

Happiness curriculum

What are we looking for ...

- We human beings seek happiness
 - It is our inseparable innate nature
 - We can easily verify this in ourselves, and in our fellow human beings: that whatever a human being does, they do it because they believe, 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.
if we do a little introspection, we'd find that it is not just happiness that we are looking for,
but lasting happiness !

Loosely speaking 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

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!

What we want?

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

Difference in Animal and Human

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

Animal and Human

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

For human beings physical facilities are necessary but relationship is also necessary

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

Physical facilities are necessary for animals and necessary for hum

However,

For animals physical facilities are necessary as well as complete

For human beings physical facilities are necessary but not complete

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

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

Human beings think about ensuring these

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

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

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

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

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

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

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

1. Firstly, we do not experience happiness

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

if our living is only for physical facilities, then we are living with

animal consciousness, because animals live only for physical

facilities and are fulfilled by that, not human beings

If we are living for all three (right understanding, relationships and

physical facilities) then we are living with human consciousness

Human beings can be fulfilled by being happy and prosperous on

the basis of these three

How many questions 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?

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 samadhaan, 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,

- Happiness
- Trust
- Respect
- Relationships
- Prosperity
- Fearlessness in Society
- Understanding

– and Continuity of All These.

Our Natural Acceptance

- Natural Acceptance (Sahaj-Swikriti)
 - Intact – In spite of all preconditioning.
 - Invariant – Does not change over Time or Space or Individual or Condition of 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.

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

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.

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.

Verify your Beliefs

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

Happiness

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

Unhappiness

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

Happiness is Internal

- State within Self determines your happiness/unhappiness
- A harmonious thought will create happiness, even if no expression (Behavior/Work) has yet taken place.

- A feeling of Trust for another. Expressing this feeling to the other will create happiness in the other.
- Similarly, a disharmonious thought will create Unhappiness.
- Thinking of taking revenge.

Harmony in Self

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

Food, Clothing, Shelter, Physical facilities related aspects.

- **Physical Facilities**
- **Body**

Happiness, Trust, Respect, Feeling related aspects. Happiness "I"

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.

What are the needs of a human being?

- Each human being has two different kinds of needs. These can be termed
as material & psychological needs

- Also, each human being comprises two distinct entities: the conscious 'I', and the physio-chemical Body
- The psychological needs are the needs of the 'I'; and the material needs are required to maintain the Body
- The means of fulfillment of these two needs are not mutually exchangeable / supplantable; Thus, each human being has to have a program for fulfillment of both these needs

It is the lack of clear identification of our psychological needs, and a largely unconsciously held assumption that 'material means can fulfill all our needs (and therefore psychological also)' that lies at the root of the crisis that the human race is currently facing

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

I

1. Realization
 2. Understanding
 3. Desire / Imaging Preconditioning (*manyata*): Assumptions, *partantrata*
 4. Thought / Analyzing
 5. Selection / Selecting
- BODY** Sensation (*samvedna*): from or through body, *partantrata*

SOURCE OF DESIRES

Preconditioning – Assuming without Knowing (*manyata*)

- Initiated and reinforced from outside
- Motivation includes Fear or Enticement.
- Keeps changing (different people say/assume different things)
- Doubt in the self, ownership is with other(s)
- Dies out or loses strength over time

- Dependence (*partantrata*). Does not ensure continuity of Happiness.
Sensation (*samvedna*)

- Effect dies out quickly, can not continue for a long time.

- Dependence (*partantrata*)

Natural Acceptance – Assuming with Knowing (*sahaj swikriti*)

- Definite / Unchanging (nothing less will do, nothing more is needed),

Based on fulfilment of goal or following principles

- Unimpacted by preconditioning / sensation

- Leads to Definiteness at the level of Desires.

the Basis of Natural Acceptance

Complete Understanding of all of Existence

DESIRE

(to fulfill the need for happiness)

Desire incorporates

both psychological

needs and material

needs

ANALYSIS & COMPARISON

(to execute the Desire)

Currently we operate at this level

- **Likes-Priya** = Relative to Sensation

- **Health -Hit** = Relative to the Health of Body

- **Profit-Laabh** = Relative to Profit mainly associated with Physical
Facilities

and Respect/Recognition.

- Major shift is required to include 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 fulfillment of H-H, H-Rest
of

nature relations, leading to Mutual Happiness, Mutual Prosperity
(*Samriddhi*),

Fearlessness (Abhay).

– **Truth - Satya** = Understanding and fulfillment of H-Astitva relation.
Harmony
in Existence.

CHOICE

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

Desired &
Harmonious
outcomes

The functioning of Conscious Self (I) - Jeevan

1. Realization
 2. Understanding
 3. Desire / Imaging
 4. Thought / Analyzing
 5. Selection / Selecting
- BODY** Sensation (reacting, animal consciousness)

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

Technically speaking, The functioning of Jeevan

Réalisation - Actualisation

Understanding Resolve

Purposive Contemplation Desire

Comparison Analysis

Experience Choosing

Our actions /speech / behavior

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

Body Centric view of the Self

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

'I' + Body view of the Self

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

What we Seek

Lasting
Happiness

Goal

Harmony at all
levels of life:

- *Individual*
- *Family/Inter-personal relationships*
- *Society*
- *Nature*

Method

Completing our
Understanding

• And living out or
actualizing the
Complete
Understanding

Results

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*

Harmony with the Body

➤ Human being = self (I) + body

I <- information -> Body

(Sanyam) (health)

➤ Sanyam: I takes the responsibility of nurturing, protecting & right utilization of the body

➤ Health: If all the parts of the body are in order and body is able to act according to I

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

- Nurturing ! Food, water, exercise...
- Protecting ! Clothes, shelter ...
- Rightly utilizing ! instruments, equipment ...

Health (*Swasthya*):

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

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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*)

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.

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

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

Harmony with the Body

–When there is responsibility (*sanyam*) & feeling of prosperity (*samriddhi*) in the self and health (*swasthya*) in the body then there is harmony with the Body.

–Right Understanding in the Self = *Sanyam*

HARMONY IN RELATIONSHIPS

Understanding Expectations in Relationships

- 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*).

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.

We have relationships

We have expectations from these relationships

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*

Values - Feelings – Expectations in relationship

1. Trust

2. Respect

3. Affection

4. Care

5. Guidance

- 6. Reverence**
- 7. Glory**
- 8. Gratitude**
- 9. Love**

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.

1. Trust (vishwas):

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

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

natural acceptance and put a tick where you agree:

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

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

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

intention (*He wanted to do well, but I could*
***not...*)**

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

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

- We also see that we not able to fulfill our intentions in terms of our

competence at all times. It is the same for the other as well.

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

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

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

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

This is due to a lack of understanding relationship

By understanding human relationship, we

Become assured about the intention of the other

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

Always an aid to the other

Every human wants to live with trust

The problems in family are largely due to a doubt

On intention.

Trust

- **Trust is the feeling of assurance that the other "intends" my happiness.**

- **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.**

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

3-2.2

- **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

2. Respect – Right Evaluation

3-2.2

- 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 become self focused and he starts distancing himself from others and comparing himself with those around him thus denying the relationship inherent between them.

3. 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!

Trust & Respect

3-2.2

- 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.

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.

161Exercise 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**

Care, Mamta

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

Guidance, Vatsalya

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

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

Reverence, Shraddha

Feeling of acceptance of the excellence of another

Glory, Gaurav

Feeling for those who have worked for excellence

Unconditional acceptance for following the example of 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

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, beneficence and compassion

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

'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)

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.

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

Universal Human Goal

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

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*

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.