

Unit- 4 : Harmony in Nature and Existence- Whole Existence as CO-Existence**Chapter – 15 : Understanding Harmony in Nature****Chapter- 16: Interconnectedness and Mutual Fulfillment in Nature****Chapter- 17: Understanding Existence as Co-Existence and Harmony at All Level of Existence****1- Four Order of Nature:-**

i- Material Order ii- Pranic Order iii- Animal Order iii- Human Order

The four orders as above should not be viewed in isolation. All these are part and parcel of nature and existence. There are really mutually complementary and supplementary. They are not independent. Each one nurtures and nourishes the others.

- Material Order consists of things like air, water, soil and so on.
- Pranic order comprises trees, plants, insects etc.
- Animal order includes birds and animals.
- Human order denotes human beings.

2- Nature is our Life:-

The word Nature is derived from the Latin word natura, "essential qualities, innate disposition," and literally means "birth". Natura was a Latin translation of the Greek word physics, which originally related to the intrinsic characteristics.

"Come forth in to the light of things; let nature be your teacher." William Wordsworth

Our life depends upon nature, earth is only planet presently known to support life, and the atmospheric conditions have been significantly altered from the original conditions by the presence of life- forms, which creates an ecological balance that stabilizes the surface conditions.

3- Co-Existence:-

Co-Existence is a state in which two or more groups are living together while respecting their differences and resolving their conflicts nonviolently. Co-Existence has been explained by various ways-

- i- To exist together (in time or space) and to exist in mutual tolerance.
- ii- To learn to recognize and live with difference.
- iii- To have a relationship between persons or groups in which none of the parties is trying to destroy the other.
- iv- To exist together (in time or place) aid to exist in mutual tolerance.

4- Eco- System:-

Ecosystems are composed of a variety of an abiotic and biotic component that functions in interrelated way. The structure and composition is determined by various environmental factors that are interrelated. Variations of these factors will imitate dynamic modifications to the ecosystem. Some of the more important components are: soil, atmosphere, radiation from the Sun, water and living organism. Within the ecosystem, species are connected and dependent upon one

another in the food chain and exchange energy and matter between themselves as well as with their environment.

5- Fearlessness:-

Fear is only a delusion created by the mind; lack of fear is also a delusion created by the mind. Mistaking one thing for another leads to fear; recognizing the mistake and rectifying it, leads to the removal of fear. These two Bhaya and Nirbhaya, are at all. Abhaya means fearlessness; it is a permanent state where there is no question of ever experiencing any fear. A person with Abhaya is continuously aware of his own reality; for him to become subject to fear would be possible. You should not consider this quality of Abhaya as just the absence of fear.

6- Human Interrelationship with Nature:-

One of the greatest human qualities is the ability to see well and appreciate it, as well as the power to fight for it. The most important thing is to find inspiration in everyday life. Although humans currently comprise only a miniscule.

Proportion of the total living biomass on earth, the human effect on nature is disproportionately large. The development of technology by the human race has allowed the greater exploitation of natural resources and has helped to alleviate some of the risk from natural hazards. In spite of this progress, however, the fate of human civilization remains closely linked to change in the environment that are only slowly becoming understood. Man-made threats to the earth's natural environment include pollution, deforestation and disasters such as oil spills. Humans have contributed to the extinction of many plants and animals.

Human society has developed to a point where it is able to observe its integrated nature. The current global financial crises demonstrate that we are all part of one system from which no country or individual is separated. The crises are a result of the egoistical and unbalanced relationship of humanity. The only cure to the crises is to understand the interdependence of the human system and try to bring it into balance with nature. Nature is an integrated system that lives in perfect balance.

7- Question: - Can a Technical Society live in Harmony with Nature?

Energy shortages, power crises, petrochemical pollutants, ozone depletion, hazardous waste, and nuclear radiation, bioengineered crops: these are just a few of the nightmares of a technological world raging against natural laws. In the midst of this technological onslaught, we have been conditioned to believe that technology is the inherently evil nemesis of nature, the two forever destined to be at incompatible odds with one another. Modern society perpetuates this belief that one must be sacrificed for the other, thus suggesting the illusory options of either abandoning the "urban" life for huts in the forest and cots in the ashram, or supporting a society which plunders natural resources to sustain the modern lifestyle of our unabated consumerism. The industrial revolution took us away from our ability as human being to live in harmony with nature. We need to cultivate the resources that are available to us from nature more responsibly. We waste a great deal. This planet is the only one we have. The current Global Warming trend may lead this planet to a point we won't be able to back out of. We can learn to treat our home better, or, we can choose to deal with the consequences. The idea that advocates harmony of man nature is of great significance on keeping an ecological balance. The theory is well balanced with emphasis both on alternative and complying with nature. People should neither subdue, nor destroy nature, and the relationship between the two should be coordinated and harmonized.

8- Question: - How Harmony with Nature gives us perspective on our own Lives?

Modern stresses make us lose sight of what is truly important to us. When you feel harmonious with nature you regain vision and perspective on your own life. You see you truly 'fit' in the great

scheme of things and can gain insight into what really needs to be done in your life- as part of the greater whole.

We can't remove ourselves from nature

To be in harmony with nature is to be in harmony with ourselves. We come from the hydrogen and helium of the stars which formed planets one of which formed us – we are nature an intrinsic part of everything we see. The playful song of birds singing on a spring morning, the warmth of a clear summer's day, the bubbling of clear mountain water over pebbles, the rock and ice, the sea and ocean we are part of this and these things are part of us.

The session harmony with nature will use hypnosis to gently guide you into a rapturous sense of connection to the whole of natural creation. You'll not only appreciate the natural world around you more you'll feel revitalized, refreshed and relaxed-ready to face anything. The beauty of this session is that you can connect to nature even when you are not 'in nature'. You can relax to his session even when miles away from the nearest bit of natural greenery and still feel connected to nature.

9- Holistic Perception of Harmony at all levels of Existence:-

- i- Natural Harmony
- ii- Natural Harmony in Trees
- iii- Natural Harmony in Building
- iv- Natural Harmony in Residential real State
- v- Natural Harmony in Water
- vi- Natural Harmony in Gardening
- vii- Natural Harmony in Rural Ecosystem
- viii- Natural Harmony in Education Institutions
- ix- Natural Harmony in School Parks
- x- Natural Harmony through Yoga.

Human society has developed to appoint where it is able to observe its integrated nature. The current global financial crises demonstrate that we all are part of one system from which no country individual is departed. This crisis is a result of the egoistical and economic activities e.g., hunting and fishing which are also uses for sustenance. The fate of human civilization remains closely linked to changes in the environment. There exists a highly complex feedback- loop between the use of advanced technology and changes to the environment that are only slowly becoming understood. Natural harmony is necessary to solve the problem of global warming and depletion of nonrenewable natural resources can be avoided.

Harmony very important:-

Natural harmony with trees cures all problems like- reduction of wind velocity, energy savings, doing companion planting, development of an eco-subsystem in terms of establishing a forest garden, reduction of building heat.

It is possible to achieve natural harmony in the establishment, maintenance and management of educational institution like schools, colleges and universities.

One can understand the depths of harmony and alignment in nature by contemplating and reflecting upon the natural order. It is possible to unravel the mystery of the natural synthesis in the midst of ongoing chaos at the material plain. Yoga enables one to understand the intrinsic worth of life and the meaning and significance of the cosmic order. The beauty of Yoga is that it helps one to realize the inner harmony and its relationship with the external Universe with multitudes of beings and natural phenomenon.