

Process of Self exploration, self-investigation

- # Self exploration - It is a process of dialogue b/w me & you
to begin with it soon becomes a dialogue within myself
→ Process of dialogue b/w what I am & what I want to be or
(n) natural acceptance
→ It is a process of knowing one self & through the self
knowing nature & entire existence
→ It is a process of recognizing one's relation with every unit
of nature / existence & fulfilling that relationship.

Self-Evolution

- # Natural Acceptance → What you really want to be
(Savatva)

↓

Self organized - Living in accordance with your Natural
Acceptance. Living in harmony within.
(AURA) (Swatantrata).

↓

Self intuition - Living in harmony with oneself & entire
existence.
(Swarajya).

Content of Self-exploration.

- Desire - Aim, Objective, Basic, Purpose Happenment
what do I want to achieve? ↓
continuation
- Program - Process of achieving the desire, action.
How do I achieve it?

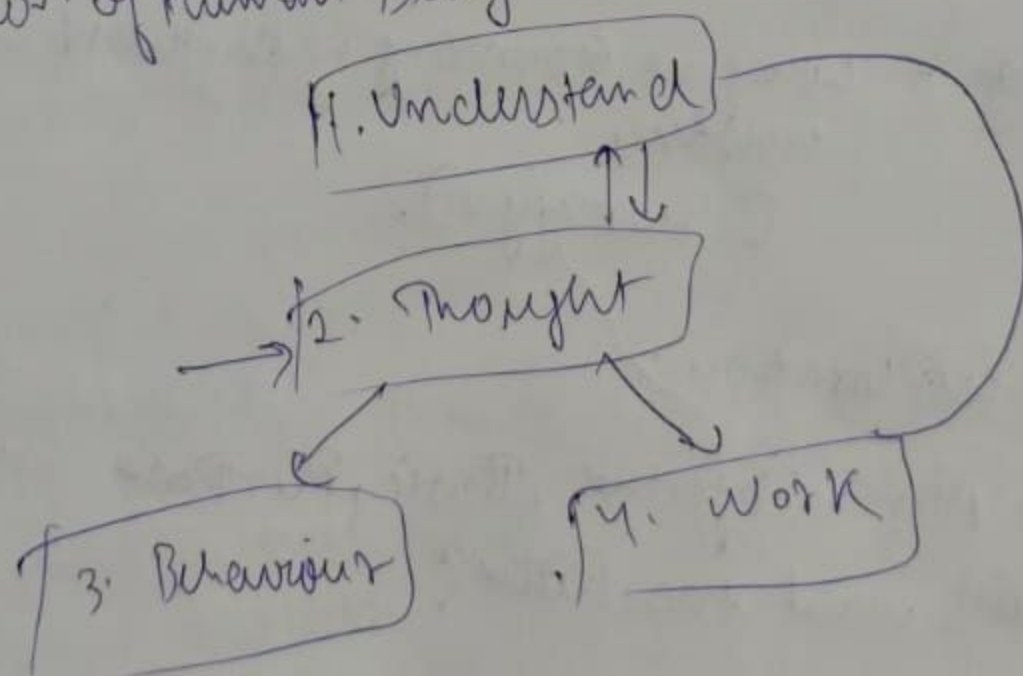
Basic Guidelines for Value Education

- Universal - The content needs to be universal - applicable to all human beings.
- Rational - It must be amenable to logical reasoning
 - No blind beliefs
- Natural & Verifiable - It has to be naturally accepted & experientially verifiable & not based on beliefs or assumption.
- All Encompassing → It needs to cover all dimensions (thought, behaviour, work & understanding), 4 levels (individually, family, society & nature), of human life.
- Leading to Harmony - Values have to enable us to live in harmony & peace within our self as well as with others.

Content of Value Education

- Should be Holistic & All Encompassing.

Dimension of Human Being



Process of Value Education

- Rational
- Verifiable

- Priority →
- ① Right Understanding in the self
 - ② Relationship with human beings
 - ③ Physical Facility with rest of nature.

Human Consciousness

If we are living with all three ↑ Priority)
then we are living with human consciousness.

→ Humans can be happy, prosperous, on the basis of these 3.

Animal Consciousness →

If our living is living only for physical facilities

for

Transformation → Role of Education.

→ Holistic development is transformation to human consciousness.

→ Make human being follow human consciousness

Outcome of Human Education - Sanskar

Understand of Harmony
(values).

↓
Living in Harmony
(Skills)

Value - ~~It is a unit~~
The value of a unit, is its participation in larger order.
e.g. chalk in classroom.

- The content is always the larger order.
- Human Value → The value of a human being.
- Value of a unit is definite does not change with time, person, place.
- Human - Human interaction
 - ↳ Mutual happiness etc.
- ↳ ~~loop~~
- ↳ Human - Nature interaction
 - Mutual Prosperity.

Value Education → Understanding one's ^{Participating} in larger order & ensuring it in living.

~~Deciding our values~~ → Value Education is about exploring the possibility of universal values.

Both values & skills are complementary to each other.
Priority → Values ①
Skills ②.

Need & Important Implications of Value Education

- correct identification of our aspiration.
- Develop a Holistic Perception.
- Clarity of programme to live with Holistic Perception.
- Evaluation our beliefs
- Solution of existing problem.

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Process of Self Exploration →

a. ~~What~~ Rational → Do not assume it to be true/fals. verify it in our own - right.

b) self-verification

Process of self-verification.

① verify on the basis of your N.A.

Proposal
↓
Right understanding

② Live acc. to it. (validation)

↓
with humans
↓
Mutual Happiness

↓
with Nature
↓
mutual prospering.

Acceptance

↓
Accepting under circumstance, influence of others (Peer Pressure).
↓

Sometimes you will be respected, sometimes disrespected.

↓
Sometimes nurture Body
Sometimes exploits

↓
Respect elders.

↓
Indefinite

→ Happiness or Unhappiness

Natural Acceptance
↓
Innate Nature.

↓
Always respected
↓

Nurture the Body

↓
Respect all

↓
Definite

↓
Always happiness.

Prosperity

happiness +

↓
continues

action.

Prosperity - The feeling of having more than requires
Physical facility

→ A Prosperous person thinks of right utilization,
maintaining the order

1A deprived

accumulating surplus

characteristic of N.A.

↓
Does not change with time, Place (Invariant)

↓
Place

↓
Industrial

↓
Does not depend on likes or dislikes or beliefs

↓
Innate (Always there)

↓
definite (uncontrolled by preconception)

Physical faculty

To find out what else is required (over & above physical faculty)

→ The unhappiness is more due to lack of fulfillment in relationship

most of the time & effort is spent for Physical faculty

Right Understanding

For fulfillment in relationship we need to have right understanding about relationship.

→ clarity about relationship

→ " " how much Physical faculty we need

Happiness

Unhappiness

The state or situation, in which I live,

if there is harmony / synergy in it,

then it is Naturally Acceptable to me to be in
that state / situation

(and I want to continue to be in that state / situation)



To be in a state of Harmony / Synergy is
Happiness



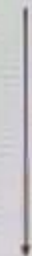
Happiness = To be in Harmony

The state or situation, in which I live,

if there is disharmony / contradiction in it,

then it is not Naturally Acceptable to me to be
in that state / situation

(and I want to get out from that state / situation)



To be forced to be in a state of Disharmony /
Contradiction is Unhappiness



Unhappiness = Disharmony

Sources of Happiness

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

- in Self (I) Definite completion point, Continuity is possible,
Self-organization (*Swatantrata*)

2. Right Feeling Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love

- in Self (I) Definite completion point, Continuity is possible,
Self-organization (*Swatantrata*)

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

3. Sensation, PF Sound, Touch, Form, Taste, Smell

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

Tasty-Necessary ☐ Tasty-Unnecessary ☐ Tasteless-Unnecessary ☐ Intolerable



Excitement and Escape – Not Happiness

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

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

Receiving favourable feeling from others

Attention, appreciation...

Escape (Running away from unhappiness)

Over eating

Over sleeping

...

Gutka / Tobacco

Alcohol

Drugs

...

