



# Lecture 10

## Understanding Harmony in the Self

Part II

# 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.**



# Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

## Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



**Harmony in the Human Being – Self**

Harmony in the Family

Harmony in the Society

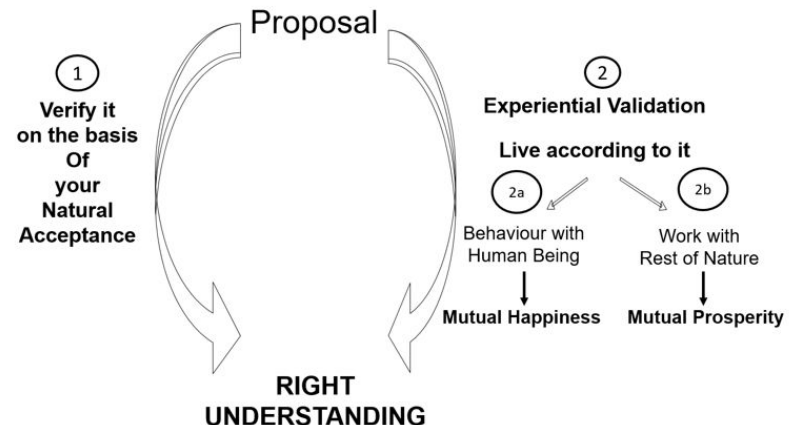
Harmony in Nature/Existence

## Process of Understanding

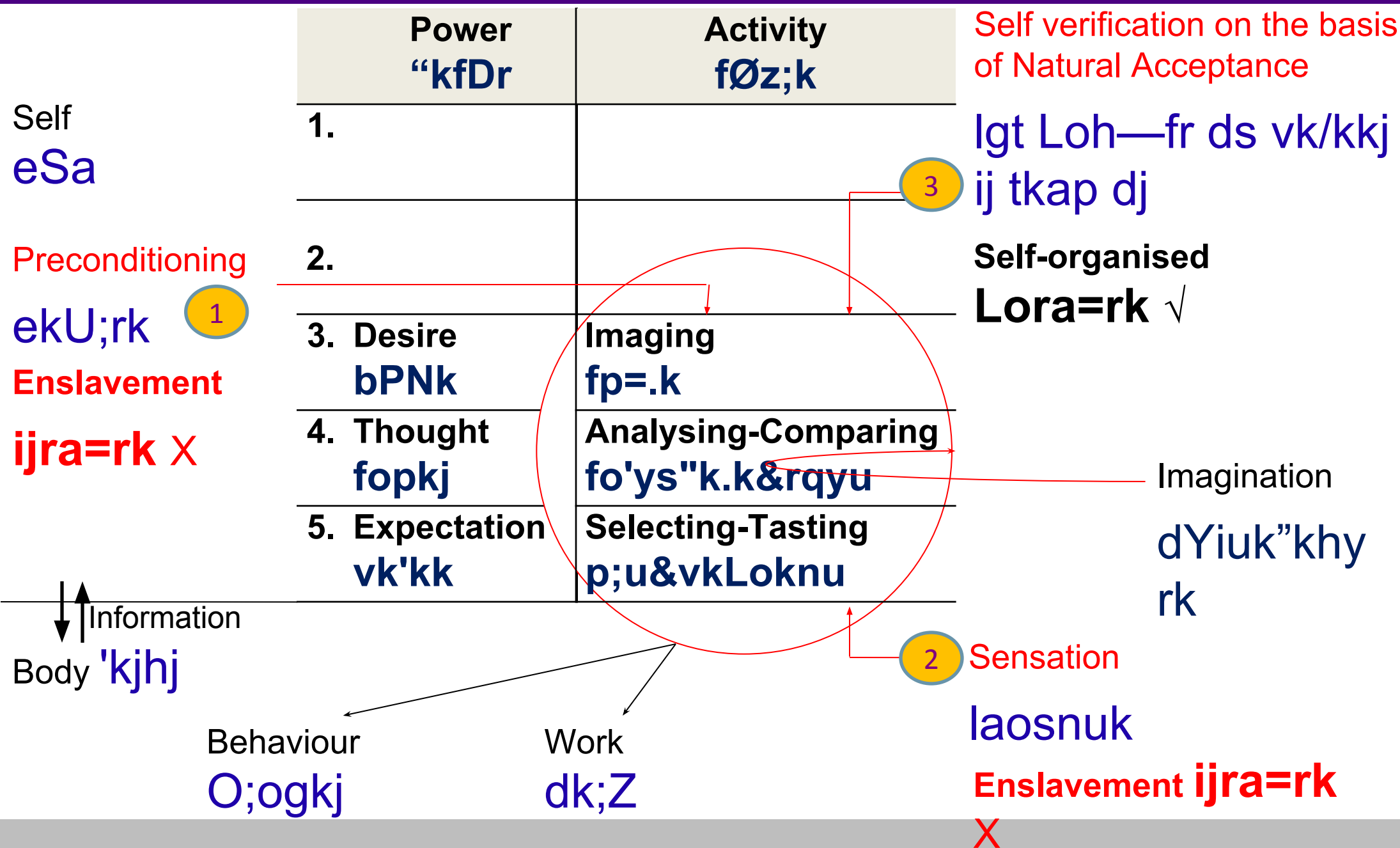
### Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

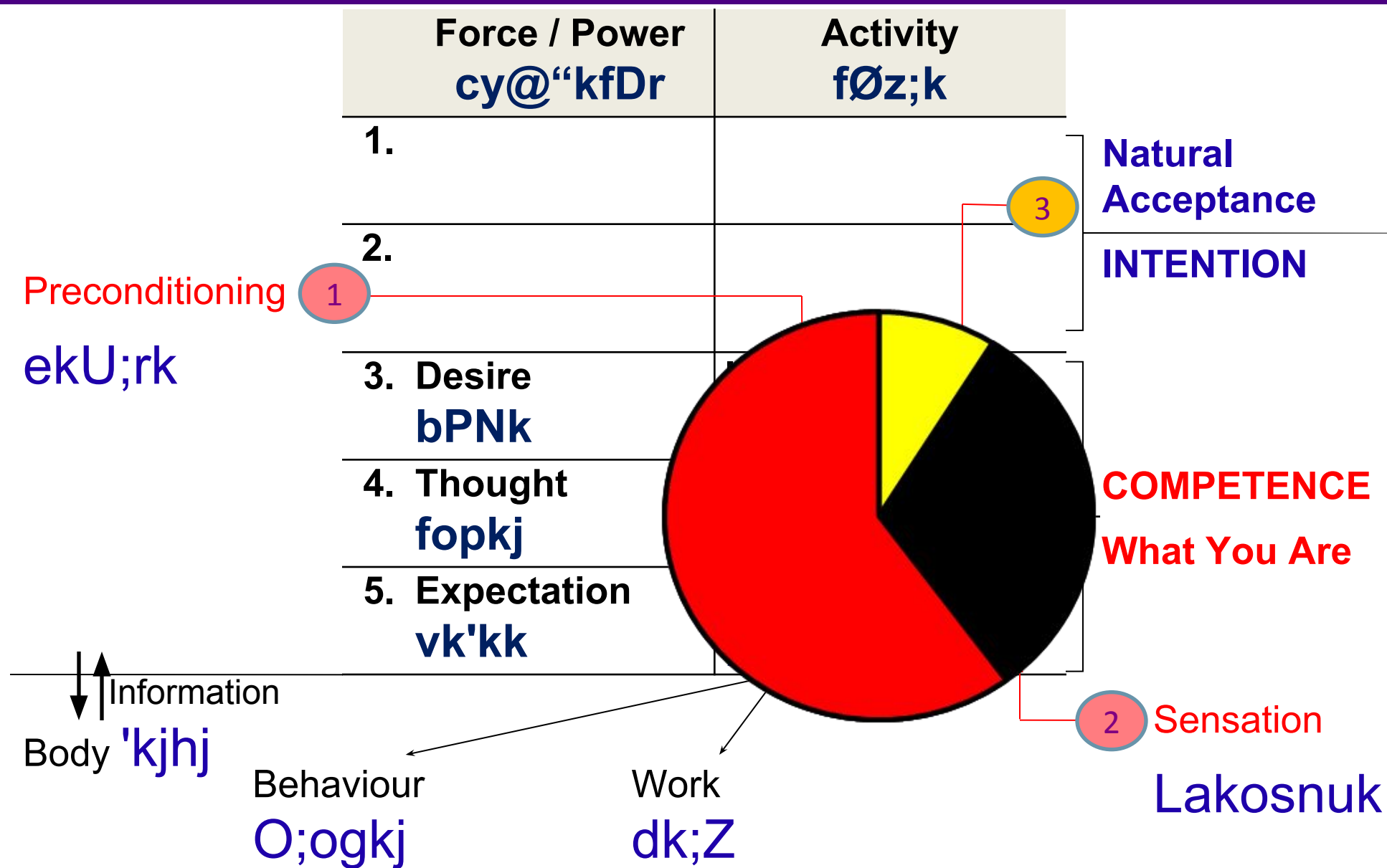
**Verify** it on your own right



# Source of Motivations for our Desires - Its Implications

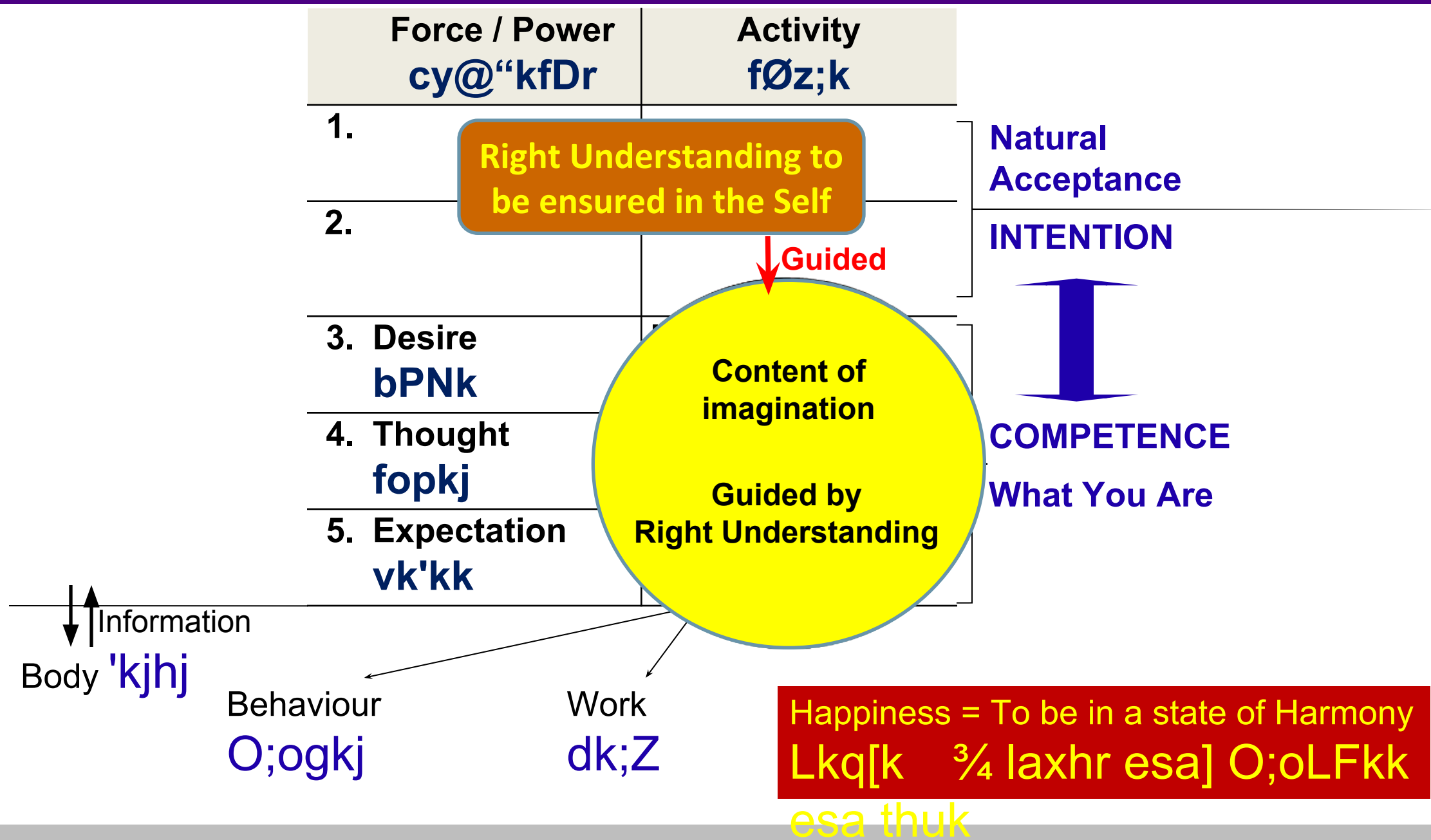


# State of Imagination – Random and Disorganised





Harmony in Self = D, T, E in accordance with Natural Acceptance



## Practice Session after Lecture 10

1. It was mentioned that when you are consuming any physical facility, the following sequence applies:

Tasty-Necessary □ Tasty-Unnecessary □ Tasteless-Unnecessary □ Intolerable

Observe this sequence for at least five types of physical facility, say a tasty food, TV programs, your favourite music, etc.

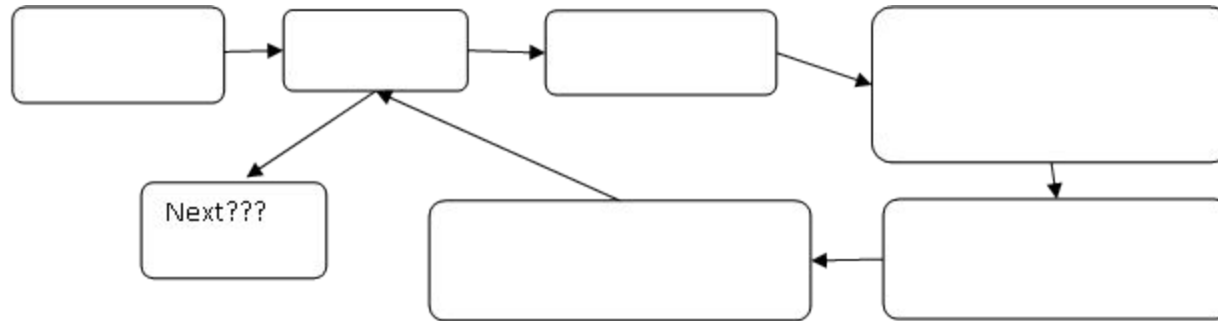
In contrast, observe that any feeling in you is either naturally acceptable or not. If a feeling is naturally acceptable, you want it continuously; and if not naturally acceptable, you do not want it even for a moment.

What are your conclusions from this exercise? Is continuous happiness possible through sensation by consuming physical facility? What are the other options for continuity of happiness?



## Practice Session after Lecture 10...

- Observe your imagination for about 15 minutes. List down the object of your imagination at least once every minute. From this list or from directly observing your imagination, make a sequence diagram (as shown below).



- Now write down your observations:
  - Are you able to see your imagination all of the time or only some of the time?
  - If you are able to see (be aware of) your imagination only some of the time, what do you think is the reason?
  - Are all your imaginations well connected (one imagination leads logically to another imagination) or are there sudden changes from one subject to another subject or there are gaps in between one imagination and another imagination? What is the reason for this state of imagination?
  - What are your observations from this exercise?



## Practice Session after Lecture 10...

- Take your list of desires. Revise it if you need to. For each desire, identify the primary source of motivation (sensation, preconditioning or natural acceptance). If there is any desire which has more than one source of motivation, split it into two or more desires. E.g. a desire for good clothes may be motivated by your natural acceptance (to protect the Body from excessive heat or cold) and also be motivated by the social preconditioning for the clothes of the latest fashion. In such a case, split the desire into two desires. Now, write down your observations:
  - What percentage (approximately) of your desires is motivated by your natural acceptance? This will give you an idea of the percentage that you are self-organised. Keep in mind that natural acceptance is about purpose and it does not change with time, place or person.
  - What percentage (approximately) of your desires is motivated by sensation or preconditioning? Now you can get an idea of the percentage that you are dependent or enslaved.
  - What effort is necessary to be completely self-organised (if that is your goal)?

## Expected Outcome

- The students are able to see that all physical facility they use is required for a limited time in a limited quantity. Sensation through physical facility cannot be the source of continuous happiness. They are able to see that in case of feelings; they want continuity of the naturally acceptable feelings and they do not want feelings which are not naturally acceptable even for a single moment.
- The students become aware of the activities of the Self and start finding their focus of attention at different moments. Also, they are able to see that many of their desires are coming from outside (through preconditioning or sensations) and are not based on their natural acceptance. They are able to find out their level of self-organisation and enslavement.



# Some Details of The Self

# Deluded Self: Imagination on basis of Sensation & Preconditioning

	Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
1.		Authentication Áek.k	Realization vuqHko	B1
Preconditioning मान्यता	1	Determination ladYi	Understanding cks/k	3
3. Desire bPNk		Imaging fp=.k	Contemplation fparu	
4. Thought fopkj		Analysing fo'ys"k.k	Comparing rqyu	B2
5. Expectation vk'kk		Selecting p;u	Tasting vkLoknu	
Body 'kjhj		Behaviour O;ogkj	Work dk;Z	2
Other nwljk		Human ekuo	Rest of Nature euq";srj iz—fr	

Self verification on the basis of Natural Acceptance

Igt Loh—fr  
ds vkĖkkj ij  
tkap dj

Unguided Senses,  
Health, Profit

Unguided  
Sensation

Sensation  
संवेदना



Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space “kwU;

	Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self ∞ ⊗ ϖ	1.	Authentication Áek.k	Realization vuqHko	Co-existence lg&vfLrRo
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhnrkj
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value Guided Sensation
Body 'kjhj	Behaviour O;ogkj	Work dk;Z	Participation Òkxhnrkj	
Other nwljk	Human ekuo	Rest of Nature euq";srj	in larger Order O;oLFkk esa	



**Sanskar =**

**Acceptances derived out of  $\sum$  [ Desire + Thought + Expectation ]  
from all time**

Presently, it is likely to be a mixture of:

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences, which may or may not be in line with the existential laws / principles

“What I Am” is largely our sanskar

Our perspective is a part of our sanskar

Our tendencies, habits, likes-dislikes are also a part of our sanskar





**Sanskar =**

**Acceptances derived out of  $\sum$  [ Desire + Thought + Expectation ]  
from all time**

Presently, it is likely to be a mixture of :

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences, which may or may not be in line with the existential laws / principles

Sanskar is updated over time:

**Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t)**

As we self-explore, verify and understand, our sanskar gets updated

A conducive environment is helpful

# Program of Action (Individual)

To **understand** harmony and to **live** in harmony  
– at all levels of being (individual, family, society, nature/existence)

1. **Self-exploration –** Verify the  
proposals on your own right ☐ right  
understanding (of harmony) ☐  
feeling and thought of harmony  
☐ harmonious behaviour, work and  
participation in larger order
2. **Self-awareness – Be aware of your**  
desire, thought and expectation  
– **every moment**
3. **Self-evaluation – Evaluate your desire,**  
thought and expectation  
– on the basis of your Natural Acceptance

Discover

**What I Really Want to Be  
My Natural Acceptance  
My Intention**

Guide

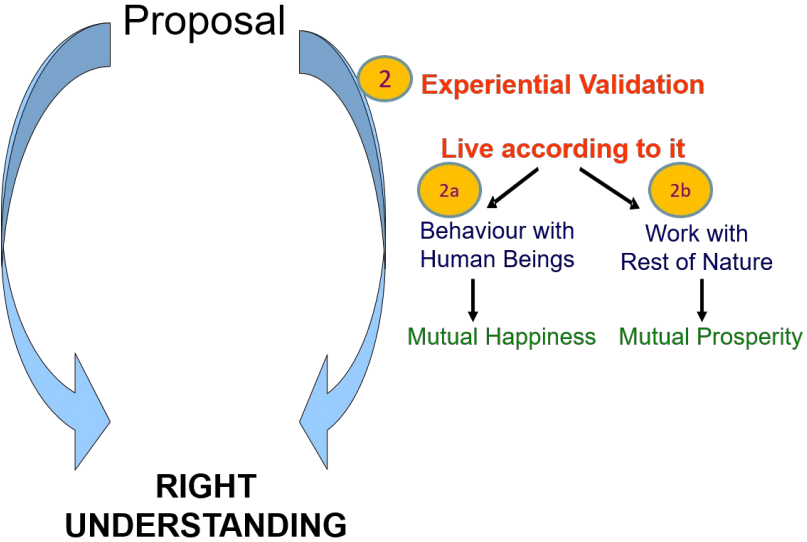
Purify

**What I am  
My Desire, Thought,  
Expectation...  
My Competence**

# Program of Action (Individual) – 1: Develop Right Understanding

## Process of Self-exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)  
**Verify** it on your own right



## 1. Self-exploration

Verify the proposals  
(on your own right)

Right understanding of  
harmony at all levels

Feeling and thought  
of harmony

Harmonious behaviour, work  
and participation in larger  
order

Human Consciousness – 3

Space शून्य

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication	Realization	B1	Co-existence सह-अस्तित्व
2. Determination	Understanding	बोध	Harmony in Nature व्यवस्था
3. Desire इच्छा	Imaging चित्रण	1 Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Self (I) श्व

Preconditioning 1 मान्यता

3. Desire इच्छा

4. Thought विचार

5. Expectation आशा

Self verification on the basis of Natural Acceptance आधार पर जांच कर

Unguided Senses, Health, Profit

Unguided Sensation

Sensation संवेदना

## Program of Action (Individual) – 2: Purification of Sanskar

2. **Self-awareness** – Be aware of your desire, thought and expectation – **every moment**
3. **Self-evaluation** – Evaluate your desire, thought and expectation  
– on the basis of your Natural Acceptance

**Sanskar =**

**Acceptances derived out of**  
 **$\Sigma$  [Desire + Thought + Expectation]**  
**from all time**

**Sanskar (t+1) =**  
**Sanskar (t) +**  
**Environment (t) +**  
**Self-exploration (t)**

# Self-evolution

Self-exploration  
Self-verification

# Human Consciousness

Human Consciousness – 2

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
2.	Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Harmony, Justice Guided Senses, Health, Profit Goal, Value Guided Sensation
				3 Sensation संवेदना

Human Consciousness – 1

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
2.	Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Justice Guided Senses, Health, Profit Value Guided Sensation
				3 Sensation संवेदना

Animal Consciousness – 2

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
2.	Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Unguided Senses, Health, Profit Unguided Sensation
				2 Sensation संवेदना

Animal Consciousness – 1

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
2.		Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Sensation based on assumption "I am Body"
				1 Sensation संवेदना

# Animal Consciousness

Human Consciousness – 3

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	B1
2.		Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	Co-existence, Harmony, Justice Guided Senses, Health, Profit Goal, Value Guided Sensation

- Living on the basis of knowing
- Happiness by being in harmony within and harmony in all aspects of being
- Acceptance of relationship – from one to many, to all [HAPPINESS]
- Identifying need, production, right utilisation of physical facility [PROSPERITY]
- Participation in larger order, expanding harmony [SOCIETAL DEVELOPMENT]

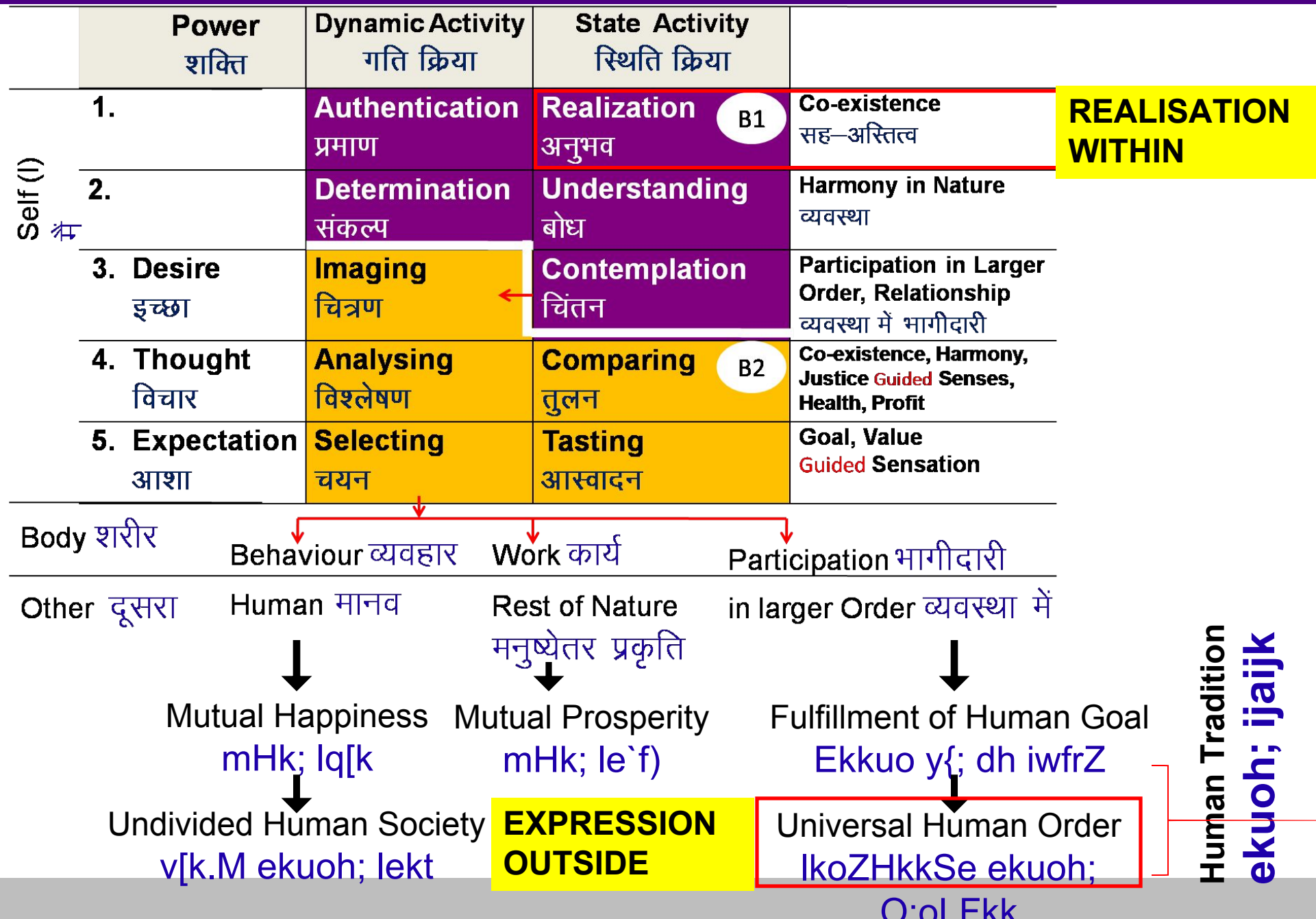
# Transformation / Development

- Living on the basis of assuming (without knowing)
- Happiness from outside (through feeling from the other, sensual pleasure and physical facility)
- Domination and opposition in relationship [UNHAPPINESS]
- Exploitation and indulgence [DEPRIVATION]
- Exploitation in larger order, increasing disorder [DEGRADING SOCIETY]





Realisation of Co-existence & it's expression – Universal Human Order



## To See (To Observe)

### Exercise

#### 1. Seeing the Self by the Self

The consciousness observing the consciousness

#### 2. Seeing the Body by the Self

The consciousness observing the material

#### 3. Seeing the Co-existence, the Space by the Self

The consciousness observing the co-existence

– observing the distance between the Self and the Body

– “ “ relationship “ “ “ “ “ “

## **Exercises 1 and 2**

**We (each one of us) are  
doing these exercises for  
developing ourselves**

- Developing understanding and
- Purification of accumulated feeling and  
thought

# Exercise 1

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Observing the Self by the Self

Looking within

Note:  
This is just one way of looking within (not the only way)  
The steps mentioned in this exercise, are one possible set of steps  
(not the only set of steps)

## Step 1: Self Observation, Self Awareness

I (Self, consciousness) am observing myself (Self, I)

Be aware of Yourself

(a simple way is to be aware of your imagination)

1a. Try and observe your imagination.

Try and observe the desire, thought and expectation in your imagination.

I am observing the Self by the Self

I am observing my imagination- desire (feeling), thought and expectation at this moment

Observe the imagination going on within you at this moment of time, just as it is –  
without evaluating it... without reacting to it... without trying to stop it... without trying to change it...

1b. If you are not able to see your imagination directly, then you may begin with observing your thought:  
If you are able to see your thoughts, try to see the desire (feeling) behind it.  
Ultimately, we have to see the complete imagination.

Try to observe your desire ( feeling), thought and expectation going on in your imagination.  
In particular, focus on your desire (feeling)

Observe the imagination going on within you at this moment of time, just as they are –  
without evaluating them... without reacting to them... without trying to stop them... without trying to change them... **each moment**

This is a very simple, but very important step

**Write down your observations in your journal**



## Step 2: Self Evaluation – of Feeling

I am evaluating the feeling, thought that I have at this moment

- Is this feeling naturally acceptable to me or not?
- Is it natural for me or not ?
- Is it in accordance with human nature or not?
- Would I like the continuity of this feeling or not?

For example, observe and evaluate  
when you have the feeling of affection, and when you have the feeling of opposition

Be aware of the feeling at this moment.

Just observe the feeling as it is... and simply evaluate it  
without any reaction

(make no effort to hold on or to stop any particular feeling, thought)

Just be aware, observe the feeling as it is... and evaluate it; without any reaction

Do the steps 1 & 2 throughout the day- **Every Moment**

Write down your observations in your journal (say every 4 hours)

### Step 3: Self Evaluation – of my State

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I am evaluating the impact of my feeling, thought at this moment on my state of being:

- With this feeling, am I comfortable within or uncomfortable within?
- Am I in a state of harmony within or in contradiction within?
- Am I in a state of happiness or in a state of unhappiness within?

For example, observe and evaluate this  
when you have the feeling of affection, and  
when you have the feeling of opposition.

When I have a feeling which is naturally acceptable to me,  
I am comfortable, I am in harmony, I am in a state of happiness within

The moment I have a feeling that is not naturally acceptable to me,  
I am uncomfortable, in contradiction, unhappy within at that moment

## Step 4: Self Evaluation – who Decides the Feeling

In Step 1, I have become aware of the feeling I have at that moment and in Step 2 & 3, I have evaluated the feeling;

with this I am able to see that it is my feeling that leads to my happiness or unhappiness.

Now, the question is- who is taking decision for this feeling which is the source of my happiness or unhappiness.

So, I am asking this question to myself-

“Who is taking decision for the this feeling?”

Who decides the feeling, thought that I have at this moment

- Some external physical condition?
- Some other human being?
- I, myself?

It is I who decides the feeling, thought that I have

(The other person or the situation outside may act as a trigger)

The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination (block B2)
- We can begin to observe the Self by becoming aware of our
  - imagination and
  - natural acceptance
- Behaviour and work are external expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance (right understanding)

- When imagination is fully guided by right understanding, Block B1, the Self is in harmony in continuity; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)

I need to observe myself in the process of ensuring right understanding.



# FAQs for Lecture 10

Understanding Harmony in the Self

# Questions

- After the last tutorial session on self-awareness, my problems have increased! I was quite happy before. Now I can see many contradictions within... I cant even sleep properly. What to do?
- Most of the time, we are not able to remember what is going on in our imagination. Is there some practice to become aware of it?
- What is the need to see these activities separately? How can we differentiate between desire and thought and expectation? It all seems to be one thing
- ...







# Self Reflection

## Question(s): What is Self

## Response

- Is Self the same as the mind or the soul?
- Isn't what is being said here the same as spirituality?

- The mind is a part of the Self. The activity of imagination which includes activities of desire, thought and expectation if referred to as mind. Soul has been used in different ways, sometime it is used to represent the highest activity of the self while in many cases it is used to mean self as a whole.
- We are trying to work for a system of education that makes us human. So, we are talking about humanness- what is being human.  
  
Because human being is coexistence of self (consciousness) and body (material), hence, we have to understand the laws of material as well as the laws of consciousness. This is what we are trying to do.

Word



Meaning

(a description of some part of the reality)



Reality

## Question(s): Activities of the Self

## Response

- I do think sometimes but not all the time. Like when I am asleep, I do not think. So, why do we say activities of Self are continuous?
- Most of the time, we are not able to remember what is going on in our imagination. Is there some practice, like meditation, to become aware of it?

- Do you dream while sleeping? Does dream include thinking? Now,, try to be aware of your imagination when you are awake, then slowly you can be aware of your imagination even when you are asleep, then you will be able to verify whether you are thinking while sleeping or not.
- One simple way to be aware of your self, be aware of the imagination going on in the self at this moment of time. If you are aware, it will be there in your remembrance. When you pay attention to your imagination, you are able to see it, because you already have the potential to see, you only have to exercise this potential ,

We all have the capacity to pay attention, to observe... to understand

You are already paying attention... to whatever you consider important

So, the main question is not “how to pay attention”, rather it is “what to pay attention to”  
(object of attention)

One only has to see, to decide that:  
    I am important, Self is important  
    My imagination is important

Then I will pay attention to the Self and my imagination

Science of material

- You can look at it outside, you may not be

Science of consciousness

- You are part of it, you want to and do get transformed



## Question(s): Activities of the Self

## Response

- What is the need to see these activities separately? How can we differentiate between desire and thought and expectation? It all seems to be one thing

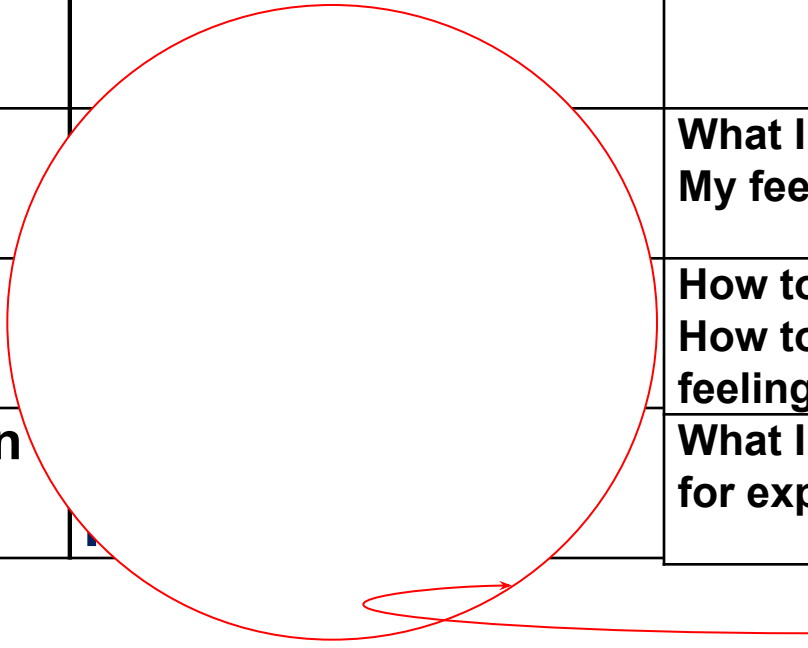
- If you do not observe things with fineness, everything seems to one gross thing. However, when you look at it with subtleness, you see that it is composed of many things. Like that, imagination is composed of three different levels of activities of the self- desire, thought and expectation. As explained, desire relates to our purpose, what we want to be, our feelings, while thought is working out the details of how to fulfill this purpose and expectation is what I need to do with the world outside. Desire is at the base of thought and expectation, so, if we have to evaluate our imagination and set it right, it has to be done at the level of desire, the feeling; and this desire, this feeling can be easily verified with our natural acceptance.

Activities of Self eSa dh fdz;k,a

Self  
eSa

Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk		What I want to be My feeling within
4. Thought fopkj		How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk		What I have to do outside for expression of the feeling

Information  
↓↑  
Body 'kjhj



Imagination  
dYiuk”khy  
rk

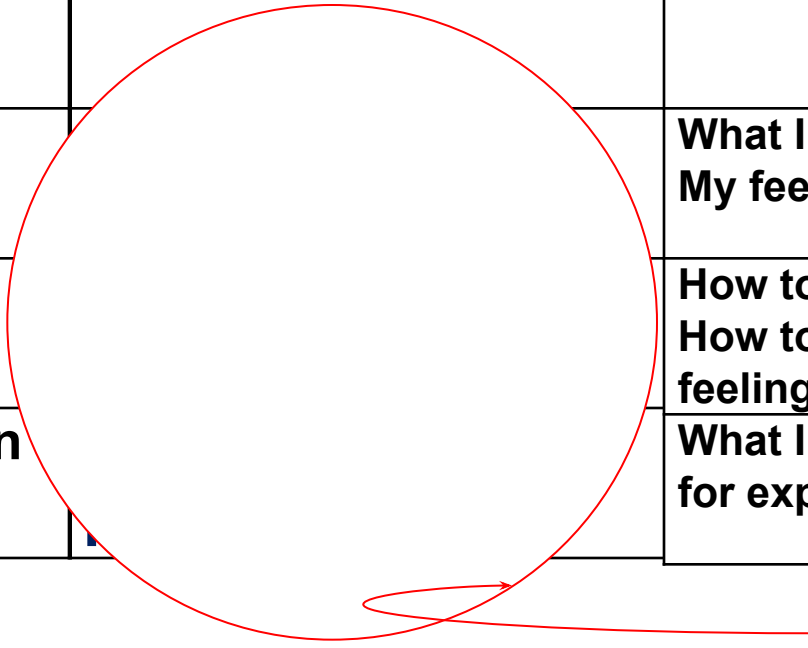
Note: We explore these activities in detail in UHV-III

Activities of Self eSa dh fdz;k,a

Self  
eSa

Power “kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk		What I want to be My feeling within
4. Thought fopkj		How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk		What I have to do outside for expression of the feeling

Information  
↓↑  
Body 'kjhj



Imagination  
dYiuk”khy

Note: We explore these activities in detail in UHV-III rk

Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space “kwU;

	Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self ∞ ⊗ ϖ	1.	Authentication Áek.k	Realization vuqHko	Co-existence lg&vfLrRo
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhmkjh
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value Guided Sensation
Body 'kjhj	Behaviour O;ogkj	Work dk;Z	Participation Òkxhmkjh	
Other nwljk	Human ekuo	Rest of Nature euq";srj iz—fr	in larger Order O;oLFkk esa	



# Deluded Self: Imagination on basis of Sensation & Preconditioning

	Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
1.		Authentication Áek.k	Realization vuqHko	Self verification on the basis of Natural Acceptance
Preconditioning मान्यता	1	Determination ladYi	Understanding cks/k	
		Imaging fp=.k	Contemplation fparu	
3. Desire bPNk				Igt Loh—fr ds vkĖkkj ij tkap dj
4. Thought fopkj		Analysing fo'ys"k.k	Comparing rqyu	Unguided Senses, Health, Profit
5. Expectation vk'kk		Selecting p;u	Tasting vkLoknu	
Body 'kjhj		Behaviour O;ogkj	Work dk;Z	2 Sensation संवेदना
Other nwljk		Human ekuo	Rest of Nature euq";srj iz—fr	



## Question(s): Activities of the Self

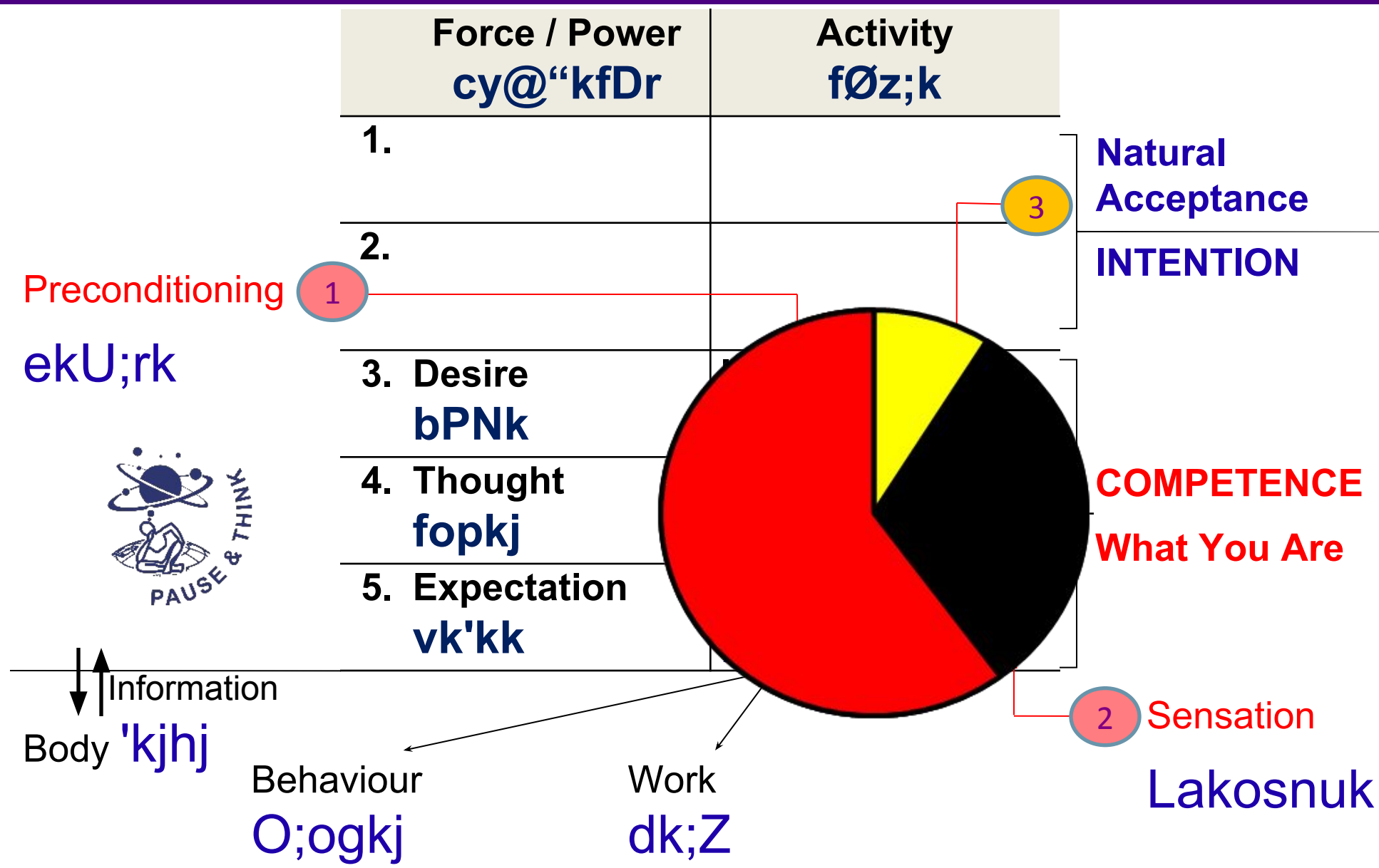
## Response

- What is the difference between deciding and selecting? They seem same to me
- What is in activity 1 & 2? Why is it kept blank?

- Deciding is working out the details of how to fulfill the purpose, the desire; whereas selecting has to do with what to do at the level of world outside. For example, if I have feeling of respect, then this is my desire, now, when work out the details of how to express this feeling of respect, by giving blessing, touching feet, greeting with some gift etc., it is a thought ; when this greeting is to be done with a flower bouquet, it is expectation.
- We will talk about these higher activities in detail in later course UHV III; however, we will very briefly introduce the activities of realisation and understanding as 1 and 2 towards the end of the session.

<ul style="list-style-type: none"><li>• Isn't desire and intention the same?</li></ul>	<ul style="list-style-type: none"><li>• Intention has to do with the feeling which is in accordance with natural acceptance, hence is definite, while desire could any feeling, in accordance or against the natural acceptance, hence is definite. For example, intention will always be for feeling of respect while desire could be for feeling of respect or disrespect.</li></ul>
<ul style="list-style-type: none"><li>• What is the meaning of competence? Is it the skill?</li></ul>	<ul style="list-style-type: none"><li>• The word competence is used to represent what is our state at the level of imagination-what is our desire, thought and expectation, as that will decide our behaviour with world outside as well.</li><li>• The more our imagination is in harmony, the more competent we are</li></ul>

State of Imagination – Random and Disorganised





## Question(s): Activities of the Self

## Response

- Can you tell us something about the conscious, subconscious and super conscious mind

- The sense in which these words are used in general is the following-
  1. when we are aware of what is going on in the self, it is being conscious,
  2. when we are not aware of what is going on in the self, it is being subconscious,
  3. when we are operating with higher activities of the self, like realisation and understanding, it is called super conscious,
  4. Unconscious – not aware of the world outside

Freud:

idselecting-tasting

Ego    imagination based on preconditioning “I am separate from the other, in isolation”

Super ego superconscious

Question(s): Preconditioning	Response
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- What is preconditioning? “resources are limited, Desires are unlimited” is that a preconditioning or reality?

(it implies that everyone is bound to be deprived!

- Preconditioning is something which is prevailing in the society which we have accepted without verification or without knowing. We are dictated by the world outside. A preconditioning may or may not correspond to a reality.
- As far as this particular preconditioning is concerned, it does not correspond to a reality because
  1. Desires, if we understand properly, are definite i.e., continuity of happiness and prosperity and the amount of physical facility required for ensuring prosperity is limited and can be identified.
  2. Availability of resources in nature and capacity to produce in human being is more than what is required.

Desires are definite

Resources are limited, but more than our needs

Therefore, everyone can be prosperous)

Need to study

- 1.Science of material (the world outside) – I am what I am, I don't have to change
- 2.Science of consciousness (the world within) – I have to see myself... then I am motivated to develop, to transform to human consciousness

## Question(s): Conditioning

## Response

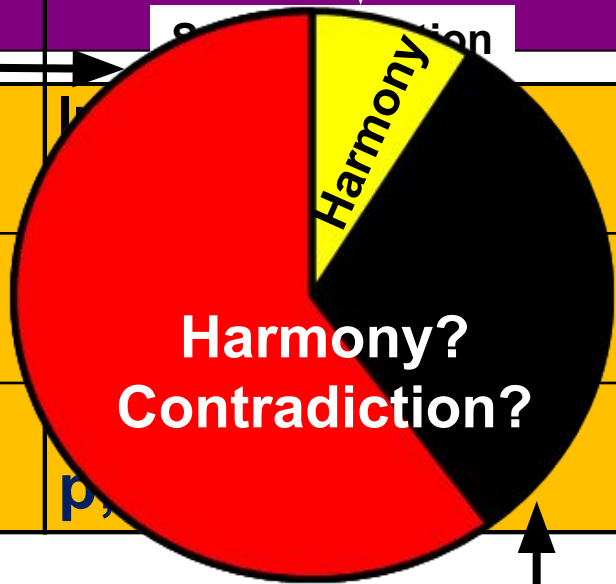
- Pavlov has a theory of conditioning. How does it apply to us?

- If we identify ourselves as the body and therefore, if the self is influenced by the body then Pavlov theory of conditioning will hold good. However, if we can understand the self and body separately and the self has right understanding and right feeling, than self is in a self-organised state and it responds to any input from the body, and not react. Therefore, its response to the input from the body will depend upon what self finds appropriate for maintaining the health of the body rather than the conditioning which is tried to be created through the conditioning input.
- Self can even articulate that some conditioning is being created and therefore, he will be out of conditioning.

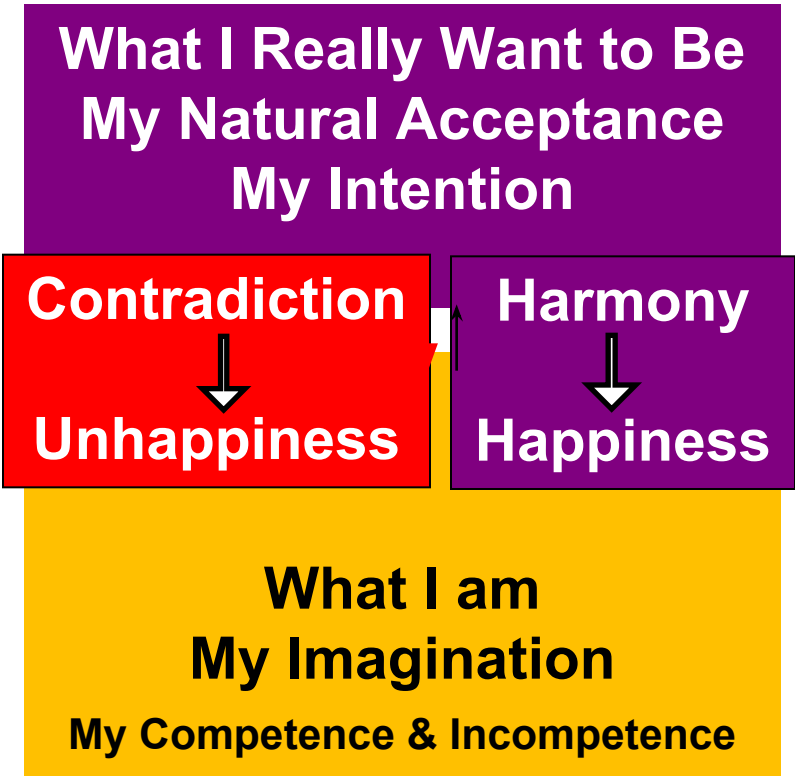
# Source of Motivations for our Desires - Its Implications

Preconditioning

	Power “kfDr	Activity fØz;k
1.		
2.		
3.	Desire bPNk	
4.	Thought fopkj	
5.	Expectation vk'kk	



Sensation



## Question(s): Motivation of Imagination

## Response

- What exactly is natural acceptance? Is it same as right understanding?
- How can I be sure that my imagination is motivated by my natural acceptance?

- Natural acceptance is something which is part of our being. It is innate, invariant, and uncorrupted by the preconditioning for ex. we have natural acceptance for the feeling of relationship, feeling of nurturing the body. It is the answer that we get from our conscience or the inner voice or the pure observer which is innermost part of the self.
- Right understanding is understanding the reality as it is, and this can be ensured through the process of self-exploration based on natural acceptance and experiential validation.
- If my imagination is in accordance with my natural acceptance, then I am in state of harmony within, happiness within. If not, then I am in contradiction within, unhappiness within.

## Question(s): Motivation of Imagination

## Response

- The exercise on list of desires was interesting. Most of the motivation turned out to be from preconditioning and sensation. So now, I can understand the need for exploring into my natural acceptance and also to check my preconditionings. What exactly should I do for this? Any practice?

- This has already been mentioned that we have to be aware of our own self every moment and it can have different steps
  1. Being aware of the imagination going on in the self, particularly the desire, the feeling
  2. Verifying whether this desire, this feeling is in naturally acceptable to me or not
  3. Whether it leads to harmony or happiness within or otherwise
  4. Verifying that the feeling of relationship, harmony and coexistence is naturally acceptable to me and not the feeling of opposition, disharmony and struggle.
  5. To ensure that the desire, the feeling is in accordance with the feeling of relationship, harmony and coexistence,

## Question(s): Harmony in the Self, Happiness Response

- When I am reading something, I think of many other things... How can I focus on what I have to read?
- Our attention keeps going to the things which we feel is important. So we have to decide what is important for me at this point of time.
- If there are many things that are important, than I will have to set up a priority among them. If I am able to do that, than my attention will be focused on the thing which is assigned the highest priority.



## Question(s): Harmony in the Self, Happiness Response

- It is said that we have to get rid of desires to be happy. Isn't that true?
- We have to have the right desire and we have to have the continuity of this right desire. We have to get rid of the wrong desire and wrong feelings. Infact they are not the real desires, real feelings but we have assumed them to be our desire, our feeling because of the prevalent beliefs in the society. Therefore we should get rid of these wrong desires, wrong feelings.
- In essence, to be happy we have to have the right desire, right feeling.
  - Truth, Understanding relationship, harmony & co-existence
  - Love, Feeling of acceptance of all, Feeling of co-existence, harmony, relationship
  - Compassion, Thought... of how to fulfil my feeling of Love...

## Question(s): Harmony in the Self, Happiness Response

Split personality, schizophrenia...

Split between NA and Imaginatioin

Presently as per science

Schizophrenia is characterized by avolition (motivation less state), hallucinations and illusions, dopamine and serotonin are two main neurotransmitter playing role. Has positive (elated) and negative phase (avolition),

Split personality is to do with disconnection with reality, just like inability to differentiate dream from reality.

## Question(s): Harmony in the Self, Happiness Response

- What is the meaning of “development of the Self”?
- Development of self would mean having right understanding i.e., understanding the harmony (relationship, harmony, coexistence) at all levels of our being and feeling of harmony at all levels of our being. This will ensure the state of harmony or happiness in continuity in the self.

## Question(s): Harmony in the Self, Happiness Response

- After the last tutorial session on self-awareness, my problems have increased! I was quite happy before. Now I can see many contradictions within... I can't even sleep properly. What to do?
- When we start becoming aware of our self, we are able to see that there are contradictions within and therefore unhappiness within. This was there even before, but we were not aware of it. So it appears that our unhappiness has increased.
- As a matter of fact, when we become aware of our self, our imagination, and our natural acceptance, then we are able to get rid of many contradictions that were there within and therefore there is an increase in our state of being in harmony and happiness within.

## Question(s): Harmony in the Self, Happiness Response

- I have a desire to work also and to be with the family also. I want to fulfill both and feel that if any of those is not fulfilled, I will be unhappy. What is the way forward?
- We have to understand the harmony in society and harmony in family & nature and then define a way of life, a system in the society, which ensures the fulfilment of all these harmony. Then we will be free of these contradictions.

Extra Qs.

6<sup>th</sup> sense

Intuition

Reflex action

Intellect

Cognitive ability

5 quotients

SQ Social quotient      self+body+...

IQ Intelligence quotient      self

EQ Emotional quotient      self

SQ Spiritual quotient      self

Split personality

Schizophrenia

- Can you comment about Freud's theory of motivation