

UHV-I

Session 3

Basic Human Aspirations and their Fulfilment

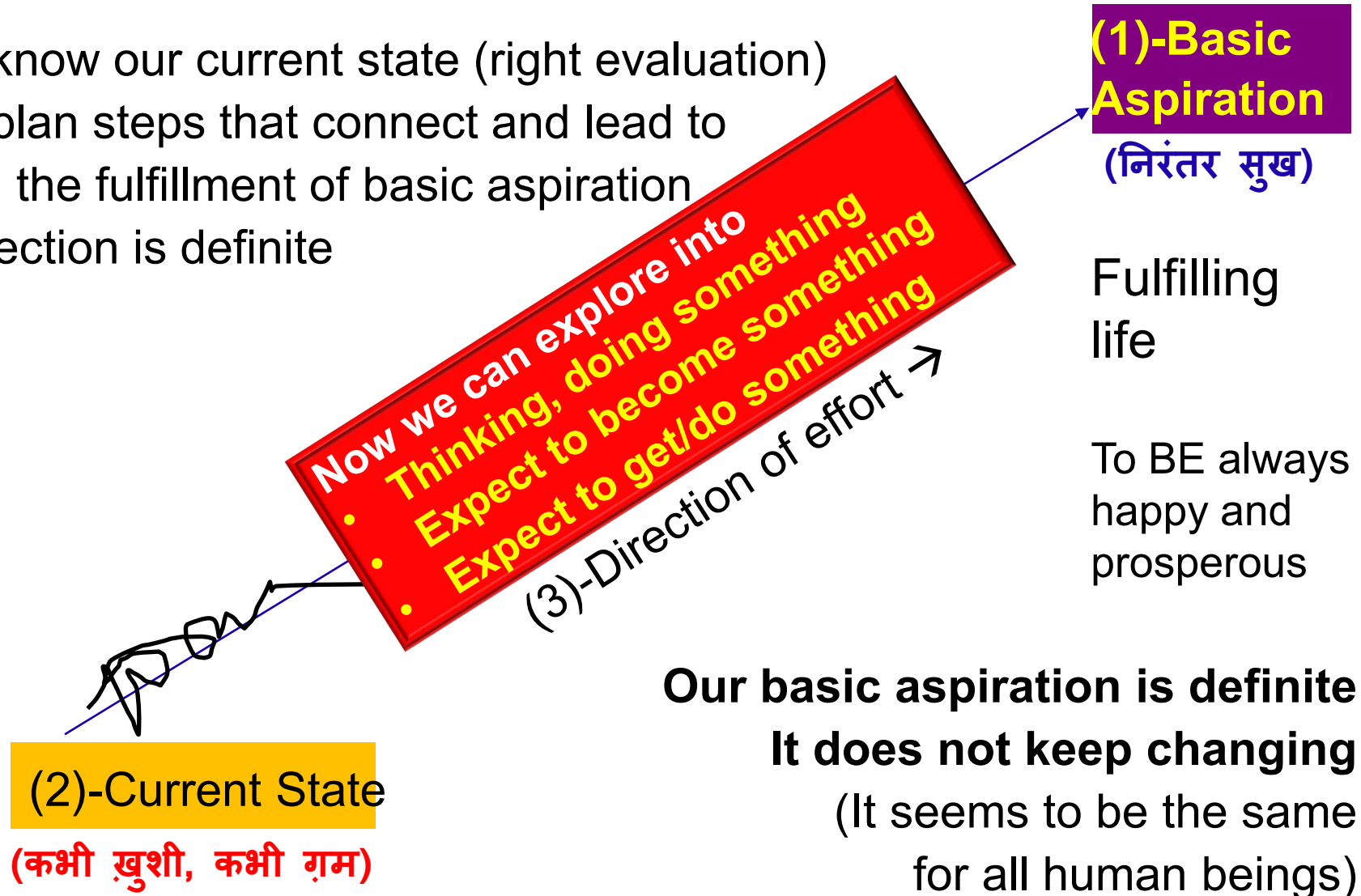
Document prepared by AICTE NCC-IP Sub-committee for Mentor Manual and related
Materials for UHV-I

Suggestions for improvement are welcome

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From the previous session: Human Goal = Happiness & Prosperity

- (1) Our basic aspiration (human goal) is very clear – the destination is fixed
- (2) We know our current state (right evaluation)
- (3) We plan steps that connect and lead to the fulfillment of basic aspiration
– direction is definite



Introduction

In the previous session, we saw that **our basic aspirations are happiness(सुख) and prosperity(समृद्धि).**

The home assignment was to check if this is true for you.

We also asked you to write down your perspective about happiness and about prosperity..

In this session we want to explore into two questions:

- Are happiness and prosperity our basic aspirations?
- What is needed to fulfil these aspirations(चाहना)?

Through this exploration, we will also see what this UHV-I course is about. It will help to answer questions like:

- What is the content of UHV?
- What is the process of UHV?
- Why are we doing this course (UHV-I)?
- Will it really help me in fulfilling my aspirations?
- Will it really help me in addressing to my concerns?

We will Explore on our Own Right: The Process of Exploration

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)
Verify it on Your Own Right – on the basis of our **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be
(your natural acceptance)

The purpose of this program is to initiate this internal dialogue

प्रस्ताव है (मानें नहीं)

जाँचें – स्वयं के अधिकार पर।

अपनी सहज स्वीकृति के आधार पर।

यह **संवाद** की प्रक्रिया है।

यह संवाद आपके और मेरे बीच शुरू होता है, फिर आप में चलने लगता है।

Do we want to be happy?

क्या हम सुखी होना चाहते हैं ?

Do we want to be prosperous?

क्या हम समृद्ध होना चाहते हैं ?

Do we want the continuity of
happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता
चाहते हैं ?*



Aspiration, What We Want to Be State of Being, What We Are



Do we want to be happy?

क्या हम सुखी होना चाहते हैं ?

Are we happy?

क्या हम सुखी हैं ?

Do we want to be prosperous?

क्या हम समृद्ध होना चाहते हैं ?

Are we prosperous?

क्या हम समृद्ध हैं ?

Do we want the continuity of
happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता
चाहते हैं ?*

Is there continuity of our
happiness and prosperity?

*क्या हमारे सुख, समृद्धि की निरंतरता
है ?*

Why this gap?

- between our aspiration and our state of being
- between what we really want to be and what we are

What are we doing to fill this gap? Is it getting filled up or getting wider?

We will explore into this

Do we want to be happy?

क्या हम सुखी होना चाहते हैं ?

Do we want to be prosperous?

क्या हम समृद्ध होना चाहते हैं ?

Do we want the continuity of happiness and prosperity?

क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?

Is our effort (*हमारा प्रयास*):

– For continuity of happiness and prosperity?

सुख, समृद्धि की निरंतरता के अर्थ में है or या

– (Studying hard) only for earning money, ensuring physical facility and its accumulation ?

पढ़ लिख कर केवल धन कमाना, सुविधा जुटाना, और उसका संग्रह करने के अर्थ में ?

Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?

Physical Facility is Necessary...but!

When an animal has lack of physical facility it becomes uncomfortable, when it gets physical facility it becomes comfortable

eg. When a cow gets a stomach-full of grass, it becomes comfortable, sits and chews the cud

पशु को सुविधा का अभाव होता है, तो वह परेशान होता है, सुविधा मिल जाए तो वह आराम में आ जाता है, (जैसे पेट भर घास मिल जाए तो गाय आराम से जुगाली करती है)।

When a human being has lack of physical facility, he becomes uncomfortable and unhappy

But once he gets the physical facility, he forgets about it and starts thinking about hundred other things

मनुष्य को सुविधा का अभाव होता है, तो वह परेशान व दुःखी होता है, परंतु सुविधा मिल जाए तो उसके बारे तो भूल ही जाता है, उसके अलावा सौ और चीजें सोचने लगता है।

Lets see if we know how many pairs of clothes we have

If there were a shortage of clothes it would be a problem for us, but now that we have clothes, we may not even know how many we have... (and yet we may keep collecting more and more...)

Something more is required.. (over and above physical facility)

Physical facility is necessary for human being
but

something more is also required....

To find out what else is required (over and above physical facility)

Check: Is the unhappiness with in us and in our families

- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

अभी हमको जो दुख है, हमारे परिवारों में जो दुःख है, वह सुविधा के अभाव में ज्यादा है या सम्बन्ध का निर्वाह न होने के कारण ज्यादा है ?

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

आप सुविधा जुटाने के लिए कितना समय व प्रयास लगा रहे हैं और संबंध का निर्वाह के लिए कितना समय व प्रयास लगा रहे हैं ?

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

दुःख संबंध का निर्वाह न होने के कारण ज्यादा है; परन्तु, समय व प्रयास सुविधा के लिए ज्यादा लगाया जा रहा है

For Human Being, Relationship is also Necessary

For human being physical facility is necessary but relationship is also necessary

मानव के लिए सुविधा भी आवश्यक है, परंतु संबंध भी आवश्यक है।

On examining carefully, we find that this is a fundamental difference between animals and human being

ध्यान से देखें तो मानव व पशु के बीच यह एक मूलभूत अंतर है।

Physical facility is necessary for animals and necessary for human being also
सुविधा पशु के लिए आवश्यक है, मनुष्य के लिए भी आवश्यक है।

However, *परंतु,*

For animals physical facility is necessary as well as adequate
पशु के लिए सुविधा आवश्यक भी है और पूर्ण भी है,

For human being physical facility is necessary but not adequate
मनुष्य के लिए भी सुविधा आवश्यक है पर पूर्ण नहीं है।

In Addition to Physical Facility, Relationship is Necessary

For human beings physical facility is necessary but relationship is also necessary

मानव के लिए सुविधा भी आवश्यक है, परंतु संबंध भी आवश्यक है।

RELATIONSHIP

संबंध

with human being

PHYSICAL FACILITY

सुविधा

With nature

For animals:
necessary & largely
adequate

*पशु के लिए
आवश्यक
एवं पूर्ण*

For human beings:
necessary but not
adequate

*मानव के लिए
आवश्यक
परंतु पूर्ण नहीं*

Although we have Recognised the need for Relationship...

We do get into **arguments, opposition and fights**... even in the family, with close friends, with colleagues at work... in the marketplace...

Every time we have a fight, we want to resolve it...

We say sorry, patch up and promise not to fight in future but...

Even though we don't want to, a fight does take place once again
(we want the other to improve... and the other wants us to improve...)

Is this happening?

Are incidences of reaction... not speaking to the other... arguments... debates... divorce... increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?

Right Understanding is also Essential for Human Being

For fulfilment in relationship, it is necessary to have right understanding about relationship

i.e. Right understanding is also necessary for human being

Right Understanding is also Essential for Human Being

RIGHT UNDERSTANDING

(समझ)

in the self

RELATIONSHIP

(संबंध)

**with human
being**

PHYSICAL FACILITY

(सुविधा)

with rest of nature

**For animals:
necessary & largely
adequate**

**For human beings:
necessary but not
adequate**

Are all 3 required? Is something redundant? Is anything more required?

Are we working on all 3?

If all 3 are required, what would be the priority*?

**Working on the high priority makes it easier to deal with the lower priority*



Priority: Right Understanding, Relationship & Physical Facility

1 RIGHT UNDERSTANDING

(समझा)
in the self

2

RELATIONSHIP

(संबंध)

with human
being

Feeling
- Trust
- Respect
- ...

3

PHYSICAL FACILITY

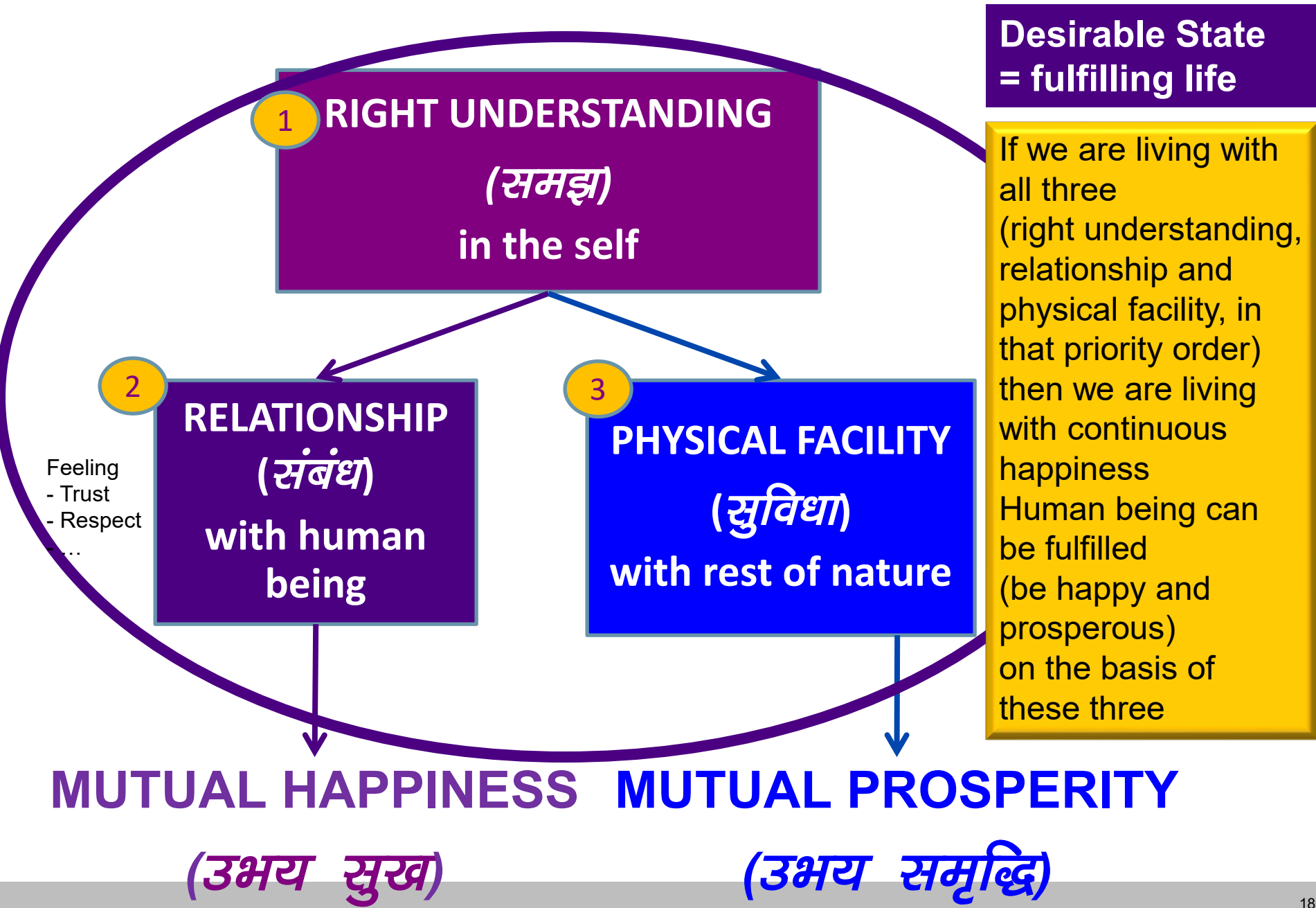
(सुविधा)

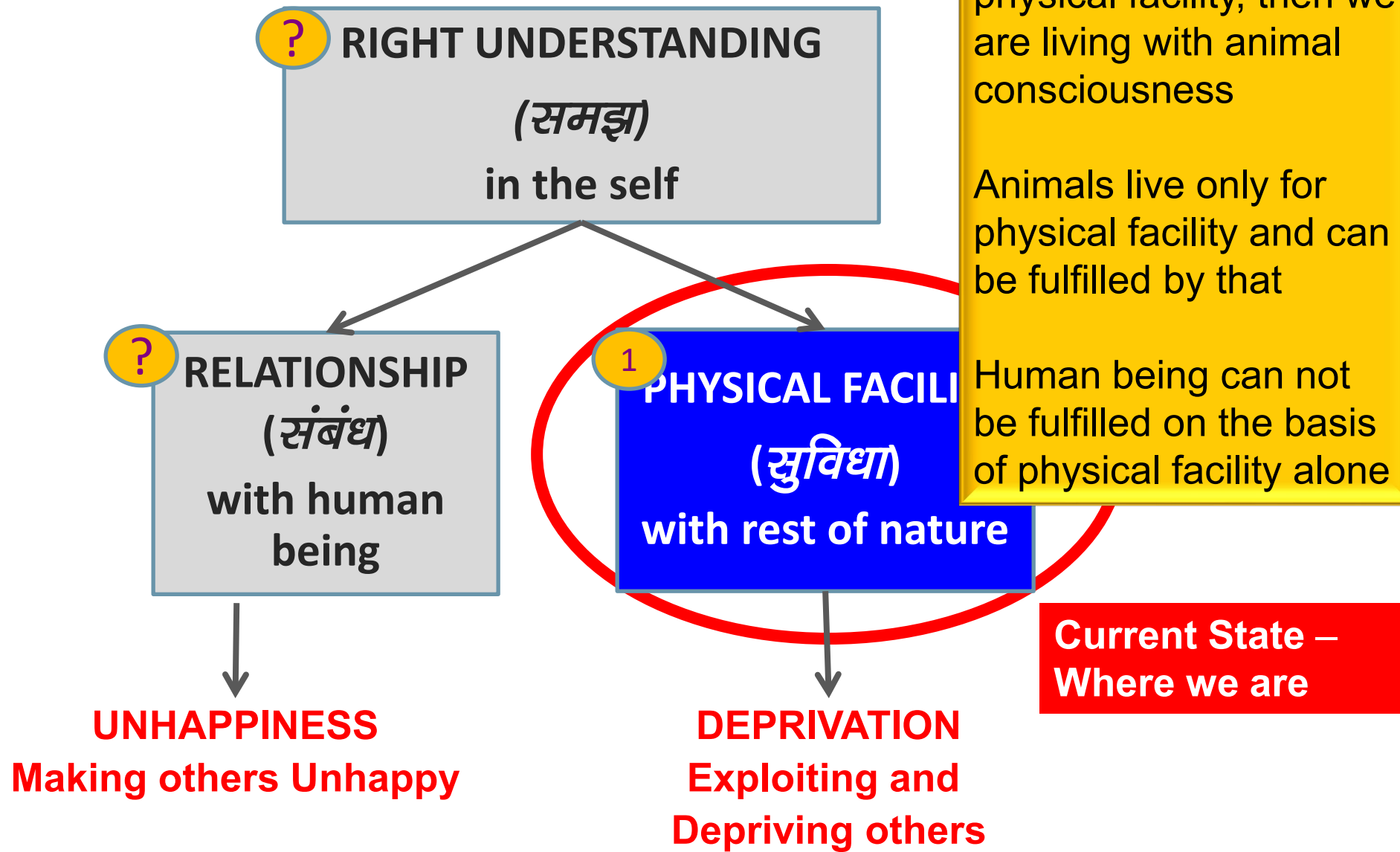
with rest of nature

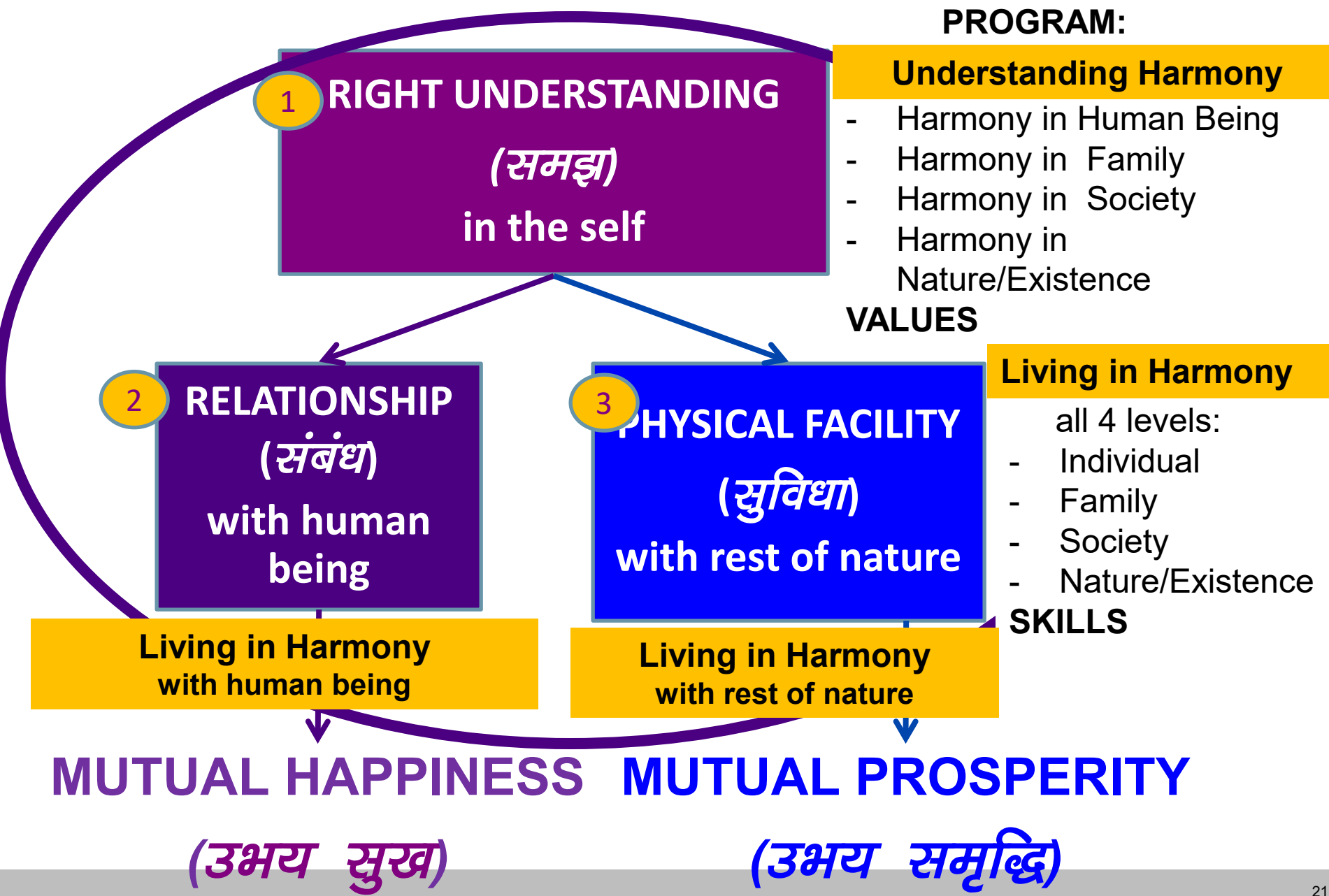
For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

Requirement to fulfill Basic Aspiration







Happiness and Prosperity (a proposal)

Happiness = To be in a state of Harmony

सुख = संगीत में, व्यवस्था में जीना

Unhappiness = To be forced to be in a state of Contradiction

दुख = अंतर्विरोध में, अव्यवस्था में जीने के लिये बाध्य होना

Prosperity – The feeling of **having more** than **required Physical Facility**

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ accumulation, exploiting “ “

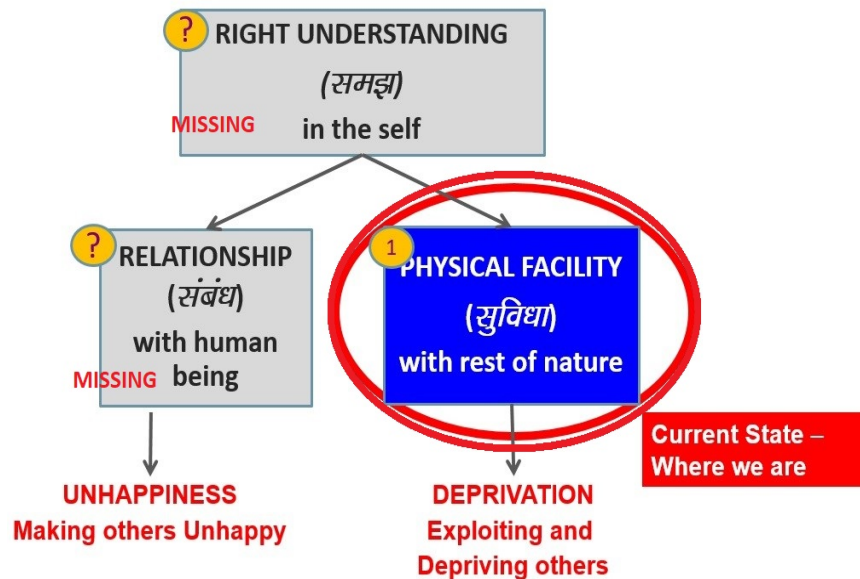
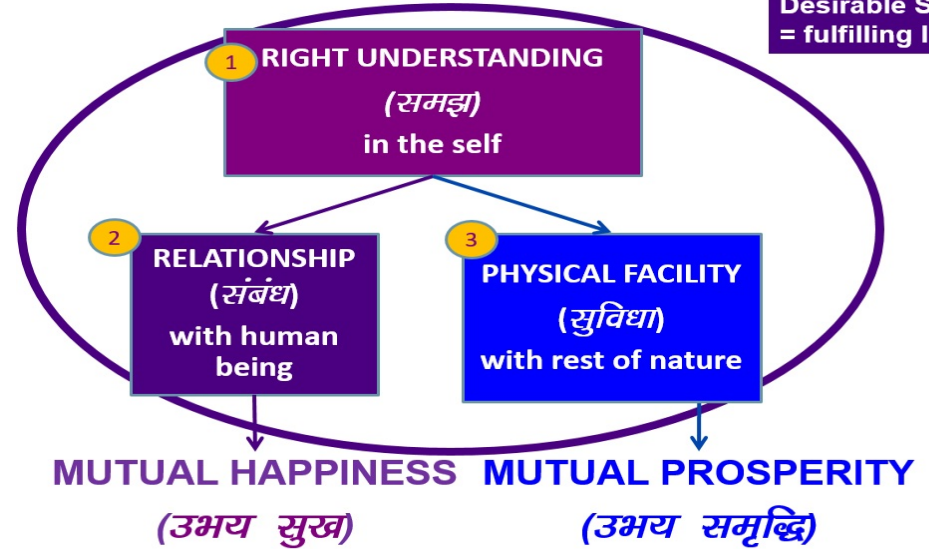
समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ शोषण “ “ “ “

Transformation (संक्रमण) = Holistic Development (विकास)

Requirement to fulfill Basic Aspiration

Desirable State
= fulfilling life



Transformation - Progress
संक्रमण - विकास



Purpose of this Course (UHV-I)

To develop a holistic perspective

Which includes all aspects of our real life:

- Ourself
- Our family, friends, classmates, seniors, teachers... (Human Relationships)
- Our society (social systems)
- Our natural environment

In other words, a holistic perspective means understanding harmony:

- Harmony in Human Being
- Harmony in Family
- Harmony in Society
- Harmony in Nature/Existence

Home Assignment

Home Assignment 3.1

Take your list of aspirations + concerns (from session 1 home assignment).

Find out what is needed to fulfill your aspirations + address your concerns:

- right understanding (clarity)
- relationship (right feeling)
- physical facility (money, some real physical facility like food, clothes, shelter, mobile...)

<u>eg. Aspiration/Concern</u>	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money	?	?	✓ (salary...)
Name, fame, attention	✓	✓	✓
good food	?	?	✓ (food)
latest bike	?	?	✓ (bike)
peace of mind	✓	✓ (family & friends)	
good health	✓	✓	✓

Also find out how much time and effort you put in every day in these 3 areas

<u>eg.</u>		<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
College work	10 hrs	1 hr	2 hrs (talking)	7 hrs (skills)
eating	2 hrs			2 hrs
sleeping	8 hrs			8 hrs
other activity	4 hrs	3 hrs (worship, TV)		1 hr (bath, gym etc.)
		4 hrs	2 hrs	18 hrs

Home Assignment 3.2

Take your list of aspirations. Classify the aspirations into four categories:

1. Aspirations at the individual level. E.g. you aspire to be happy within, to be healthy
2. Aspirations at the level of family. E.g. you aspire to be comfortable with everyone in your family and you want them to be assured of you
3. Aspirations at the level of society. E.g. You aspire for a good job
4. Aspirations at the level of nature. E.g. You aspire for natural resources to be readily available

Similarly, take your list of concerns. Classify the concerns also into these four categories:

1. Concerns at the individual level. E.g. you want to get rid of anger, tension, frustration and peer pressure
2. Concerns at the level of family. E.g. you want to overcome the pressure to conform to their norms
3. Concerns at the level of society. E.g. you wish that the domination, exploitation, differentiation and terrorism is resolved
4. Concerns at the level of nature. E.g. you'd like the pollution levels to reduce

In the next session, we will discuss the aspirations and concerns at the individual level.

Home Assignment – Conclusions

Analyse your list of your aspirations + concerns Find out what is needed to fulfill them:

– right understanding – relationship (right feeling) – physical facility

<u>Aspiration /Concern</u>	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money	✓	✓	✓ (salary...)
But with a base of relationship & right understanding			
Good friends	✓	✓	✓
But with a base of right understanding			
Peace of mind	✓	✓ (right feeling within)	May not be required!

CONCLUSIONS:

- For the fulfilment of any aspiration or for addressing any concern, right understanding and relationship are definitely required. Physical facility may or may not be required
- In general, our effort is mostly for physical facility (maybe because we have assumed that it is the main thing required for a fulfilling life).

Questions?

Animals living with animal consciousness	they are in harmony	this is fine
Human being living with human consciousness	they are in harmony	this is fine
Human being living with animal consciousness	they are in disharmony	this is the problem

Q1.

What is the difference between right understanding, relationship and physical facility?

RIGHT UNDERSTANDING

(समझ)

in the self

RELATIONSHIP

(संबंध)

with human
being

PHYSICAL FACILITY

(सुविधा)

with rest of nature

**For animals:
necessary & largely
adequate**

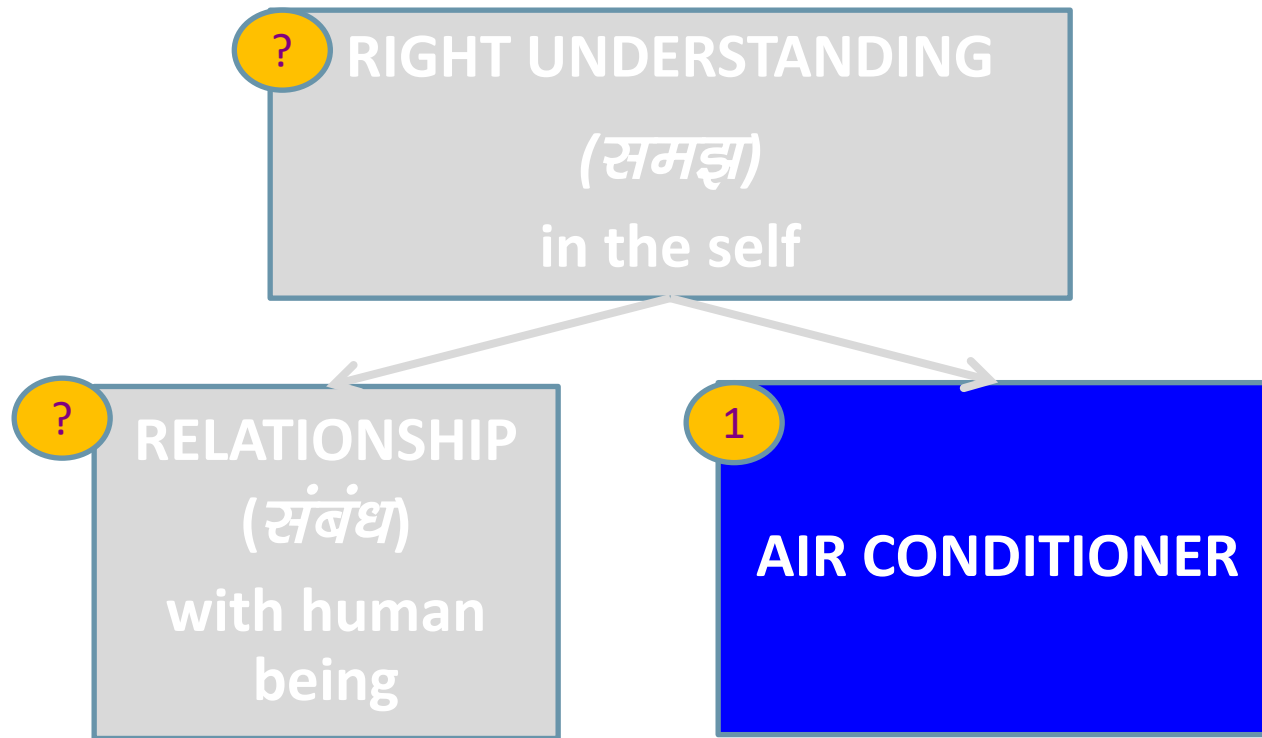
**For human beings:
necessary but not
adequate**

These are two different types of needs

Let us explore if one type of need can be fulfilled by another

Ex: Sitting in a hot room... we are uncomfortable & unhappy

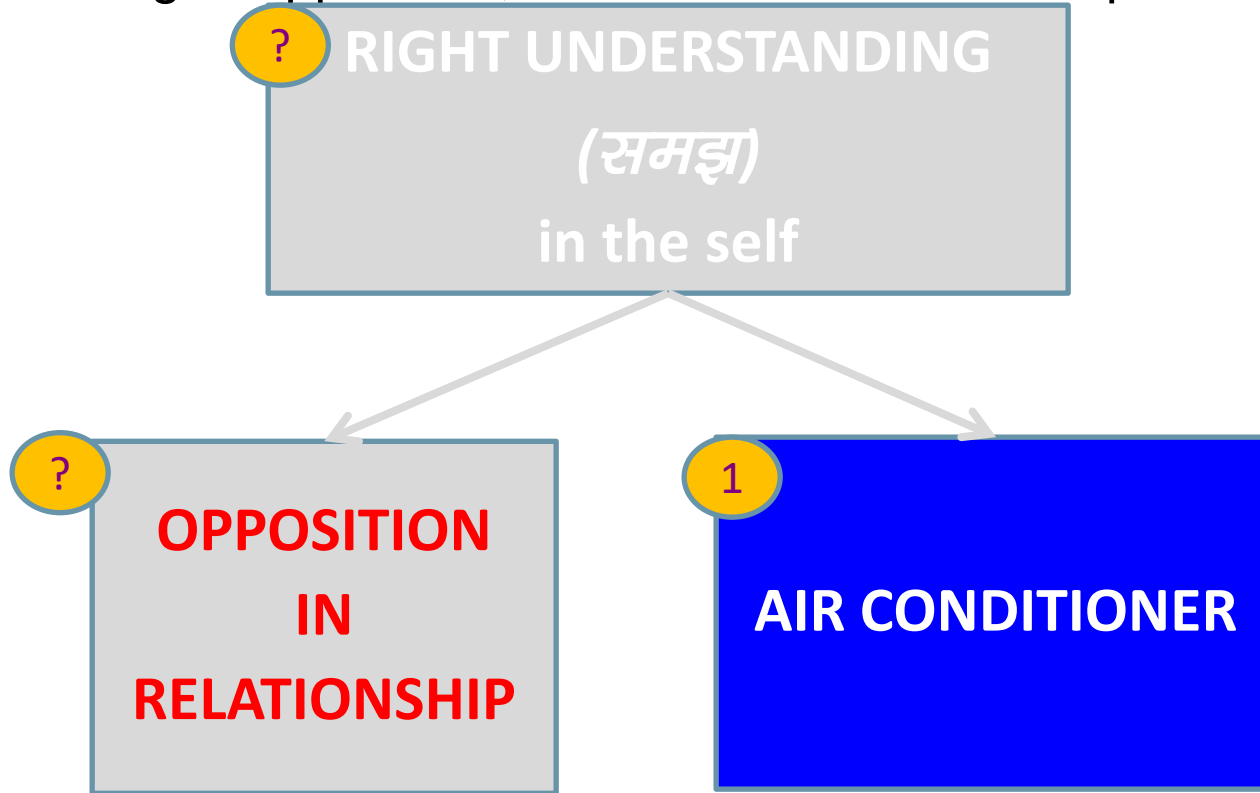
Q: Does an AC help us resolve our discomfort & unhappiness?



- An AC does help resolve the physical discomfort
- However, it is not clear that the AC provides any relief from unhappiness

Ex: Sitting in an AC room... with someone we are opposed to...

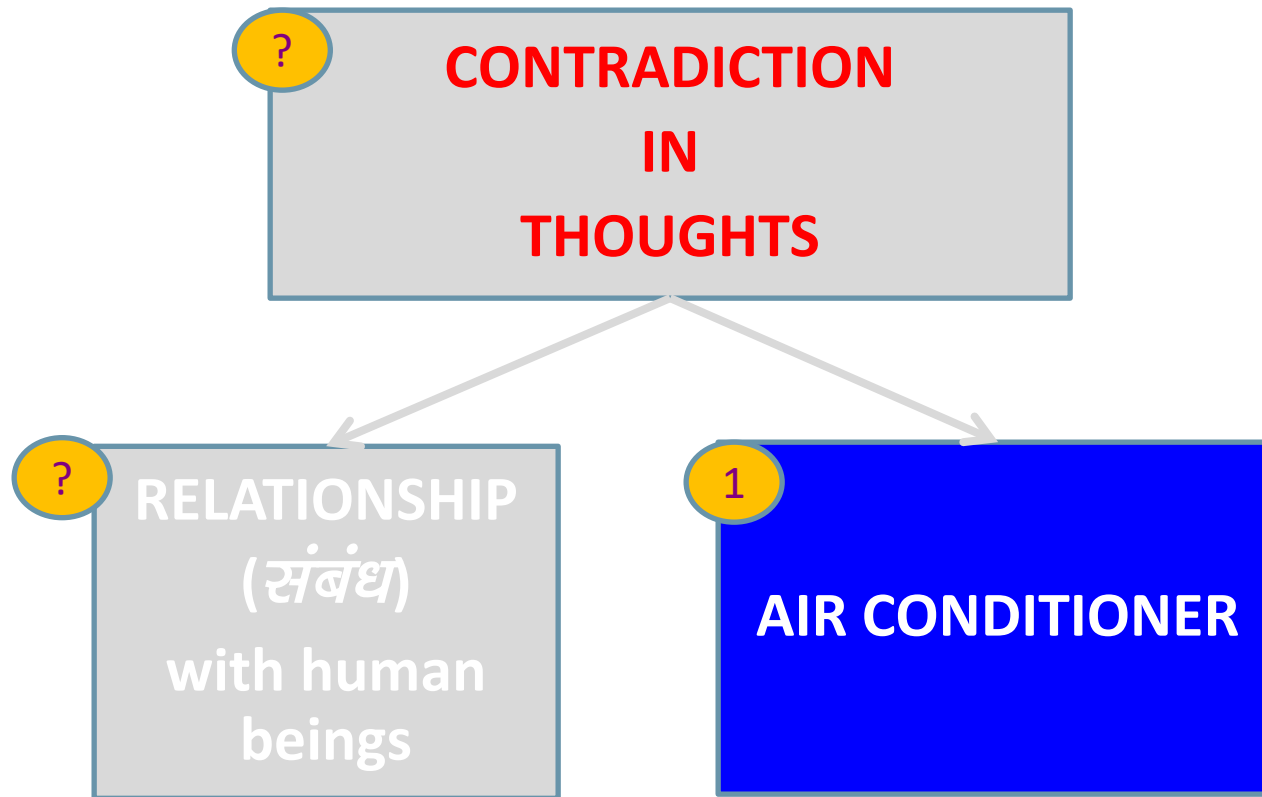
Q: Is the feeling of opposition naturally acceptable? Or do we want to get rid of the feeling of opposition, to resolve the relationship?



- We can see that an AC has no impact in resolving relationship
- Physical facility does not have any lasting impact in relationship. E.g. A gift can atmost distract attention for some time – it is not a solution
- Right understanding about relationship and right feeling in oneself is required for resolving the relationship

Ex: Sitting alone in an AC room... thinking about one we oppose...

Q: Does the AC help us resolve the contradiction in our thoughts?



- We can see that an AC has no impact in resolving contradiction in thoughts
- Right understanding is required to resolve contradiction in thoughts