures, we studied that human being is a coexistence of the self and the body where the self is central to human existence, and the body is used as an instrument. We also discussed the basic human aspiration of the self, which is of continuous happiness, and prosperity only a part of it. In this lecture, we will see that the basic human aspiration of happiness is ensured by the right kind of activities at the level of self. Now the investigation we made till now in the last five lectures that this prosperity is to do with physical facility in relation to nurturing, protection and right utilisation of the body which is basically a part of the program of ensuring continuity of happiness and therefore now instead of saying that basic human aspiration is for continuity of happiness and prosperity we can say that basic human aspiration is continuity of happiness. The continuity of prosperity is only the part of continuity of happiness which calls for ensuring living in all four levels at the level of human being, family and society, nature/existence.

### 6.1 The continuity of happiness: Resolution

- ) The continuity of happiness can be ensured at the level of self by way of having the right feeling and right thought in the self that we call as resolution. Therefore, when we have the right feeling and right thought we are resolved within. We have definite answers about our relationship with the world outside and the way of its fulfilment.
- ) Thus, recognition with a human being, the rest of nature and a way to ensure fulfilment of this relationship is the clarity of what we called as **resolution**. So, this right feeling and right thought are therefore is resolution and if you called this as resolution, we could see that resolution in all aspect of our living calls for clarity about this different aspect of our living: living at the level of self, living with body, living of relationship with human being and rest of nature. We will explore how we can ensure mutual fulfilment with a human being and the rest of nature in the light of the resolution at all level of living. Let explore that:
- ) The continuity of happiness can be ensured by the right feeling, right thoughts which are the activities of the self is termed as resolution. The resolution essentially means that we have the clarity of all aspect of our living which essentially means clarity of **right understanding, wisdom, science** which has to do with the self.

- ) Then, we have to have clarity about what is there at the level of self and body. **My behaviour, work and participation in the larger order** is expressed through the body by the self.
- ) Therefore, we have to have the clarity of all that is happening in the self, effect of our living related to the self and body, and the clarity about how this behaviour and work affects the world outside. It appears in the form of undivided society, in the form of universal human order, and in the form of human tradition. If we have this clarity, I am in a state of resolution. Otherwise, I am in a state of a problem.

## 6.2 Resolution

- ) This right understanding has to do with the understanding of coexistence, understanding of human beings and understanding the role of human beings, which we have been talking about in detail in UHV1.
- ) So, right understanding means harmony at all levels of our being from self to entire existence, and it can be classified as an understanding of human beings, understanding of existence and understanding of human conduct.
- ) Wisdom is to do with the goal. This wisdom has to do with the identification of the human goal. It has to do with identifying a human goal and what we as human beings have to do? And what we don't have to do? This clarity is necessary to discriminate what is valuable for us, and what is not valuable for us? With the clarity of wisdom, I should be able to identify what is a human goal and what is not a human goal. In other words, we are saying the identification of human goal is called wisdom.
- ) If we have rightly identified the goal, we have to work out at the level of thought to find the way to fulfil it that is what science is? The science means identification of human goal and finding how to fulfil it. Hence, wisdom is to identify the human goal and science is to find out the way to fulfil the human goal. The detailing of how to ensure the fulfilment of human goal has to do with the thought part. In brief, wisdom is the identification of human goal that is related to desire, and science is to do with thought. All this is taking place at the level self-i.e., the right understanding is at the level of self, wisdom is at the level of self, the science is at the level of self.
- ) When it is there in the self, you express it through your body in the term of behavior, work and participation in a larger order. Let's look into them briefly.

- ) The behavior has to do with a human being. Any interaction, in a mutually fulfilling manner with a human being, is called behavior.
- ) Similarly, if I am interacting with the rest of nature in a mutually enriching manner, it is called work.
- ) The participation in the larger order is to ensure the fulfilment of human goal from family to world family order. The human goal can be ensured through (i) Right Understanding and Right Feeling in every human being (ii) prosperity in every family, (iii) fearlessness, trust in society and (iv) coexistence, mutual fulfilment in nature and existence. Therefore, to meet the goal, we have to participate in various dimensions like participate in education - sanskar, participation in health, justice and so on.
- ) Expansion of mutually fulfilling behavior from family to word family leads to undivided human society.
- ) Similarly, my work with the rest of nature, my participation in a larger order, in the whole of nature results into universal human order.
- ) The continuity of undivided human society generation after generation lead to human tradition, and we can see that this human tradition will ensure the fulfilment of human goal generation after generation so what we had at the level of self and express it at the level of the body resulting into undivided society and universal human order and human tradition at the level of the world outside.
- ) So, if we are rightly living our life as a human being, it has the right understanding, wisdom and science at the level of self.
- ) Then, we will have right kind of behavior, work and participation at the larger order that will result into undivided society, universal human order, the human tradition at the level of the world outside so all this related to a different aspect of my life.
- ) You can look and verify that whether all these nine aspects are important for you to live as a human being or not.
- ) If I can fulfil all these aspects, I can say that I am in a state of resolution and resolved within my thoughts. Resolution means clarity of all this, and you can see that human tradition is a natural outcome of being living as human beings and we have to make sure that this human tradition is ensuring the fulfilment of human goal which we have decided at the level of wisdom

- ) So, it must match with the human goal which we have decided at the level of wisdom. If we have clarity of all as discussed, we are resolved within ourselves. We are in the state of harmony within by having a resolution in all aspects of our living. There is harmony within ourselves. There is a state of continuous happiness within ourselves.
- ) Hence, now you can see human desire is continuous happiness that can be ensured right understanding and resolution within the self. This is how a human desire can be fulfilled. So, this is all we are trying to discuss in this course.

### **6.3 Content of discussion**

- ) With the foregoing, we will discuss the right understanding in the module-2. Module3 is to do with the understanding of human being. Module4 has to do with the understanding of coexistence, then, understanding of human being in the light of understanding of coexistence. Module5 is to do with an understanding of other things like wisdom, science, behavior, work and participation in larger order and so on.
- ) So, this, 3.1 right understanding has to do with three things (i) clarity of coexistence in existence (ii) clarity of harmony in nature and (iii) participation in a larger order. All this put together, we are calling it as right understanding.
- ) 3.2 is wisdom that is my clarity of relationship and my clarity of my participation in a larger order. Whatever my participation is, what is my desire is what becomes my goal as a human being. So those goals we have identified as right understanding and right feeling are at the level of self, the prosperity that is the participation at the level of a family, trust is my participation at the level of society and coexistence is my participation at the level of nature. Therefore, this 3.2 is wisdom when we decide to do this participation, it became my desire and my goal.
- ) Once we have decided how to fulfil a human goal, i.e., 3.3, it expresses itself in the form of behavior 3.4, in the form of work with rest of nature 3.5, in the form of participation in larger order 3.6 and if we do that it ultimately results into undivided society 3.7, universal human order 3.8 and human tradition 3.9.
- ) We can see that all these 9 points 3.1 to 3.9 can be placed in the scheme of realisation of coexistence and human conduct and its expression as universal human order. So, if I understand this human conduct in its completeness, I can co-relate all these 9 points into the complete picture. Then, I resolve within myself which leads to harmony and happiness within.

) So, with this, we are having an overall view of what we are going to do in this course through the different modules, and all the modules relate with these 9 points of right understanding, wisdom, science, behaviour, work, participation, undivided society, universal human order and human tradition. Keeping this in mind, we will go in different modules. The process of self-exploration will remain the same as in UHV1.