



Lecture 6

Method to Fulfill the Basic Human Aspirations

About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



Happiness (Harmony) Within

Right Understanding

– in Self (I)

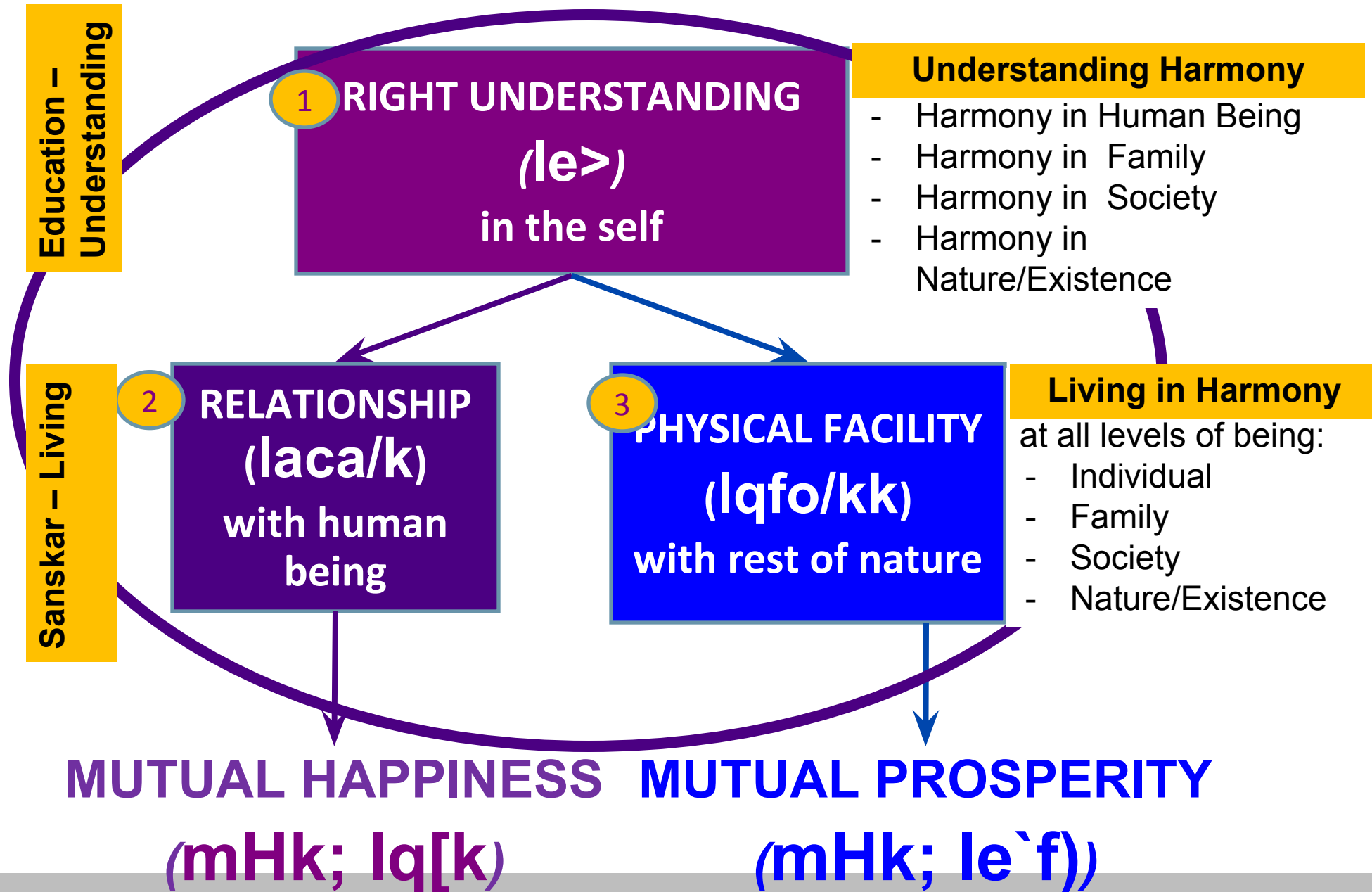
Understanding harmony at all levels of being (human being, family, society, nature/existence)

Right Feeling

– in Self (I)

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





The state or situation, in which I live,
if there is harmony / synergy in it,
then it is Naturally Acceptable to me to be in
that state / situation
(and I want to continue to be in that state / situation)

↓
To be in a state of Harmony / Synergy is
Happiness

↓
Happiness = To be in Harmony

State / Situation in which I live
or expanse of my being:

1. As an Individual Human Being
2. As a member of a Family
3. As a member of Society
4. As an unit in Nature/Existence

↓
Continuity of Happiness

= Harmony at all levels of being i.e.

5. Harmony in the Human Being
6. Harmony in the Family
7. Harmony in the Society
8. Harmony in Nature/Existence

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

Proposals

To understand harmony and to live in harmony at all levels of being

5. In the Human Being
6. In the Family
7. In the Society
8. In Nature/Existence

**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

↓
**Right Understanding
Right Feeling**



Happiness (Harmony) Within

Right Understanding

– in Self (I)

Understanding harmony at all levels
of being (human being, family, society,
nature/existence)

Right Feeling

– in Self (I)

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

**Continuous
happiness**

Realised
(Dorji)

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

Sensation for Happiness

– Through Body

Sound, Touch, Form, Taste, Smell

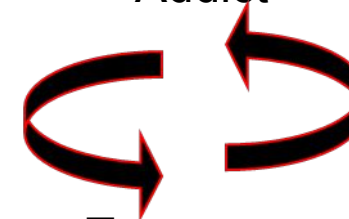
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Expression of Feeling for Happiness

– from Other

Temporary
excitement

Recovering
Addict



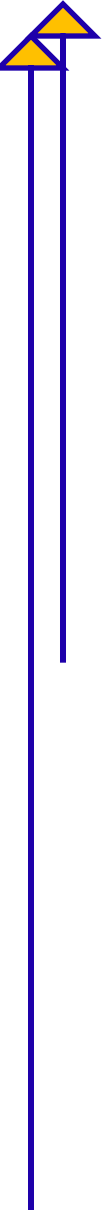
Temporary
escape from
unhappiness

Addict

Animal Consciousness

Escape (Running away from unhappiness)

Over eating
Over sleeping
...
Gutka
Alcohol
Drugs
...
Suicide



Practice Session after Lecture 6

- Observe that you have the faculty of 'Natural Acceptance', based on which you can verify what is right or what is not right for you. Of course, you may or may not be generally referring to your natural acceptance for making decisions. So, find out if you get a spontaneous answer when you ask yourself basic questions, like the ones mentioned below:
 - You want to live in relationship (harmony) with others or You want to live in opposition with others?
 - In relationship, you want to live with the feeling of respect or disrespect (for yourself and for others)?
 - You want to nurture others or to exploit others?
- Is your living in accordance with your natural acceptance or different from it? How do you feel when your living is in accordance with your natural acceptance; and when it is in contradiction to your natural acceptance?
- Make a list of the problems in your family. For each problem, find out the most significant reason: is it related to lack of right understanding, lack of feelings in relationship or lack of physical facility? Also find out how much time and effort you have devoted for each in the last one week.

Expected Outcome

- The students are able to see that self-verification on the basis of their natural acceptance (and experiential validation through living) is an effective way to verify what is right and what is wrong for them.
- They are able to see that, in many cases, their actual living is not in accordance with their natural acceptance.
- They are able to see that they are uncomfortable when their living is in contradiction with their natural acceptance; they are comfortable when they are living in accordance with their natural acceptance.



FAQs for Lecture 6

Method to Fulfill the Basic Human Aspirations

Questions

- If ensuring harmony at one level disturbs the harmony at some other level, how can I make the program for continuity of happiness?
e.g. taking care of my baby and doing justice with my job
e.g. when I invest myself for right understanding, the family members feel angry on me, and there is disharmony in the family.
- Few people in the history have said that the biggest hurdle in the development of society is family. They propounded the concept of commune. Where do we place the commune here?
- If there is disharmony in the society, I will also be in disharmony as I am part of society. Then how can I ensure happiness in continuity? Similar with nature.
- ...



Self Reflection

- If ensuring harmony at one level disturbs the harmony at some other level, how can I make the program for continuity of happiness?
e.g. taking care of my baby and doing justice with my job
e.g. when I invest myself for right understanding, the family members feel angry on me, and there is disharmony in the family.
- Few people in the history have said that the biggest hurdle in the development of society is family. They propounded the concept of commune. Where do we place the commune here?

- If there is disharmony in the society, I will also be in disharmony as I am part of society. Then how can I ensure happiness in continuity? Similar with nature.
- How do I demarcate between family and society? e.g. my in-laws, extended family members, neighbors, friends, etc.
- I have a pet, and I treat it like a family member. Is it fine to do it as it is not a human being?

- Where do I put my organization or place of work here? In family or society?
- Why have we put nature and existence together at the fourth level?
- How can I be in harmony with the entire nature/existence? I don't even know so many things in the nature/existence.