Universal Human Values

(Knowledge, Conscience (Wisdom) & Science of Living) – via Consciousness Development

Existence is in Co-Existence

* This ppt by devansh mittal with some slides by praveen singh
& atishi marlena

Human Values course

It does not teach values. It encourages students to discover what they consider valuable. Accordingly, they should be able to discriminate between valuable and the superficial in real situations in their life.

It facilitates discussion for students on:

Their life goals, reflection on what they are and what they want to be

Their relationships in family

Their relationships with society

Their relationships with nature/existence

It is not a process of assuming nor a process of do's & don'ts

Message fpr students

- Each one of you has been through a long process of studying and put in a lot of hard work and been through a rigorous series of evaluation to reach here. As you look forward to shaping your career, it is crucial at this stage in your life to be able to get a broader perspective of life and know all the constituents that comprise living. It is essential to know what aspects are needed to ensure success, balance, effectiveness and happiness and be responsible human beings and discover your full potential. As associates entering the corporate system, you would be carrying responsibilities towards the corporate and the larger society as well. There are multi-dimensional pressures you would have to face in your career. This requires that you be equipped with the ability to make decisions yourself, and also effectively deal with human relationships.

- The decisions you make now, the impressions you get, the perspective you see, will all play a major role in your life ahead. Working is ultimately about team work; and understanding human relationships effectively plays a major role in our own success & happiness as individuals. Each one of us has a goal and purpose in life we want to achieve. This workshop will allow you to explore all relevant areas about yourselves and your relationships on your own right so you may evaluate and decide them appropriately.

- The workshop is a set of proposals that you would each need to evaluate by exploring yourself and your perceptions. When we start doing this, we become sharper and more sensitive to the situations around us. You will also see that it is possible for you to find the answers to your questions yourself provided you ask the right questions. This workshop will enable you to start asking the right questions about your lives and also find the right answers for them. This is an innovative step we have taken at Satyam, by including this in the standard behavioral training module. It is hoped that you will find this useful and use this opportunity to its fullest to discover your true potential.

Message from resource person

- We are going to be talking about ourselves during the next 5 days. And it will be both interesting and fun. We shall try and discover a couple of things about ourselves and this should trigger off a process of self exploration in you.

- Everything we are going to state is a proposal. So don't assume it to be right. You need to evaluate it yourself.

- This is not a classroom! This is a space for collective dialogue, where we shall and try and explore a couple of things together. So you need to relax and be comfortable! And speak your mind!

- We are not talking about dos and donts. So this is not moral science! These are things you can self verify. Only accept it if you find it true, else **do not accept it**.

- The process that will get started in you should be useful for you not only during your career with Satyam, but also outside the workplace and in your life ahead.

- The success of this workshop would depend on how attentively you listen to what is being stated and how sincerely you evaluate the same thing within yourself. So, this is not something you have to "learn". This is something you have to start paying attention to, and when you start paying attention, you will see that you are able to get the answers yourself.

- Do remember the following:
  - *Take notes*
  - *Keep an open mind*
  - *Do the exercises suggested sincerely*
  - *Your involvement is key! This is not a monologue, it's a dialogue…*

- Lastly, this is an ongoing process and does not end in three days!

Presentation Order

- **Introduction: Shivir What, Why and How**
- **Basic questions of a human being**
  - Basic desire/questions of a human being
  - Program to fulfill those basic desires
  - What we are doing today
- **Basic content of study**
  1. Harmony in Self
  2. Harmony in Human Relations
     1. Harmony in Family
     2. Harmony in Society
 3. Harmony in Nature
  4. Harmony in Existence

**Jeevan Vidya Shivir: What?, Why? and How?**

INTRODUCTION

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, that 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 were to draw a (simplistic) graph of our lives, it would look something like the following:
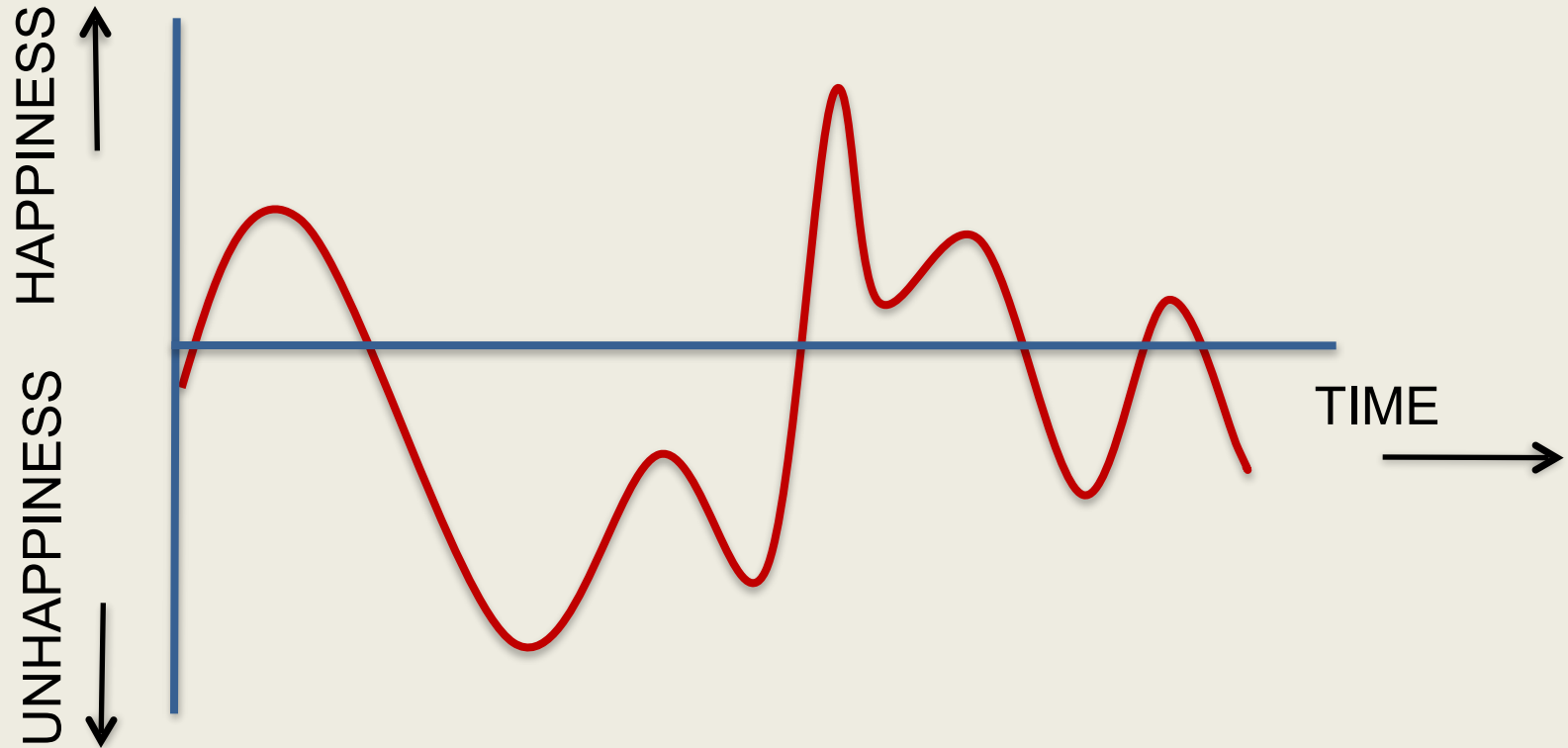
- Thus, it is not that we do not attain happiness while we live. What eludes us is its continuity. ..
- And if we do a little introspection, we'd find that it is not just happiness that we are looking for, but **lasting happiness** !
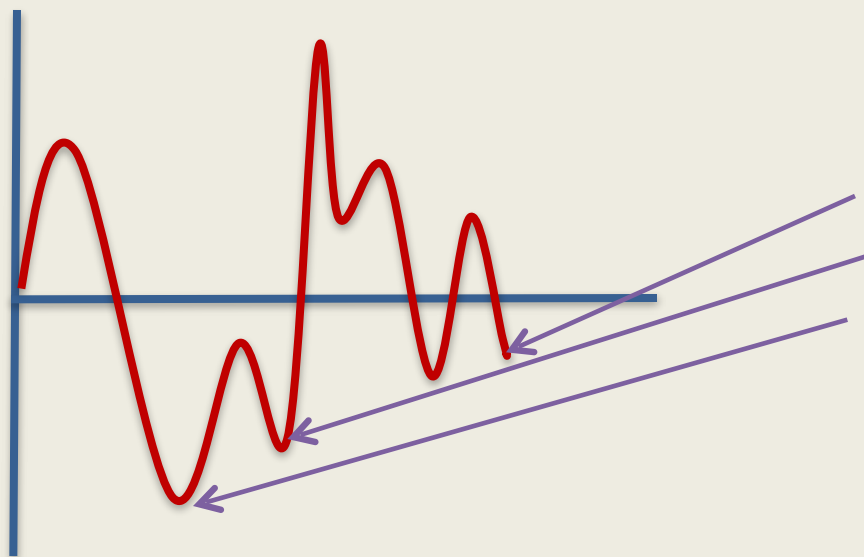
If we were to seek a name for these 'below the x-axis' points or situations, one appropriate name for them would be '**Problems**'.

Loosely speaking thus, we could say that our need for lasting happiness is not met because we encounter 'Problems' in our lives.

We can also try and enumerate some of these events or circumstances we have labeled '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

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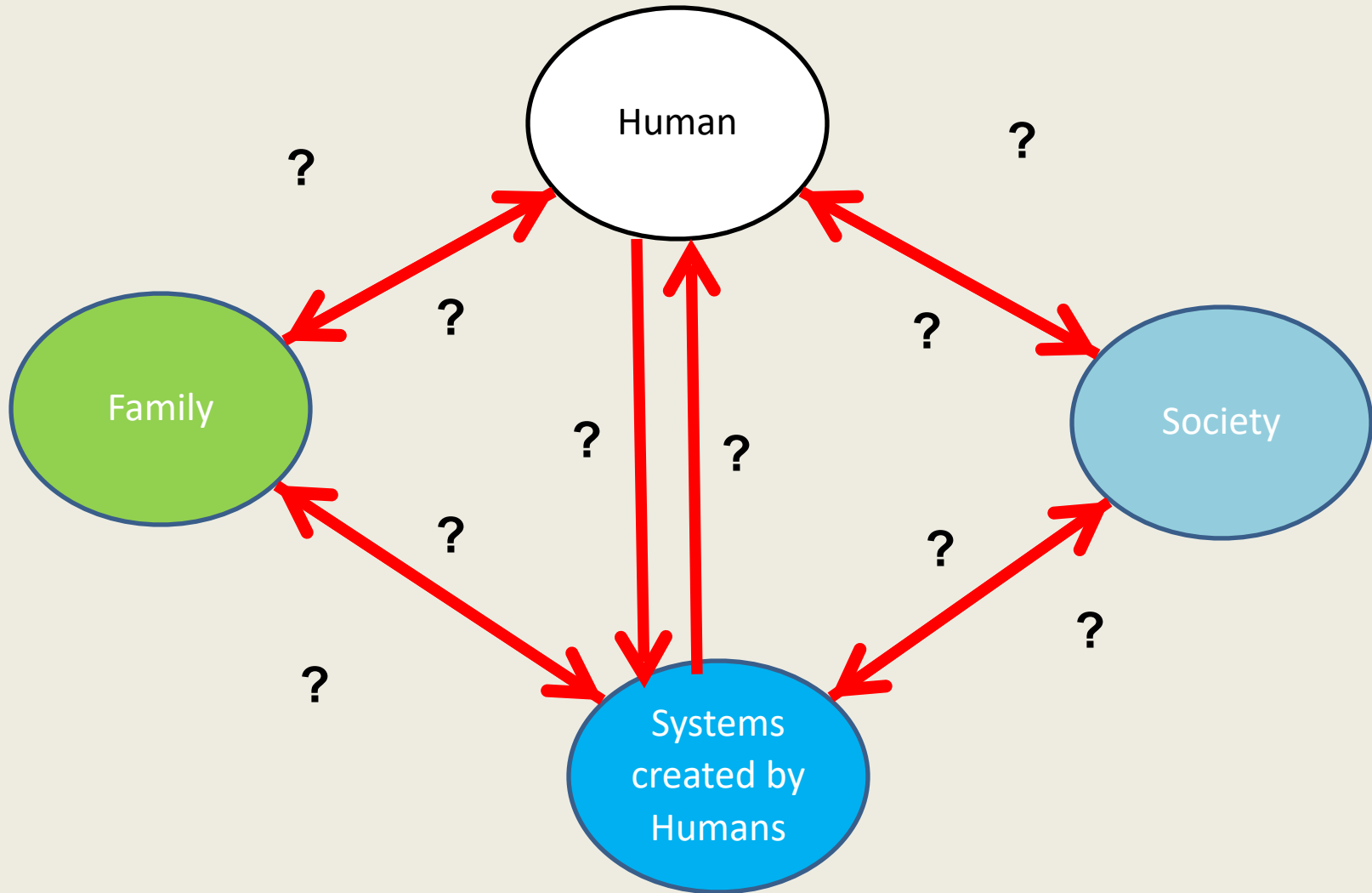
Thus, it can safely be said that all problems have their root in the 'doings' of human beings

What is the need to Understand?
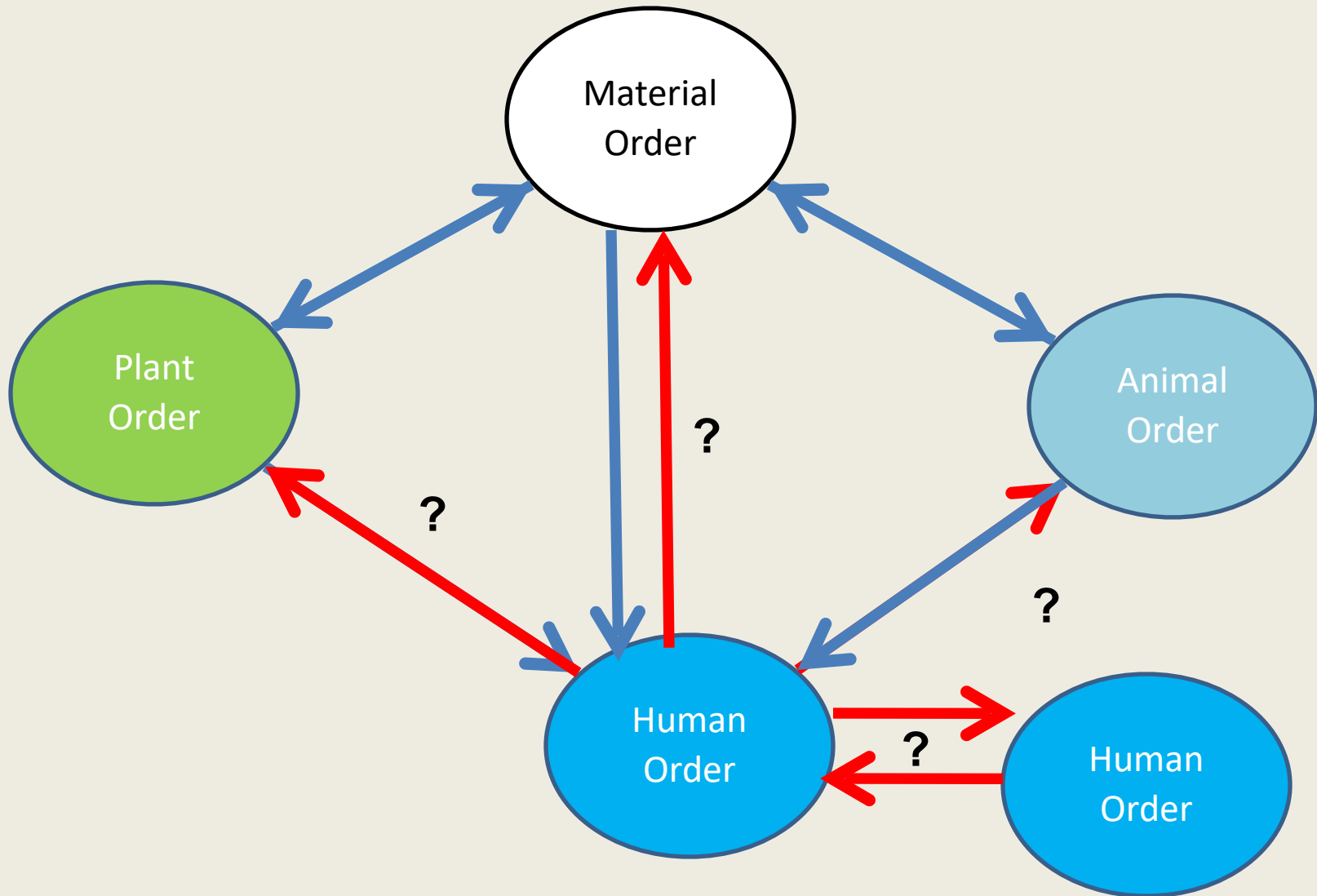
Recognition and Fulfillment of Relationship by human being at all the levels is still expected.

What is the need to Understand?

Mutual Fulfillment between Humans and Human Created systems is also missing.

Some Conclusions

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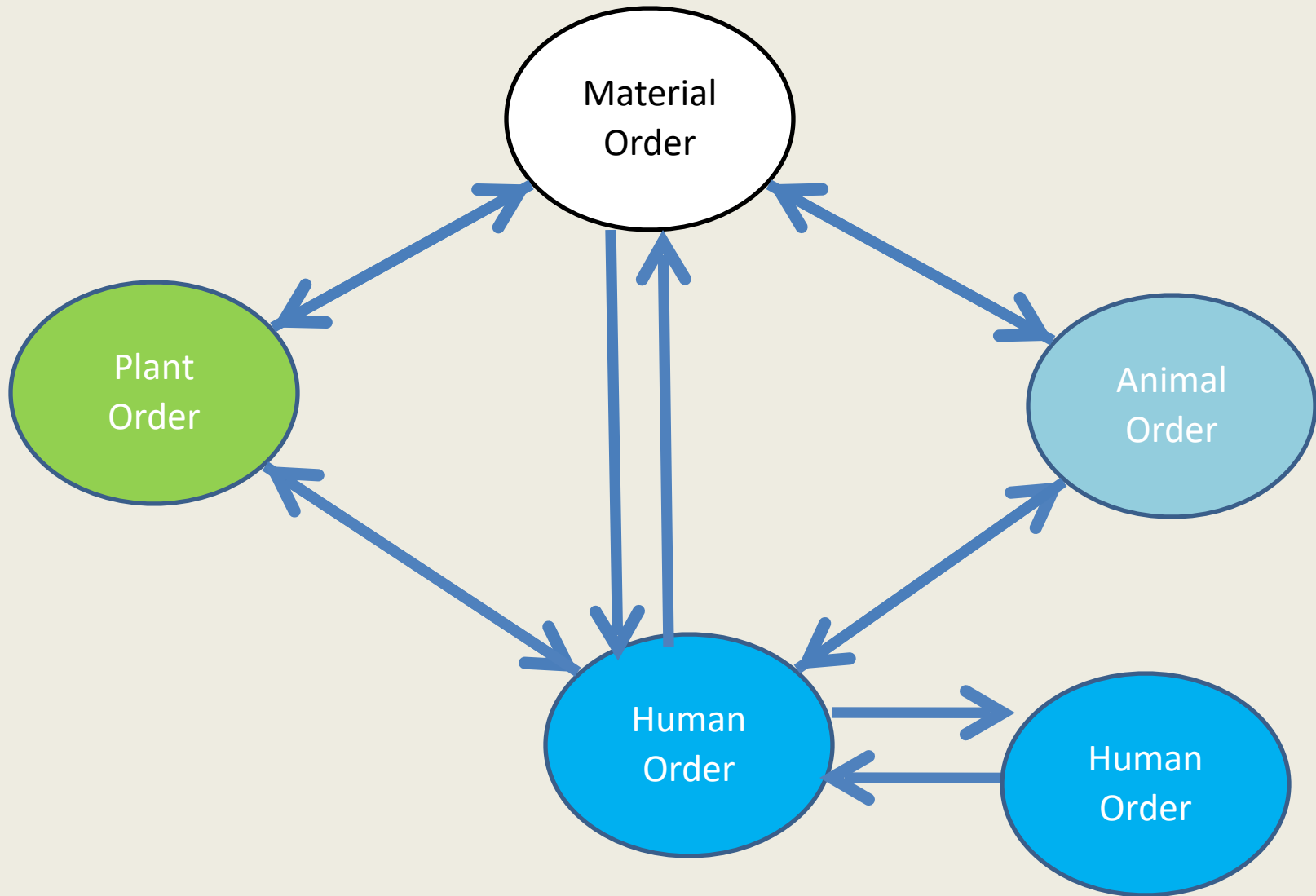
It is indeed a sad paradox:

We as human beings seek lasting happiness. However, by our very own doings, we are manifesting problems, that obstruct us from achieving it!
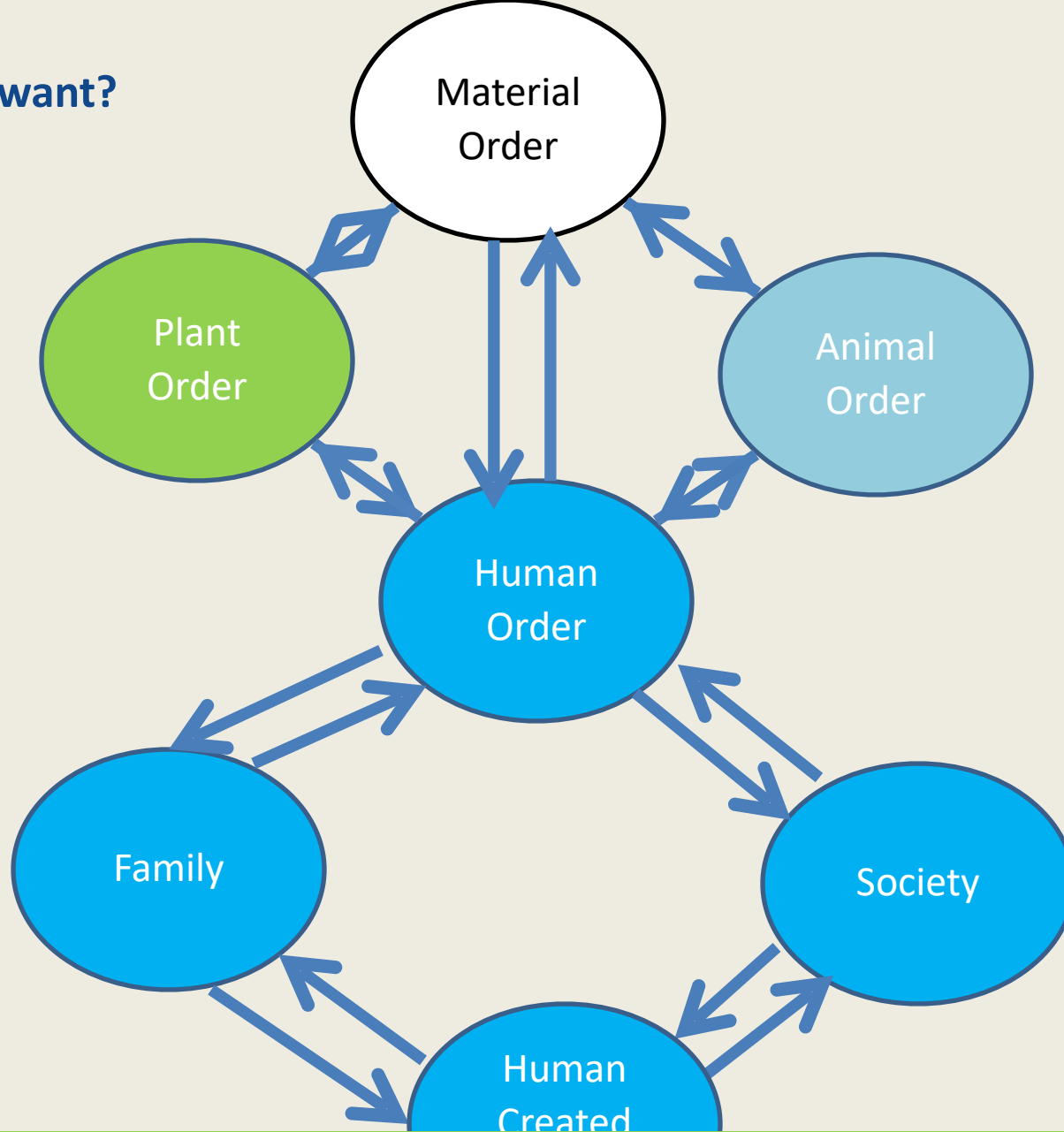
Why would human beings do so?!

Let us look at a simple model of human behavior to try and get to the root of this matter…
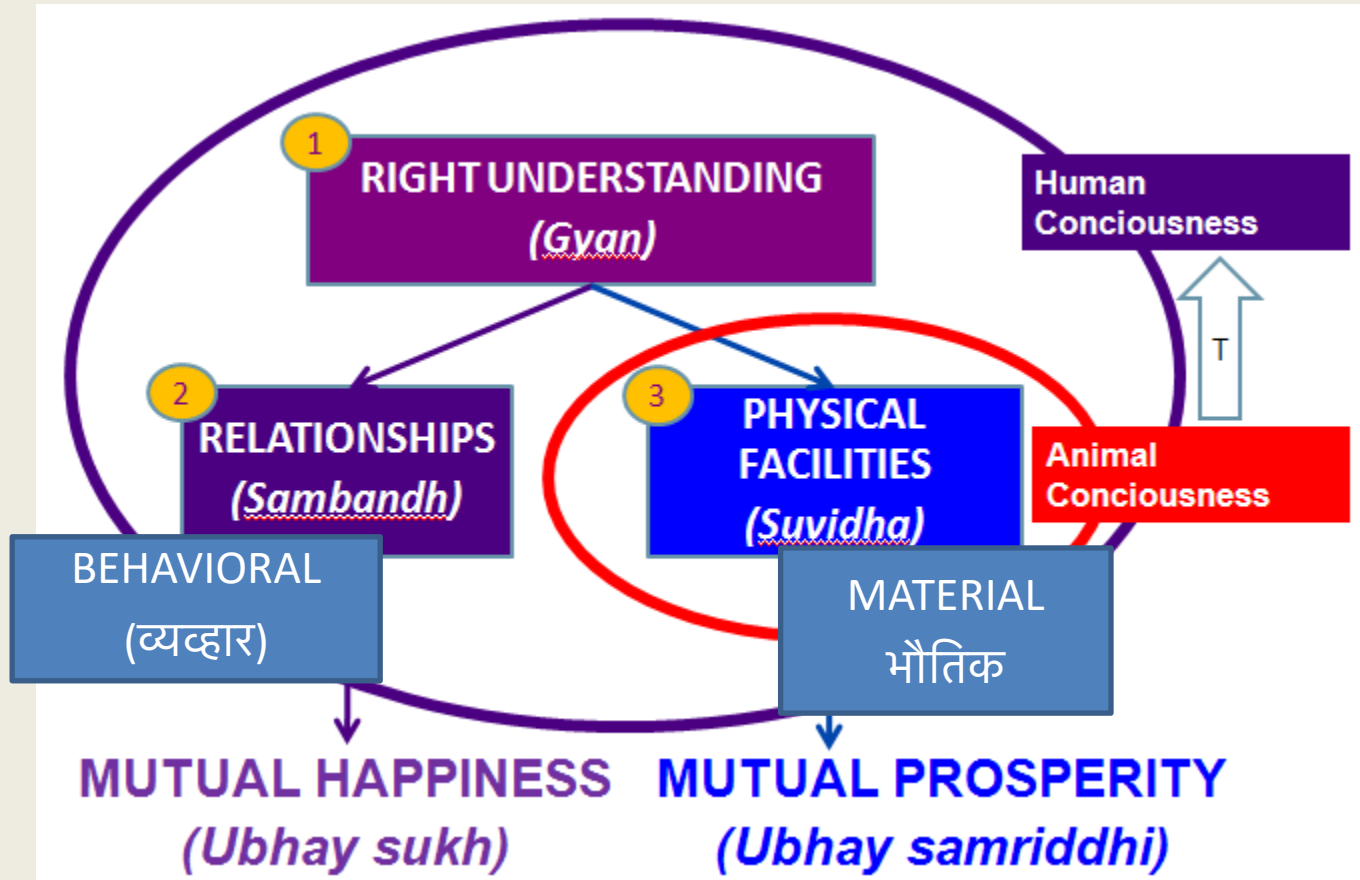
What we want?

Mutual Fulfillment in Human Relationships and Mutual Enrichment with rest of the Nature.

What is our basic Goal/Desire?

Discussion

- You are in a A.C room well fed, but with your enemy. How do you feel?

- When Relationships are not well do you enjoy good food, amusement parks etc.?

- Which Happiness is long lasting, Relationships or Physical Pleasures?

Discussion

- What I really want to be?
- When you live in harmony in yourself, you live in harmony with the other, the entire existence.
  - Happy man spreads happiness?
- Is it possible to understand ourselves?
- What will be method of understanding oneself?
- How do I identify, what I really want?

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.

- Discussion:
  - When an animal is well fed, environment is comfortable to the body, no predators around, it is sufficient for it. Is it sufficient for a human being?
  - What other things a human being thinks other than Physical Facilities? Relationships? Knowledge?
  - What are the differences in Animals and Humans?

Discussion

- In a horse race, who feels happy after the race, Horse or Human?

- If there is a lot of food and two dogs, what happens? What happens when in place of dogs there are Humans?

- Similar diet daily is fine for an animal, but for a human being even 1000s of hotels are not sufficient, why?

- What is the basic difference?

Animal and Human

- Physical Facilities are not sufficient for a human being.

- At the level of basic desire Human Being is different from an Animal.

- Human being needs,
  - Right Understanding.
  - Relationships.
  - Physical Facilities.

- What is the priority of these for a human being?

What do we all want?

हम सब की चाहना क्या है ?

We can examine this within ourselves

इसे हम अपने में जांच कर देख सकते हैं।

1. Do we want to be happy?

   क्या हम सुखी होना चाहते हैं ?

2. Do we want to be prosperous?

   क्या हम समृद्ध होना चाहते हैं ?

3. Do we want the continuity of happiness and prosperity?

   क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?

D;k ge lq[k] le`f) dh fujarjrk pkgrs gSa

Are we happy?

क्या हम सुखी हैं ?

Are we prosperous?

क्या हम समृद्ध हैं ?

Is there continuity of our happiness and prosperity?

क्या हमारे सुख, समृद्धि की निरंतरता है ?

Is our effort (*हमारा प्रयास*):

- For continuity of happiness and prosperity?

   सुख, समृद्धि की निरंतरता के अर्थ में है or *या*

- Just for accumulation of physical facilities?

   केवल सुविधा-संग्रह के अर्थ में ?

We will <u>explore</u> this further. *इस बात पर हम आगे अध्ययन करेंगे।*

The unhappiness in your family is

- More due to lack of physical facilities or
- More due to lack of fulfillment in relationships?

आपके परिवार में जो दुःख है, वह सुविधा के अभाव में ज्यादा है या संबंध का निर्वाह न होने के कारण ज्यादा हैं ?

How much time and effort are you investing:

- For physical facilities
- For fulfillment in relationships

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 relationships

Most of the time and effort is spent for physical facilities

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

For human beings physical facilities are 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 beings

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

Physical facilities are necessary for animals and necessary for human beings
   also

सुविधा पशु के लिए आवश्यक है, मनुष्य के लिए भी आवश्यक है।

However, *परंतु,*

For animals physical facilities are necessary as well as complete

पशु के लिए सुविधा आवश्यक भी है और पूर्ण भी है,

For human beings physical facilities are necessary but not complete

मनुष्य के लिए भी सुविधा आवश्यक है पर पूर्ण नहीं है।

When an animal has lack of physical facilities it becomes uncomfortable, when it gets physical facilities 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 facilities, he becomes uncomfortable and unhappy

But once he gets the physical facilities, he forgets about it and starts thinking about hundered 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 ।

(Check for yourself if you feel happy every day that you are getting enough to eat?)

(आप ही अपने में जांच कर देखें क्या आप इस बात पर रोज खुश होते हैं कि आपको पेट भर भोजन मिल रहा है ?)

Other than physical facilities what else does a human being think about?

सुविधा के अलावा सौ और चीजें क्या सोचता है मनुष्य ?

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

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

Human beings think about ensuring these

अगर इन सौ और चीजों पर ध्यान दें तो मूलतः दो प्रकार की सूची बनती है –

1. मानव के साथ संबंध में भाव और

2. स्वयं में सही समझ, ज्ञान

को सुनिश्चित करने की बात मनुष्य सोचता है।

If we recognize human beings' aspiration, we find that they want to live in relationship with all and feel happy living in relationship, therefore relationship is necessary for human beings

मनुष्य की चाहना को पहचानें तो वह सभी के साथ संबंधपूर्वक जीना चाहता है और संबंधपूर्वक जीकर सुखी होता है, इसलिए संबंध मनुष्य के लिए आवश्यक है ।

Examine within yourself if

1. You want to live in relationship with others or
2. You want to live in opposition with others or
3. You believe living has to necessarily be in opposition with others, ie. There is 'struggle for survival', 'survival of the fittest' and check if you feel happy living this way?

आप ही अपने में जांच कर देखें क्या

1. आपकी चाहना संबंधपूर्वक जीने की है या
2. आपकी चाहना विरोधपूर्वक जीने की है या
3. आपने मान रखा है कि जीना तो विरोधपूर्वक ही संभव है । 'struggle for survival', 'survival of the fittest' और क्या आप वैसा जीते हुए सुखी होते हैं ?

Thus: for human beings, both physical facilities and relationships are necessary

अतः मानव के लिए सुविधा व संबंध दोनों आवश्यक हैं ।

On further examination, we find that we all do want to live in relationship with others

आगे ध्यान दें तो पता चलता है कि संबंध पूर्वक जीना तो हम सब चाहते ही हैं।

Every night when there is a fight, we want to resolve it. We start the next day with the thought that we don't want to fight today, but due to lack of right understanding about fulfillment of relationship, a fight takes place by night

हर दिन जब रात में झगड़ा होता है तो अगले दिन यही तय कर के शुरू करते हैं कि आज झगड़ा नहीं करना है परंतु, संबंध के निर्वाह की समझ न होने के कारण हम संबंध पूर्वक जी नहीं पाते हैं, और रात तक फिर झगड़ा हो जाता है।

For fulfillment in relationships, it is necessary to have right understanding about relationships. i.e. Right understanding is also necessary for human beings

इसलिए संबंध के निर्वाह के लिए अपने में संबंध की समझ का होना आवश्यक है। अर्थात् मानव के लिए समझ की भी आवश्यकता है।

Thus: right understanding, relationships and physical facilities, all three are necessary for human beings

अतः मनुष्य के लिए समझ, संबंध और सुविधा तीनों की आवश्यकता है।

RIGHT UNDERSTANDING (समझ) in the self	RELATIONSHIPS (संबंध) with human beings	PHYSICAL FACILITIES (सुविधा) with rest of nature

Check for yourself if:

1. Right understanding, relationships and physical facilities – all three are necessary for you or something can be dropped from them and

2. Your current effort is for right understanding, relationships and physical facilities or is it only for physical facilities?

आप ही अपने में जांच कर देखें

1. क्या आपके लिए समझ, संबंध और सुविधा तीनों आवश्यक है या इनमें से किसी को छोड़ सकते हैं और

2. अभी आपका प्रयास तीनों के लिए है या सिर्फ सुविधा के लिए है ?

Now if all three, right understanding, relationships and physical facilities, are necessary, what would be the priority between them?

अब अगर समझ, संबंध, सुविधा तीनों आवश्यक हैं तो इनके बीच का वरीयता कम क्या होगा ?

Examine within yourself, what is the priority of these for you?

अपने में जांचे, आपके लिए इनका वरीयता क्रम क्या है ?

PHYSICAL FACILITIES (सुविधा) with rest of nature	RIGHT UNDERSTANDING (समझ) in the self	RELATIONSHIPS (संबंध) with human beings

On examining carefully, we find that for human beings, first right understanding, then relationships with right understanding, then physical facilities with right understanding & relationships is necessary

ध्यान देने पर पता चलता कि मनुष्य के लिए पहले समझ फिर समझ के साथ संबंध एवं समझ और संबंध के साथ सुविधा की आवश्यकता है ।

Fulfilling relationship with right understanding ensures mutual happiness and

Right understanding ensures recognition of required physical facilities

Production, availability of more than required physical facilities ensures mutual prosperity

समझ के साथ संबंध का निर्वाह करने पर उभय सुख सुनिश्चित होता है एवं

समझ के साथ सुविधा की आवश्यकता पहचान में आती है तथा आवश्यकता से अधिक सुविधा के उत्पादन, उपलब्धि से उभय समृद्धि सुनिश्चित होती है ।

Like this right understanding, relationships and physical facilities ensures happiness and prosperity for human beings which is their fundamental aspiration

इसप्रकार समझ, संबंध, सुविधा से मानव में सुख, समृद्धि सुनिश्चित होती जो मानव की मूलभूत चाहना है ।

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

समझ और संबंध के अभाव में जब सिर्फ सुविधा के लिए के लिए प्रयास कर रहे होते हैं तो:

1. Firstly, we do not experience happiness

   एक तो समझ व संबंध के अभाव में हम सुखी नहीं हो पाते।

2. Secondly, without right understanding, we are never able to rightly determine our requirement of physical facilities

   Therefore, in-spite of having accumulation of physical facilities, the feeling of lack physical facilities continues to be present and we continually have a feeling of deprivation

   दूसरा समझ के बिना कितनी सुविधा की आवश्यकता है, यह कभी तय नहीं हो पाती है, ।

   इसलिए बहुत सा सुविधा संग्रह के बावजूद अपने में अभाव का भाव बना रहता है और स्वयं में दरिद्रता का भाव बना रहता है।

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

अगर हमारा जीना सिर्फ सुविधा के लिए है तो हम जीव चेतना में ही जी रहे है क्योंकि पशु का जीना भी सुविधा के लिए है और पशु ही इससे तृप्त हो पाता है, मानव नहीं।

If we are living for all three (right understanding, relationships and physical facilities) then we are living with human consciousness

अगर हमारा जीना तीनों (समझ, संबंध और सुविधा) के लिए है तो हम मानव चेतना में जी रहे हैं।

Human beings can be fulfilled by being happy and prosperous on the basis of these three

इन तीनों के आधार पर सुखी, समृद्ध होकर मानव तृप्त हो पाता है।

Check within yourself how you are living – with animal consciousness or with human consciousness?

आप अपने में जाँच लें आप कैसा जी रहे है ?– जीव चेतना में या मानव चेतना में।
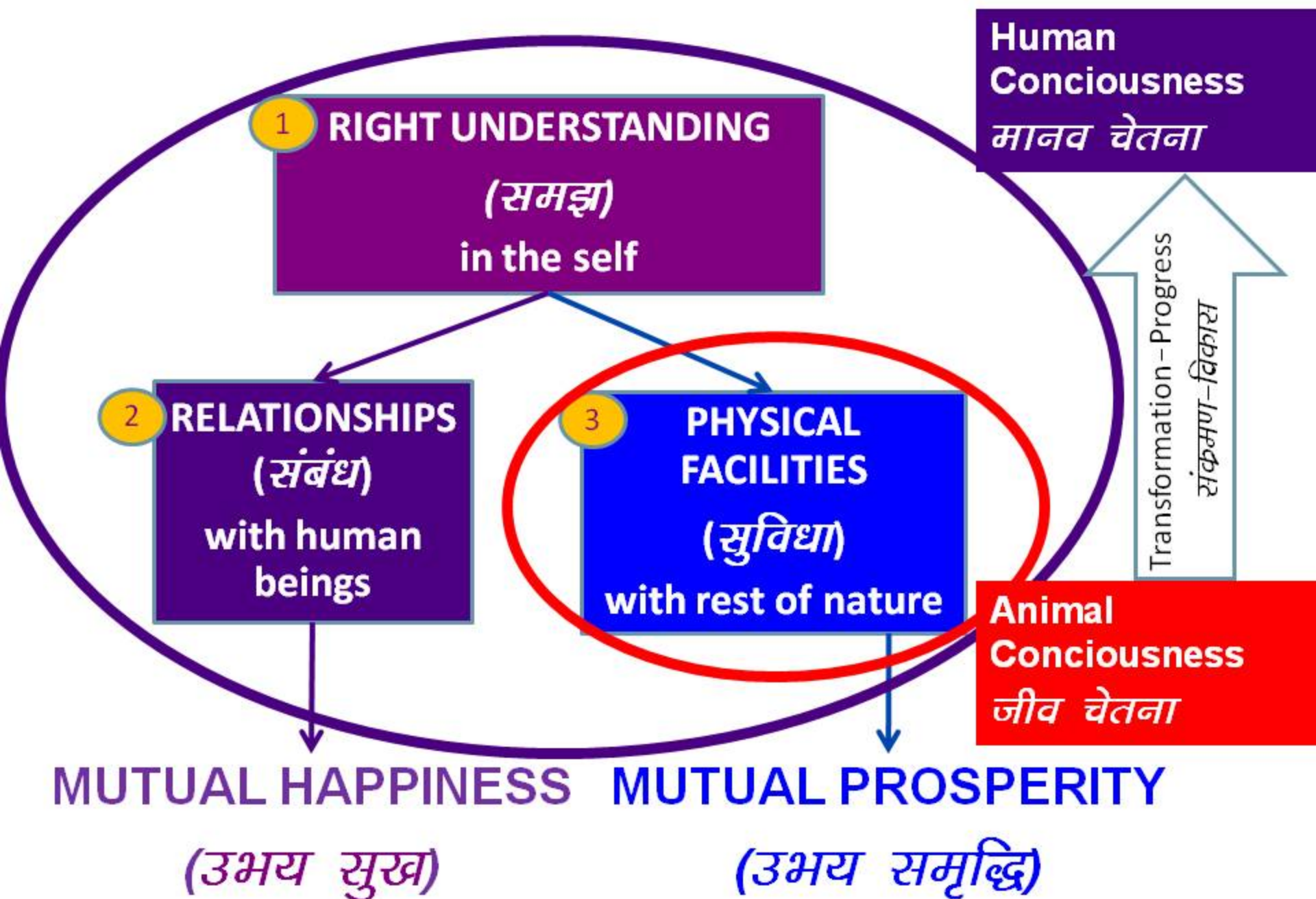
Transformation from animal consciousness to human consciousness is progress,

जीव चेतना से मानव चेतना में संक्रमण ही विकास है,

This is our program

यही हमारा कार्यक्रम है।

This is how we find fulfillment

इसी से हमें तृप्ति मिलती है।

Are we right now engaged in this program?

क्या हम अभी इस कार्यक्रम में लगे हैं ?

Role of Education-Sanskar: Enable Transformation

Human Conciousness
मानव चेतना

1 RIGHT UNDERSTANDING
(समझ)
in the self

2 RELATIONSHIPS
(संबंध)
with human beings

3 PHYSICAL FACILITIES
(सुविधा)
with rest of nature

Transformation–Progress
संक्रमण–विकास

Animal Conciousness
जीव चेतना

MUTUAL HAPPINESS
(उभय सुख)

MUTUAL PROSPERITY
(उभय समृद्धि)
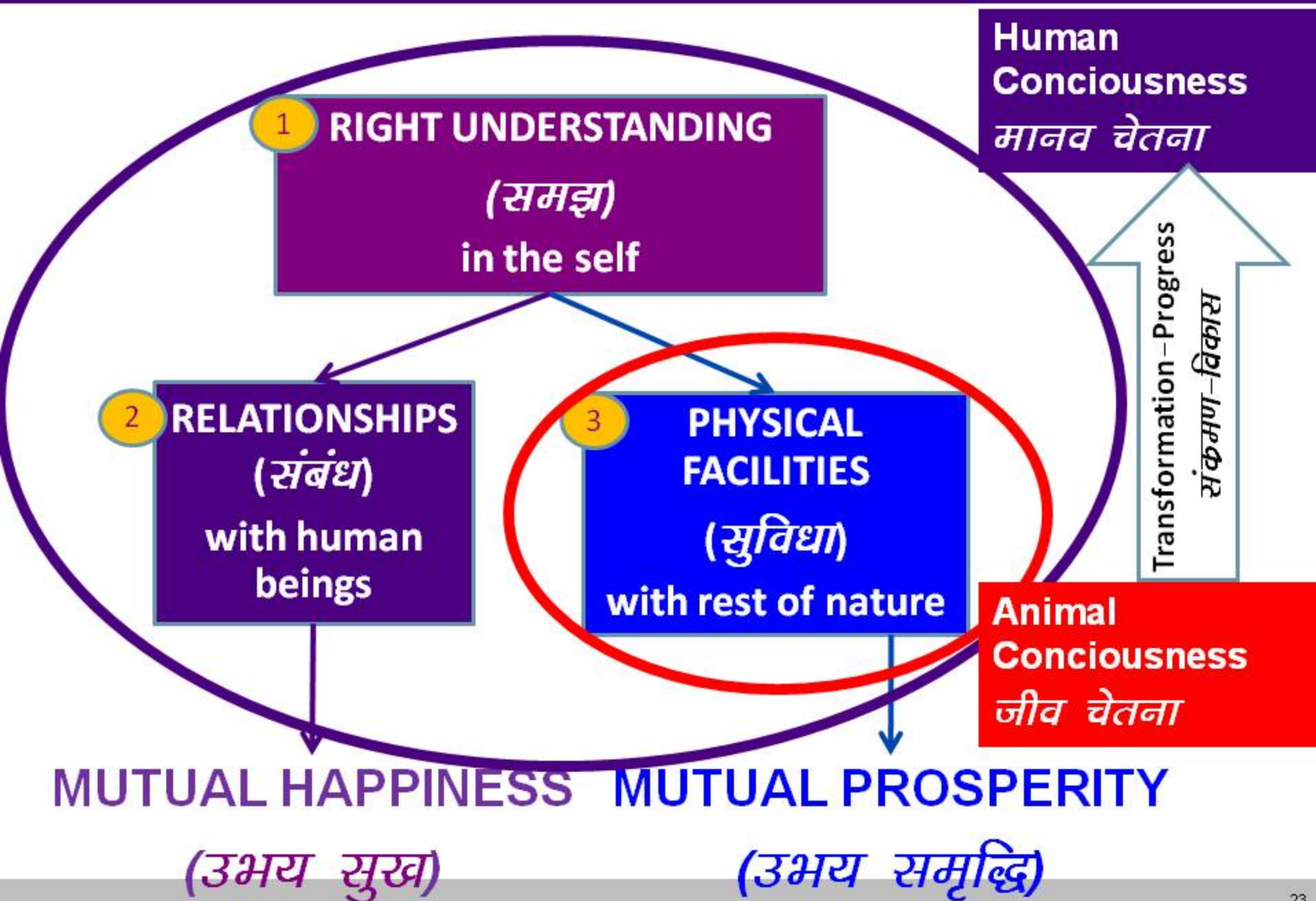
Role of Education-Sanskar. Significance of the Teacher

Ensuring all 3 – Right Understanding, Relationships and Physical Facilities – in every Human Being

This is the responsibility of Education-Sanskaar

समझ, संबंध, सुविधा तीनों को हर मानव में सुनिश्चित करना

यह शिक्षा–संस्कार की जिम्मेदारी है ।

Education – Developing Right Understanding

शिक्षा – सही समझ को विकसित करना ।

Sanskar – Developing Right Skills / Technology. Commitment/ Preparation/ Practice for Right Living

संस्कार – सही हुनर / तकनीकी को विकसित करना । सही जीने की निष्ठा / तैयारी / अभ्यास ।

The Teacher's key role is ensuring such Education-Sanskar

ऐसे शिक्षा – संस्कार को सुनिश्चित करने में शिक्षक की प्रमुख भूमिका है ।

Key take-aways so far…

- **In addition to physical things, we have other wants:**
  - **Right Understanding**
  - **Relationship**
- **Animals can do without the above, but not the human**
- **Without Right Understanding, neither are we able to ensure relationships with humans, nor ensure a sense of prosperity – i.e. we have wealth, but do not feel prosperous**
- **The priority thus is**
  1. **Right Understanding,**
  2. **Relationships**
  3. **Material Facilities**

How many questions we have?

- When we do not try to identify then we feel that human being has infinite questions.

- When we pay attention then we begin to realise that we have only two questions.

  - What do I want?

  - How do I achieve it?

Content of Self Study

1. **Desire – Aim, Objective, Purpose (*What do I want?*)**

-Continuous Happiness & Prosperity

2. Program of Action (*What do I do?*)

-To understand & live in harmony all 4 levels of my being

We live in all these 4 levels and hence need to understand them.

Question: Can any of these levels be dropped?

1. Myself
2. In Family
3. In Society
4. In Nature & Existence

If we have answers to these questions, what other Significant questions remain?

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:
1. In Myself
2. In Family
3. In Society
4. In Nature & Existence

- Ensuring continuity of happiness

  = right understanding & right feelings in relationship

- 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 samdhaan, leading to continuous happiness

- Knowledge – 3 parts
  - **Knowledge of self**
  - **Knowledge of things around upto entire existence**
  - **Understanding relationship between self & each unit in existence (human conduct)**

Basic desire of a human being

- Lets try to identify what is our basic desire by doing following exercise.
  - Make a list of all your desires.
  - Close your eyes for 10 minutes and write down all the things which come into your imagination.
  - For each desire try to identify what "basic desire" or "need" it is fulfilling.

Basic desire of a human being

- **Basic desire of a human being,**
  - **Happiness**
  - **Trust**
  - **Respect**
  - **Relationships**
  - **Prosperity**
  - **Fearlessness in Society**
  - **Understanding**
  - **and Continuity of All These.**

Process of Study

1. **This is a PROPOSAL. Do not assume what is being stated**

2. **Verify in your <u>own right</u>. Not on the basis of what you have READ/ HEARD**

3. **Scrutinize, Observe & Survey:**

Verify whether naturally acceptable
•**To – you, Human**
•**To Exist**

Universal ?
To all time,
Place
individual

Proposal

Live according to it

behaviour with human leads to mutual happiness

Work with rest of the nature leads lead to mutual prosperity

Realization

Understanding

Keep asking again and again what is your natural acceptance

Assurance

Satisfaction

Universal

Time space individual

1. Glimpse (भास्)
2. Semblance (आभास)

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 body.
  - Universal – Is same in all Human Beings.
- Can only be observed within. Introspection.
- Can not be reasoned out. Beyond logic.
- Reasoning is based on Natural Acceptance.
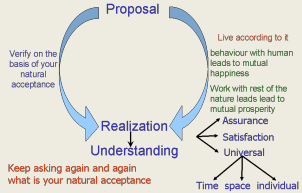
Process of Self Study…
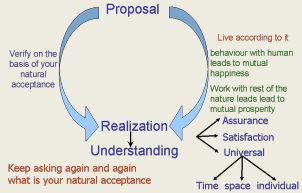
- Check whether you have been trained to believe so far?
  - We come under innumerable influences and end up believing things without verifying them
- Hence, we run with wants, assumptions that are not even our own
- When we act on the basis of our natural acceptance, we become authentic.
- The Harmony does not have to be constructed
  - It has been in existence since all time
  - We only need to understand it to be in it
- You will find that 2 humans with different preconditioning will never agree
  - Because they each have different conditioning, beliefs
  - When they act on the basis of their natural acceptance, they find agreement
- Verify all the proposals put to you to date
  - They have become part & parcel of your preconditioning
  - We are unaware of ourselves.
  - Do I own something in me or not? = we are not clear about our own state of mind
  - We need to become more aware of ourselves, more authentic

We have a lot of preconditioning in us. Thus we 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
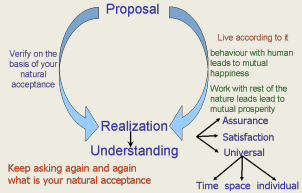Natural acceptance

Process of self study

- The moment you think of cheating, you become unhappy. You don't even have to do it. Right at the moment, we become unhappy,,,,because we are not what we want to be.

- If a proposal is naturally acceptable, verify it in behavior and work.

- We can ask ourselves…on the basis of ready acceptance and not on the basis of instruments, scriptures or others. Interestingly, this natural acceptance is intact in each one of us and is the basis for human-ness and does not depend on our preconditioning.

- Ask yourself: in relationship, is trust basic or is mistrust basic? The answer is that trust is basic – irrespective of whether we are trained to trust or mistrust. That basic thing is intact in every human being. It is part and parcel of every human being, it is part of human-ness.

- Today we don't evaluate on these 2 bases: natural acceptance and not in living. So we don't verify different proposals in ourselves, nor in our living.

- Being on the basis of natural acceptance makes us authentic. As long as you borrow from others, you are not authentic. There is no authenticity in what you are thinking, no authenticity in what you are doing.

- Ultimately I am the judge, I have to verify and realize. So we are trying to appeal to the deep within in each one of us so we can 'see' it.

- All the contradiction around is because at some level or the other we fail to see the harmony, the coexistence, the reality as it is.

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 for
Our unhappiness.

This contradiction needs to be resolved.

Process of self study

- We will verify the desire & program of action

- Don't assume what is being said in this workshop!

- When a proposal passes through your Natural Acceptance and leads to mutual fulfillment – it becomes part & parcel of your being

- Existence is not a problem….. It is human understanding that is incomplete…

  - Human Being has an acceptance for being in harmony. Do you ?

  - We will explore ourselves, existence….the entire span of our being using our natural acceptance

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 in order to ensure its expectation for Happiness and its continuity.

- **Work:** Effort put in by human being with rest of the nature to ensure required Physical Facilities.

Assignments for the day

* To be completed before you come in tomorrow..we would be covering this tomorrow…

- Make a more elaborate list of your wants and see if you can classify them as a need for
  - Right Understanding
  - Relationships
  - Physical Facilities
  - *AND*
    - Whether they have been verified on the basis of your natural acceptance or not
- Observe whether you become more comfortable when you behave on the basis of natural acceptance.
- Check whether you always get the same answers when you self verify based on natural acceptance
- Find out whether the answers you get based on natural acceptance are the same for all your friends.

THIS WORKSHOP IS A PROCESS OF GOING FROM ASSUMPTION TO KNOWLEDGE. IT INCLUDES KNOWING "WHAT", "WHY" AND "HOW" IN ALL DIMENSIONS OF OUR LIVING.

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.
  - Are you happy when you are angry?

We are here ...

HARMONY IN SELF

Basic desire of a human being

- **Basic desire of a human being,**
  - **Happiness**
  - **Trust**
  - **Respect**
  - **Relationships**
  - **Prosperity**
  - **Fearlessness in Society**
  - **Understanding**
  - **and Continuity of All These.**

Let us look at the human needs in some more depth:

Psychological Needs	Material Needs
• Trust, friendship, Love, Respect, Knowledge / Understanding	• Food, shelter, means of production, transport & communication etc.

Who needs these?

• 'I' need them	• Required for the Body

When / how often is it needed?

• All the time; Perpetually;	• When my body requires it

How is the need fulfilled?

•Via right Understanding in myself, and via the sense of fulfillment/validation in living out that understanding with fellow humans, and rest of nature	• Via Material objects (obtained from nature)

How much is required?

• Not quantifiable, *but required in its compeleteness*	• Quantifiable: though quantity might differ for each individual

Are requirements of all human beings the same?

• Yes; every individual needs them in their 'totality'	• No. Depends on circumstance, age / place / time.

Harmony in Self

- Human Being is a Co-Existence of "I" and "Body".
  - Human Being = "I" + "Body".
  - All desires can be classified in these two.

Food, Clothing, Shelter, Physical facilities related aspects.

Happiness, Trust, Respect, Feeling related aspects.

Physical Facilities Body

Happiness "I"
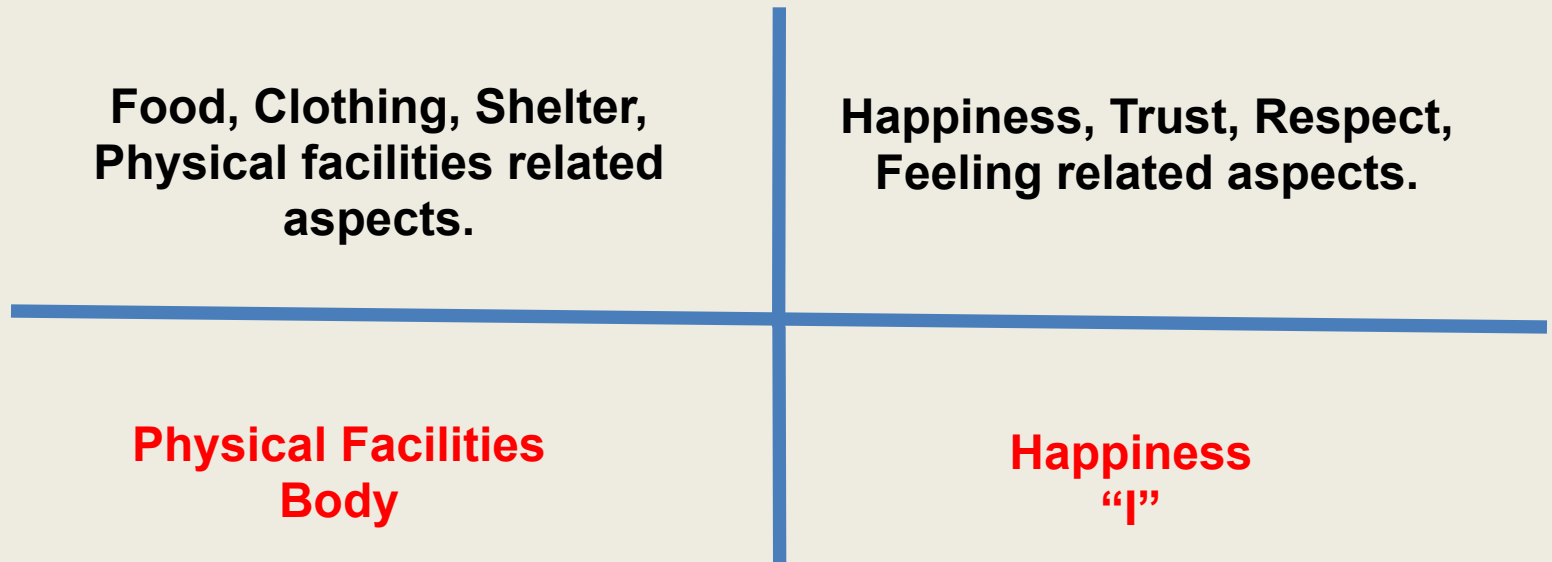
Exercises to Observe the Self

- Who is the Seer? Eye or "I"?

- Who hears? Ear or "I"?

- Who feels Touch? Skin or "I"?

- Who Tastes and Smells?

- Who has the Expectations of Relationship?
  - Can it be seen, touched, heard, tasted, smelt by senses?

- These expectation are Continuous or Temporary?

- Who is the Decision Maker?

- Who is the Doer?

- Who is the Enjoyer?

- Close your eyes for 5 minutes and see if you exist?

Distinction between "I" and Body

	I	Body
Need	Happiness	Physical Facilities
In Time	Continuous, Perennial	Limited (Changes with respect to time and quality)
Quantity	Not Applicable, Qualitative	Quantitative, Limited
Fulfilled By	Right Understanding and Right Feeling	Food, Shelter, Clothing
Activities	Desires, Thinking, Expecting, Selecting	Eating, Walking, Breathing
	Knowing, Assuming, Recognizing and Acting	Recognizing and Acting
What Is	Conscious (Chaitanya)	Matter (Jarn), Physio-Chemical
Purpose	Swatantrata	Instrument for "I"

Discussion

- Lets open up our desire list again and try to identify whether a particular desire is associated with "I" or "Body" or "Both".

Desire	I	Body	Both

Distinction between I and Body

- Some questions:
  - Who feels the pain when body gets hurt?
  - Food is for whom?
  - Happiness, Trust, Respect are for whom?
  - Who Sleeps?
  - Do you "see" even after closing your eyes?

Root Cause of the Problems

- Gross misunderstandings:-

I = Body

↓

Facilities = Happiness

↓

Money = Respect

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 can not ensure its Continuity.

  – Respect on the basis of Facility is not Certain. "I" desires for Certainty, Continuity of Respect.

Discussion

- Rasgulla. To ensure continuity of Happiness with Rasgulla, 3 conditions should be satisfied:-

  - There should be infinite Rasgulla.

  - I should have capacity to eat Rasgulla continuously.

  - Pleasure of taste of Rasgulla should remain consistent.

- None of the Conditions are Fulfilled.

- Taste changes with more.

  - Great →　Good →　No Taste →　Bad taste → Intolerable.

Discussion

- Facilities = Respect
  - Respect is given to Facility or You.
  - When you have lot of facility, then people give you respect or they feel jealous of you.
  - For how many days that respect remains?
  - Leads to indefinite struggle and deprivation.
  - We want Certainty, Continuity of Respect.

- How much effort and time we spend in ensuring Respect from facilities and others?

Where we Put-In Efforts?

- When continuity in Physical Facilities and Relative Respect is not ensured then we come to the conclusion that we lack uniqueness and facilities.
  - Try to bring different variety in them.
  - Increase intensity.
  - Draw wrong conclusions.
- Ultimately this madness and useless effort leads to …

A2: 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

We had said, Any Understanding of the Self ought to answer…
Let us move to the next question…

1. What do I seek ? Alternatively, is there a purpose to my life?

2. What are my Needs ? And is there and assured means of their fulfillment?

   – How are my needs linked to what I seek?

3. What are my capabilities / potential? Or in other words, how do I 'function'?

4. Who / what am I?

And, in the above context, the following also need to be answered:

5. What is my relationship with fellow humans? And how do I fulfill it, and feel fulfilled myself?

   – What is common across all human beings? And what is different?

6. What is my relationship with the rest of Nature? And how do I fulfill it, and feel fulfilled myself?

7. Is there some design / purpose to all of Existence? Can we understand it?

The functioning of Conscious Self (I) - Jeevan (जीवन क्रियायें - अनुभवगामी पद्धति)

In the process of trying to build a complete understanding – via this proposal

Desire
(इच्छा)

Comparison
(तुलन)
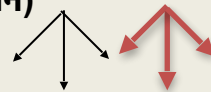
Analysis
(विश्लेषण)

Experience
(आस्वादन)

Choosing
(चयन)

ACTIVITIES OF I: MOTIVATION / SOURCE OF DESIRE, THOUGHT, SELECTION

I		
	1. Realization **③**	
	2. Understanding	
	3. Desire / Imaging **←①**	Preconditioning *(manyata)*: Assumptions, *partantrata*
	4. Thought / Analyzing	
	5. Selection / Selecting	
BODY	**②**	Sensation *(samvedna):* from or through body, *partantrata*
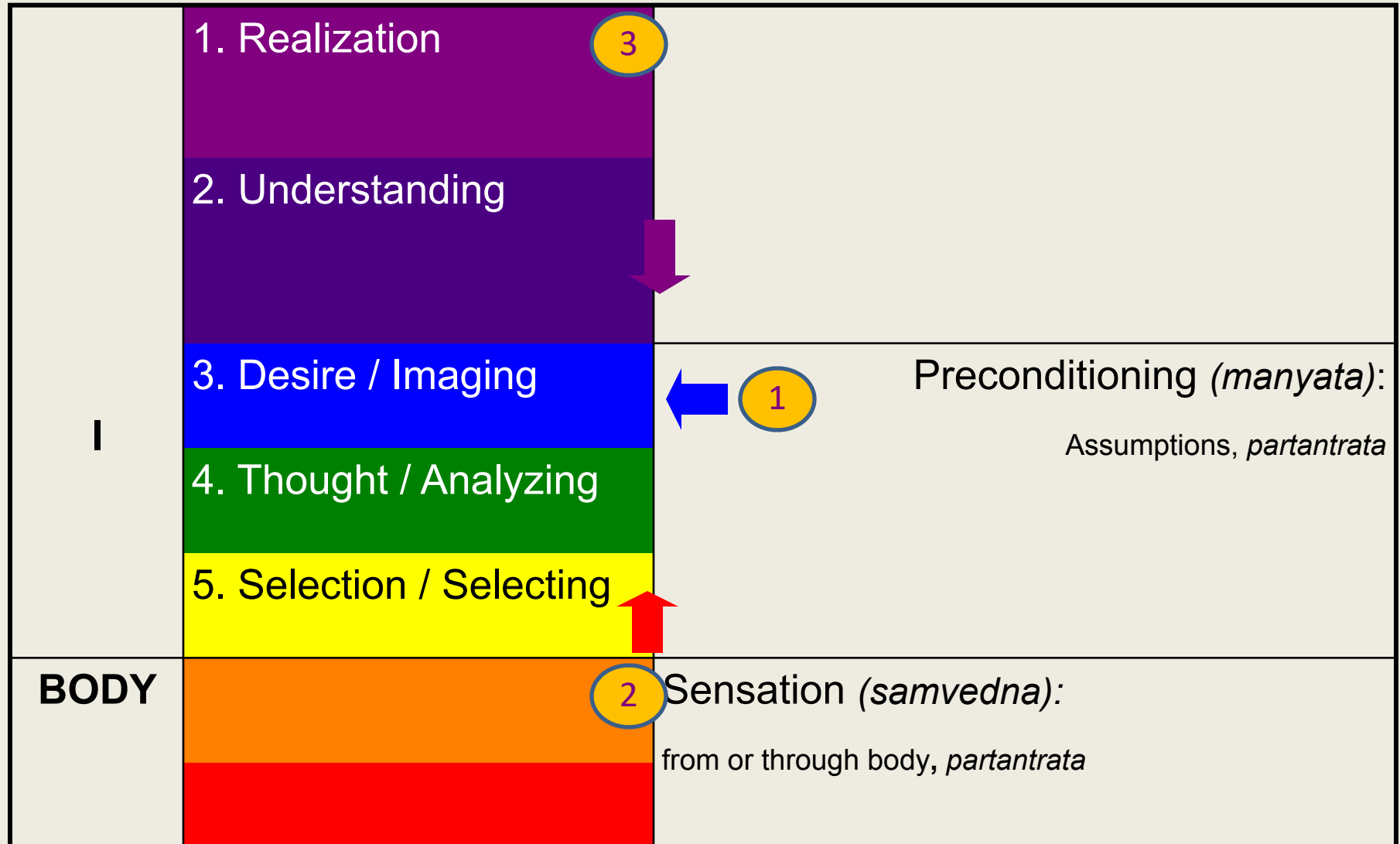
Preconditioning – Assuming without Knowing (*manyata*)
- Initiated and reinforced from outside
- Motivation includes Fear or Enticement.
- Keeps changing (different people say/assume different things)
- Doubt in the self, ownership is with other(s)
- Dies out or loses strength over time
- Dependence (*partantrata*). Does not ensure continuity of Happiness.
- कर्म करने में स्वतंत्रता, फल भोगने में परतंत्रता|

Sensation (*samvedna*)
- Effect dies out quickly, can not continue for a long time.
- Dependence (*partantrata*)

Natural Acceptance – Assuming with Knowing (*sahaj swikriti*)
- Definate / Unchanging (nothing less will do, nothing more is needed), Based on fulfilment of goal or following principles
- Unimpacted by preconditioning / sensation
- Leads to Definiteness at the level of Desires.
- कर्म करने और फल भोगने दोनों में स्वतंत्रता|

EXAMPLE: ACTING ON PRE-CONDITIONING / SENSATION

I	1. Realization	• Verification on the basis of Natural Acceptance is absent.
	2. Understanding	• Basis of ensuring Happiness, Relationship, Prosperity are Unverified Assumptions.
	3. Desire / Imaging	• No Certainty, Consistency, Continuity.
	4. Thought / Analyzing	• Useless effort of ensuring Continuity form a thing which can not ensure its Continuity.
	5. Selection / Selecting	
BODY		Unhappiness, Deprivation, Mutual Exploitation, Fear, Destruction.

The human functioning: with a body centric, and incomplete/inaccurate world view

Our (incomplete) Worldview / understanding

⬇

DESIRE
(to fulfill need for happiness)

Desire is 'limited' by the assumption that material means would fulfill psychological needs

⬇

ANALYSIS & COMPARISON
(to execute the Desire)

Likes: Pleasing to Senses

Health

Profit

Analysis & Comparison is 'limited' by the parameters of consideration

⬇

CHOICE
(to actualise the Desire via speech/action/behaviour)

Consequently our choices, more often than not, yield undesired outcomes

Tulan on 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)

KEY SHIFT

R'ship with fellow humans - *nyaya*

Sensory

Health

Innate Order - *dharma*

Prosperity

Truth - *satya*

Analysis & Comparison incorporate all inter-dependencies

CHOICE
(to actualise the Desire via speech/action/behaviour)

Desired & Harmonious outcomes

Tulan: Basis of Analysis

- 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 following in 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 fulfilment 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.

The functioning of Conscious Self (I) - Jeevan (जीवन क्रियायें - अनुभवगामी पद्धति)

In the process of trying to build a complete understanding – via this proposal,

Realisation, and consequently, **Actualisation**
(अनुभव) (प्रमाणिकता)

Understanding, and consequently, **Resolve**
(बोध) (संकल्प)

Actively initiate based on complete information of this proposal

Purposive Contemplation **Desire**
(चिन्तन) (इच्छा)

Comparison **Analysis**
(तुलन) (विश्लेषण)

Experience **Choosing**
(आस्वादन) (चयन)
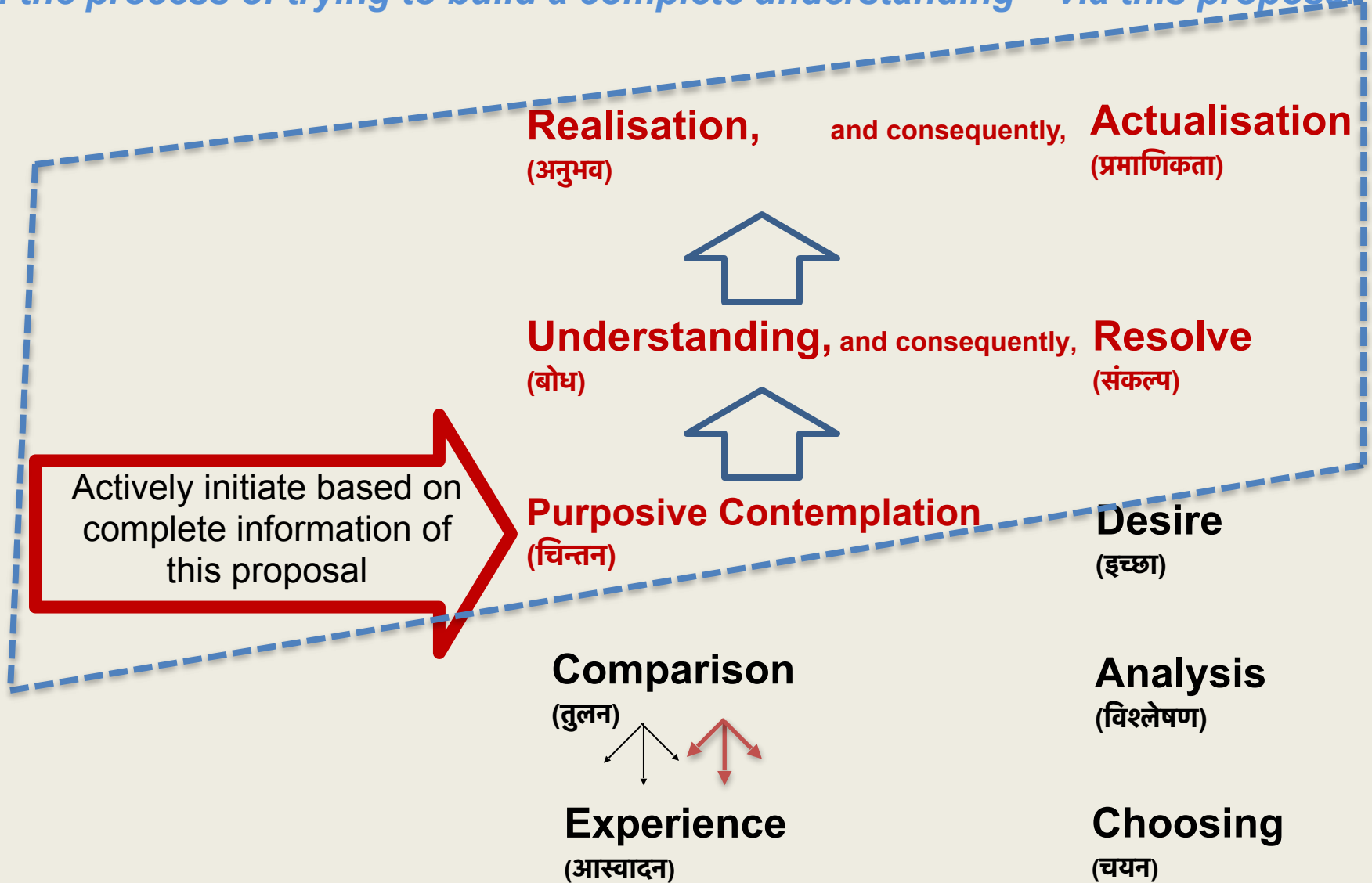
EXAMPLE: ACTING WITH KNOWLEDGE

I	1. Realization	• Realization and Understanding based,
	2. Understanding	• Desires are based on the right understanding.
		• Leads to Mutual Fulfillment in Relationships.
	3. Desire / Imaging	Mutual Enrichment with the Nature.
		• Right Utilization of Resources.
	4. Thought / Analyzing	• Happiness Within, Prosperity in Family, Fearlessness in Society and Co-Existence in Nature.
	5. Selection / Selecting	
BODY		Sensation (reacting, animal consciousness)

Technically speaking, The functioning of Jeevan
In a state of complete understanding

Realisation
(अनुभव)

Actualisation
(प्रामाणिकता)

Understanding
(बोध)

Resolve
(संकल्प)

Purposive Contemplation
(चिन्तन)

Desire
(इच्छा)

Comparison
(तुलन)

Analysis
(विश्लेषण)

Experience
(आस्वादन)

Choosing
(चयन)

Understanding
(what goes on in the 'I' or 'jeevan')

Our actions /speech / behavior

Living it Out
(what is manifested using the body)
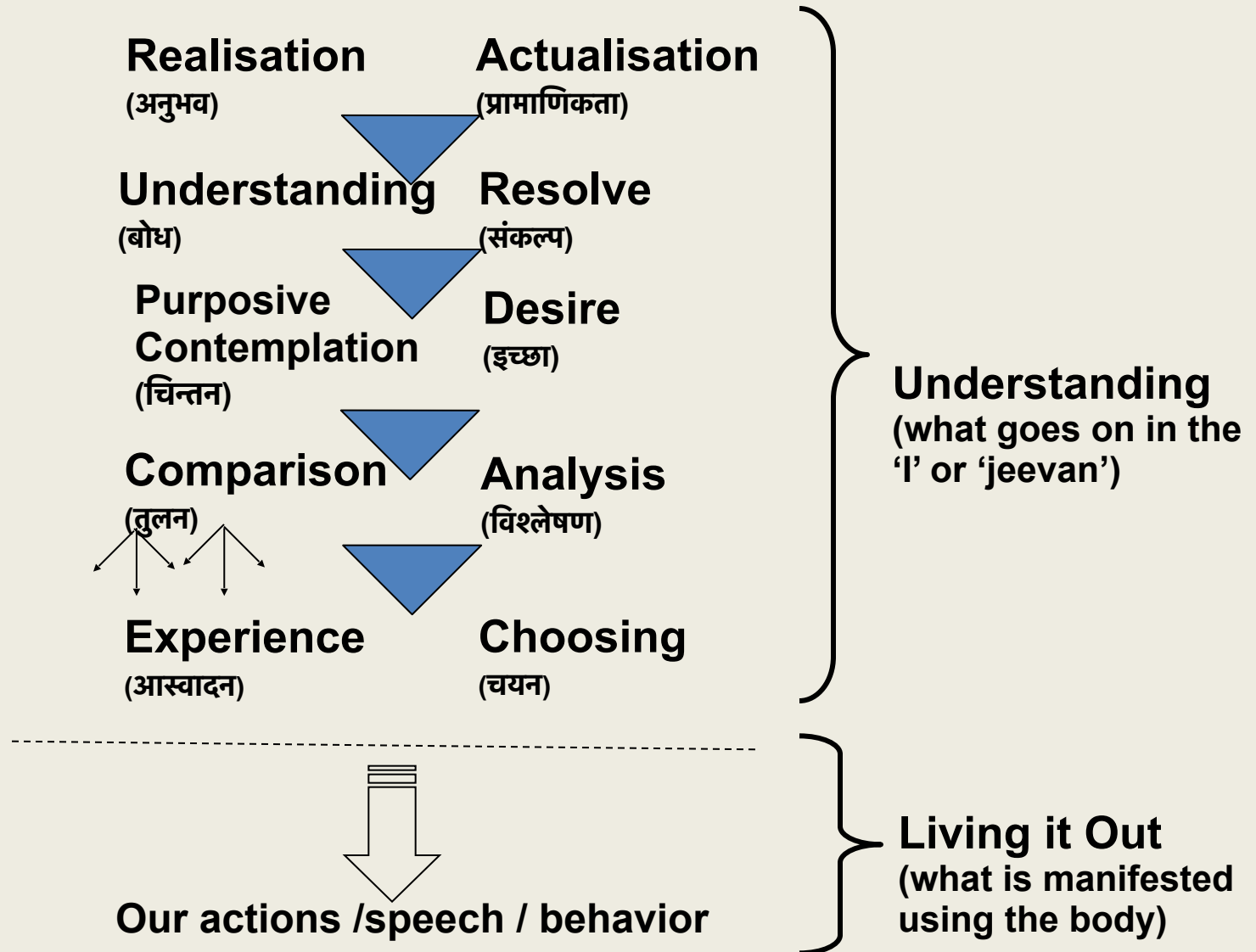
A shift in worldview results in a shift in the parameters of consideration

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 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 materialised through the fulfillment of both the 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 the 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

In light of what we said so far, we can compare

-

what we currently assume as the purpose of our lives, how we live therefore, and its implications

-

with

-

what this proposal trying to point towards

Current living... a snapshot

What we Seek?	Goals / Purpose	Methods	Results
Not always very clear Or at best, I should *feel* good	• Sensory Pleasures • Material acquisition • Attention from others • More and more of the above	• **More** Money, Power, Position, Looks **than others** • Sensory Indulgences • And, **symptom suppression** as a means to alleviate problems	• **Individuals** –'Unhappy Haves' & 'Unhappy Have-nots' –Problems of purposelessness, loneliness, lack of clarity, ill-health, depression are universal • **Families** –Material fulfillment is the primary aim of the union –Material symbols gain primacy –Differences of opinion, lack of trust, polarities –Neglect of emotional requirements • **Society** –Socio-economic classes –Full of conflicts –Fear, lack of trust, exploitation dominates interactions between man and man • **Nature** –Exploited! Abused! Polluted! The earth's eco-system is on the brink of disaster

…and it leads to the following beliefs, fallouts

- Needs are infinite, resources are finite: happiness becomes an impossibility therefore…
  - This is happening because we are seeking *lasting* happiness via sensory pleasures and material acquisitions
  - Also, there is no scope for identifying 'how much do we need' in a relative model of success / fulfillment
  - This leads to **Amassing** more than our needs, which can only be done by **Exploitation**, which inevitable leads to **Conflict**; **Struggle and War** thus become necessities

- Needs/Goals/Desires keep changing – after one has attained something, it is *natural* for him/her to desire more, desire something else
  - As we have not identified our true needs and goals, their pursuance and attainment (if at all) does not offer lasting fulfillment, hence we switch to a new need/goal – this process gets interpreted as if a constant change / increase in needs/goals/desire in the way of life!

...and it leads to the following environmental fallouts

- Material Amassing is the only means to fulfillment
- Amassing on a finite eco-system would lead to plunder
- That is what is happening!
- We cannot prevent this unless we alter the first premise on this slide

The proposal suggests...

What we Seek	Goal	Method	Results
Lasting Happiness	Harmony at all levels of life: •*Individual* •*Family/Inter-personal relationships* •*Society* •*Nature*	• Completing our Understanding • And living out or actualizing the Complete Understanding	• **Individuals** – *Resolved* – *Social* –*Self-reliant* • **Families** – *Prosperous* – *Continuity of feelings of trust, respect, love. etc* • **Society** – *Just, equitable* –*Mutually fulfilling roles* –*Trust, security, fearlessness* • **Nature** – *Harmony, Co-existence* – *Balance in nature*

And how does all that we have said begin to unravel the environmental knot…

- A correct understanding of the self, and its needs leads to distinguishing psychological needs from material needs
- As we understand the psychological needs, and develop the capability to fulfill them the need for material excess automatically withers
- A human being no longer considers his/her self-worth to come from what he wears, drives, consumes…
  - A right sizing of material needs begins: plundering of environment reduces
- We would continue to build upon these threads in the sessions to come

Where we are …

HARMONY WITH THE BODY

Harmony with the Body

➢ Human being = self (I)   +   body

$$I \quad \leftarrow \text{information} \rightarrow \quad \text{Body}$$
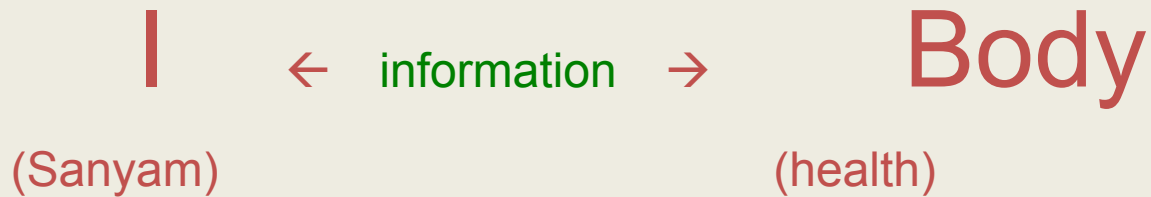
(Sanyam)   (health)

➢ **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 body is   able to act according to I

Harmony with the Body

Human = I ⟷ Coexistence / Information ⟷ **Body**
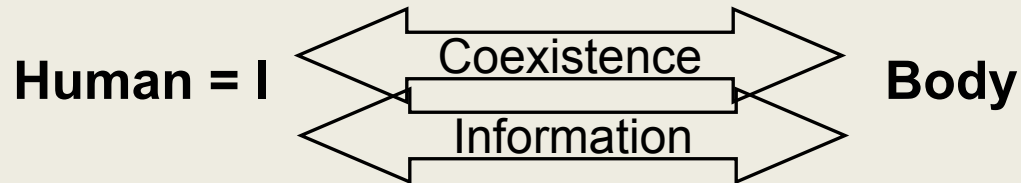
Commitment (Sanyam): I takes the responsibility of nurturing, protecting & rightly utilizing the body

- Nurturing → Food, water, exercise…
- Protecting → Clothes, shelter …
- Rightly utilizing → instruments, equipment …

WHAT is really needed

HOW MUCH is really needed

Health (Swasthya):

1. The body acts according to I

2. There is harmony among the parts of the Body

   intake, daily routine; labour, exercise; asan, pranayam; 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)*; i.e. right thoughts, behaviour & work has an impact on the health of the body

- Equipment, instruments *(Sadhan)*

Daily routine for the body: Suggestions

Time	Activity	Details
5:30 to 6 AM	Wake up,	
6 to 7 AM	Exercise	
8 AM	Breakfast	
10:30 AM	Snacks	
1 PM	Lunch	
5 PM	Snacks	
6 to 7 PM	Sports,	
8:30 PM	Dinner	
10: 30 PM		

The body is in elimination cycle during
This time. Having water and fruits
Aids the body to do this. Exercise
Keeps the various organs fit

The body is in intake cycle during
Having food at this time provides
Nutrition to the body

The body is in assimilation cycle from 8 PM
to 4 AM. Its time to rest, not eat or watch movie

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.

⇒ **Need for Physical facilities is limited in quantity**
Health = 1. The Body acts according to I
    2. There is harmony among the parts of the Body

Prosperity- Feeling of having/being able to have more than required physical facilities.
⇒ For Prosperity, two things are required-
  1. Identification of the quantity required for physical need &
  2. Ensuring availability/ production of more than required physical facilities

Today, we are not able to identify how much quantity is required & therefore we continue to be deprived, regardless of any amount of physical facility we have.

Summary of Day 2

- Human Being is a coexistence of I and Body
- I and Body have different Characteristics
  - Need: Happiness, Prosperity Vs Nourishment
  - In Time: Continuous Vs Temporary
  - Fulfilled By: Right Understanding, feelings Vs Physical facilities
  - In Quantity: Not quantifiable Vs Quantifiable
  - *These can be understood by Self Observation (observation in the self)*
- I and Body have different wants/desires and needs
- WANTS of I:
  - Wants/Desires are not unlimited
  - We have wants which can be understood.
  - Wants of I are continuous Happiness and a feeling of Prosperity
- Wants of I are knowledge and right feelings which can be fulfilled by having the right understanding at all levels.
- NEED of Body
  - Need of Body is nurturing, protection and right utilization
- When we understand the wants of I and needs of Body properly, for the first time we can see that there is a possibility for us to feel prosperous.
  - When we feel prosperous, we have a feeling of nourishing the other, not exploiting them.
- We have accumulated lot of contradictory desires. When we start investigating into ourselves we will find that we have become a bundle of contradictions. This leads to our uncertainty.

Discussion on Harmony with the Body

- Material things can be used only by the body. These are meant for nurturing, protecting and rightly utilizing the body
- There is no continuity of feelings in I generated out of use of Material facilities

Indulgence (*bhog*)	Right Utilization (*sadupyog*)	Renunciation (*tyag*)
Accumulation of PF	Sharing of PF	Avoid using PF
Looks, wealth, position, power, exclusivity	Prosperity	
Uncertainity, insecurity, fear	Definiteness, fearlessness	
Lack of trust, struggle, opposition, disorder	Relationship, order	

The feeling of not having enough physical facilities is to be in a state of deprivation

If needs are unlimited & resources are limited, one is bound to feel deprived… deprivation → exploitation → corruption → opposition → struggle → war

Corruption: Is due to feeling of deprivation (lack of a feeling of prosperity), a lack of a feeling of relationship

Everybody else is my opponent, OK to be exploited

Me, My Family

साधन विहीन दुखी दरिद्र
साधन सम्पन्न दुखी दरिद्र
साधन सम्पन्न सुखी समृद्ध

Prosperity (Samriddhi)

Prosperity is the feeling of having more than required physical facilities or having the ability to produce more than required physical facilities

1. Appropriate assessment of physical needs and their required limited quantity (Identify real need, not reduce it)
2. Ensuring availability / production of more than required physical facilities ensuring mutual enrichment , without exploiting human beings or nature and ensuring that enriched nature will be available for future generations

Right utilization of physical facilities *(sadupyog)*

1. Purposefully use as much as is really required to nurture, protect and rightly utilize the body
2. Share the remaining in relationship, make it available for right usage

Discussion on Prosperity

- List down all the physical facilities in your house.

- Observe whether you are utilizing the facility properly or not. For how much time you are making use of it.

- Are these more (in terms of Quantity & Time) than you need?

- Are you prosperous?

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

Discussion

- Is Prosperity possible with accumulation of Physical Facilities? What is the Satisfaction-Point of Accumulation of Physical Facilities?

- Ability to evaluate and basis or criteria to evaluate. Can the criteria be relative? Is it possible to have any absolute criteria? At the basis of selection or at the basis of goal / desire?

- Prosperity in an individual or a family feeling. What is family? Is it based on real things of representations like money?

Where we are …

HARMONY IN RELATIONSHIPS

Relationship is the basic Human Desire.

Understanding the Need of Relationships

- Most of the problems which we face in the family, are due to lack of physical facilities or lack of understanding and fulfillment of Relationships?

  – Ex: Crores of property is not sufficient for two brothers to live harmoniously in a family.

- Do we enjoy Physical Pleasures when Relationships are not going well?

  – When do we generally go out to have fun? When we are excited? Or when we are worried, to forget ourselves?

- Animal and Human.

Understanding the Need of Relationships

- How do you feel when you are being mistrusted by your dear ones?

- How do you feel when you begin to see that your intention is under doubt by your dear ones?

- How do you feel when you feel that you are being Wrongly Evaluated by your dear ones?

- How do you feel when you see that you are being criticized by your near ones?

Understanding the need of Relationships

- What is your expectation in a Relationship when it is not going well? What goes on in your mind every time?

- What you generally try to do when you are being wrongly evaluated by your dear ones?

- How do you feel when you mistrust somebody?

- How do you feel when you wrongly evaluate somebody?

- You like to be in Relationships or Opposition with other person?

Understanding Expectations in Relationships

- You expect Unconditional Acceptance in any Relationship.

- You want other person to Trust you and Rightly Evaluate you Unconditionally, all the time, continuously.

- When you feel even a slight uncertainty in the Acceptance (Trust and Respect, Right Evaluation) then you feel uncomfortable.

Understanding Expectations in Relationships

- Whenever feeling of Mistrust comes in you for other person then also you feel hurt.

- Feeling of Non-Acceptance is not Naturally Acceptable to a Human Being.

- We want Unconditional Acceptance from others around by lack the capability/ understanding to give it to others.

- This is the root cause of problems in all the human-human relationships. Its roots are also lying into lack of understanding.

- We need to Understand Relationships.

Harmony in Relationships: Proposal

- Relationship is there - between I and I - not between body & body.

- There are expectations in relationship- of I from I.

- Expectations can be recognized and fulfilled

- Fulfillment and right evaluation leads to Mutual happiness.

- Relationship is already there. It is basically relationship between I and I. I always wants to be in Vyavastha, in harmony; otherwise there is Chaos or it feels uncomfortable.

- Harmony in relationships is Justice (*Nyaya*).

Relationships

- Relationship is not something we can make or break.

- We can only ensure its Recognition and Fulfillment.

- As we see it today, mostly relations are seen as Body to Body Expectations are also seen from Body to Body and in terms of Physical Facilities.

- Existence of "I" is not known, thus its expectations, needs etc. are not known.

- Ex: Parent-Child Relationship.

Feelings in Relationships

- There are feelings/expectations in Relationships.

- Understanding of these feeling within, lead to Happiness within.

- Expression of these feelings with others lead to Mutual Happiness.

- These feelings can be understood and one can also draw other's attention towards it.

- There are exactly 9 feelings.

Exercise - Relationships

- List your relationships
  - Xyz
  - abc

- What expectations do you have from them?
  - Xyz
  - abc

We have relationships

We have expectations from these relationships

Exercise - Relationships

- What problems do you face in your relationships today?
  - Xyz
  - abc

- Why do you think you have these issues?
  - Xyz
  - abc

There are issues in relationships

**We have a need to understand & resolve
These issues**

Harmony in the Family

➢ Relationship IS

  ✓ *It does not have to be created*

➢ Relationship is between I and I

  ✓ *Not between body*

  ✓ *Ask yourself – is the relationship between I or between body?*

➢ There are expectations of I from I

  ✓ *Not of Body from Body*

  ✓ *Ask yourself: Do __you__ have these expectations, or does the body?*

➢ These expectations can be recognized

  ✓ *These expectations are not indefinite*

➢ Their recognition, fulfillment & evaluation leads to mutual happiness

  ✓ *It is possible to recognize these relationships and fulfill them*

Harmony in the Family

➢ Relationship IS *(Does not have to be created)*

➢ Relationship is between I and I *(Not between body)*

➢ There are expectations of I from I *(Not of Body from Body)*

➢ These expectations can be recognized *(Not indefinite)*

➢ Their fulfillment & evaluation leads to mutual happiness

• Family can be seen as relationship among human beings.

• Since human is coexistence of I and Body and it is basically I that plays the deciding role, family can be visualized as relationship between I & I

Values – Expectations in relationship

1. Trust
2. Respect
3. Affection
4. Care
5. Guidance
6. Reverence
7. Glory
8. Gratitude
9. Love

Feelings in Relationships

GLORY

GRATITUDE

LOVE

CARE

GUIDANCE

REVERENCE

TRUST

RESPECT

AFFECTION

Harmony in the Family

•Relationship is already there. It is basically 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 childs 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.

Relationships do not have to be created.

They are already there: They only need to be recognized and fulfilled

Expectations are in I, from I. Hence they need to be addressed at the level of I.

Providing physical facilities is not a substitute For relationships.

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:

Intention (Innate need)	Competence (Ability to fulfill)

[√] 1a) I want to make myself happy

[√] 2a) I want to make the other happy

[√] 3a) The other wants to make himself happy

[?] 4a) The other wants to make me happy

[?] 1b) I make myself happy

[?] 2b) I make the other happy

[?] 3b) The other makes himself happy

[?] 4b) The other makes me happy

What we really want to be

What we are

- **We find that while we look at our <u>intention</u> and the others <u>competence</u>. (*I <u>wanted</u> to do well, but he <u>could</u> not….) …w*e seldom compare our <u>competence</u> with the others <u>intention</u> (*He wanted to do well, but <u>I could</u> <u>not</u>…)**
- **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**

Trust is basic to any relationship.
Trust means having assurance on the intention
Of the other, at all times.

We normally see our own intention and compare
This with the others competence. This leads to a
Feeling that we are right and the other is wrong

Discussion on Trust

•Take any example where you have trust in relationship –
• Do you think this is because there was assurance, or lack of assurance?
•Take any example where you think it is hard to trust.
  •What is the reason?
•Does the person really <u>intend</u> to do harm to us?
  •We will find on observing this closely that it is not that the person really wants to harm us. He too wants the same thing as we do. He too wants happiness and prosperity. He too wants to have the right understanding…he too wants trust in relationship, wants to fulfill it like ourselves.
  •When we doubt the intentions of the other person we find that we are not comfortable.
•Find out for yourself: The moment you have ill feelings towards someone, there is a contradiction in us and it makes us unhappy. We are comfortable only when we have a feeling of fulfilling the other.
  •Thus, whenever we go ahead and wish ill for someone or even do it, we become cause for our own unhappiness.
  •We can decide for ourselves whether we want to be happy or unhappy.
•On paying attention, we can easily see that the other is like us and we want his relationship just as he wants ours. Relationships are.

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

Harmony in the Family: Trust

- Is there a provision in nature for both – you and the other person to be fulfilled?
- In existence/nature, what is right is acceptable to *both of us*. What is not right is not acceptance to *any of us*
- Our problem is that we are not seeing things as they are, we have wrongly assumed existence/reality
- When we deny the other, we create problems for ourselves. When we see at the level of natural acceptance that the other wants the same thing that I do, then we feel assured within ourselves
- Are the problems in family from doubt on intention or competence?
- Competence should flow from intention. Today we are unaware of intentions, hence there is a confusion
- We are not supplying knowledge – not inculcating anything in this workshop! These answers are coming from yourself!

Every human wants to live with trust

The problems in family are largely due to a doubt On intention.

Trust : Foundation Value

- Is Trust Naturally Acceptable to you?

- Does Trust lead to Mutual Happiness?

- Does Trust lead to Fearlessness?

- You expect others to Trust you.

- You feel uncomfortable when you Trust.

- Are you able to Trust others always?

- Are others always able to Trust you?

- Generally we Trust other person on the basis of consistency in his behavior and work with us.

- But behavior is found to be inconsistent, so what should be the basis of Trust?

Trust

- Trust is the feeling of assurance that the other "intends" my happiness.
- Trust is on the basis of "Intention".
- If I have a feeling of Trust in me for the other, I feel happy.
- When I have feeling of Trust in me then it automatically comes into expression and it leads to Mutual Happiness.
- This starting of Happiness is from Me and not from Other.
- Trust is the basic Human Desire.

1. Trust (vishwas):

to be sure that the other wants my happiness & prosperity

1.a I want to make myself happy

2.a I want to make other happy

3.a The other wants to my himself happy

4.a The other wants to make me happy

1.b I do always make myself happy

2.b I do always make others happy

3.b The other do always make himself happy

4.b The other do always make me happy

Intention

Competence

Discussion on Trust

- Lack of Trust leads to Fear.

- When you are in Fear you want to come out of it.

- Fear is not Naturally Acceptable to anybody.

- Due to lack of understanding and possibility of being in Relationship, we feel that fear is inevitable. We have to live with it.

- But everybody accepts that being in Relationship is Naturally Acceptable and not Fear.

- Lack of verification within is the problem.

Discussion on Trust

- When you evaluate yourself do you evaluate your intention or competence? When you evaluate the other, you evaluate their intention or competence?
    - I evaluate myself on my intention →conclude that 'I am good'
    - I evaluate the other on competence →   conclude 'other is bad'

- If you have trust on intention and if the other is lacking competence, will you help to develop the competence or will you feel a) irritated, b) angry, c) opposed to the other
    - Doubt intention →   condemn, get angry
    - Doubt competence →   desire to help, responsibility.

- How many people do you have unconditional trust on intention? Check if you feel any opposition to people nearest to you.

Intention and Competence

- Competence
  - Ability to learn / improve / innovate / create
  - Ability to do / perform
  - Ability to teach / transmit in relationship
  - Ability to evaluate (mulyankan)
- With more clarity of Intention, the ability to evaluate other person also keeps increasing.
- With the clarity of Intention one feels related to more and feels more comfortable within.

2. Respect

- Respects means right evaluation or correct evaluation.
- Today, we usually respect based on body, status, age,
- For example: One should respect elders. And what should we do with those that are younger? ☺ = We should respect them as well!

•Right evaluation means evaluating on the basis of I. Being able to see that the other I is like me and respecting it for the same. I.e. the other I is same as me in terms of:

- •**Need – continuous happiness** – we both have a need for continuous happiness
- •**Program for both of us is the same**– To understand and live in harmony the harmony at all levels of human existence
- •**Potential:** Activities in I are the same – we both have the same activities in I
- •**At the level of Understanding, (not information)**: If the other's level of understanding:
    - •Is less than me – I behave with responsibility and I accept the responsibility for improving the understanding of the other
    - •Is more than me – I am ready to understand from the other

Respect means right evaluation of the other. Evaluation on the basis of I in terms of:
- **Need: Happiness & Prosperity**
- **Program: Right understanding at all 6 levels**
- **Potential: Activities in I are the same**

This becomes the basis for respect.

2. Respect – Right Evaluation

- Right evaluation means not doing the below:
  - Over Valuation
  - Under Valuation
  - Over Valuation

Under-valuation

•Means evaluating something for less than what it actually is

•Ex: A father telling his son "You are good for nothing!!!!" ☺

  •*This is not possible! The son would be good for something!*

  •Saying something like this means the child would have low self esteem and end up comparing himself with others

•Example from work: If someone made some comment on us during the appraisal that makes us feel we are being under evaluated…

  •Having a feeling of inferiority for the other essentially means we are disrespecting the other

Exercise:

Take an example where you have under-valuated someone.

Discuss whether the person feels comfortable or uncomfortable in this state

2. Respect – Right Evaluation

- **Over-valuation**

  - Means evaluating something for _more than what it actually is_

  - The same father telling about his son: My son is great! He can do anything!

  - _This means the son is now capable of doing anything!_

  - _This causes the son to became self focused and he starts distancing himself from others and comparing himself with those around him thus denying the relationship inherent between them._

Exercise:

Take an example where you have over-valuated someone.

Discuss whether the person feels comfortable or uncomfortable in this state

2. Respect – Right Evaluation

- **Other-wise valuation**
  - I.e evaluating it for something other than what it is.
  - Ex: The same father now says, you are such a donkey!
  - *Surely, the son is not a donkey!*

Exercise:

Take an example where you have other-wise someone.

Discuss whether the person feels comfortable or uncomfortable in this state
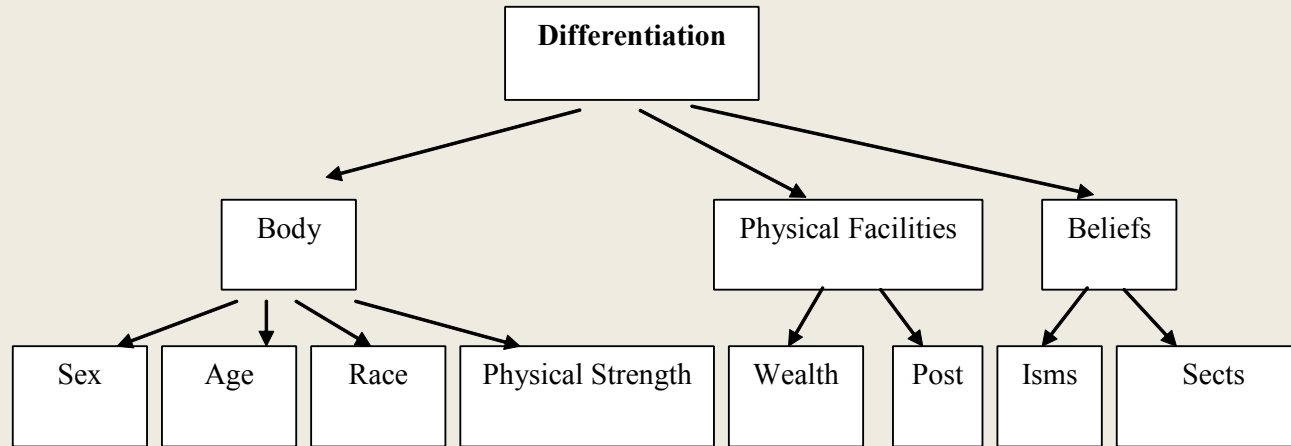
Exercises: Respect

- **Exercise: Ask yourself:**
  - If you are wrongly flattered, you feel uncomfortable (Overvaluation)
  - If you are condemned you feel uncomfortable as well (Undervaluation)
  - If you are called a donkey, you feel uncomfortable (Otherwise valuation)
  - ***This holds true when we do the above for the other as well!***

- *Think about how many times we keep disrespecting others on a day to day basis.*
  - *Discuss a few examples*
- *Think about how many times we felt disrespected by others.*
  - *Discuss a few examples.*

- Small things matter…how often do we hurt others, and get hurt by others unintentionally?

Lack of understanding of Human relationships is one of the biggest issues both inside, and outside the workplace!

Respect is the most often ignored by us. We are Constantly causing grievance by our mindless Comments and behavior

Respect – Basis for differentiation today

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                        ┌─────────────────┐
                        │ Differentiation │
                        └─────────────────┘
            ┌─────────────────┼──────────────────────┐
       ┌────────┐    ┌─────────────────────┐    ┌──────────┐
       │  Body  │    │ Physical Facilities │    │ Beliefs  │
       └────────┘    └─────────────────────┘    └──────────┘
   ┌─────┬───┬────┬──────────────┐    ┌────────┬──────┐   ┌──────┬───────┐
┌─────┐┌─────┐┌──────┐┌──────────────────┐┌────────┐┌──────┐┌──────┐┌───────┐
│ Sex ││ Age ││ Race ││ Physical Strength ││ Wealth ││ Post ││ Isms ││ Sects │
└─────┘└─────┘└──────┘└──────────────────┘└────────┘└──────┘└──────┘└───────┘
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- Differentiation based on one or all of these leads to feelings of disrespect, leading to resentments & protests.
- If we try to respect people on the basis of the above, we are actually disrespecting them.
- With every human being, especially for a child, be alert of every word, every gesture, you are using. Minutely observe what you have done or said to the other, does it ensure the respect and trust for him?
- One needs to be aware whether evaluation is on the basis of the body or 'I'.

Exercise:

1. Take examples of differentiation based on each of the above and discuss them

2. Find out how often you do them yourself

Currently, there are numerous bases on which we disrespect the other.

In fact, today, we even take this differentiation based on these parameters to be respect: whereas, Deep within, the other feels violated

Scenario: Trust & Respect

- **Scenario**:
  - You have been assigned some task to complete at work by your lead. You do what you think is right and go back to him. He takes a look at what you have done and comments "Oh! You don't seem to be able to do such a simple thing!!!" – You feel hurt and stung. What do you think happened? Check this scenario with what was explained above and see if you are able to work out the root cause of the problem.

- Analyze it
  - Trace back where the problem arose.
  - Was it something you said or the other person said?
  - Did you feel hurt with what the person said, or when you started **_thinking_** that the other wants to hurt you? (I.e. if you think so, you are doubting the intention)
  - At the level of Intention, do you think the person really wants to hurt you? Or is it that they lack the competence? So it's an issue with the competence, not the intention. The other does not **_want_** to hurt me, but is unable to carry out their intentions

  - Are you able to see that you and the other person are the same at the level of intention ???

If we start looking into our relationships, we will find that the other is also Like me. They have the same intentions as I, but lack of the competence.

I.e. we both have to work to improve our competence, we both have to Work for the right understanding

Trust & Respect

- It is not possible to be hurt if you have a basic trust in the intention

- Check if you want to be related to the other or not at the level of your natural acceptance

- Check whether you are evaluating the other on the basis of Body or on the basis of I

- Are you able to see that the reasons for happiness or unhappiness in you is the same as that in the other person? I.e. *Sensitivity* means being able to see that the same things that are cause for my unhappiness and happiness are also cause for the unhappiness and happiness in the other.

- I.e. I am/should be able to see that I have to work on my understanding and so does the other – ie the other also has to work on theirs.

The basic reason for this lack in trust on intention is that the desires, thoughts selections in us (3, 4, 5) are not in alignment with our Natural Acceptance (Realization & Understanding – 1 & 2).

I.e. Both me and the other have this need for right understanding at the level of our natural acceptance and we both have an acceptance for the relationship but are unable to fulfill it.

I.e. we both have to work on the right understanding at all 6 levels.

Respect = Right Evaluation

- Is Respect Naturally Acceptable to you?

- Does respect lead to Mutual Happiness?

- You expect others to Respect you.

- You want to Respect others.

- Are you always able to Rightly Evaluate others?

- Are others always able to Rightly Evaluate you?

- You want Right Evaluation/Respect Continuously or Temporarily?

Respect

- **Other person is like me.**
  - **Purpose:** I and other want to live with Happiness, Prosperity, Relationships and Continuity.
  - **Program:** To ensure our purpose, we need to understand harmony at all 6 levels.
  - **Potential:** We all have potential to understand harmony at all 6 levels.
- The only difference can be at the level of Understanding.
  - If I have more understanding, I share it with other.
  - If other has more understanding I am ready to understand from him.
- This way we become complementary to each other than competitors to each other.

Discussion on Respect

- Do you feel respected by people at home?

- Do you ensure trust and respect with everyone at home?

- Do you want to take responsibililty to decrease the gap or be exclusive, differentiate and increase the gap further?

- Check if you are able to help to increase the capability of people who are around you?

Competition and Excellence

- How do you feel when you compete?

- You want to Excel or Compete?

- You want to excel by understanding harmony at all 6 levels by you try to ensure it with competition due to lack of understanding.

- Identify your goal is same or different?

- Is there any scarcity of seats in your goal?

- Is there any competition if goal is same?

Absolute and Relative Self Confidence

- Confidence is the basic Human Desire.

- You want to live with Confidence continuously.

- You want absolute confidence or relative?

- What is the basis of your confidence today?

- Is your basis of confidence able to ensure its continuity?

- Understanding harmony at all 6 levels gives you Absolute Confidence which is your basis desire.

Evaluating Ourselves

- We also evaluate ourselves on the basis of several attributes.
  – I am beautiful, powerful, intellectual, wealthy, positionful etc.

- When we over-evaluate ourselves then it is called Ego.

- When we under-evaluate ourselves then it is called Depression.

- We need to Evaluate ourselves Rightly. This Right Evaluation of ourselves by Ourselves is Self-Respect. It includes,
  – Knowing "What", "Why", "How" about ourselves = Self Knowledge.

Exercise on Respect

- What is required to ensure continuity of respect from a necklace?

  - People's perception towards necklace should remain the same.

  - If the perception is remaining the same then the pleasure derived from it should remain the same.

- Unfortunately both the conditions are not fulfilled!

- No Continuity.

Affection

- Self wants Right Understanding for its Happiness.
- Purpose of all Mutuality, Human-Human Relationship is, we all become Mutually Fulfilling in increasing each other's understanding.
- The feeling of responsibility which we have for completeness of understanding of other person along with ours own, is called Affection i.e. Sneh.
- Feeling of Acceptance for other person as one's Relative is called Affection.
- **Lack of opposition in justful behavior**

Affection

Acceptance of the other as a Relative (*Sambandhi*)

- Spontaneity of judicious (mutually fulfilling) behaviour
- *Sneh (Sthapit mulya) = Manav laksh ke arth mein paraspar sahyogi hone ki jimmedari ka bhav*
- *Nishtha (shisht mulya) = Laksh ki paraapti ke liye prayaas mein nirantarta*
- Accepts the other as being related, just as the other is
    - Illusion = living with image predominant
    - Awakening = being free from illusion
- All are related to and reflected in me.

E.g. New team member, daughter-in-law… Any pre-suppositions?

Care, *Mamta*	Guidance, *Vatsalya*

Feeling of responsibility & commitment toward **nurturing** and **protecting** the body of the other (Needs of Body)

Feeling of responsibility & commitment toward ensuring **Right Understanding** and **Right Feelings** in the other; making the other **capable**, **responsible** and **independent** (Needs of I)

You expect others to care for you
You want to care for others
Do others always care for you?
Are you always able to care for others?

You expect others to guide you
You want to guide others
Do others always guide you?
Are you always able to guide others?

Ex: Guidance

Every human child wants to know all that she is related to, i.e. everything that exists, as All is reflected in her. The child is fully ready to learn from the parent/teacher. In fact she assumes you know everything and is ready to follow all your rules.

To guide, one needs the right understanding in the self, a feeling of relationship with the other and competence to provide guidance. Do you:
a) have a feeling of trust, respect and affection for every child
b) have a feeling of superiority or need to dominate the child
c) answer the child's questions, set a personal example of right understanding and judicious behaviour
d) get irritated, scold or beat the child
e) give / promise something, like a chocolate, to stop the questions
f) find someone else who can answer the questions you don't know

If the child withdraws from you, or stops following your rules, is it
   due to:
   a)   the child's inability to understand
   b)   your inability to explain
   c)   rules for the child are not followed by those who preach them

- Trust them and treat them with respect. Use their strengths. No favorites
- Enable individuals to develop their competence, rather than doing the work instead of them
- Enable them to be individually responsible by clarifying the larger purpose of their work and helping them to internalize the goals
- Enable them to become independent
- Include and acknowledge them, give credit to them and take some responsibility for their failures. Take their suggestions, particularly in areas that are not leaders core competence. Not be vindictive
- Encourage and celebrate individual & group successes

Excellence (Shreshtatha)

Excellence is to understand harmony and to live in
harmony… at all 6 levels*…

Excellence is to help the other to come to your level

Opposition is to stop the other from reaching your level

* 6 Levels

1. In the self   2. With the body   3. In relationships

4. In society   5. In nature and   6. In the entire existence

Opposition (*visheshttha*)   vs   Excellence (*shreshttha*)

Stop the other from coming to your level

Competition, Cooperation, win-lose

- Mutual exploitation, hoarding
- Self-centered
- Decisions based on circumstances, peer pressure, needs external motivation (fear of punishment, temptation of reward)
- Deprived
- Focus on problem, blame others
- Obstacle = Problem, in the way
- Relative #1, circumstantial
- Procrastination

- *Partantrata, Manmaani,* unhappiness

- *"Some winners, some losers"*

Need common opponent to band together?

Help the other to come to your level

Relationship, Collaboration, win-win

- Mutual enrichment, sharing
- Concern for all
- Decisions based on natural acceptance, driven by a vision, self motivated

- Prosperous
- Focus on solution, take responsibility
- Obstacle = Challenge, to teach, is the way
- Absolute 100%, invariant
- Action oriented

- Self Organized, *Swatantra,* happiness

- *"Nobody wins unless everybody wins"*

Games that foster collaboration = ?

Reverence, *Shraddha*

Feeling of acceptance of the excellence of another

You want to be worthy of reverence by others
You want to revere others worthy of reverence
What feelings do you evoke in the other?

Glory, Gaurav

Feeling for those who have worked for excellence

Unconditional acceptance for following the example of the other

You want to be worthy of being glorified by others
You want to glorify those who have reached somewhere
What feelings do you evoke in the other?

Gratitude, Kratagyata

Feeling for those who have worked for my excellence

Guidance evokes a feeling of gratitude

Providing physical facilities alone does not ensure continuity of a feeling of gratitude

You expect others to acknowledge and thank you

You want to acknowledge and thank others

What feelings do you evoke in the other?

Love

Feeling of being related to every unit in existence

Living with the consciousness of being related to all

Experiencing completeness in existence, expression of kindness, beneficience and compassion

You expect all to love you
You want to love all
What feelings do you evoke in the other?

Discussion on Love

Family unit is a learning ground, preparation to live in relationship with everyone; conduct depends on the training given in the family

Relationship Feelings (*sambandh)*	Relationship Name (*sambodhan*)
Trust, Respect, Affection	Brother, Sister, Friend
Trust, Respect, Affection, Care	Mother
Trust, Respect, Affection, Guidance	Father, Teacher
Trust, Respect, Affection, Love	Husband, Wife

Me, My Family

Everybody else (to be exploited)

Progress

Me, My Family

Everybody else is part of my family WORLD FAMILY
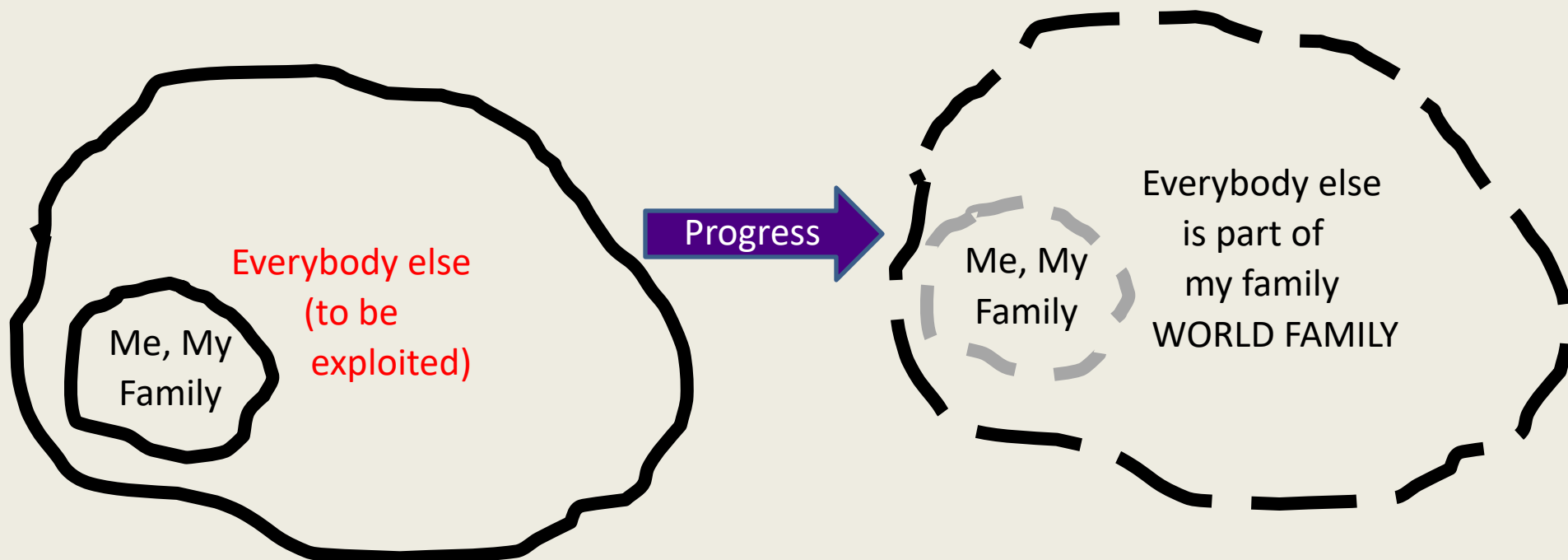
Summary of Humane values: as they manifest in a family

GRATITUDE

CARE

TRUST

TRUST
- Begins with Trust in the self, based on a complete understanding of Existence

- Manifests towards others as
- *Trust in intent*: trust that each human being seeks happiness / harmony

- The best of intentions cannot bring about desired outcomes unless the right understanding is also present

- Share right understanding to help develop capability, if not present; *Trust in capability* follows…

Humane values: as they manifest in a family

GRATITUDE

ESTEEM

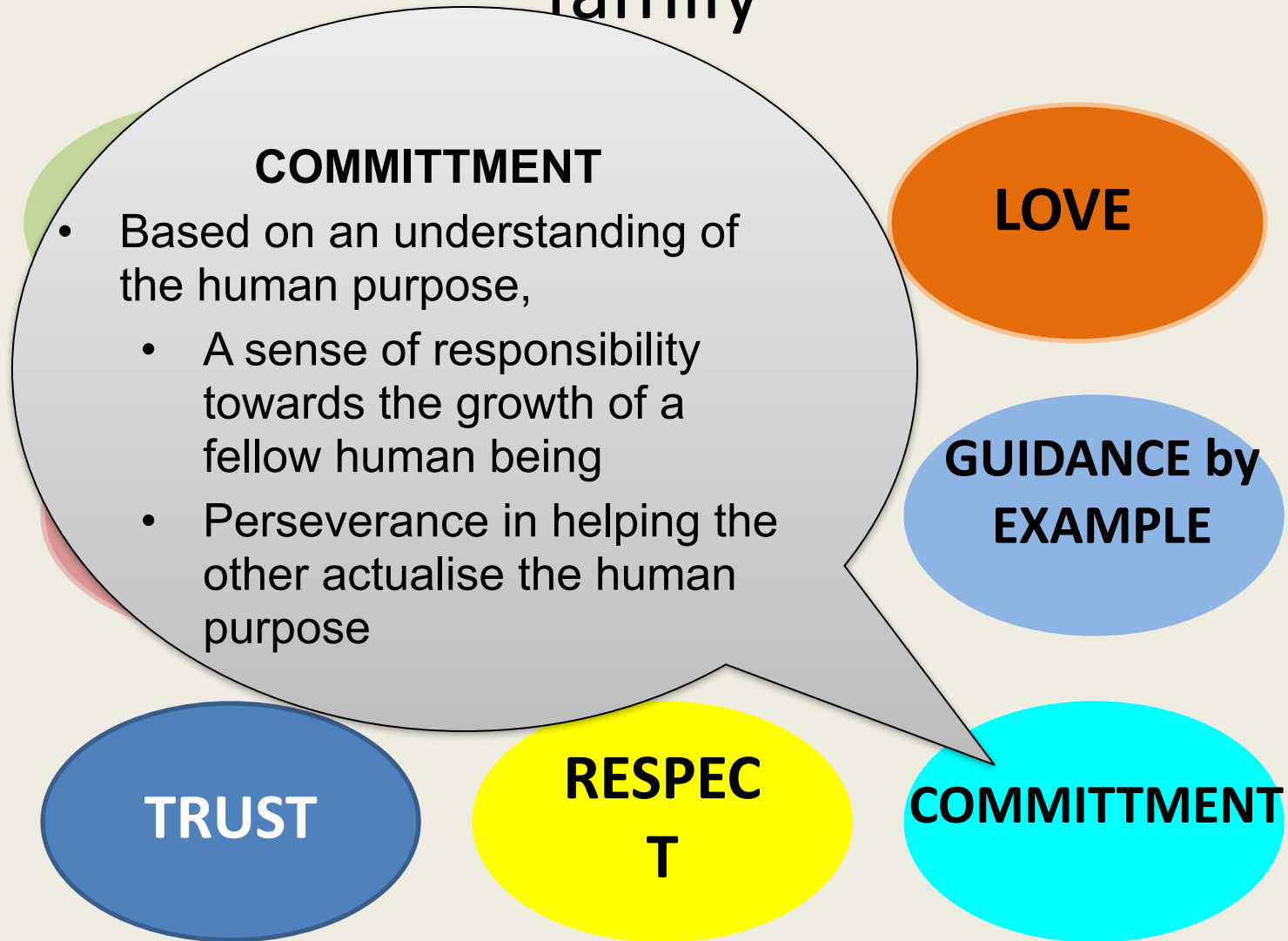**CARE**

RECEPTIVE for EXCELLENCE
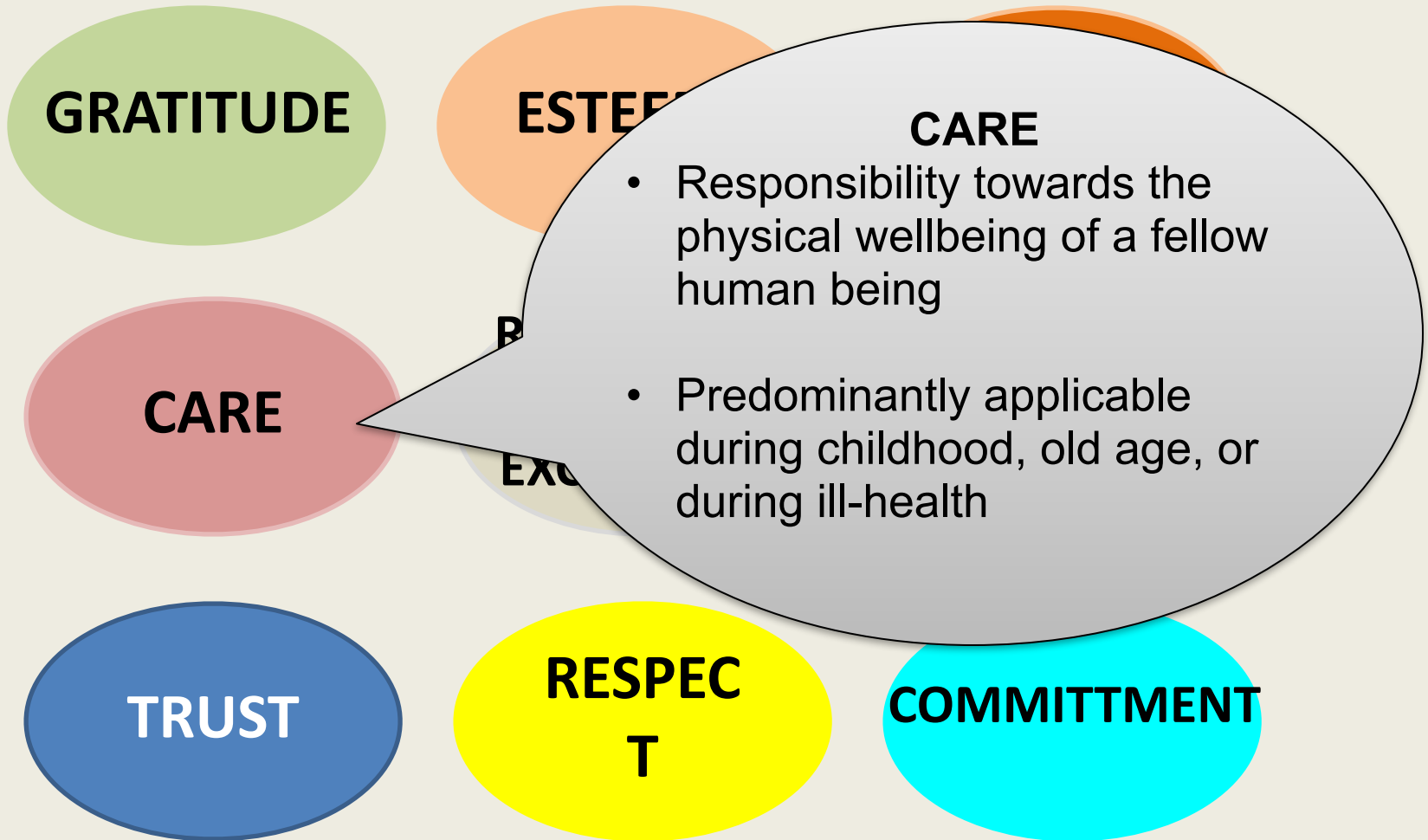
TRUST

RESPECT

RESPECT
An understanding of what constitute
qualities and abilities worthy of a human being
• An evaluation of oneself in this light

• Manifests towards others as
• *Respect of these qualities and abilities in others*
• *Correct evaluation* of others, based on the same

Humane values: as they manifest in a family

COMMITTMENT
- Based on an understanding of the human purpose,
  - A sense of responsibility towards the growth of a fellow human being
  - Perseverance in helping the other actualise the human purpose

LOVE

GUIDANCE by EXAMPLE

TRUST

RESPECT

COMMITTMENT

Humane values: as they manifest in a family

GRATITUDE

ESTEEM

CARE

RECEPTIVITY for EXCELLENCE

TRUST

RESPECT

- In light of the human purpose, a curiosity, willingness and receptivity to learn/ do what is required for completing one's understanding, and actualising it

- And to be able to generate such receptivity in one's fellow humans

Humane values: as they manifest in a family

Humane values: as they manifest in a family

GRATITUDE

ESTEEM

LOVE

LOVE: A cumulative expression of all the previous values

- It is **a constancy of these eight values in one's behaviour** in order to help a fellow human being attain the human purpose/goal

- Loving behaviour is cognisant of where the fellow human being stands (in terms of their current understanding, their ability to grasp) and, one's expression is thus appropriate to the situation

'Nyaya' or justice or humane conduct towards another human being

- The purpose of all human relationships is to assist the other attain completeness and harmony at all the four levels of one's life

- 'Nyaya' or justice manifests in a relationship when we are able to

  - understand the expectations in light of the above purpose

  - and, fulfill those expectations

  Both parties experience fulfillment in this process

This proposal essentially pegs very tangible, understandable and practical meanings to all of the above

Harmony in relationships

Harmony= right understanding and mutual fulfillment

Violation   = if any of the expectations is not fulfilled

Justice   = Ensuring continuity of right understanding & right
        feelings in the self of all
                                  ≠ punishment

Fear   = manifestation of lack of trust, leads to opposition

Jealousy, envy   = result of differentiation, lack of affection

Opposition   = leads to exploitation

Anger   = manifestation of not seeing a solution

Ego   = Over-evaluation of self

Self confidence

1. Trust in self (no doubt on intention, clarity of intention, right thoughts)

2. Right evaluation of self (self respect, clear idea of competence / strengths)

3. Acceptance of self (just as one is)

4. Care of self (health, right utilization of things)

5. Right understanding in self (guidance, feeling of empowerment, *swatantrata*, right behavior and work)

The Family : A look at the current situation

- As per our current worldview, we largely recognize the needs of a human being to be material / financial needs
- And remember we had said that, 'How we think/live/act is shaped by our worldview'
  - Be it towards fellow humans, or towards nature
  - All our systems – be it our education system, our production and exchange system, our political system, our social system then develop as a superstructure with its foundation in our worldview

Consequently, the purpose of the family in our current context has got rather stunted:

- The togetherness is often reduced to ensuring that the material needs of the members are met
- Material symbols have assumed significant primacy – often becoming the only barometer for how much one 'cares' for another
- Relationships tend to get ignored in the pursuit of 'material well-being' – the definition of which is always elusive / shifting
- We feel the lack of
  - love, trust, respect, commitment, gratitude
  - sharing beyond the regular material/ logistical issues

but are rarely able to peg what is missing

Harmony in Family

- Family, Why?
    - What is the expectation of Self from a Family?
        - Body, Nutriment and Protection, Resolution.
- Family, What?
    - Smallest unit to get, test and prove understanding.
- Family, How?
    - Recognition of Relationship, Fulfillment of Values into it, Evaluation and Mutual Fulfillment and Prosperity.
- Family, How many?
    - Around 10.

Discussion

- Combined Family is a Happy Family? or
- Nuclear Family is a Happy Family? or
- Resolved Family is a Happy Family?

- Love marriage is successful marriage? or
- Tradition marriage successful marriage?
- Marriage with Understanding is successful marriage?

- We live together or we be together?

Where we are …

HARMONY IN SOCIETY

Harmony in Society

Nature and all of Existence

Society: The next level of actualization

Family: The first level of actualization

Self: A resolved individual

Society: where the complete human potential manifests, where the harmony amongst all four orders in nature actualizes…
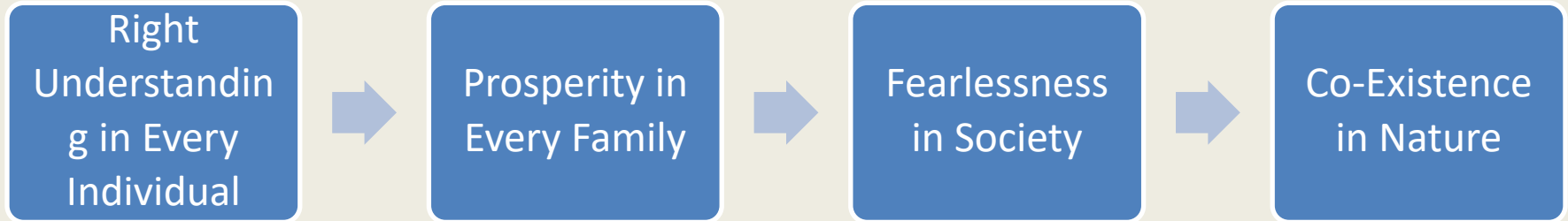
Harmony in Society

- Society = Organization of a group of families
- *Samaj = Parivaar samooh*

- Goal of Society, Target and program of Human Beings living in society = To ensure continuity of happiness and prosperity in Every Family

Harmony in society (*Samaj mein vyavastha*)

- Why (Kyoon) – परिवार समूहों के निरंतर सुख / समृद्धि पूर्वक जीने हेतु व्यस्था|

- What (kya) – मानव लक्ष्य साकार करने के लिए मानवीय व्यस्था = अखंड समाज सार्वभौम व्यस्था

- How (Kaise) – हर मानव में समाधान, हर परिवार में समृद्धि, समाज में अभय हो, प्रकृति में सह-अस्तित्व हो = निरंतर सुख

- How much (Kitna) – धरती पर उपलब्ध प्राकृतिक संसाधनों के अनुपात में,आने वाली पीढयों के लिए धरती पर विकसित प्राकृतिक स्थितियां उपलब्ध हों

Universal Human Goal

| Right Understanding in Every Individual | → | Prosperity in Every Family | → | Fearlessness in Society | → | Co-Existence in Nature |

Right Understanding of all the 6 Levels. At the level of individual, it leads to happiness. This human value is called *Sukh*

Mutual trust *(vishwas)* in relationships and continuity of production, leads to mutual fulfillment and prosperity at the level of family. *Shanti*

Mutual trust among families, society based on understanding and relationships, and continuity of a culture of right understanding, feeling of relationship, continuity of production and distribution, and Justice leads to fearlessness *(abhay)* in society. *Santosh*

A harmonious society automatically becomes complementary to nature and takes the responsibility to nurture, protect and rightly utilize nature, leading to co-existence with nature. *Anand*

# A Humane Society can be studied along the following dimensions
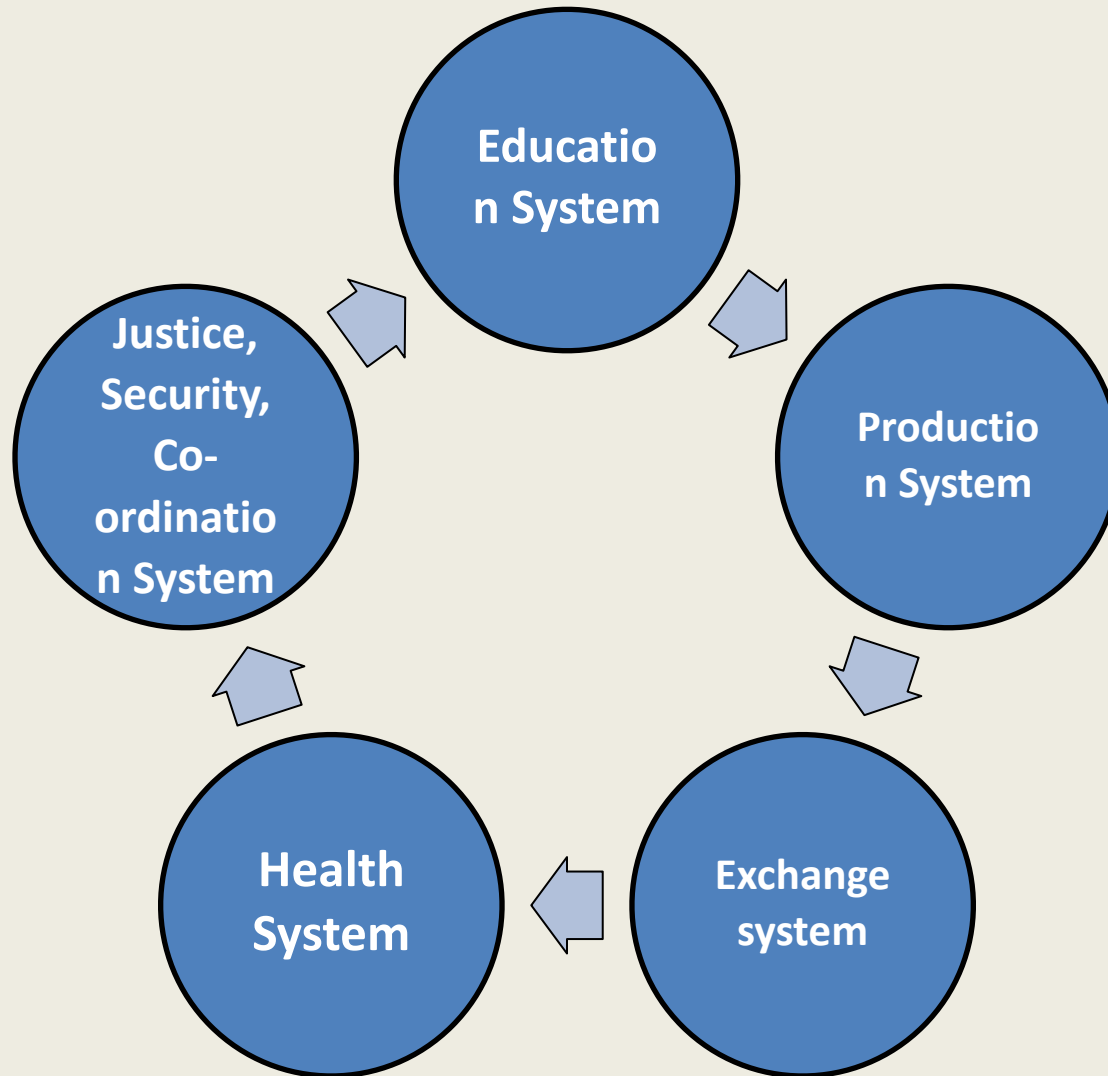
HARMONY IN NATURE

Harmony in Nature

- Four orders in Nature.

- Three are already Mutually Fulfilling to each other.

- Three are already fulfilling for Human order.

- Human order has natural acceptance for being fulfilling of the other three orders.

- Human beings have not understood these relationships, so living (essentially work) is not in harmony.

- Human order can evolve work / production process which is Cyclic (Avartansheel) to become fulfilling for the other three orders.

Current situation
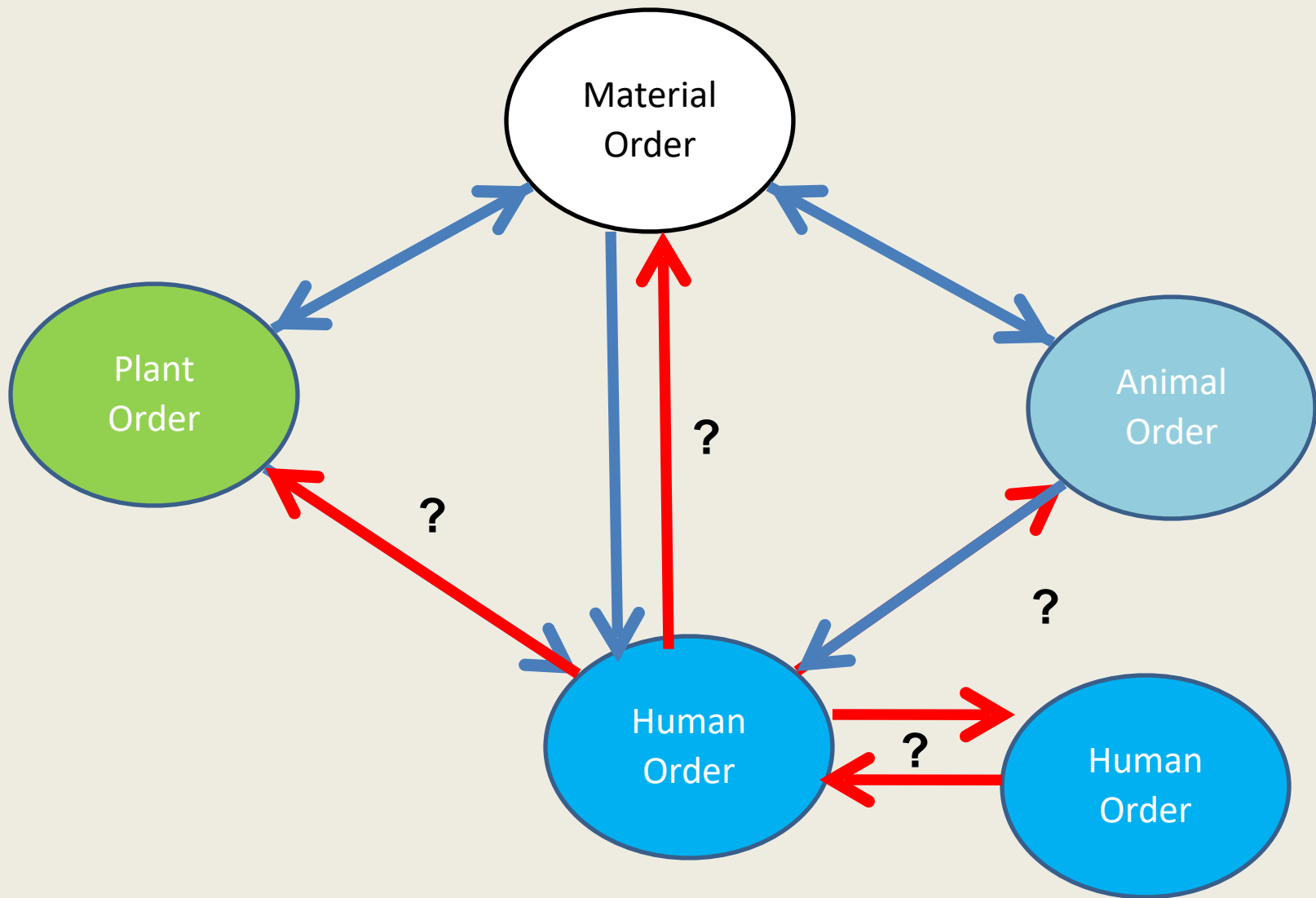
Recognition and Fulfillment of Relationship by human being at all the levels is still expected.

This is what we really want …
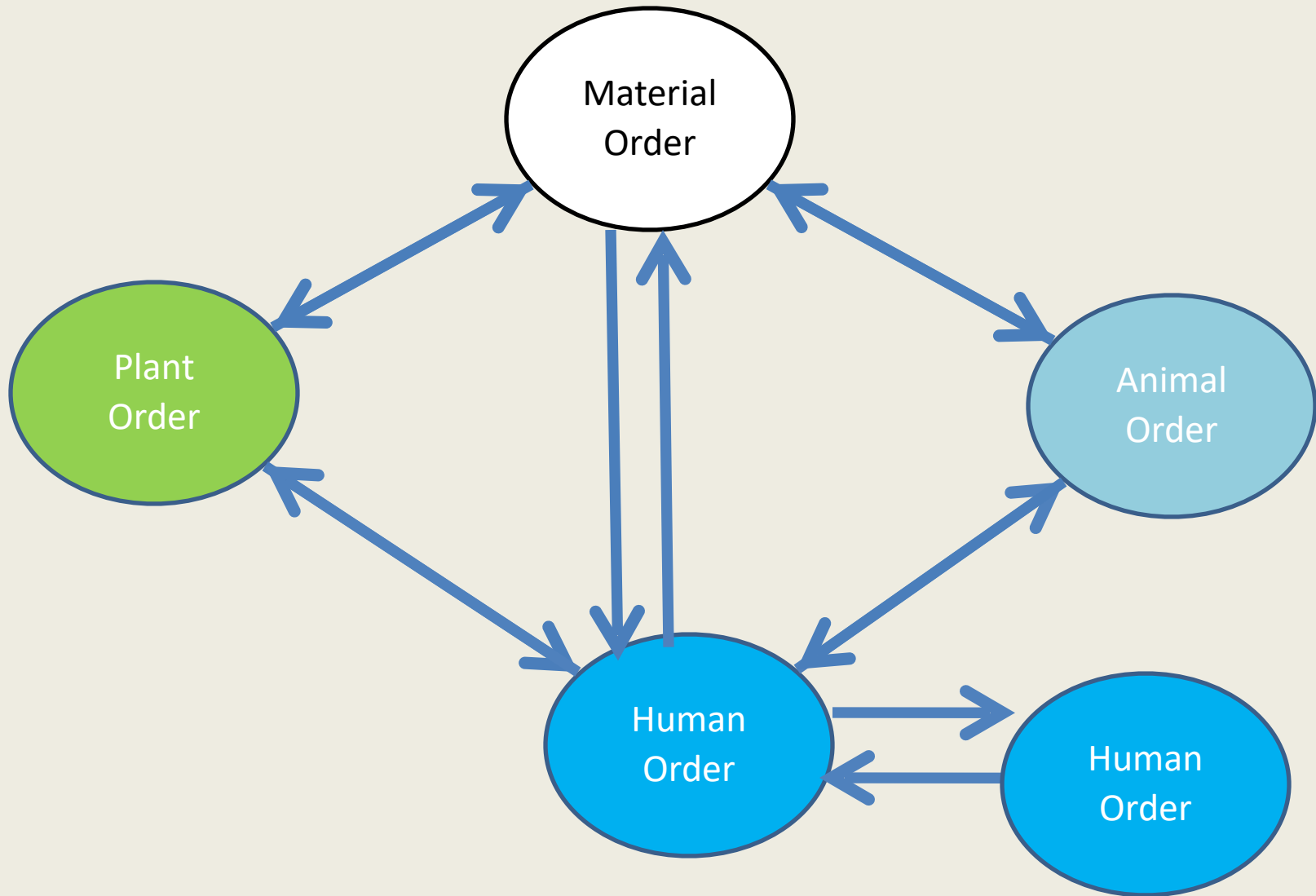
Mutual Fulfillment in Human Relationships and Mutual Enrichment with rest of the Nature.
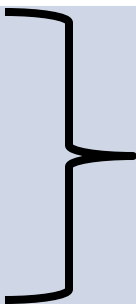
Four Orders in nature

ORDER	THINGS	ACTIVITY	DHARMA	SVABHAV
Physiochem Padarth	Air Water Minerals	Composition Decomposition	Existence Self-Org	Composite Decomposite.
Pranic Pran	Plants,Animal body,Human body	,, + Resp.	,, + Growth	Pran, Enhance/Worsen
Animal Jeev	Animal Body + I	,,+Selection in I	Will to Live in I	Dinta,Hinta,Krurta
Human Gyan	Human Body + I	,,+ Selection Thinking Desire	Will to Live with happiness, understanding	,, + Dhirta,Veerta, Udarta

Orders in Nature

MATERIAL ORDER → PRANIC ORDER → ANIMAL ORDER → HUMAN ORDER

Composed of atoms and molecules

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

Animal Body + Conscious Entity

Animal Body is composed of cells

Human Body + Conscious Entity

Human Body is composed of cells

These atoms can change their constitution, and are hence called constitutionally unsaturated atoms

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

The Four Orders in Nature

The Four Orders	Innate Nature	Defining Activity	Basis for Definiteness of Behaviour	Capability demonstrated
Mineral Order	To exist	Composition-Decomposition	Atomic / Molecular Configuration	Recognise; Respond accordingly
Pranic Order	To exist and to grow, reproduce, evolve newer species	Respiration	Genes within the cells	Recognise; 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)* – The feeling that I cannot fulfil my need – that I cannot take care of my body (*Swayam ki kisi bhi prakar ki avashyakta (arthik, manasik) ko poora karne mein swayam ko asaksham paana aur swayam mein yah ashwasti naa hona ki mein use poora kar sakta hoon*)

Cunningness *(heenta)* – The feeling that I cannot fulfil my needs so I go for cheating and manipulation – trying to fulfil my need by cheating/ manipulation (*Apni avashyakta ko poora karne ke liye chhal kapat par utar aana*)

Cruelty *(krurta)* – The feeling that I cannot fulfil my needs so I go for violence and forcefulness – trying to fulfil my needs by force and violence (*Apni avashyakta ko poora karne ke liye hinsa par utar aana*)

Pashu Manav

Needs: Food, Sleep, Sex, Security / Protection

- Happiness is derived from things, pleasures
- Behavior & work varies, depends on circumstances, blames others, focus is on problems *(Samasya)*
- Always looking for comfort. E.g. if hot, moves to shade; if relationship is tense, breaks it and tries another

Human Nature (manav swabhav)

Steadfastness *(dheerta)* – Being assured that the all encompassing solution is to understand and live in harmony at all the six levels of existence. This is the commitment to understand and live in harmony at all six levels of existence (*Nyay ke prati Nishthha. Insaan samadhan se hi sukhi hoga swayam mein is baat ki aashvasthi*)

Courageousness *(veerta)* -- Being assured that the all encompassing solution is to understand and live in harmony at all the six levels and *I am ready to help the other to have the right understanding.*This is the commitment to help the other have the right understanding – of the harmony at all 6 levels of existence (*Nyaypoorvak doosare vyakti ko samadhan ki or gati dene ki yogyata*)

Generosity *(udaarta)* -- Being assured that the all encompassing solution is to understand and live in harmony at all the four levels, and I am ready to invest myself, my body and wealth to help the other have the right understanding (*Nyaypoorvak doosare vyakti ko samadhan ki or gati dene ke kram mein use bautik vastuein (Physical Facilities) bhi uplabdh kara dena*)

+ Daya, Kripa, Karuna

Discussion

- Is current categorization of Living and Non-Living correct?

- What do we mean by Living?

- Distinction between Living and Self?

- Which body Self Runs?

- Plants have Self?

- What is the right categorization of units?

- What is the methodology in current education system? Part to Whole or Whole to Part?

- Is cloning possible?

Where we are …

HARMONY IN EXISTENCE

Existence is in Co-Existence

To Recap what we have said so far…

- Environmental problems have their roots in human living
- Human living is determined by its worldview: by what mankind deems valuable / worthy of human life
- Our current worldview has two serious inaccuracies
  - The innate need of lasting happiness in humans cannot be fulfilled by material comforts and material abundance alone
  - Conflict and struggle is not the inherent design of Nature-Existence
- Existence, on the contrary, is Co-Existential
  - Each entity is useful and complementary for all other entities
  - ***Consequently, there is a clear scope for the fulfillment of ALL needs of ALL human beings***
- However, human behaviour becomes self-fulfilling and harmonious for others only after we understand the innate harmony in Existence
  - ***The key to solving the Environment problem also lies here***
- Hence, the need to understand Existence

What do we mean by 'Existence'?

- We mean '**All that Exists**'
- Other appropriate words could be
    - The *Universe*
    - The *Cosmos*
    - *Reality*

And, it is being proposed that the human being has the capability to understand Existence

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

As brought out earlier,

- Human beings have an innate need of happiness

- Humans pursue this innate need based on their understanding of

  - Themselves and what could bring them happiness

  - Everything around them, namely fellow humans, and rest of Nature

  - Their relationship with everything around them

- Thus for their very 'functioning', human beings need an understanding of themselves and everything around them which is just another way of saying they need to understand Existence

What does it mean to 'understand Existence'?

It can be summed up as answering three key questions:

1. What all is there in Existence?

    - Alternatively, can we list all the entities that are there in Existence

2. Is there a pattern / order / definiteness to the interactions and manifestation of the entities therein? If yes, what is it?

3. And in light of the above two answers, can we discern a purpose to Existence?

Existence = all that exists

EXISTENCE

Matter

Space

| Matter	Space
• Matter is in the form of individual units; Units imply they have definite shape and size	• Space is without shape or size
• Units are localised, but infinite in number	• Space is everywhere: it is infinite in expanse
• The units of Matter are active / dynamic	• Space has no activity. It is constant or 'changeless'
• Being active implies matter is energised	• Space is the energy that energises matter

The definite Emergence in Nature

STAGE 1: Evolution of the Material Order, and the formation of the Conscient Entity

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

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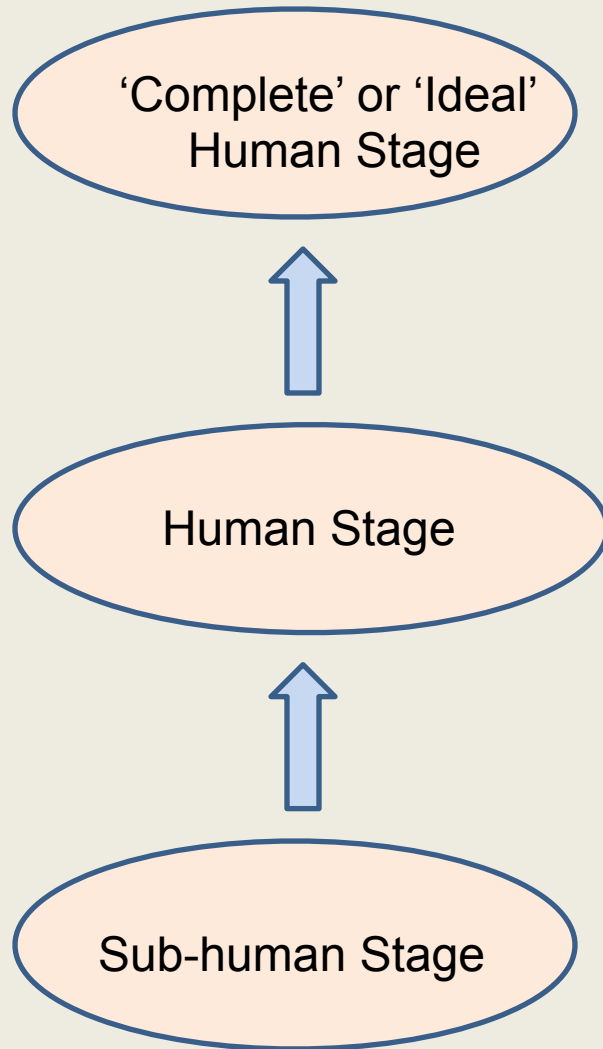
- While retaining all characteristics of the human stage, the sphere of meaningful influence and intervention enlarges:
- Thus along with maintaining harmony at the level of Self & Family, **focus of efforts and activity shifts to contribution towards a humane world order**

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

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

- 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 Co-existential (slide 1 of 2)

- 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.

How are 'Understanding Existence' and 'Environment Issues' related? (slide 2 of 5)

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

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

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

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

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

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

It is only when we understand that…

- 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

Sum Up: Expression of co-existence at all

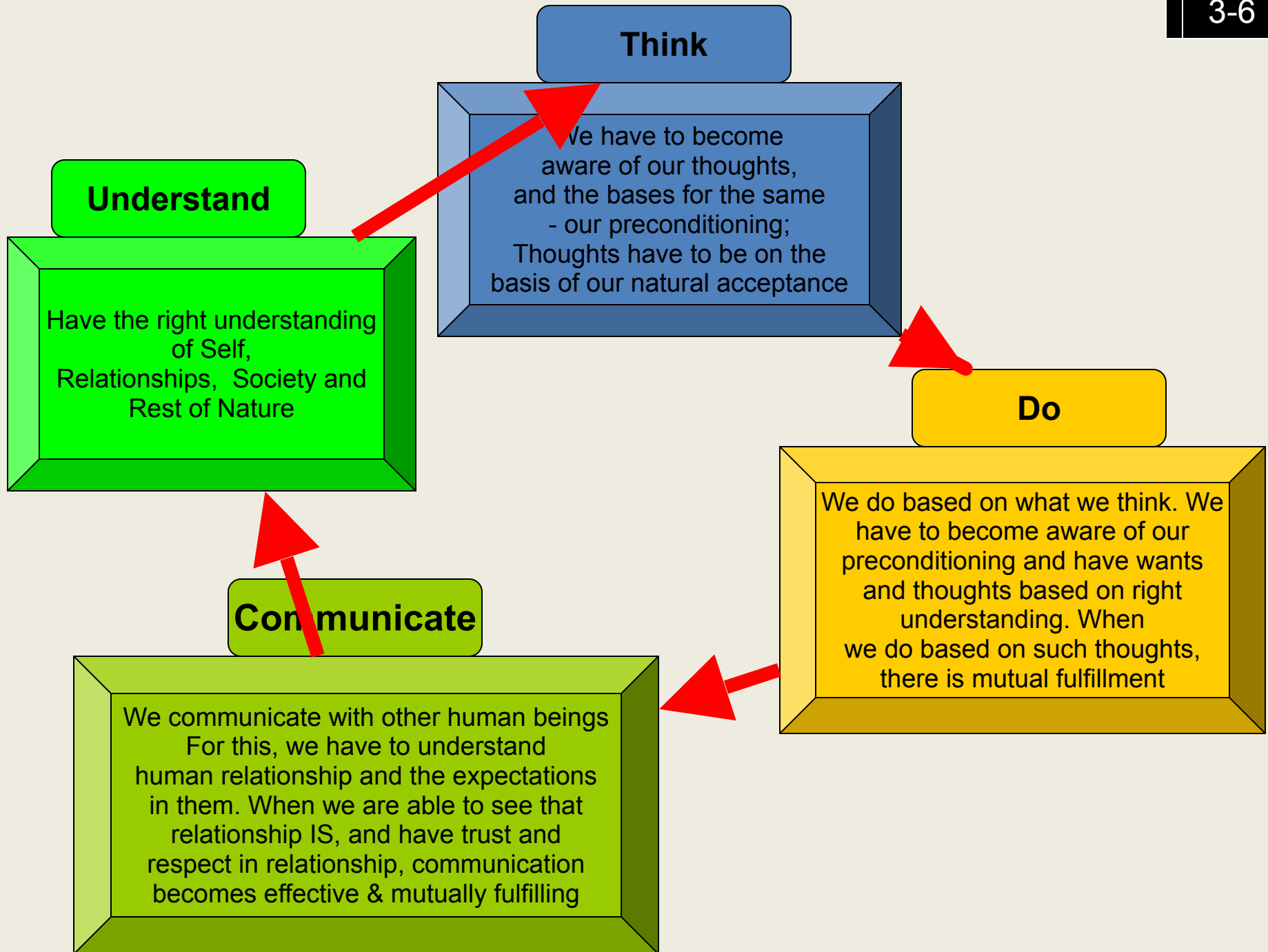| Level	Relationship	Description
6. Existence	Co-existence	Units submerged in space
5. Nature	Mutual Fulfilment	Relationship amongst 4 orders of Nature
4. Society	1. Right understanding & right feelings 2. Prosperity 3. Fearlessness / Trust 4. Co-existence	Human – Nature relationship
3. In Family	9 feelings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

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

Understand

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

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

What is Jeevan Vidya?

- Jeevan Vidya is the outcome of the search of Shri A. Nagraj, who lived in Amarkantak, Madhya Pradesh, in his quest for answers for a purposeful and humane way of life

- It is essentially a **proposal** for happy / meaningful / fulfilling living for all human beings

  - A proposal implies that we all need to evaluate it **for** our self, **by** our self, **within** our self

- It lays forth a definite exposition of what a human being is, of everything around us, and consequently of a purposeful and humane way of life.

- These expositions go on offer resolutions along all dimensions of human life, namely education, health, production and exchange, socio-economic organization, justice and ecological sustenance.

The precise name of Jeevan Vidya is **सह-अस्तित्ववाद.**　This translates into English as **Co-Existentialism**

Existence is in Co-Existence

THANK YOU

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