

Understanding Harmony

- Various problems in an individual
 → Problems in society
 → Problems in family
 → Problems in nature

Individual

- Anger Issues
- Anxiety
- Depression
- Insecurity

Family

- Divorce
- Dowry
- Mistrust
- Family Feuds

Society

- Discrimination — Genocide
- Unemployment — Wars
- Casteism — Terrorism and Naxalism
- Racism — Communalism

Nature

- Pollution
- Global warming
- Deforestation
- Infertility of soil / soil erosion
- Resource depletion

→ value of a unit is its participation in the larger order
 what is valuable = value
 The value of a unit is also referred to as its role

* Human Value

- value of a human being is its participation in the larger order
 → Living in accordance with human values leads to mutual happiness :-
 ① Your happiness
 ② Happiness in other human beings
 Similarly, in case of nature, living in accordance with human values leads to mutual prosperity

* Human Values, Participation, Role of Human Being in the Larger Order

- ① Individual: My value for myself
(happiness in self and health)
- ② Family: My value in family
(feeling of relationship and prosperity)
- ③ Society: My value in society
(participate in social system for justice, peace and harmony)
- ④ Nature/Existence: My value in nature/existence
(mutual fulfillment with rest of nature)

* Value Education

→ The part of education that deals with the understanding of one's participation in the larger order, and thus ensuring it in living, is called as value education

* Should Education help you to develop holistically?

① Understanding what to do

② Learning How to do

③ Doing Use of skills

→ values and skills are complementary to each other

→ Both are required, value is first priority

* Skill Education

→ Skills are necessary in our life and it is also essential to decide the purpose for which they are used

2/12/25

* Need an important implication of value education

→ Correct identification of our aspiration

Value education helps us to identify our goals appropriately. There are many issues in our life and we are struggling with it. This leads to a state of dilemma. Deciding our goals with definiteness is the implication of value education

→ Development of a holistic perspective

The outcome of value education is the holistic perspective with the clarity about human being and about the nature. Value education defines our participation (role), purpose, our right, our responsibility and values.

→ Clarity of program to live with holistic perspective
We are all faced with many questions regarding our program of living. Value education provides us the vision which helps us to get answers to these questions.

→ Evaluation of our beliefs

Our conduct depends on what we understand or believe about ourselves, our family, society and nature around. Value education also helps us become aware of our own belief system.

→ Solution of existing problems

In the holistic perspective and clarity of program, we with are able to realize that most of the existing problems are actually symptoms and consequences of our wrong beliefs.

→ Development of ethical competence

Ethics is the expression of definite human conduct in one's behaviour, work or participation in larger order. Value education helps us to decide us ethically.

4/12/25

* Guidelines of Value Education

① Universal

Value education must be universal in nature, irrespective of nationality, religion, gender and race. It is applicable to all human beings and true at all times and all places.

② Rational

Value education must have logical reasoning and is not based on blind beliefs.

③ Natural and Verifiable

Value education must be naturally acceptable ~~and~~ except

④ All Encompassing

Value education covers all dimensions and levels of human life.

⑤ Leading to Harmony

Values have to enable us to live in peace and harmony within our own self and with others.

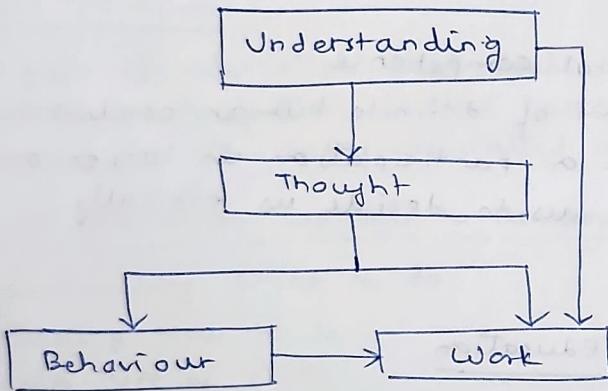
* Content of Value Education

Holistic and Encompassing

At all levels
→ Individual
→ Family
→ Society
→ Nature/Existence
(covers all aspect)

At all dimensions
→ Understanding
→ Thought
→ Behaviour
→ Work
(classify)

* Flow of Human Dimensions



* Self-exploration as the process of Value Education

Q. What is Self-exploration?

→ Self-exploration refers to introspection, how one person explores his/her own feelings, emotions, fears, identifying own values and understanding beliefs

5/12/25

Class Activity - Value education and Self-exploration

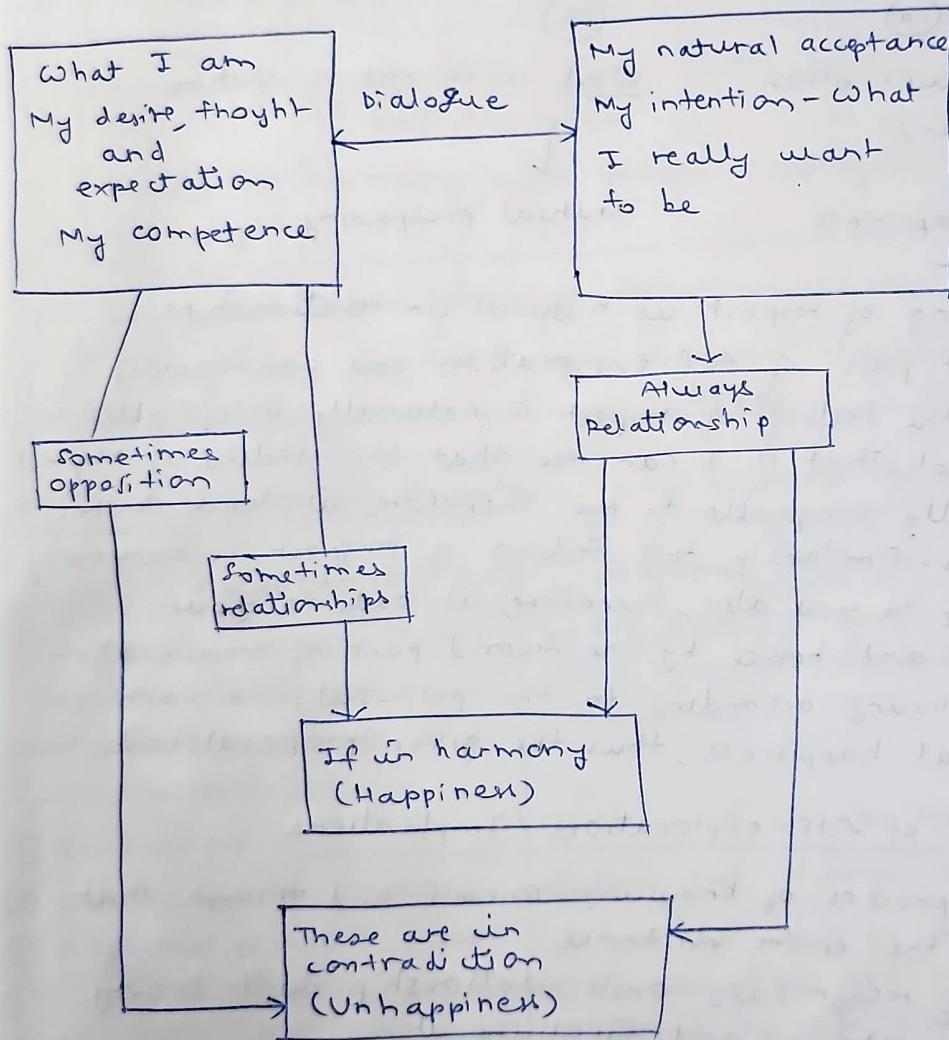
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* Self-exploration

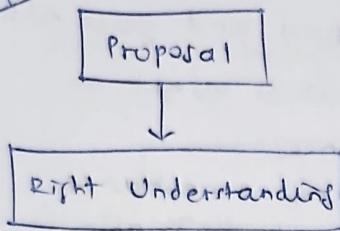
→ Process of seeing the truth about the reality on our own right, by your own investigation and analysis. Through this process, we are trying to understand the reality that exists and our participation with it which we are calling values

- whatever is said, is a proposal
- Then it becomes a dialogue between you and your self
- The purpose of it is to verify whether it is right or wrong based on your natural acceptance
- what I really want to be is my natural acceptance and my intention but the reality is what I am.
- ~~what I am~~
- DTE (Desire, Thought and Expectation)

Focus of Self Exploration



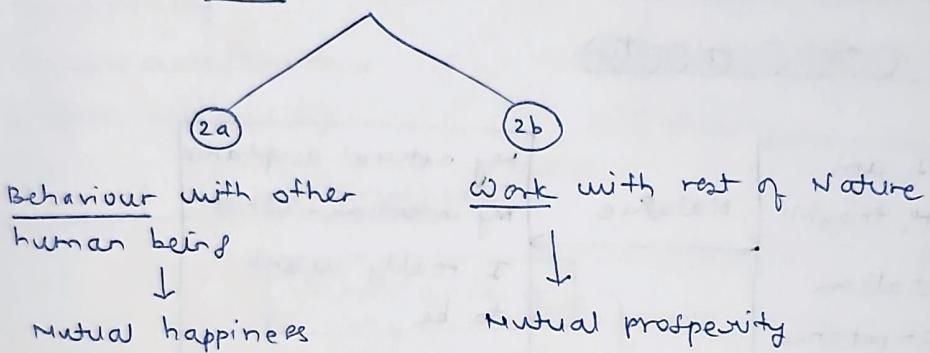
11/12/75 * Process of Self exploration



- ① Verify it on a basis of natural acceptance

② Experiment Validation

Live according to it



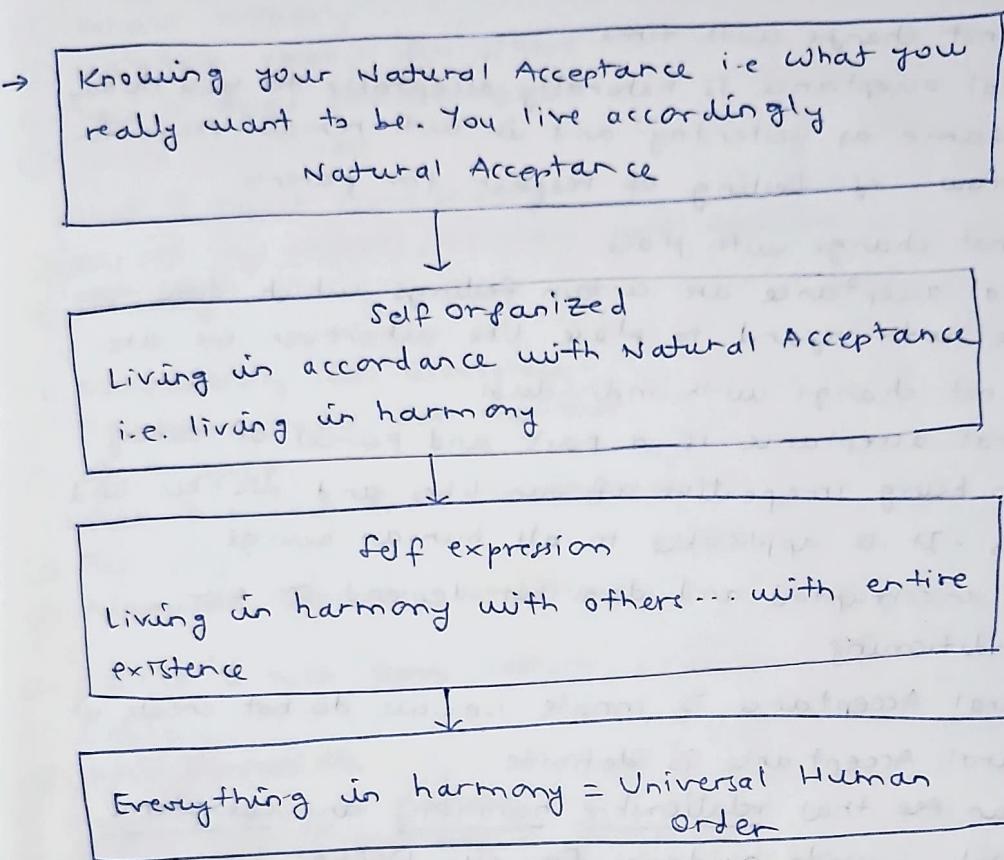
e.g: Proposal -

The feeling of respect is natural in relationships
→ As a first part of self-exploration you can verify whether the feeling of respect is naturally acceptable to you or not. That is, I can see that this feeling of respect is naturally acceptable to me, therefore, it leads to my happiness. Similarly, this feeling of respect is naturally acceptable to you also, therefore, it leads to your happiness and hence by the second part of verification, that is living according to the proposal, we both are in mutual happiness, thus the given proposal holds true.

* Key Points of Self-exploration / Implications

- ① It is a process of knowing oneself and through that knowing the entire existence
- ② Process of recognizing one's relationship with every unit in existence and fulfilling it
- ③ Process of knowing human conduct and live accordingly
- ④ Process of being in harmony within and in the entire existence
- ⑤ Process of identifying our inateness and moving towards self organization and self expression
- ⑥ Process of self evolution through self exploration

Q. Draw a flowchart of the process of natural acceptance leads to human order



* Difference between Acceptance and Natural Acceptance

Acceptance

- ① When we accept things based on conditioning - circumstances, likes and dislikes etc.
- ② It changes with time
- ③ Changes with place
- ④ May change with person
- ⑤ Corrupted by our preconditions
- ⑥ You may or may not be happy

Natural Acceptance

- ① We accept things naturally and does not depend on any conditions
- ② Does not change with time
- ③ Does not change with place
- ④ Does not change with person
- ⑤ Uncorrupted and not affected by our conditionings
- ⑥ You will always be happy

12/12/25

* Characteristics of Natural Acceptance

- ① Does not change with time
→ Natural acceptance is naturally acceptable to you today, it is same as yesterday and it will remain same for tomorrow. e.g. feeling of respect for parents
- ② Does not change with place
→ Natural acceptance are certain feelings which does not change with regard to place like wherever we are
- ③ Does not change with individual
→ Natural acceptance is a part and parcel of every human being irrespective of our likes and dislikes and choices. It is applicable to all human beings
- ④ It is uncorrupted and does not depend on our preconditioning
- ⑤ Natural Acceptance is innate i.e. we do not create it
- ⑥ Natural Acceptance is definite
→ We can see that relationship, harmony and coexistence ultimately provide guidance for our living

- Q1. About your role in your family, what responsibility will you take in your family and what will you expect from your family?
- Q2. About your participation in the workplace, what responsibility will you take and what will you expect?
- Q3. About your participation in society, what responsibility will you take and what will you expect?
- Q4. About your interaction with nature, what will you take from nature and do for nature
- Q5. What do you mean by freedom and self-organization?

Answers -

- Q1. Responsibility taken for family -
 - ① Balancing work and spending time with my family
 - ② Taking care of my family
 - ③ Maintaining respect for them
 - ④ Financial and emotional support
- what I expect from my family
 - ① Respect my efforts, opinions and decisions
 - ② Believe in what steps I am taking for my career
 - ③ Emotional and financial support

Q2. Responsibility for society

- ① Guiding other members
 - ② Behave properly
 - ③ Maintain respect for others
 - ④ Keep a good environment
 - ⑤ Create awareness
- what I expect from society
- ① Respect my efforts, opinions and decisions
 - ② Security

Q3. Responsibility for workplace

- ① Maintain respect for members
 - ② Work hard
- what I expect from workplace
- ① Fair pay
 - ② Adequate working conditions

Q4. What I take from nature

- ① Oxygen
- ② Raw materials

what I give to nature

- ① Plant and water trees
- ② Maintain cleanliness

Q5. Freedom - Making choices without being influenced Self-organized - Making choices in an organized manner

16/12/25

* Basic Human Aspirations and its fulfillment

- Our desire (what we want to be) is to be happy and prosperous and continuity of both, but our state (what we are actually) may or may not be in happy condition, prosperous and continuity of both.
- If we have understood our desire and our state then there is a gap between both of them. Discuss why there is a gap and what you are doing to fulfill the gap?
- Ans: There is a gap between our desire and our state as desires reflects our goals, expectations and our state tells us about our present situation / gives us a reality check about ourselves. This shows a gap between our desires and our state. To fulfill this gap, we must strive to work towards our desire by taking our state in consideration. We can also reduce the gap by accepting the fact that some of our desires cannot be fulfilled with our current state.

Gap -

- ① lack of strong desire
- ② confusion
- ③ negative environment
- ④ fear of ~~the~~ failure
- ⑤ family constraints
- ⑥ lack of resources
- ⑦ lack of awareness
- ⑧ societal issue
- ⑨ lack of consistency
- ⑩ unrealistic desire
- ⑪ lack of motivation

6/1/26

* Human and Animal Consciousness

- A transformation is required for changing from Animal Consciousness to Human consciousness
- Holistic development is transformation from Animal Consciousness to Human consciousness
- Education-Sanskar helps to make this transformation from Animal consciousness to Human consciousness
- Role of Education-Sanskar is to enable this transformation by way of ensuring of the way of competence to live with human consciousness and definite human conduct
- For this we need to ensure -
 - ① Right understanding in every child
 - ② The capacity to live in relationship with others
 - ③ The capacity to identify the need of physical facility, skills and practice for sustainable production

Q. Discuss the role of human education in making a human society

- Most of the problems we see around are only the symptoms of human beings not living with human consciousness

Human education



Human Consciousness



Human Values



Human conduct



Human Society

* Understanding Happiness and Prosperity

Happiness	Unhappiness
<ul style="list-style-type: none">① State or situation we live in and there is harmony/synergy in it② Naturally acceptable to me	<ul style="list-style-type: none">① State or situation we live in and there is disharmony/contradiction② Not naturally acceptable to me

→ For human beings, we want continuity of happiness at all levels in which I live in like as an individual, as a member of family, member of society, unit in nature or existence and continuity of happiness at all ~~levels~~ levels of being

→ what is our program/role

- ① Facilitate understanding of harmony at all levels
- ② To understand and live in harmony at all levels

→ Current situation about Happiness and prevailing notions

- ① Accumulating / Owning physical facility
- ② Physical facilities required but not sufficient for human beings

③ Pleasure from favourable sensation

Dependence on sensation is not continuous

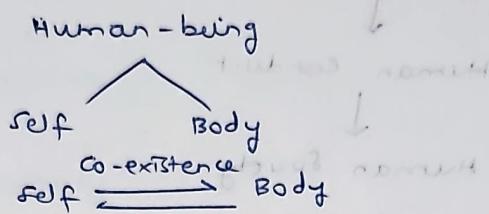
④ Appreciation / Attention from others

Dependence on others cannot be continuous

- Q. Discuss various ways to escape from unhappiness
- ① Taking a hobby / keeping yourself busy
 - ② Doing what I love

8/1/26

Unit - 2: Understanding Human Being [Self and Body]



- We are human beings and need to understand ourselves first. Human being is the co-existence of Self and Body.
- Self is the term "I" and Body is what we see with our eyes

Self	Body
① Need - Happiness [Respect, Peace.....]	① Need - Physical facilities [Food, clothing....]
② Time - Continuous	② Time - Temporary
③ Quantity - It is a qualitative aspect	③ Quantitative aspect and it depends on the individual
④ Activity - DTE [Desire, Thought, Expectation]	④ Activity - Physical activity [Eating, sleeping....]
⑤ Time - Continuous	⑤ Time - Temporary
⑥ Fulfilled by - Right understanding	⑥ Fulfilled by - Physio-chemical things
⑦ Response - knowing, assuming, recognizing, fulfilling	⑦ Response - recognizing and fulfilling

→ From the various differences, it is clear that Self and Body are separate entities. The need of the Self is fulfilled by right understanding whereas the need of the Body is fulfilled by physical things and both the needs has to be fulfilled to be in a state of harmony. Thus we can say that Self and Body are in coexistence

* Response of Self

→ The response of body is based on recognizing and fulfilling which is definite whereas the response of self is based on knowing, assuming, recognizing and fulfilling. As assumption changes, the recognition and fulfillment also change. The conduct of the human being depends upon the response of self.

Knowing, Assuming, Recognizing, Fulfillment
Case - ②

Case - ①

case ② → If our pre-conditioning / assumption is not right

↓
our recognition is not right
↓
our conduct / behaviour is indefinite
↓
Dis-harmony / Problem

case ① → With proper knowledge

↓
our assumption is right
↓
our recognition is right
↓
our conduct / behaviour is right
↓
Harmony / Resolution

Education
Sanskrit

Knowing → Self Verification

Natural
Acceptance

Living accordingly

→ Maximum problems of human beings are due to the assumptions without knowing and the solution lies in ensuring the activity of knowing
Q. Discuss how self is a conscious entity and body is a material entity

- Self is a conscious entity because the needs of self are related to the conscious of a being like Happiness, respect, thinking, imagination... (qualitative aspect)
- Body is a materialistic entity because the needs of the body are related to physical facilities like food, clothing, shelter... (quantitative aspect)

9/1/26

* Distinguishing between Needs of Self and Body

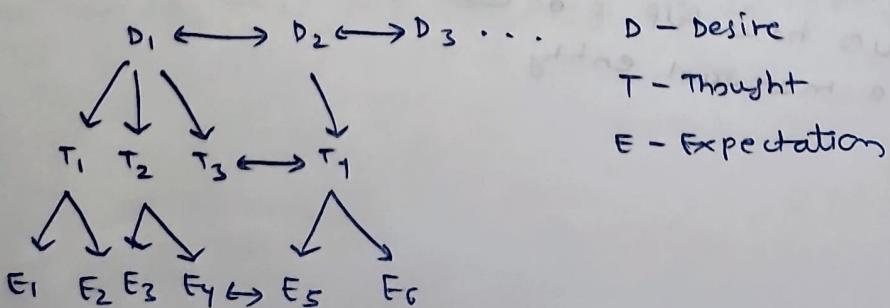
- Need of the Self = continuous Happiness = Matter of
 - Need of consciousness
- Fulfilled by = Right understanding and Right feeling in the Self = Activities of consciousness
- Need of the Body = Physical facility = Material in nature
- Fulfilled by = Physico-chemical things = Material in nature

* Understanding Harmony in Self

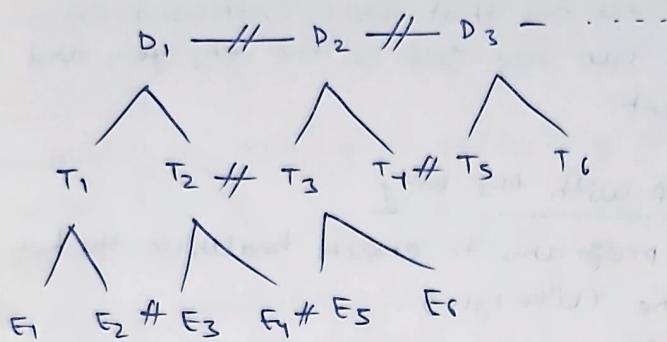
Power	Activity	Meaning
1. Desire	Imagining	What I want to be My feeling with
2. Thought	Analysis - Comparing	How to go about it
3. Expectation	Selecting - Tasting ↓ Imagination	what I have to do outside for expression of the feeling

→ ~~Self~~ Harmony

- Q. Discuss how can you achieve harmony in the self
- Harmony in the self is realized when there are no contradictions in the imagination and it is in accordance with natural acceptance. ~~discrepancy~~
- with natural acceptance



with preconditioning and sensation



- 13/1/26
- Self is a unit of consciousness and consists of various activities which are going on continuously
 - The activities like DTE, together called Imagination
 - Behaviour and work are expressions of Imagination
 - Q. Discuss / Analyze the situation where your imagination is motivated by natural acceptance, pre-condition or sensations.
 - When imagination is motivated by natural acceptance, the self is in harmony and in a state of continuous happiness. Thus it is a state of self-organization. In this state, the conduct is definite and human.
 - When imagination is motivated by preconditioning / sensation, the self may be in harmony or dis-harmony. The state of the self is decided by external influence. Hence this is the state of enslavement. In this state, the conduct is indefinite

* Body as an instrument of self

- Q. Explain how self is the seer, doer and enjoyer whereas body is an instrument
- Seer means one that sees or understands. Sometimes we can see within without using the body like we are feeling happy, angry.
 - So self sees / understands with the help of the body.
 - Hence self is the seer and body is the instrument
 - Doer means one that does or takes decision to do. self is the one that decides what to do or what not to do and body is used to express my decision. Hence self is the doer and body is the instrument

→ Enjoyer means one that experiences happiness or unhappiness. Self is the one that feels enthused or depressed. Hence we can say self is the enjoyer and body is the instrument

* Harmony ~~with~~ of Self with the Body

o Discusses the various programs to ensure health in the body

- ① Intake and Routine (lifestyle)
- ② Labour and exercise
 - ③ Postures for regulating internal and external body organs and regulated breathing
 - ④ Medicine and Treatment

→ Intake - includes all that we take in through our sense organs - air, water, food, sunlight

→ Routine

- ① The Circadian Rhythm - body response to solar cycle
- ② The Rhythm of seasons - body response to seasons
- ③ The Body Life Cycle Rhythm - childhood - growth (kapha)
youth (pitta)
old age (vata)

15/1/26

→ Labour - ensure adequate movement of the body and production of physical faculty

Exercise - movement of body

→ Posture - regulating internal and external organs eg: yoga
breathing - regulated breathing eg: pranayam

→ Medicine - bringing back body back to harmony from temporary disharmony eg: home remedies

Treatment - using a drug/machine to perform a body function (dependence) eg: insulin

* Self-Regulation

→ Feeling of responsibility towards the body - for nurturing, protection and right utilization of the body

Q. Discuss and elaborate how Self is central to human existence and Body is the instrument of the Self

* Prosperity

→ The feeling of having or producing more than the required physical facility

- ① Identification of physical facility
- ② Ensuring availability / production of more than the required physical facility with right skills

20/1/26

UNIT-3: Understanding Harmony in Family

Q. Different relationships in a family

- ① Mother - daughter
- ② Brother - sister
- ③ Uncle - nephew
- ④ Father - daughter
- ⑤ Grand daughter - grand parents
- ⑥ Grandfather - grand son
- ⑦ Husband - wife
- ⑧ Aunty - niece
- ⑨ Father - son
- ⑩ Brother - brother
- ⑪ Sister - sister
- ⑫ Brother - sister in law
- ⑬ Step father - Step son
- ⑭ Step father - daughter
- ⑮ Father - uncle
- ⑯ Mother in law - daughter in law
- ⑰ Father - Mother
- ⑱ Grandfather - Grandmother
- ⑲ Mother - son
- ⑳ Uncle - aunty
- ㉑ Father - grandfather
- ㉒ Father - grandmother
- ㉓ Mother - grandfather
- ㉔ Mother - grandmother
- ㉕