



# **Lecture 3**

## **Continuous Happiness and Prosperity – 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.**



# Content of Self-exploration

Desire-

1. Happiness
2. Prosperity
3. The continuity of Happiness and Prosperity

Let us find out:

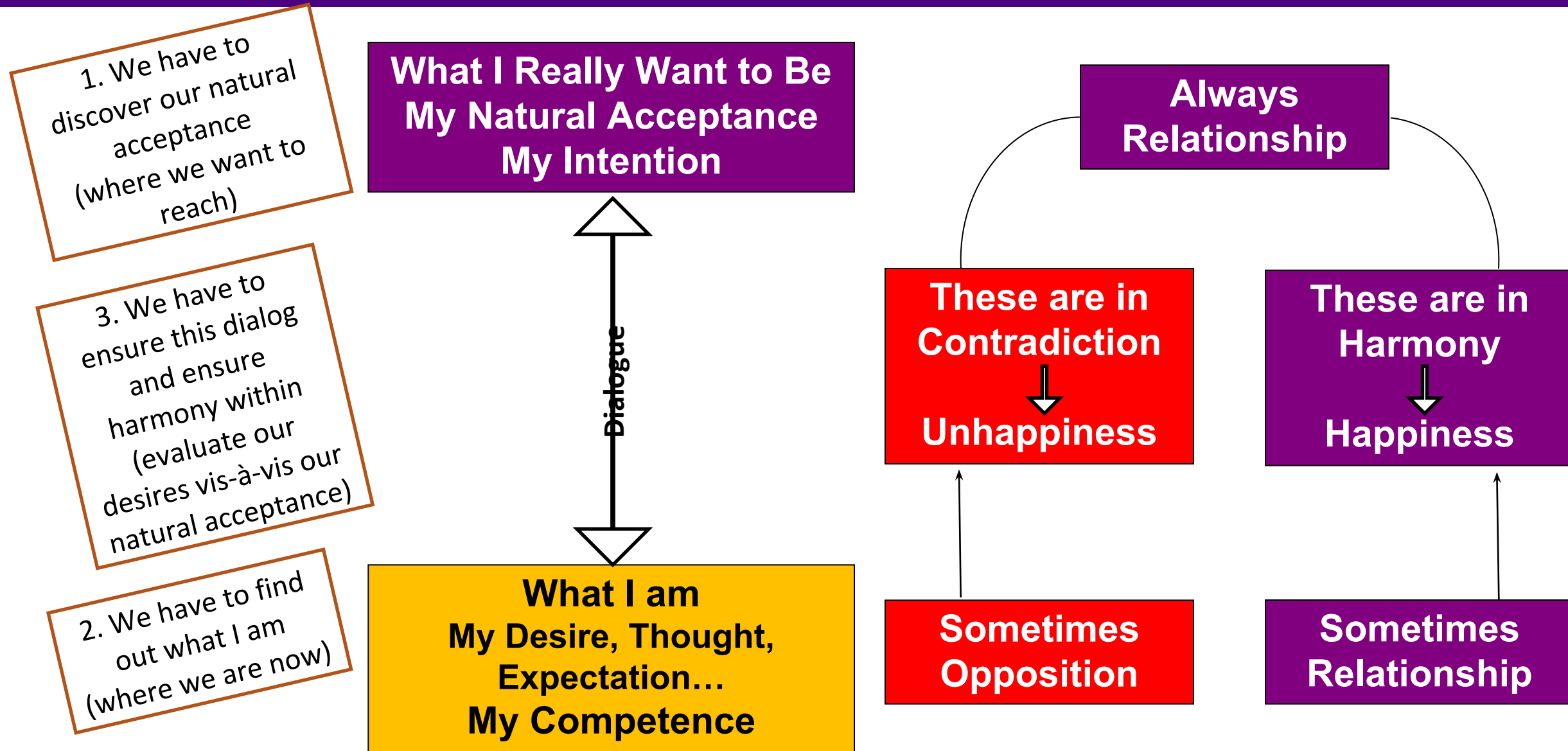
1. Do we desire for Happiness?
2. Do we desire for Prosperity?
3. Do we desire for the continuity of both (happiness & prosperity)?
4. If continuity of happiness and prosperity is ensured then what else would you desire?



Our desires are not unlimited or indefinite

Our basic aspiration is for **happiness, prosperity and its continuity**

# Happiness- Ensured through this Internal dialogue



## Happiness = Harmony

To have clarity, solution leading to harmony within

To be in harmony with family members

To be in harmony with the society

To be in harmony in nature/existence

**= Happiness**

## Unhappiness = Disharmony

To have confusion, problem leading to contradiction within

To be in conflict with family members

To be in opposition with society

To struggle for survival in nature/existence

**= Unhappiness**

# Happiness

# Unhappiness

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

The state or situation, in which I live,

if there is disharmony / contradiction in it,

then it is not Naturally Acceptable to me to be  
in that state / situation

(and I want to get out from that state / situation)



To be forced to be in a state of Disharmony /  
Contradiction is Unhappiness



Unhappiness = Disharmony

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 & 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**



# Prosperity (le`f))

Prosperity – The feeling of having / producing more than required Physical Facility

le`f) & vko”;d lqfo/kk ls vf/kd dh miyfC/k@mRiknu dk Hkko

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

le`) O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS  
nfjnz “ laxzg “ “ “ “kks"k.k “ “ “ “





# FAQs for Lecture 3

Continuous Happiness and Prosperity – the Basic Human Aspirations

# Questions

- How can meaning of happiness be universal?  
Or how can happiness be the same for everyone?
- Everyone in this world is working for one's own happiness. So is it not right to say that everyone is selfish in this world?
- Such discussions on prosperity have been there for ages, still people are accumulating and exploiting. Can it ever be resolved?
- ...





# Self Reflection

## Question(s) 1: Happiness

## Response

- How can meaning of happiness be universal?  
Or how can happiness be the same for everyone?

We have defined happiness as “to be in harmony”, and unhappiness as “to be forced to be in a state of contradiction”. Does this definition of happiness and unhappiness hold good for you? If yes, then happiness means same for all of us.

- Everyone in this world is working for one's own happiness. So is it not right to say that everyone is selfish in this world?

Yes, everyone is working for one's own happiness; but, unfortunately, they are not working for continuous happiness which is their basic desire. If only they work for it, they will realise the importance of relationship, harmony and co-existence which is the foundation for ensuring continuity of happiness for one and for all. In this case, स्वार्थ, परार्थ, परमार्थ- all three are fulfilled together.

# Why is it important to understand the aspirations?

1. We will make effort in the intended direction (however far the destination may be)
2. We will know when we get there
3. Without clarity:
  - we may get busy with “how to” and aspiration
  - We may over-evaluate “our part” of the whole that the overa



Whatever we feel, think, do, get done... should it not result in desired results? we are all good doctors

So, we have to be clear about these desired results

Without that clarity, our efforts may be directionless!



- What is happiness? Is it a mental state, sense of freedom, self-satisfaction in life, bliss, harmony in mind, etc.?
- What is the sign to recognize that one is happy?

Happiness is to be in a state of harmony. Certainly, it is state of the self, the consciousness. When we are in a state of continuous happiness, it includes peace, satisfaction and bliss in the self.

When we are happy, we are in a state of harmony within and this reflects in terms of the harmony with world outside. So, these are the two main indicators that one is happy. On the other hand, if we are unhappy, we are in a state of contradiction within and this reflects in terms of the contradiction with world outside. Check for yourself, when does a mother shouts at or beat the child, when she is in harmony within or contradiction within?

- Don't you think that issues like happiness in continuity are merely imaginary or impractical. We have been talking about such issues for ages, and it is impossible to define it and ensure it.
- There are two things to be considered- 1. is it desirable? and 2. is it feasible? We all desire for happiness in continuity, definitely. As regard feasibility, we have people who realised this relationship, harmony and co-existence, and the state of bliss emerging out of it. We can also verify this by understanding relationship and harmony and living in it; any small effort in this direction makes us happy to that extent and it shows the possibility that if we can understand these in their completeness and live with these in continuity, we too can ensure the continuity of happiness, that state of bliss in ourselves.

- We are talking about 'want' of happiness. But traditionally, we have been saying that this 'want' is the basic reason for unhappiness. Kindly comment.
- This is all good to talk about happiness, prosperity etc. But if your house catches fire, what will you do? Talk about happiness or put out the fire? The society is burning today. What should I do first?
- We are talking about ensuring the continuity of happiness, which is ensured by understanding of harmony and my living with feeling of harmony within. This is something which has to be ensured within and not to be obtained from outside. When we try to get it from outside, that creates the problem. So, what is being said is that if you try to get continuity of happiness from outside, you are bound to fail, be in trouble.
- Extinguish the fire in the society! But, how do you do it, that is the question. We are essentially trying to work for a real answer to it. Only when we have a system which ensures wellbeing of all- by ensuring continuity of happiness for one and for all, there will be harmony and peace in the society.

### Question(s) 3: Prosperity

### Response

- Why are we calling food also as a physical facility? It is the basic need of a human being.
  - If I feel happy by accumulating and indulging in physical facilities, why should I not go for it?
  - Looking at the rate of inflation in the country and the unforeseen situations (like this covid situation), how can I ever make out the need for physical facilities I will require?
- Food is physio-chemical in nature, and it facilitates to nurture our body, therefore we are calling it as physical facility. In fact, real purpose of physical facility is to serve our basic needs. Over indulgence will not come under right utilisation.
  - You can go for it, but, be clear that it will never lead to continuity of happiness and prosperity
  - We have to distinguish between the physical needs and the need of the self. Physical needs, which relates to the needs of the body, can certainly be identified. We are already producing more (6 times) than what is required for all the people on earth. Inflation is a man made phenomenon

- When we say prosperity is the feeling of having more than required, how do I decide how much more?
- My physical needs I can identify, and that much I have to produce anyway. However, I have to produce more to share with others- my relatives, my friends and people who need in the society. Of course, while producing more, we have to make sure that this production is through a cyclic and mutually enriching process with the rest of nature

# Physical Facility

Right understanding and right feeling (feeling of relationship)

Identification (as a family, with right understanding of natural laws)

Availability / Production (capacity to produce in the family + availability in nature)

Consuming (what is required... right utilization)

Sharing (in family... society... for the wellbeing of all)

Storage of remaining (for right utilization in future)

What is naturally acceptable?

Renunciation

Right Utilisation

Indulgence

1. Relate to them
2. Help them see the wider possibilities with human existence
3. Then they will be able to decide... we can also help them to make appropriate choice for participation in the larger society

Presently

We do not relate to them

They don't see the relevance of many of the things we are asking of them

We try to dominate

They react... <<see recording>>



- The right understanding is not going to be ensured in a day or two. When I go to work for it, I am not able to work for physical facilities. Now I have to fulfil all my relationships too and I require more facilities for it. So, how do I make the right program to ensure enough physical facilities?
- If prosperity is a feeling, can't I simply have it without working much for physical facilities by minimising my needs?
- With right understanding, I can identify my need for physical facility. Most of the times we find that we already have more than what is required. So we can feel prosperous. In case we have less, we can work better with right understanding to produce more. As far as relationship is concerned, the major issue there is that of feelings and that can be ensured through right understanding
- Not by minimising my needs, but, by rightly identifying my physical needs. If i do that, i find that it is very less and it is possible to produce more than that. As we mentioned, we are already producing more than what is required for all people. by minimising my needs?

- You are talking about prosperity. The saints in our country talked about renunciation and they were happy. Can't that also be the way to live?
- What has been said time and again is that rightly identify the physical needs, do not over-indulge. When we look at it from the perspective of people who are over-indulging, it seems to be renunciation. Further, it has always been professed that we produce more than what is required but, consume only as much as is required, the rest we share with others for relationship and for societal well-being.

- How can the feeling of prosperity ever be continuous as it is dependent on the availability of physical facilities which are temporary?
- At a young age, such issues are quite motivating. But as we grow up, we start going with the masses. Isn't it true?
- I understand the need for physical facilities. But my family doesn't. Hence, I need to keep earning more and more. What to do?
- When I can identify my need of physical facility, with right understanding, I can also see that there is enough provision for it in the nature and human being has enough potential to produce more than what is required. This clarity gives rise to feeling of prosperity in continuity.
- Such issues are important in all age; when we are young, we are enthusiastic about taking up these issues. However, if we are not clear and successful , then as we grow old, we loose that enthusiasm in general not only on such issues.
- Help them to explore and find out for themselves their need for physical facility. In the mean time, may be you have to earn more.

- Such discussions on prosperity have been there for ages, still people are accumulating and exploiting. Can it ever be resolved?
  - It is easy to see the limit of need for physical facility. But very difficult to see in monetary terms. Don't you think so?
  - You are talking about producing physical facilities. But with all the education I had, now I cannot do physical labour. What should I do?
- It can be resolved if
    1. we have right understanding and feelings at the individual level (mainstream education)
    2. identification of physical needs and production at the family level,
    3. a system in the society which supports and promotes this.
  - If we can see and do it at the level of physical facility, that is important. Money is just a means for exchange of physical facility, though it seems to have occupied a supreme position
  - First we have feel the need for producing, then we have to develop the mindset for labour followed by practice. This may take some time, but, that is fine

- Is it necessary that I have to produce to be prosperous? If I am in teaching profession, can I have this feeling?

- Some one has to produce the physical facility that I need, either I do it or my family members, my friends do it or somebody in the society does it. If there is a feeling of relationship and we have divided different responsibilities in the society, on the basis of relationship, then it is fine. But, the crisis today is that the very basis of relationship is missing.

<<example of village as a family... some 36 types of work for producing what is required... notion of sharing/distribution (not of exchange)... exchange between villages (village haat)... notion of contributing to society... □

### PRINCIPLES

1. Human purpose (common?)
- 2. Relationship?
3. Then we can decide on type of economy of take-take... give-take... give-give...>>