

Happiness curriculum

What are we looking for...

We human beings seek happiness:

- It is our inseparable innate nature.
- We can easily verify this in ourselves and in our fellow human beings: that whatever a human being does, they do it because they believe it would bring them happiness.

A natural question then arises: Do we not attain happiness in our living?

A quick assessment reveals that we do. However, if we do a little introspection, we'd find that it is not just happiness that we are looking for, but lasting happiness!

Loosely speaking, our need for lasting happiness is not met because we encounter 'Problems' in our lives. Let's try to enumerate some of these events or circumstances we have labeled as 'Problems' in order to identify them unambiguously.

'Problems': some examples, and a classification

Environmental Problems:

- Pollution
- Resource Depletion
- Vanishing Eco-systems
- Climate Change
- Natural calamities
- Newer Diseases

Personal Problems:

- Loneliness
- Boredom
- Purposelessness
- Lack of clarity on what to do, why to do...
- Lack of self-confidence
- Inferiority

Social Problems:

- Poverty
- Injustice
- Exploitation
- Corruption
- Dysfunctional socio-economic-political systems
- Conflict of interest, classes

- Fundamentalism
- Terrorism
- War

Inter-personal Problems:

- Stark differences of opinion
- Absence of shared goals
- Lack of trust
- Jealousy
- Hatred
- Feelings of neglect, disrespect
- Perception of not being understood, cared, valued

While the graphic could suggest these are disjoint, it is important to realize that all these 'types' of problems are inter-affecting, interacting, and inter-related. One often leads to the other, and vicious cycles manifest.

What/Who causes the problems?

If we look around us, we can classify all entities into four broad categories – The Material Order, The Pranic Order, The Animal Order, and Human Beings. A quick look at the interactions between them reveals that the first three orders exist in harmony within themselves and with all the others. It is only human interactions, be it amongst themselves or with the other three categories, that seem to be the cause of problems!

Thus, it can safely be said that all problems have their root in the 'doings' of human beings.

Some Conclusions:

- There are 4 orders in existence.
- Out of four, three orders are in Mutual Fulfillment with each other.
- Human beings also want to be Mutually Fulfilling to every other unit.
- Due to lack of understanding, a human being is not able to recognize his relationship with the rest of units/realities.
- Lack of understanding at the level of a human being is the problem.

It is indeed a sad paradox: We as human beings seek lasting happiness. However, by our very own doings, we are manifesting problems that

obstruct us from achieving it!

What we want? Mutual Fulfillment in Human Relationships and Mutual Enrichment with the rest of Nature.

Difference in Animal and Human:

- For an Animal, Material Facilities are Necessary and Sufficient.
- For a Human Being, Material Facilities are Necessary but Not Sufficient.

Animal and Human:

- Physical Facilities are not sufficient for a human being.
- At the level of basic desire, a Human Being is different from an Animal.
 - Human beings need:
 - Right Understanding.
 - Relationships.
 - Physical Facilities.

For human beings, physical facilities are necessary but relationships are also necessary.

On examining carefully, we find that this is a fundamental difference between animals and humans.

Physical facilities are necessary for animals and necessary for humans.

However, for animals, physical facilities are necessary as well as complete. For human beings, physical facilities are necessary but not complete.

On close examination, the list of thoughts can be classified into two categories:

- Feelings in relationship with other human beings.
- Right understanding in the self, or knowledge.

Human beings think about ensuring these. If we recognize human beings' aspiration, we find that they want to live in a relationship with all and feel happy living in a relationship; therefore, a relationship is crucial. For fulfillment in relationships, it is necessary to have right understanding about relationships, i.e., right understanding is also necessary for human.

Thus: right understanding, relationships, and physical facilities, all three are necessary.

On examining carefully, we find that for human beings, first right understanding, then relationships with right understanding, then physical facilities with right understanding & relationships are necessary. Right understanding ensures recognition of required physical facilities.

Production, availability of more than required physical facilities ensures mutual prosperity. Like this, right understanding, relationships, and physical facilities ensure happiness and prosperity for human beings, which is their fundamental aspiration.

With insufficient understanding and insufficient fulfillment in relationships, when we put in effort only for physical facilities:

- Firstly, we do not experience happiness.
- Secondly, without right understanding, we are never able to rightly determine our requirement of physical facilities. Therefore, in spite of having an accumulation of physical facilities, the feeling of lack of physical facilities continues to be present, and we continually have a feeling of deprivation.

If our living is only for physical facilities, then we are living with animal consciousness because animals live only for physical facilities and are fulfilled by that, not human beings. If we are living for all three (right understanding, relationships, and physical facilities), then we are living with human consciousness. Human beings can be fulfilled by being happy and prosperous on the basis of these three.

How many questions do we have?

- When we do not try to identify, then we feel that a human being has infinite questions.
 - When we pay attention, then we begin to realize that we have only two questions:
 - What do I want?
 - How do I achieve it?

The basic human desire is continuous happiness & prosperity. The Program of Action is to understand and live in harmony at all 4 levels of our existence:

- In Myself
- In Family
- In Society
- In Nature & Existence

Ensuring the continuity of happiness = right understanding & right feelings in relationships. Living with right understanding & right feelings = resolution = samadhaan. Lack of samadhaan = samasya = unhappiness.

Continuity of samadhaan ensured if it comes from knowledge.

Knowledge gives rise to right understanding & right feelings. So, knowledge in & of the self is required for right understanding which leads to samadhaan, leading to continuous happiness. Knowledge has three parts:

- Knowledge of self
- Knowledge of things around up to the entire existence
- Understanding the relationship between self & each unit in existence (human conduct)

Basic desire of a human being:

- Happiness
- Trust
- Respect
- Relationships
- Prosperity
- Fearlessness in Society
- Understanding
- and Continuity of All These.

Our Natural Acceptance:

- Natural Acceptance (Sahaj-Swikriti)
- Intact – In spite of all preconditioning.
- Invariant – Does not change over Time or Space or Individual or Condition of the body.
- Universal – Is the same in all Human Beings.
- Can only be observed within. Introspection.
- Cannot be reasoned out. Beyond logic.
- Reasoning is based on Natural Acceptance.

We have a lot of preconditioning in us. Thus, we are carrying desires that are not even our own. This causes uncertainty in us; we are never sure. These desires/wants or preconditioning have to be verified by each one of us, on our own right. The basis for the verification is our own Natural acceptance.

We are happy when we are according to our Natural Acceptance. When we go against it, it makes us unhappy. We are carrying numerous preconditioning that are unacceptable to ourselves. This is the cause of our unhappiness. This contradiction needs to be resolved.

When a proposal passes through your own Natural Acceptance, it becomes true for you. We are given to think that the problem lies outside. When we explore, we find out that the problem is inside, in us:

our own lack of understanding, our inability to understand reality as it is.
Behavior and Work:

- Behavior: Effort put in by a human being with another human being to ensure its expectation for Happiness and its continuity.
- Work: Effort put in by a human being with the rest of nature to ensure required Physical Facilities.

Verify your Beliefs:

- Verify all your beliefs if they are really True or you have assumed them to be True.
- Try to question why you have assumed something to be True.
- Try to verify if your belief is ensuring you Happiness, Relationships, Prosperity, and Continuity of 3. Whether it is Naturally Acceptable to you or not.
- Be aware of your Desires, Thoughts, Assumptions all the time.

Happiness:

- We want Happiness and Continuity of it.
- What is the definition of Happiness according to you?
- Happiness: To be in a state of non-conflict, a state of Harmony-Synergy. To be with the feeling of acceptance is Happiness.

Unhappiness:

- To be in a state of contradiction/opposition is unhappiness.
- To be in Harmony is Happiness.
- Mostly we are not in harmony within ourselves. Self-exploration will reveal that.
- Unhappy man spreads Unhappiness.
- As a result, problems keep getting multiplied.

Happiness is Internal:

- State within Self determines your happiness/unhappiness.
 - A harmonious thought will create happiness, even if no expression (Behavior/Work) has yet taken place.
 - A feeling of Trust for another. Expressing this feeling to the other will create happiness in the other.
 - Similarly, a disharmonious thought will create Unhappiness.
 - Thinking of taking revenge.

Harmony in Self:

- Human Being is a Co-Existence of "I" and "Body":
- Human Being = "I" + "Body".

- ◆ All desires can be classified into these two categories:
- ◆ **Physical Facilities:** Food, Clothing, Shelter, Physical facilities related aspects.
- ◆ **Happiness:** Feeling related aspects.

Root Cause of the Problems:

- Lack of Clarity of distinction between "I" and Body.
- Lack of Clarity on the needs of "I" and Body.
 - Leads to:
 - Useless efforts to fulfill needs of "I" through Body.
 - Needs of "I" are continuous. Sensation from Body cannot ensure its Continuity.
 - Respect on the basis of Facility is not Certain. "I" desires for Certainty, Continuity of Respect.

What are the needs of a human being?

- Each human being has two different kinds of needs. These can be termed as material & psychological needs.
- Also, each human being comprises two distinct entities: the conscious 'I', and the physio-chemical Body.
- The psychological needs are the needs of the 'I'; and the material needs are required to maintain the Body.
- The means of fulfillment of these two needs are not mutually exchangeable/supplantable. Thus, each human being has to have a program for fulfillment of both these needs.
- It is the lack of clear identification of our psychological needs and a largely unconsciously held assumption that 'material means can fulfill all our needs (and therefore psychological also)' that lies at the root of the crisis that the human race is currently facing.

Activities of I: Motivation / Source of Desire, Thought, Selection

- Realization
- Understanding
- Desire / Imaging Preconditioning (manyata):
Assumptions, partantrata
- Thought / Analyzing
- Selection / Selecting

BODY Sensation (samvedna): from or through the body, partantrata

Source of Desires:

- Preconditioning – Assuming without Knowing (manyata)
- Initiated and reinforced from outside.
- Motivation includes Fear or Enticement.
- Keeps changing (different people say/assume different things).
- Doubt in the self, ownership is with other(s).
- Dies out or loses strength over time.
- Dependence (partantrata). Does not ensure continuity of Happiness.
- Sensation (samvedna):
- Effect dies out quickly, cannot continue for a long time.
- Dependence (partantrata).
- Natural Acceptance – Assuming with Knowing (sahaj swikriti)
- Definite / Unchanging (nothing less will do, nothing more is needed), Based on fulfillment of goal or following principles.
- Unimpacted by preconditioning / sensation.
- Leads to Definiteness at the level of Desires.

The Basis of Natural Acceptance:

Complete Understanding of all of Existence

Desire (to fulfill the need for happiness):

Desire incorporates both psychological needs and material needs

Analysis & Comparison (to execute the Desire):

Currently we operate at this level:

- Likes-Priya = Relative to Sensation
- Health -Hit = Relative to the Health of Body
- Profit-Laabh = Relative to Profit mainly associated with Physical Facilities and Respect/Recognition.

Major shift is required to include the following in the basis of decision making and analysis:

- Human Relations -Nyaya = Justice = Understanding and fulfillment of H-H relations, leading to mutual Happiness (samadhan, resolution).
- Innate Order - Dharm = Understanding and fulfillment of H-H, H- Rest of nature relations, leading to Mutual Happiness, Mutual Prosperity (Samriddhi), Fearlessness (Abhay).
- Truth - Satya = Understanding and fulfillment of H-Astitva relation. Harmony in Existence.

Choice (to actualize the Desire via speech/action/behavior):

Desired & Harmonious outcomes

The functioning of Conscious Self (I) - Jeevan

- Realization
- Understanding
- Desire / Imaging
- Thought / Analyzing
- Selection / Selecting

BODY Sensation (reacting, animal consciousness)

- Realization and Understanding based.
- Desires are based on the right understanding.
- Leads to Mutual Fulfillment in Relationships.
- Mutual Enrichment with Nature.
- Right Utilization of Resources.
- Happiness Within, Prosperity in Family, Fearlessness in Society, and Co-Existence in Nature.

Technically speaking, The functioning of Jeevan:

Réalisation - Actualisation

Understanding Resolve

Purposive Contemplation Desire

Comparison Analysis

Experience Choosing

Our actions /speech / behavior

A shift in worldview results in a shift in the parameters of consideration.

Body Centric view of the Self:

- Considerations get limited to the sensory gratification/material gain potential in our choices.
- This is natural: as only these are seen as capable of fulfilling the innate need for happiness.
 - Consequently, the only factors that affect our choice are:
 - Is it going to be pleasurable to my senses?
 - Is it going to be comfortable/convenient in my living?
 - Is it going to be monetarily profitable for me?

'I' + Body view of the Self:

- Considerations enhance based on an understanding of one's material and psychological needs.
- It becomes evident that the latter are fulfilled only when one is in harmony with fellow human beings and with the rest of nature.

- The parameters thus take all interdependencies into consideration.

Linkage between human needs and what humans seek, as per this proposal:

We seek lasting happiness:

- This is materialized through the fulfillment of both kinds of our needs – namely psychological and material.
 - The assured way of fulfillment of both these needs, or in other words, the assured way of getting what we seek, is through a complete understanding of Existence in the human being. This manifests as:
 - Prosperity and mutually fulfilling relationships in the family
 - Behaviour that ensures Justice, Trust, mutual-complimentarity in society
 - A lifestyle that ensures sustainable and ever-enriching harmony in Nature.

Harmony with the Body:

- Human being = self (I) + body
- I <- information -> Body (Sanyam) (health)
- Sanyam: I takes the responsibility of nurturing, protecting & right utilization of the body.
- Health: If all the parts of the body are in order and the body can act according to I.

Commitment (Sanyam): I takes the responsibility of nurturing, protecting & rightly utilizing the body:

- Nurturing: Food, water, exercise...
- Protecting: Clothes, shelter...
- Rightly utilizing: instruments, equipment...
 - Health (Swasthya):
 - The body acts according to I.
 - There is harmony among the parts of the Body.

Intake, daily routine; labor, exercise; asana, pranayama; medicine, treatment.

Program for Sanyam

Nurturing the Body (Poshan) with right food (Ahar)

- Ingestion (Grahan), Digestion (Pachan), Excretion (Nishkasan)

Protecting the Body (Sanrakshan)

- Upkeep / Daily Schedule (Vihar)
- Labour (Shram)
- Physical Exercise (Vyayam, Asan, Pranayam)
- Treatment (Upchar)

Right Utilization of the Body (Sadupyog)

- Equipment, instruments (Sadhan)

Summary: Harmony with the Body

- Human being is coexistence of I & Body.
- There is exchange of information between I & Body.
- I is consciousness, and Body is Material in nature.
- When I takes the responsibility for the body by exercising discipline, it is possible to take care of the body.
- I takes responsibility for Nurturing, Protection, and Right Utilization of the Body.
- Such needs are limited in nature and can easily be fulfilled.

Health:

- The Body acts according to I.
- There is harmony among the parts of the Body.

Prosperity (Samriddhi):

- Feeling of having/being able to have more than required physical facilities.
- Appropriate assessment of physical needs and their required limited quantity.
- Ensuring availability/production of more than required physical facilities.
- Right utilization of physical facilities (sadupyog).
- Ensuring mutual enrichment without exploiting human beings or nature.

Harmony with the Body:

- When there is responsibility (sanyam) & feeling of prosperity (samriddhi) in the self and health (swasthya) in the body then there is harmony with the Body.
- Right Understanding in the Self = Sanyam.

HARMONY IN RELATIONSHIPS

Understanding Expectations in Relationships:

- Unconditional Acceptance in any Relationship.
- Trust and Right Evaluation Unconditionally.
- Feeling uncomfortable with uncertainty in Acceptance.

- Feeling hurt with mistrust.

Harmony in Relationships: Proposal

- Relationship is there - between I and I - not between body & body.
- Expectations can be recognized and fulfilled.
- Fulfillment and right evaluation lead to Mutual happiness.
- Harmony in relationships is Justice (Nyaya).

Feelings in Relationships:

- Understanding of feelings leads to Happiness within.
- Expression of feelings with others leads to Mutual Happiness.
- There are exactly 9 feelings.

Values - Feelings – Expectations in relationship:

- Trust
- Respect
- Affection
- Care
- Guidance
- Reverence
- Glory
- Gratitude
- Love

Harmony in the Family:

- Relationship IS between I and I.
- Expectations of I from I.
- Recognition, fulfillment, and evaluation lead to mutual happiness.

Relationship is already there. It is basically the relationship between I and I. I always wants to be in harmony within itself and in relationship. Otherwise, I feels uncomfortable. Hence, you do not have to create the relationship. You only need to recognize and fulfill it. Today, we largely recognize relationships based on the Body. Example: a parent – child relationship. Normally, we educate a child and give him all the skills solely with the purpose of getting him a job which would ensure physical facilities. But there is dissatisfaction on the child's part since the parents are only taking care of the needs of the body and not the I. Therefore, when the child grows up, it only takes care of the Body of the parents largely ignoring the needs of the I as it has experienced in the past. The solution, therefore, is to see things as they are.

1. Trust (vishwas):

Trust means the assurance/understanding that the other wants my happiness and prosperity just

as I want the same for them. Ask the following questions of yourself – verify on the basis of your

natural acceptance and put a tick where you agree:

We find that while we look at our intention and the others

competence. (*I wanted to do well, but he could*

not....) ...we seldom compare our competence with the others

intention (*He wanted to do well, but I could*

not...)

- I.e. we trust our own intention while we are not ready to trust the others intention.

- It is the same for the other as well. I.e. While he trusts his own intentions, he does not trust mine. Hence, mistrust is born and we deny the relationship.

- We also see that we not able to fulfill our intentions in terms of our competence at all times. It is the same for the other as well.

- We want to be related to the other, and we want the other to be related to us – irrespective of who this other is.

- If we have trust in the other, we are able to see the other as a relative and not as an adversary. We then become ready to become a help to the other

- I.e. Intention is always correct, it is only the competence that is lacking – which can be improved by right understanding

Living with mistrust becomes cause for our Own unhappiness – it is the same for the Other as well.

This is due to a lack of understanding relationship

By understanding human relationship, we

Become assured about the intention of the other

- We can thus not get hurt by the other – are

Always an aid to the other

Every human wants to live with trust

The problems in family are largely due to a doubt

On intention.

Trust

- Trust is the feeling of assurance that the other "intends" my happiness.
- It is based on the intention.
- Feeling of Trust leads to mutual happiness.
- Happiness starts from within oneself.
- Trust is a basic human desire.

Intention and Competence

- Competence includes the ability to learn, improve, innovate, create, perform, teach, transmit, and evaluate.
- Clarity of intention enhances the ability to evaluate others.
- Clarity of intention fosters a sense of relatedness and comfort.

Respect

- Respect means right evaluation or correct evaluation.
- It goes beyond external factors like body, status, or age.
- Right evaluation is based on recognizing the commonality at the level of I.
- Respect involves evaluating others in terms of need, program, and potential.

Respect – Right Evaluation

- Right evaluation avoids over-valuation and under-valuation.
- Over-valuation leads to self-focus and distance from others.
- Under-valuation can harm self-esteem and disrespect others.

Trust & Respect

- Basic trust in intention prevents hurt.
- Evaluation based on I, not the body, ensures harmony.
- Sensitivity involves recognizing shared experiences of happiness and unhappiness.
- Evaluation of self is crucial for self-respect.

Affection

- Affection is the feeling of responsibility for the completeness of understanding in oneself and others.

- It involves a commitment to mutual fulfillment in increasing each other's understanding.
- Lack of opposition in justful behavior is a sign of affection.

Care, Mamta

- Feeling of responsibility and commitment toward nurturing and protecting the body of others.
- Focus on the needs of the body.

Guidance, Vatsalya

- Feeling of responsibility and commitment toward ensuring right understanding, right feelings, and independence in others.
- Focus on the needs of I.

Excellence (Shreshtatha)

- Understanding and living in harmony at all six levels.
- Helping others to reach one's level.
- Opposition hinders others from reaching one's level.

Reverence, Shraddha

- Feeling of acceptance of the excellence of another.

Glory, Gaurav

- Feeling for those who have worked for excellence.
- Unconditional acceptance for following the example of others.

Gratitude, Kratagyata

- Feeling for those who have worked for one's excellence.
- Guidance evokes a feeling of gratitude.

Love

- Feeling of being related to every unit in existence.
- Experiencing completeness in existence.
- Expression of kindness, beneficence, and compassion.

Harmony in Family

- Family is the smallest unit to test and prove understanding.
- Recognition of relationships, fulfillment of values, evaluation, mutual fulfillment, and prosperity in family.
- Around 10 family units.

HARMONY IN SOCIETY

- Society is an organization of a group of families.
- Goal: To ensure continuity of happiness and prosperity in every family.

- Universal Human Goal: Right understanding in every individual
-> Prosperity in every family -> Fearlessness in society -> Co-Existence in Nature.

Harmony in Nature

- Four orders in nature, three mutually fulfilling.
- Human order can evolve work/production processes to become fulfilling for the other three orders.
- Human beings need to understand and live in harmony with these relationships.
- Cyclic (Avartansheel) work processes contribute to harmony in nature.

Material Order

- Composed of atoms and molecules.

Pranic Order

- Composed of cells (which are made up of atoms and molecules).

Animal Order

- Animal Body + Conscious Entity.
- Animal Body is composed of cells.

Human Order

- Human Body + Conscious Entity.
- Human Body is composed of cells.

Characteristics of Atoms

- Atoms in the Material Order can change their constitution.
- These atoms are constitutionally unsaturated.

Conscious Entities

- Conscious Entities are constitutionally saturated atoms.
- They enliven bio-physical bodies of animals and humans.

ORDER	THINGS	ACTIVITY	DHARMA	SVABHAV
Physioche Padarth	Air Water Minerals	Compositio n Decomposi tion	Existence Self-Org	Composite Decomposi te.

Pranic Pran	Plants, Animal body. Human body	„ + Resp.	„+ Growth	Pran, Enhance/ Worsen
Animal Jeev	Animal Body +1	„+Selection in I		Will to Live in I Dinta. Hinta, Krurta
Human Gyan	Human Body + I	„+ Selection Thinking Desire	Will to Live with happiness, understand ing	Dhirta, Veerta, Udarta

The Four Orders	Innate Nature	Defining Activity	Basis for Definiteness of Behaviour	Capability demonstrated
Mineral Order	To exist	Composition- Decomposition	Atomic / Molecular Configuration	Recognise;
Pranic Order	To exist and to grow, reproduce, evolve newer species	Respiration	Genes within the cells	Respond accordingly

Animal Order	To exist, grow, reproduce, and a desire to live	Species specific behaviour - with incipient stages of belief based behaviour	Species based	Believe; Recognise; Respond accordingly
Human Order	All of the above plus a desire to live with happiness	Free will based on imagination , understanding	Understanding dependent	Know; Believe; Recognise; Respond accordingly

Animal Nature

- **Wretchedness (Deenta):**
 - Feeling incapable of fulfilling needs and taking care of the body.
 - Lack of self-assurance in meeting one's own requirements.
- **Cunningness (Heenta):**
 - Resorting to cheating and manipulation to fulfill needs.
 - Seeking ways to satisfy one's needs through deceptive means.
- **Cruelty (Krutta):**
 - Using violence and forcefulness to meet needs.
 - Resorting to aggression to fulfill one's requirements.

Pashu Manav (Animal-Human)

- **Needs:** Food, Sleep, Sex, Security/Protection.
 - **Behavior:**
 - Derives happiness from material pleasures.
 - Reactive behavior, blames others, focuses on problems.
 - Seeks comfort in various situations, avoids challenges.

Human Nature (Manav Swabhav)

- **Steadfastness (Dheerta):**
 - Commitment to understanding and living in harmony at all

six levels of existence.

- Assurance that the comprehensive solution lies in harmony at all levels.

- **Courageousness (Veerta):**

- Readiness to help others have the right understanding.
- Commitment to assist others in achieving harmony at all six levels.

- **Generosity (Udaarta):**

- Willingness to invest oneself, body, and wealth to help others gain the right understanding.
- Providing physical facilities in the process of guiding others towards harmony.

- *Additional Qualities:*

- **Daya, Kripa, Karuna (Compassion, Grace, Benevolence)**

HARMONY IN EXISTENCE

What do we mean by 'Existence'?

- All that exists, including the Universe, the Cosmos, and Reality.

Why does the human being need to understand 'Existence'?

- Inherent need for happiness drives humans to seek understanding of themselves, others, and their relationships.
- Understanding Existence is essential for human functioning.

What does it mean to 'understand Existence'?

- Answering three key questions:
- What entities exist in Existence?
- Is there a pattern/order to interactions and manifestations of entities?
- Can we discern a purpose to Existence based on the above answers?

Existence = all that exists

EXISTENCE

- **Matter**
- **Space**

Matter

- Matter is in the form of individual units; Units imply they have definite shape and size

- Units are localized, but infinite in number
- The units of Matter are active/dynamic
- Being active implies matter is energized

Space

- Space is without shape or size
- Space is everywhere: it is infinite in expanse
- Space has no activity. It is constant or 'changeless'
- Space is the energy that energizes matter

The definite Emergence in Nature

- Material Order -> Material Order + Pranic Order -> Material Order + Pranic Order + Animal Bodies -> Material Order + Pranic Order + Animal Bodies + Human Body
- Material Order + Pranic Order -> transformation -> Conscient Entities (Jeevan) (consciousness)
- Conscient Entities (Jeevan) (consciousness) adds into animal order and human order
- It operates human

The definite Emergence in Nature (contd.)

STAGE 2: Evolution of the Conscient Entity in the Human Order

- Sub-human Stage -> Human Stage -> 'Complete' or 'Ideal' Human Stage

Sub-human Stage

- Believe the Human being = Body only
- Believe that material needs would fulfill a human
- **Deploy only sensory, convenience and monetary impact in our considerations**
- Consequently, more often than not, undesired
- outcomes in living

Human Stage

- Complete Understanding of Self & all of Existence.
- **Considerations of relationship with fellow humans, relationship with Nature, living out the human purpose become activated**

- Participation and actualization of harmony primarily
- at the level of Self & Family

'Complete' or 'Ideal' Human Stage

- While retaining all characteristics of the human stage, the sphere of meaningful influence and intervention enlarges:
- Thus along with maintaining harmony at the level of Self & Family, **focus of efforts and activity shifts to contribution towards a humane world order**

- All activity in Existence is towards the manifestation of the two stages depicted in the slides before
- Stage 1 happens automatically, i.e., human beings have no active role to play in it
- Stage 2 involves conscious involvement of humans

This conscious 'contribution' starts when we humans understand this natural tendency/direction in Existence, and see how it is aligned to our own need for happiness

Co-Existence is the law of Existence

- Every unit that exists wants to develop (Swayam mein Vikas) and to be free from external pressures. (Dabav se Swatantra)
- Every unit that exists is related to the other in a Mutually Fulfilling manner.
- Recognizing the expectations in the Relationship & Fulfilling them leads to Mutual Development.

Harmony in Existence

1. Existence (astiva) is complete (sampoorn), continuously in harmony (paraspar poorak)
2. Existence is units submerged in space
3. Every unit is in order by itself, it is self energized and self organized, it recognizes its relationship with every other unit and fulfills its responsibility
4. Human beings need only understand the harmony; they do not need to create harmony; just to understand their responsibility or partnership and fulfill it:
 - Harmony in own order (apni vyastha mein sangeet)

- Recognize the relationship with the next larger order, and fulfill that relationship (apne se badi vyastha mein bhagidari ko samajhna aur nirvah karna)

Existence is Eternal

- Eternal implies it is neither created, nor destroyed
- It has no beginning or end
- All entities in existence consequently are also eternal: 'To exist' is the innate nature of all entities in Existence

Existence is Co-existential (slide 1 of 2)

- The 'nature' of Existence is Co-existential. This implies
 - Each order is useful and complementary for the other orders; There is complete harmony across all orders
- This Co-existence is expressed by each entity in the following way
 - Each entity is first an order(harmonious) in itself, and then it plays a definite role in the larger order(harmony)
 - Order / Harmony = Purposeful behaviour; Definite behaviour; Mutually beneficial behaviour;
 - There is no struggle or conflict in Existence.
- Harmony exists: It does not have to be 'created'
 - A human being however has to understand this innate harmony/order in Existence in order to live in harmony with oneself, and with all other entities around them
- Existence is manifestation of successively higher evidences of Co-existence – from material order, to pranic order, to plant order, to human order– Examples
 - Human beings also evidence an 'expectation' for harmony within, and for co-existential participation in the larger order
 - They can realize this only upon understanding the innate harmony in Existence

How are 'Understanding Existence' and 'Environment Issues' related?

- **Man interacts with the environment to meet his needs**
- **Man interacts based on his understanding /worldview**
- **As long as we believe that ...**
 - There is struggle in nature – and only the 'fittest' survive
 - There is not enough to fulfill everyone's needs
 - A successful human being is one who has more money, power, fame

than others.

- For any human to succeed, many others have to fail. Society is a pyramid.
- Natural resources are for man to utilise as he deems fit. Mankind can use its 'intelligence' to 'tame' or 'conquer' nature to make life comfortable for itself.
- Life on earth has occurred by chance. A human being exists for a period of 70-80 years. The only purpose to life is to relish sensory pleasures and live a comfortable life

...devastation of the natural environment, and exploitation of the fellow human is inevitable.

It is only when humans understand the co-existential harmony in existence, and as a consequence realize that

- Human-being has a natural-need to understand Existence, to live a purposeful, conflict-free, and happy life
- The purpose of a human being, like all other entities, is to manifest co-existence
- This is manifested as complete understanding in the individual, prosperity in each family, society as a united mankind, sustainable harmony amongst the four orders in nature Consequently, it is only when we understand that...
- Psychological and material needs of humans are two different kinds of needs
- Psychological needs are fulfilled by developing a complete understanding, and living it – consequently feeling fulfilled by seeing our meaningful contribution towards a universal humane order
- Material needs get deterministic and 'right-sized' only after psychological needs are fulfilled

It is only when we understand that...

- Humans have a useful and complementary relationship with all fellow humans – we are here to assist each other complete our understanding, and then to be able to live it out
- The rest of nature is harmoniously designed to fulfill the material needs of humans – but we have to take into cognizance the laws of
- Sustainability ++
- Surface of the earth economy
- Once psychological needs are met, and the co-existential relationship

with fellow humans and nature seen as imperative to our own happiness
 • Production is not for profit or in an exploitative manner, but for a just, humane order

only then can the environmental richness, beauty and harmony sustain in its glorious form on this planet.

And this can happen only when we humans understand the innate co-existential design in Existence, and see how it is aligned to our own need for happiness

Expression of co-existence at all

Level	Relationship	Description
6. Existence	Co-existence	Units submerged in space
5. Nature	Mutual Fulfilment	Relationship amongst 4 orders of Nature
4. Society	1. Right understanding & right feelings 2. Prosperity 3. Fearlessness / Trust 4. Co-existence	Human - Nature relationship
3. In Family	9 feelings (Trust, Respect, Affection, Care, Human - Human relationship Guidance, Reverence, Glory, Gratitude, Love)	
	2. With Body Sanyam, Health & Prosperity	I - Body relationship

1. In the Self	Continuous Happiness = Happiness, Peace, Satisfaction, Bliss	Relationship between activities of I Realization Understanding Desire Thought
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Understand -> Think -> Do -> Communicate

Understand

- Have the right understanding of Self, Relationships, Society and Rest of Nature

Think

- We have to become aware of our thoughts, and the bases for the same our preconditioning; Thoughts have to be on the basis of our natural acceptance

Do

- We do based on what we think. We have to become aware of our preconditioning and have wants and thoughts based on right understanding. When we do based on such thoughts, there is mutual fulfillment

Communicate

- We communicate with other human beings For this, we have to understand human relationship and the expectations in them. When we are able to see that relationship IS, and have trust and respect in relationship, communication becomes effective & mutually fulfilling