UHV-II: Universal Human Values – Understanding harmony and Ethical Human Conduct

Module 1 – Introduction to Value Education

Lecture 1: Understanding Value Education

Lecture 2: Self-exploration as the Process for Value Education

Tutorial 1: Practice Session PS1   Sharing about Oneself

Lecture 3: Continuous Happiness and Prosperity – the Basic Human Aspirations and their Fulfilment

Lecture 4: Right Understanding, Relationship and Physical Facility

Tutorial 2: Practice Session PS2   Exploring Human Consciousness

Lecture 5: Happiness and Prosperity – Current Scenario

Lecture 6: Method to Fulfill the Basic Human Aspirations

Tutorial 3: Practice Session PS3   Exploring Natural Acceptance

Universal

The content needs to be universal – applicable to all human beings and be true at all times, all places

It should not depend on sect, creed, nationality, race, gender, etc.

Rational

It must be amenable to logical reasoning

It should not be based on blind beliefs

Natural and Verifiable

It has to be 'naturally acceptable' and experientially verifiable, and not based on dogmas, beliefs or assumptions.

Should not be asked to believe just because it is stated in the course

All Encompassing

It needs to cover all dimensions (thought, behaviour, work and understanding) and levels (individual, family, society and nature/existence) of human life

Should not be confined to only few aspects of life.

Leading to Harmony

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)

This will be sufficiently exemplified in the presentations in this workshop

Lecture 1
Understanding Value Education
Lecture 2
Self-exploration as the Process for Value Education
Lecture 3
Continuous Happiness and Prosperity – the Basic Human Aspirations

Whatever is said is a **<u>Proposal</u>** (**Do not assume it to be true or false**)

Verify it on Your Own Right – on the basis of our **<u>Natural Acceptance</u>**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self** between what you are and what you really want to be   (your natural acceptance)

The purpose of this course is to initiate/strengthen this internal dialogue

Education has the responsibility to facilitate:

Understanding 'what to do' – What is valuable, as a human being and

Learning 'how to do' – skills, technology

Are both required or we can do with just one of them?

Both are important

What would be the priority between these two?

The Priority is

1. **Understanding** 'what to do' → Value Education
2. **Learning** 'how to do' and **Doing** → Technical Education

Is it possible for us to decide what is valuable for us, what is meaningful, what is right, what is wrong, what is innate in us?

Can we decide these on our own right? This is the issue, this is the essential point of the first lecture

Is this possible?

We will explore into this further

We saw that the first issue is that we need to understand "what to do"? And we need to learn "how to do it"?

To understand "what to do", we need Value Education

Second, in order to ensure this we need to get into the details of things, for which we need a holistic perspective

To develop a holistic perspective, we need Value Education

So, that is the need of Value Education

Value of a unit is its participation in the larger order

e.g. The value of a piece of chalk is its participation in the classroom

What is valuable
    The chalk writes on the blackboard in the classroom?
            or
    The chalk scratches the blackboard in the classroom?

What is valuable = value

The context is always the larger order
Value of a unit is definite (does not change with time, place, person)

The value of a unit is also referred to as its role
Thus, the role of chalk is to write on the blackboard

Value of a human being is its participation in the larger order

E.g. Your participation in the family defines your value in the family

What is valuable for you?   feeling of respect or feeling of disrespect?

You feel happy when you have a feeling of respect
The other feels happy when you express respect to him/her

PAUSE & THINK

Holistic, All Encompassing

Covers all levels of living:

1. Individual (human being)
2. Family
3. Society
4. Nature/Existence

Eg. As a Family, Society – we want
Fearlessness / Trust
NOT fear (mistrust / opposition)

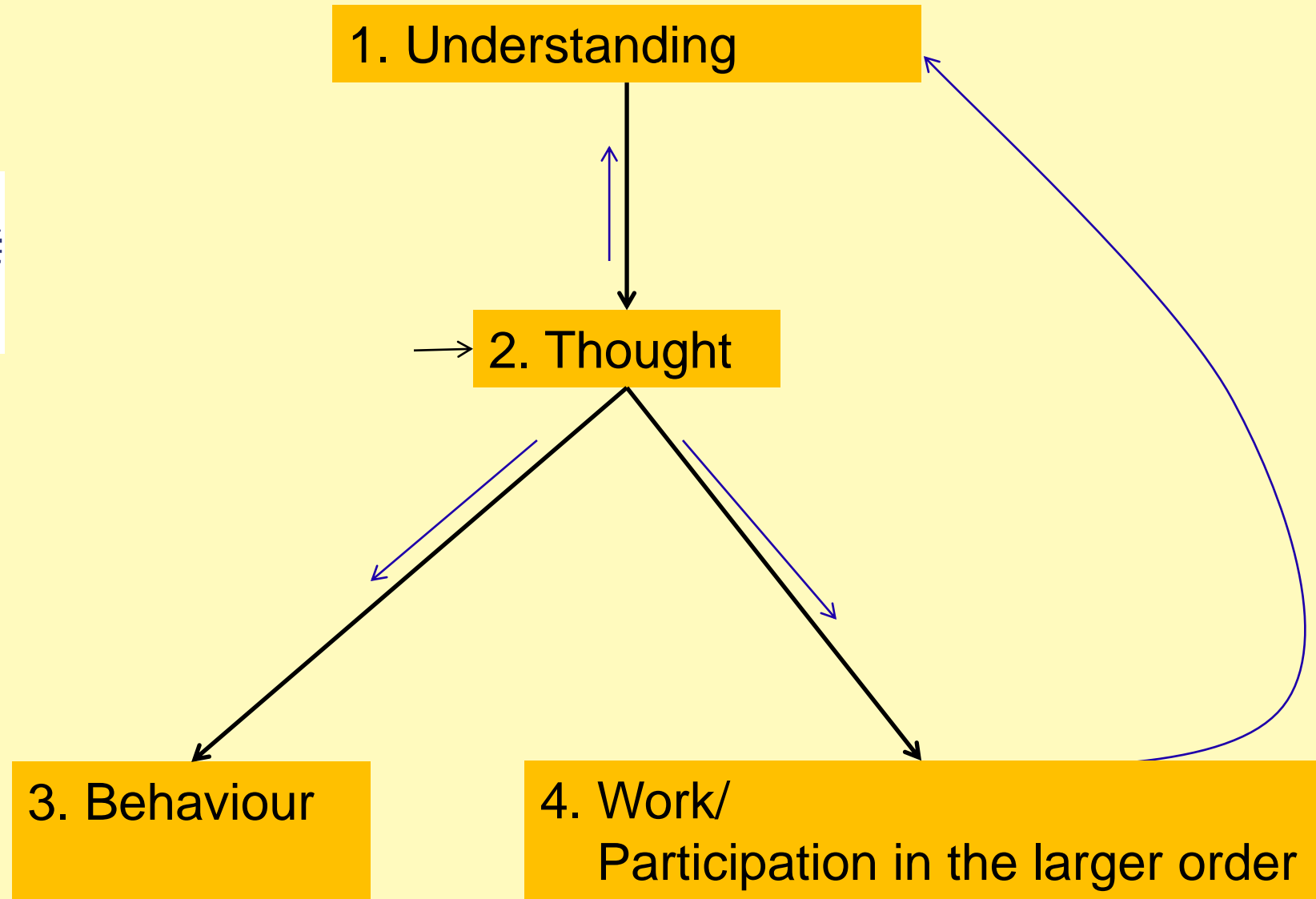**Covers all dimensions of human being, (as an Individual):**

1. Understanding/Realization
2. Thought
3. Behaviour
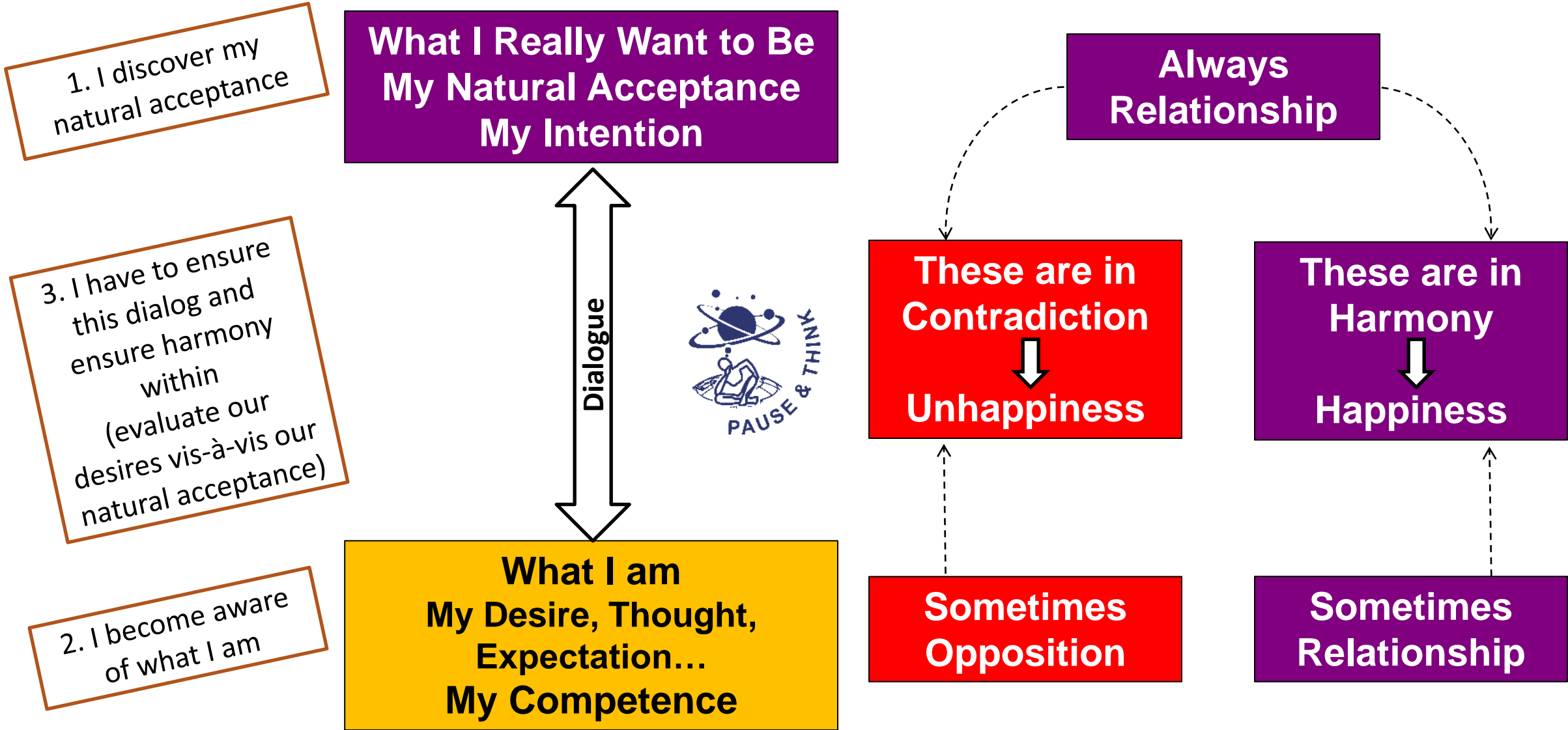4. Work/Participation in larger order

Eg. In Thought – we want clarity
(a state of resolution, solution)
NOT confusion (a state of problem)

1. I discover my natural acceptance

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

Always Relationship

3. I have to ensure this dialog and ensure harmony within (evaluate our desires vis-à-vis our natural acceptance)

Dialogue

PAUSE & THINK

These are in Contradiction

Unhappiness

These are in Harmony

Happiness

2. I become aware of what I am

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

Sometimes Opposition

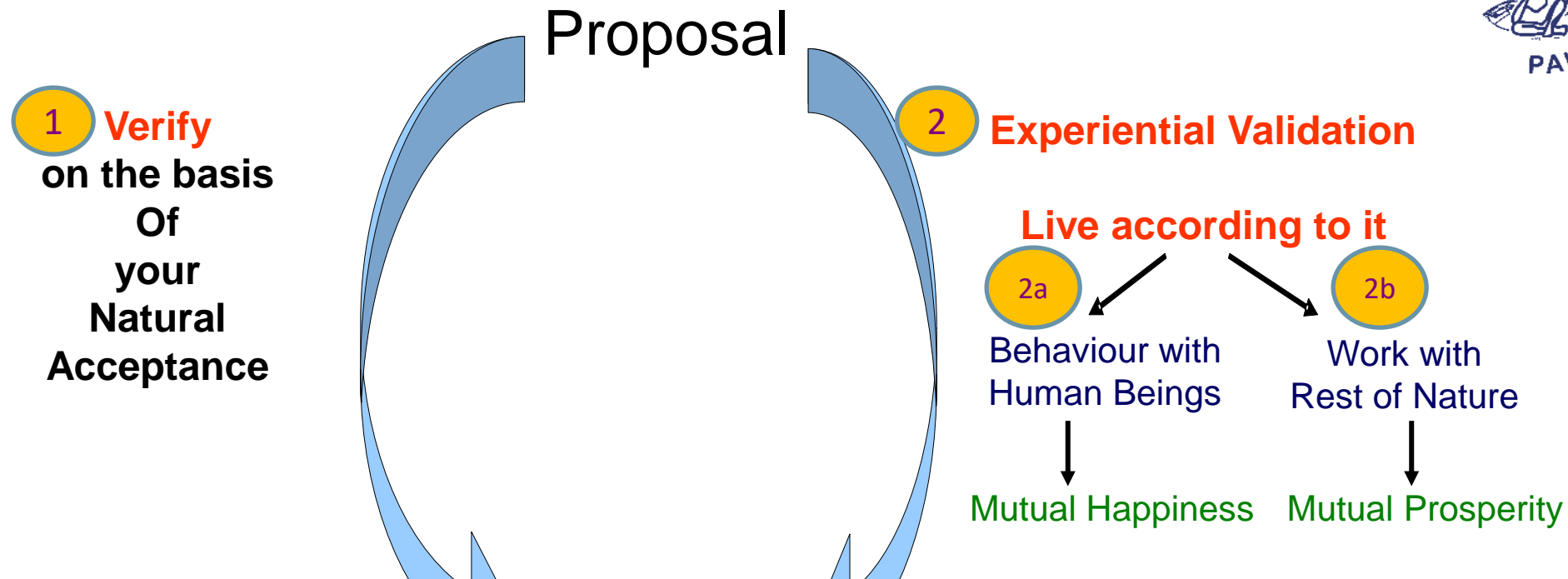**Sometimes Relationship**

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self

2. It is a process of dialogue between what I am and my Natural Acceptance or what I really want to be

3. It is a process of Self-exploration, Self-investigation → Self-evolution

4. It is a process of knowing oneself; and
    through the self, knowing nature and the entire existence

5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship

6. It is a process of knowing Human Conduct and living according to it

7. It is a process of living in harmony within, living in harmony with others…
    living in harmony with entire existence

Whatever is stated is a **Proposal – Verify** it on your own right

(**Do not assume it to be true/ false**)

PAUSE & THINK

Proposal

1 **Verify**
on the basis
Of
your
Natural
Acceptance

2 **Experiential Validation**

Live according to it

2a

2b

Behaviour with
Human Beings

Work with
Rest of Nature

Mutual Happiness

Mutual Prosperity

Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right, leading to understanding in yourself
or
A process of do's & don'ts, in which you assume what is said, without verification

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	Unhappiness
The state or situation, in which I live,	The state or situation, in which I live,
if there is harmony / synergy in it,	if there is disharmony / contradiction in it,
then it is Naturally Acceptable to me to be in that state / situation	then it is not Naturally Acceptable to me to be in that state / situation
(and I want to continue to be in that state / situation)	(and I want to get out from that state / situation)
↓	↓
To be in a state of Harmony / Synergy is Happiness	To be forced to be in a state of Disharmony / Contradiction is Unhappiness
↓	↓
Happiness = To be in Harmony	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.

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

PAUSE & THINK

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

1. In the Human Being
2. In the Family
3. In the Society
4. 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 – The feeling of **having / producing more** than **required Physical Facility**

A prosperous person thinks of right utilisation, nurturing the other

" deprived   "   "   " accumulation, exploiting "   "

PAUSE & THINK

Need for Value Education

> To live with fulfilment, happiness, continuous happiness…
> it is essential to understand what is valuable for human being (human values)
>
> To understand human values, human conduct we need value education

Basic Guidelines for Value Education

Basic Guidelines for Value Education

Universal
 The content needs to be universal – applicable to all human beings and be true at all times, all places
 It should not depend on sect, creed, nationality, race, gender, etc.
Rational
 It must be amenable to logical reasoning
 It should not be based on blind beliefs
Natural and Verifiable
 It has to be 'naturally acceptable' and experientially verifiable, and not based on dogmas, beliefs or assumptions.
 Should not be asked to believe just because it is stated in the course
All Encompassing
 It needs to cover all dimensions (thought, behaviour, work and understanding) and levels (individual, family, society and nature/existence) of human life
 Should not be confined to only few aspects of life.
Leading to Harmony
 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)

Content of Value Education

> All encompassing
>
> Holistic

Process of Value Education

> Self exploration, becoming Self-referential

Content of self-exploration   Basic human aspiration   happiness, prosperity → continuity

How to fulfil it

Process of self-exploration   Self-investigation, self-verification
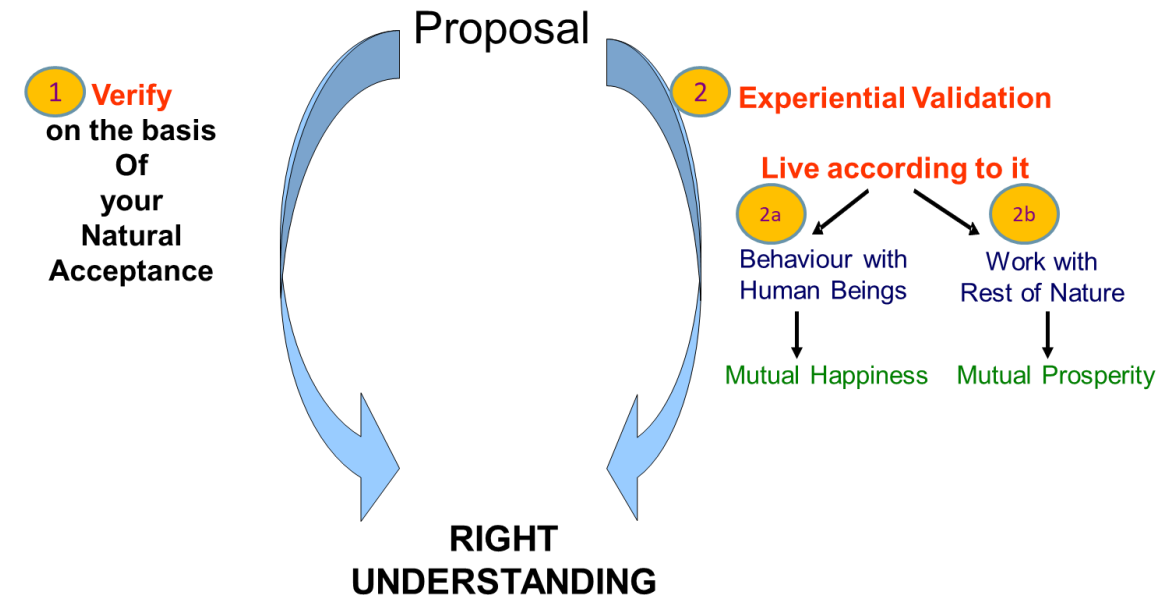
(it may start with the dialogue
between you and me,

but it soon becomes a dialogue within you
between "what you are" and
"your natural acceptance"

The Purpose of this workshop/course is
to initiate/strengthen self-exploration in you
(discover your natural acceptance…)

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

Proposal

1 Verify
on the basis
Of
your
Natural
Acceptance

2 Experiential Validation

Live according to it

2a
Behaviour with
Human Beings

2b
Work with
Rest of Nature

Mutual Happiness   Mutual Prosperity

**RIGHT
UNDERSTANDING**

Basic Human Aspiration = Happiness and Prosperity → Continuous

Happiness = To be in a state of Harmony

Prosperity = The feeling of having more than required Physical Facility

Introduce yourself in detail:

- Share about yourself, your family and your friends.
- Share salient achievements and failures in your life.
- Share how do you presently differentiate between right and wrong.
- Share your aspirations from life. Share what a fulfilling life means for you. For this, you may list out the top five points that occur to you when you think of a fulfilling life. While making the list, please consider your entire life, not just the present stage of your life (youth, middle age, old age, etc.). How do you expect to fulfil these aspirations and live a life of fulfillment?

What are your observations and conclusions from your life experiences so far?

Expected Outcome: The students start exploring themselves; get comfortable with each other and with the teacher and start appreciating the need and relevance of the course.

Lecture 4
Holistic Development and Role of Education
Lecture 5
Happiness and Prosperity – Current Scenario
Lecture 6
Method to Fulfill the Basic Human Aspirations

Desire, What We Want to Be	State of Being, What We Are
Do we want to be happy?	Are we happy?
Do we want to be prosperous?	Are we prosperous?
Do we want the continuity of happiness and prosperity?	Is there continuity of our happiness and prosperity?

Why this gap?
- **between our desire and our state of being**
- **between what we really want to be and what we are**

What are we doing to fill this gap? Is it getting filled up or getting wider?

We will explore into this

Desire pkguk

Do we want to be happy?

Do we want to be prosperous?

Do we want the continuity of happiness and prosperity?

Effort djuk

Is our effort:

– For continuity of happiness and prosperity?

Just for accumulation of physical facility?

Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?

PAUSE & THINK

Physical facility is necessary for human being but something more is also required

Check: Is the unhappiness in our families
- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

For human being physical facility is necessary but relationship is also necessary

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

Physical facility is necessary for animals and necessary for human being also

However,

For animals physical facility is necessary as well as adequate

For human being physical facility is necessary but not adequate

For human beings physica facility is necessary but relationship is also necessary

RELATIONSHIP

laca/k

with human being

PHYSICAL FACILITY

lqfo/kk

With nature

For animals:
necessary & largely adequate

i'kq ds fy,
vko';d
,oa iw.kZ

For human beings:
necessary but not adequate

ekuo ds fy,
vko';d
ijarq iw.kZ ugha

We do get into arguments, opposition and fights… even in the family, with close friends, with colleagues at work… in the marketplace…

Every time we have a fight, we want to resolve it…

We say sorry, patch up and promise not to fight in future   but…

Even though we don't want to, a fight does take place once again

  (we want the other to improve… and the other wants us to improve…)

Is this happening?

Are incidences of reaction… not speaking to the other… arguments… debates… divorce… increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?

Let us find out if

1. We want to live in relationship (harmony) with others or

2. We want to live in opposition with others or

3. We believe living has to be necessarily in opposition with others, i.e. There is 'struggle for survival' , 'survival of the fittest' and check if we feel happy living this way?

What is our present perspective? Which view do we promote?
(at home, in the family… in schools and colleges… and in the society)

Is it the naturally acceptable view?

PAUSE & THINK

For fulfilment in relationship, it is necessary to have right understanding about relationship

i.e. Right understanding is also necessary for human being

With right understanding:

- We have clarity about relationship with human being; we are able to fulfil relationship
- We also have clarity about how much physical facility we need

RIGHT UNDERSTANDING
in the self

PAUSE & THINK

RELATIONSHIP
with human being

PHYSICAL FACILITY
with rest of nature

For animals: necessary & largely adequate

For human beings: necessary but not adequate

Are all 3 required? Is something redundant? Is anything more required?

Are we working on all 3?

If all 3 are required, what would be the priority*?

*Working on the high priority facilitates the realisation of the lower priority

1 **RIGHT UNDERSTANDING**

(le>)

in the self

2 **RELATIONSHIP**
(laca/k)

with human being

Feeling
- Trust
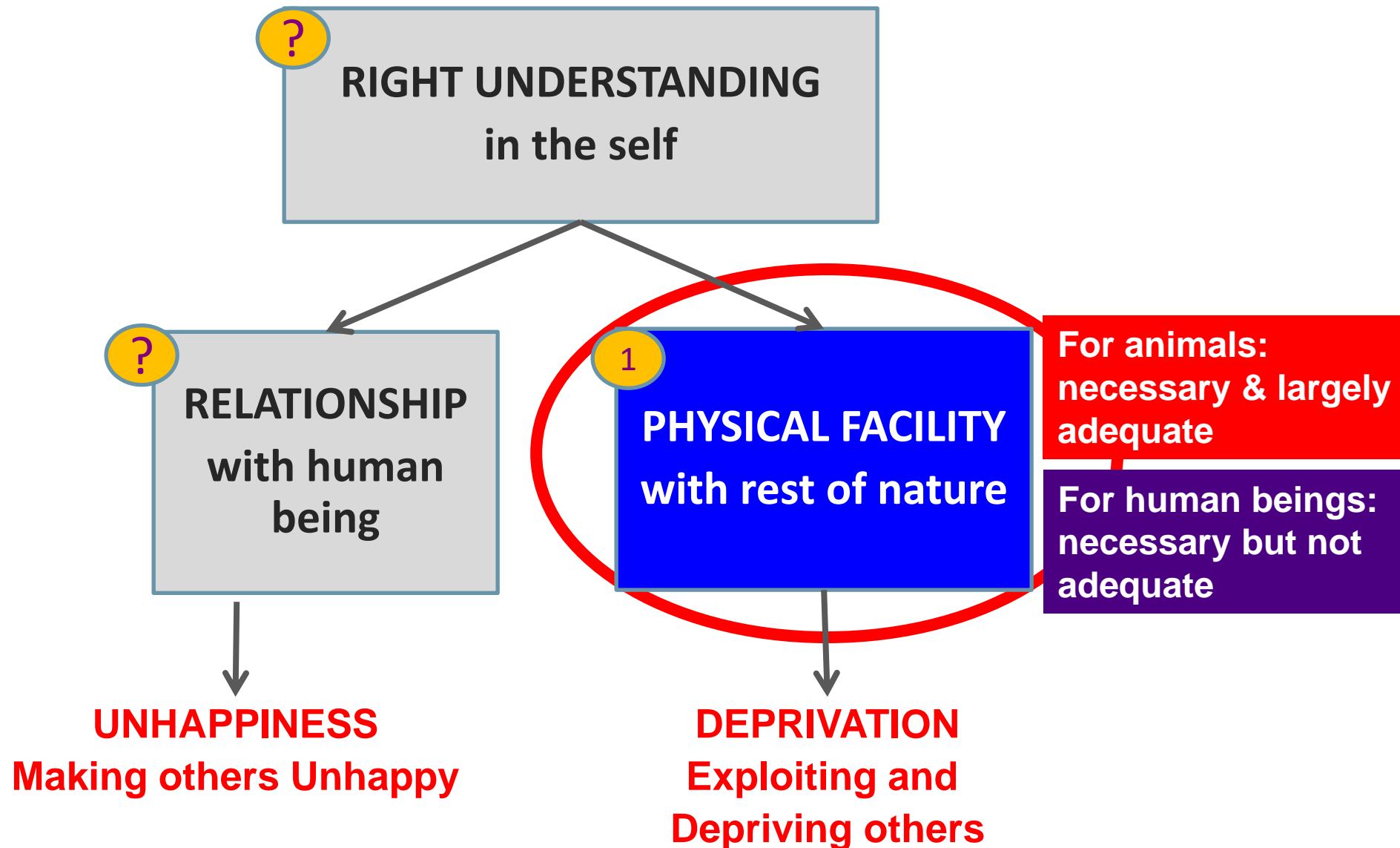- Respect
- …

3 **PHYSICAL FACILITY**

(lqfo/kk)
with rest of nature

For animals: necessary & largely adequate

For human beings: necessary but not adequate
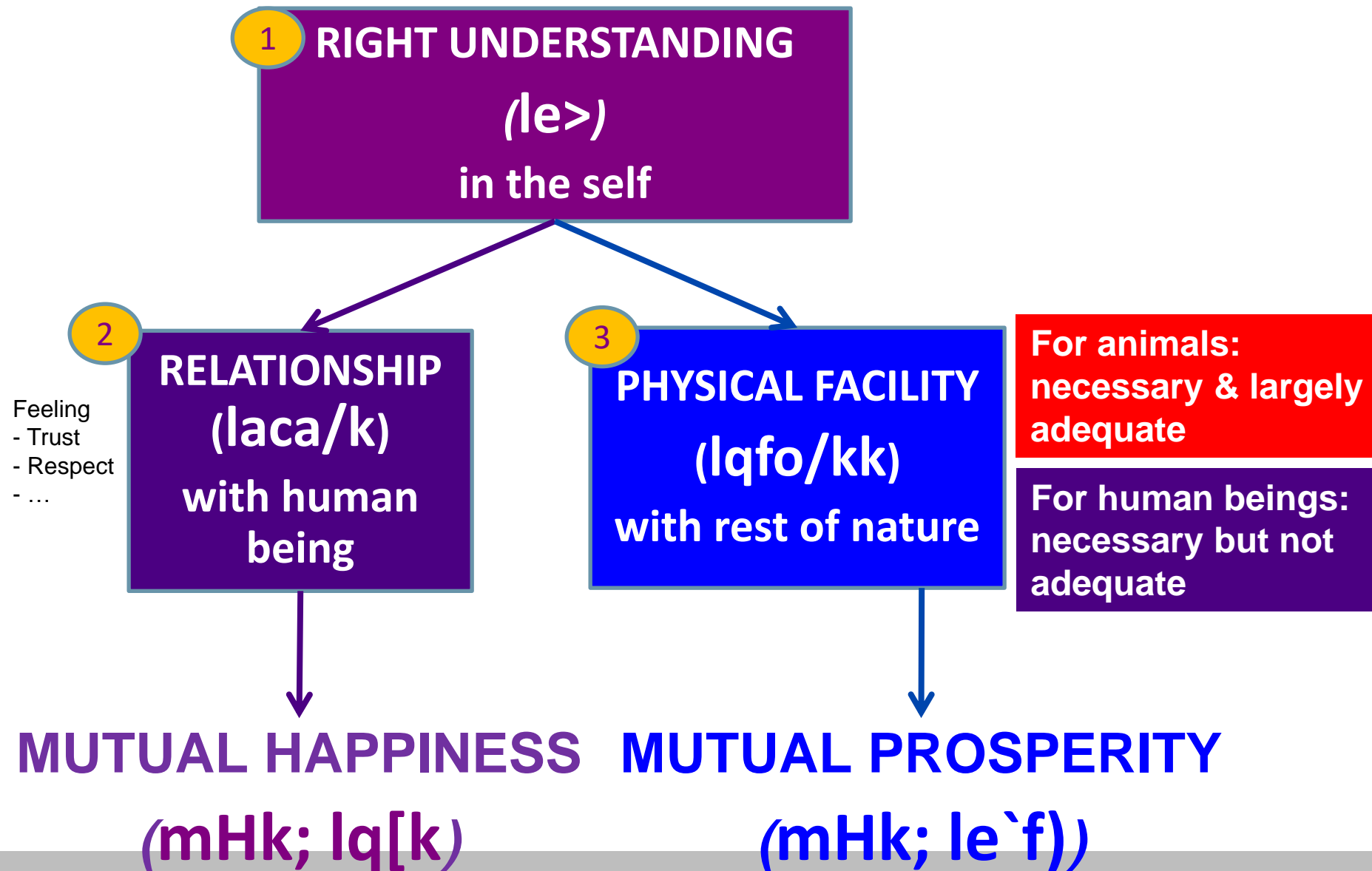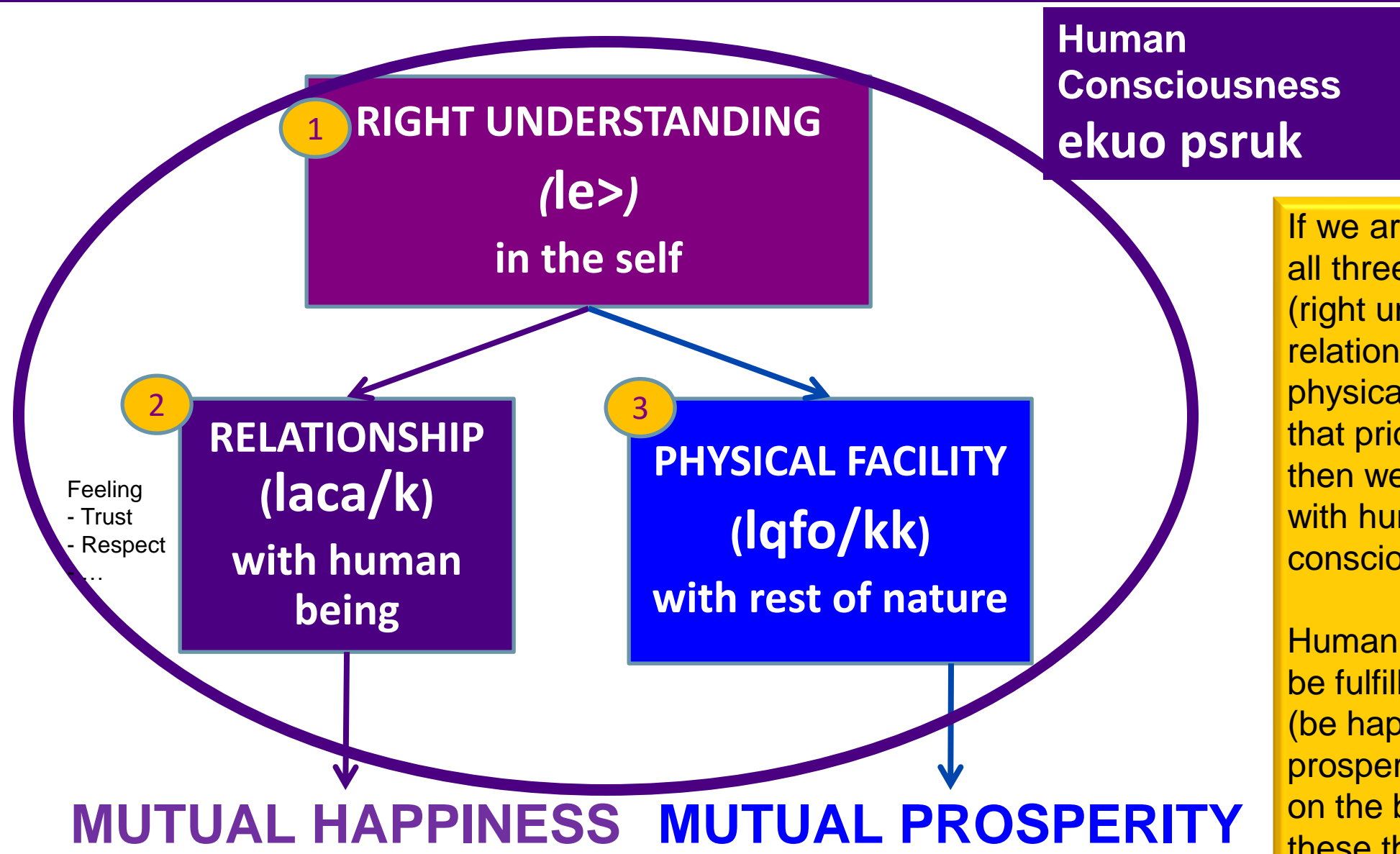
If we are living for all three (right understanding, relationship and physical facility) then we are living with human consciousness

Human being can be fulfilled (be happy and prosperous) on the basis of these three

Human Consciousness
ekuo psruk

1 **RIGHT UNDERSTANDING**
(le>)
in the self

2 **RELATIONSHIP**
(laca/k)
with human being

Feeling
- Trust
- Respect
…

3 **PHYSICAL FACILITY**
(lqfo/kk)
with rest of nature

MUTUAL HAPPINESS **MUTUAL PROSPERITY**

If we are living with all three
(right understanding, relationship and physical facility, in that priority order) then we are living with human consciousness

Human being can be fulfilled
(be happy and prosperous)
on the basis of these three

If our living is only for physical facility, then we are living with animal consciousness

Animals live only for physical facility and can be fulfilled by that

Human being can not be fulfilled on the basis of physical facility alone

? **RIGHT UNDERSTANDING in the self**

? **RELATIONSHIP with human being**

1 **PHYSICAL FACILITY with rest of nature**

Animal Consciousness

UNHAPPINESS Making others Unhappy

DEPRIVATION Exploiting and Depriving others
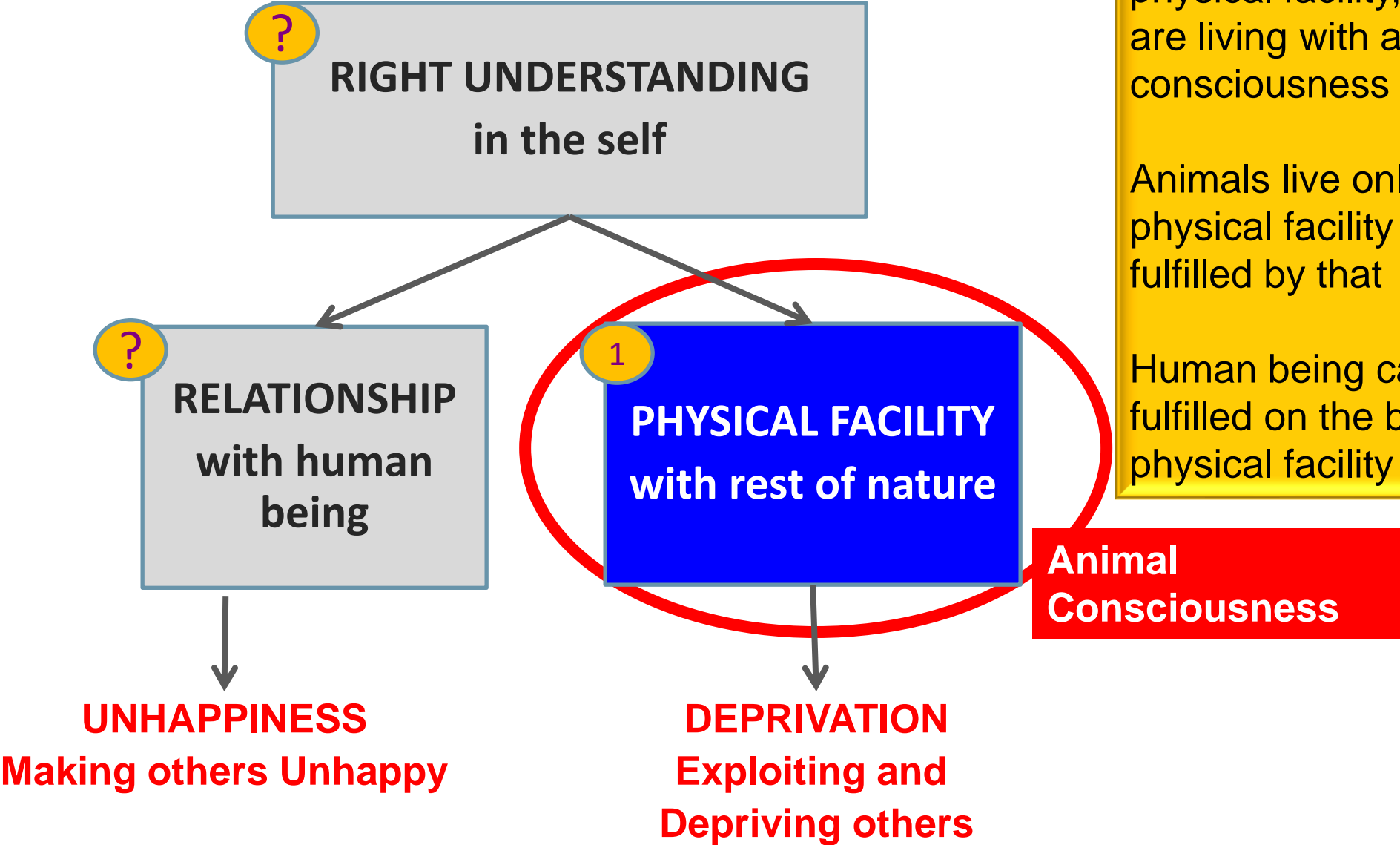
Animals living with animal consciousness	they are in harmony	this is fine
Human being living with human consciousness	they are in harmony	this is fine
Human being living with animal consciousness	they are in disharmony	this is the problem

In the society, we can observe two categories of human beings
1. Lacking physical facility, unhappy deprived
2. Having physical facility, unhappy deprived
3. While we want to be
4. Having physical facility, happy prosperous

Find out
- Where are we now – at 1, 2 or 3 and
- Where do we want to be?

PAUSE & THINK

Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011**)**

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new **study** commissioned by the United Nations Food and Agriculture Organization (**FAO**)

Global Food Production is 6 times requirement
Global Food Wastage is 1/3rd of production
Wastage is enough to feed 1300 crore people/year

Have we understood right utilisation?
Is it a question of production?
Is it a question of distribution?
Is it a question of relationship?
Is it a question of right understanding?
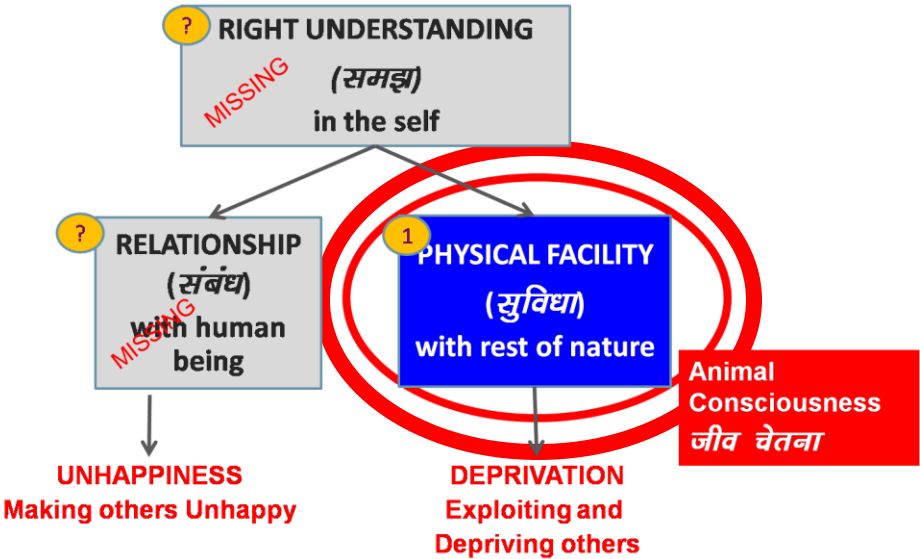**It is a question of education**

http://www.un.org/apps/news/story.asp?NewsID=38344&Cr=fao&Cr1

Is development just in increasing physical facility or development is ensuring of all 3?

Is this transformation desirable?

Are we making effort for it?

Do we need to make effort for it?

Human Consciousness मानव चेतना

1. RIGHT UNDERSTANDING (समझ) in the self
2. RELATIONSHIP (संबंध) with human beings
3. PHYSICAL FACILITY (सुविधा) with rest of nature

MUTUAL HAPPINESS (उभय सुख)   MUTUAL PROSPERITY (उभय समृद्धि)

? RIGHT UNDERSTANDING (समझ) in the self — MISSING

? RELATIONSHIP (संबंध) with human being — MISSING

1. PHYSICAL FACILITY (सुविधा) with rest of nature

Animal Consciousness जीव चेतना

UNHAPPINESS Making others Unhappy

DEPRIVATION Exploiting and Depriving others

Transformation& Progress laØe.k&fodkl

PAUSE & THINK
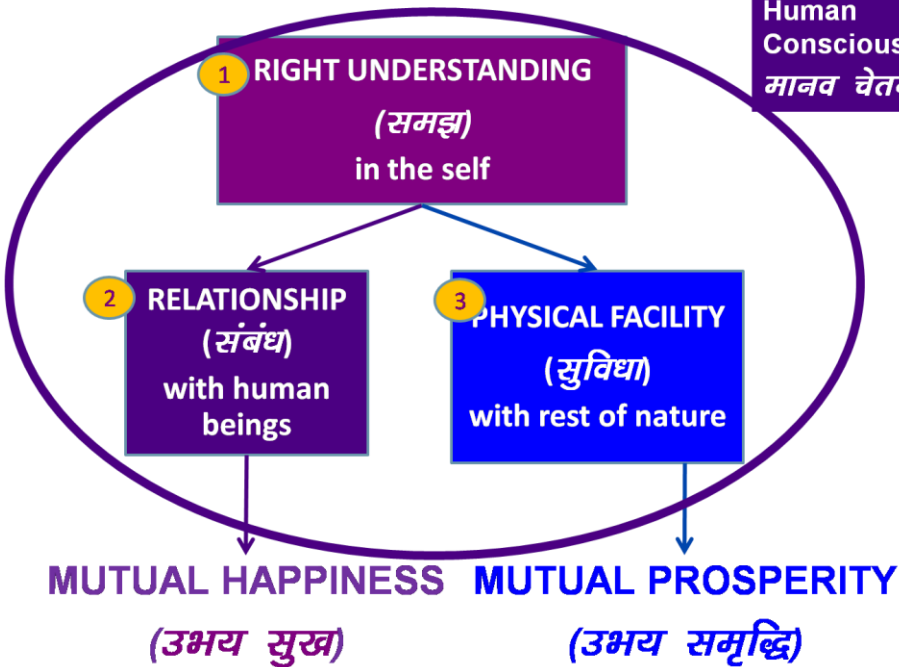
We will explore into the effort required for transformation, for holistic development

Holistic development is transformation to Human Consciousness

The role of education-sanskar is to enable this transformation by way of ensuring the development of the competence to live with human consciousness and definite human conduct

For this, it has to ensure
1. Right understanding in every child
2. The capacity to live in relationship with the other human being
3. The capacity to identify the need of physical facility,

   the skills and practice for sustainable production of more than what is required – leading to the feeling of prosperity

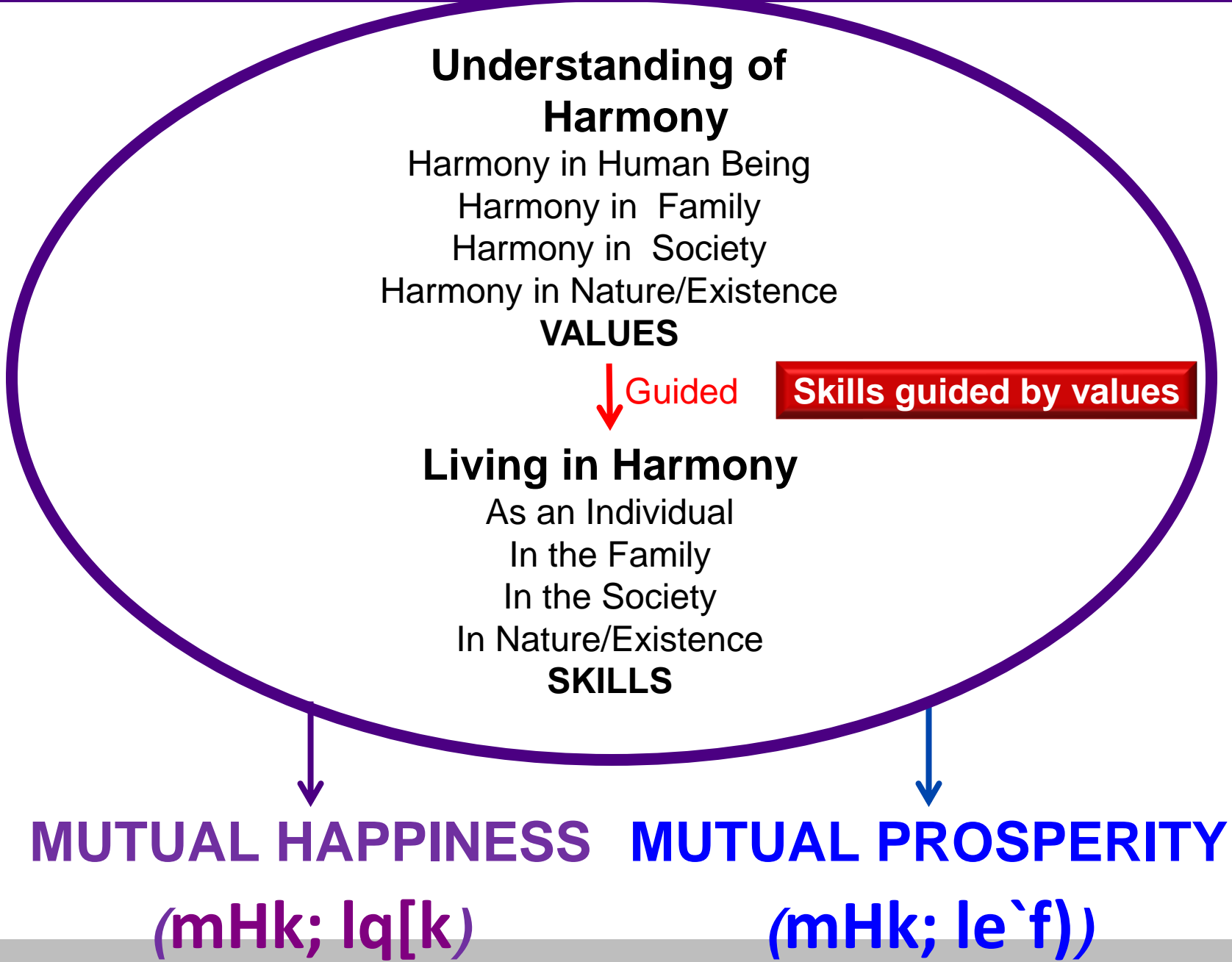| Required for Transformation	Present State
1. Right understanding in every child	Missing
2. The capacity to live in relationship with the other human being	Missing
3. The capacity to identify the need of physical facility, the skills and practice for sustainable production of more than what is required right utilisation of physical facility leading to the feeling of prosperity	Identification of need of physical facility is missing. The willingness to produce by way of labour is also missing. The core feeling generated is to accumulate more & more, to consume more & more, (rather than to produce more & more…)

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

The basic effort is required to ensure human consciousness
(through human education)

Human Education

↓

Human Consciousness

↓

Human Values

↓

Human Conduct

↓ **Human Character**

Human Society
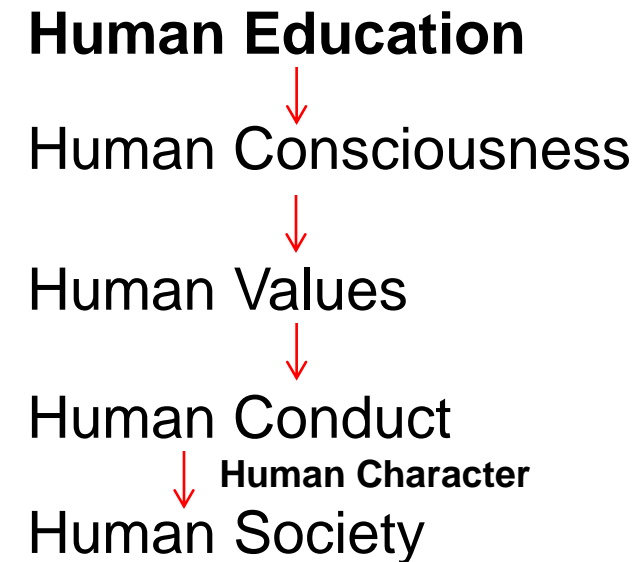
Ultimately it will result in a human tradition,
in which the human goal is fulfilled for all,
generation after generation
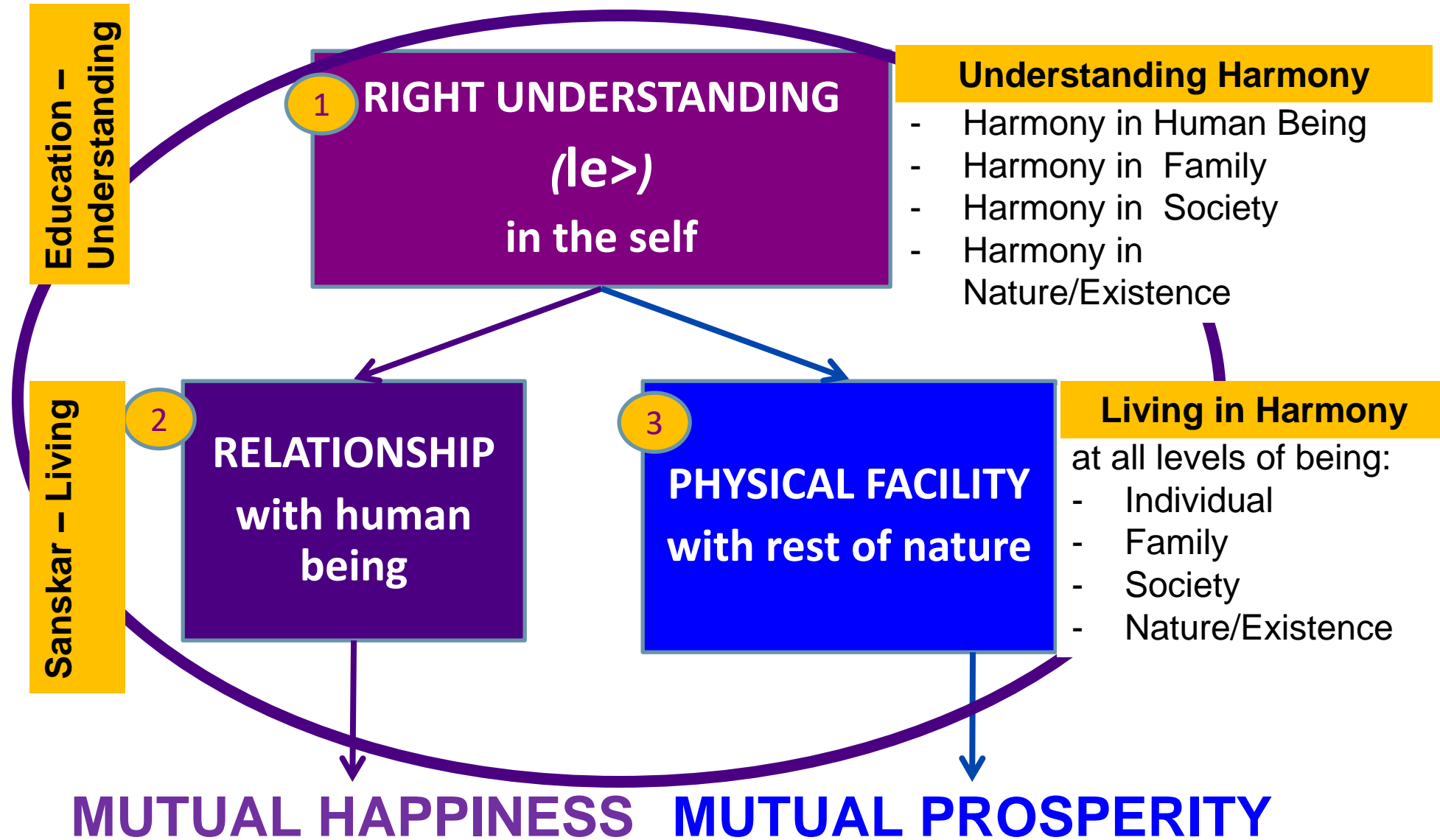
Understanding of Harmony

Harmony in Human Being
Harmony in Family
Harmony in Society
Harmony in Nature/Existence
VALUES

↓ Guided

Skills guided by values

Living in Harmony

As an Individual
In the Family
In the Society
In Nature/Existence
SKILLS

MUTUAL HAPPINESS

(mHk; lq[k)

MUTUAL PROSPERITY

(mHk; le`f))

Human Consciousness
ekuo psruk

1 **RIGHT UNDERSTANDING in the Self**

– Understanding Harmony in Human Being, Family, Society, Nature/Existence

2 **JUSTICE in RELATIONSHIP with Human Being**

- from Family to World Family

3 **PARTICIPATION in LARGER ORDER with Nature**

- From Family Order to World Family Order

MUTUAL HAPPINESS UNDIVIDED SOCIETY

FULFILMENT of HUMAN GOAL UNIVERSAL HUMAN ORDER
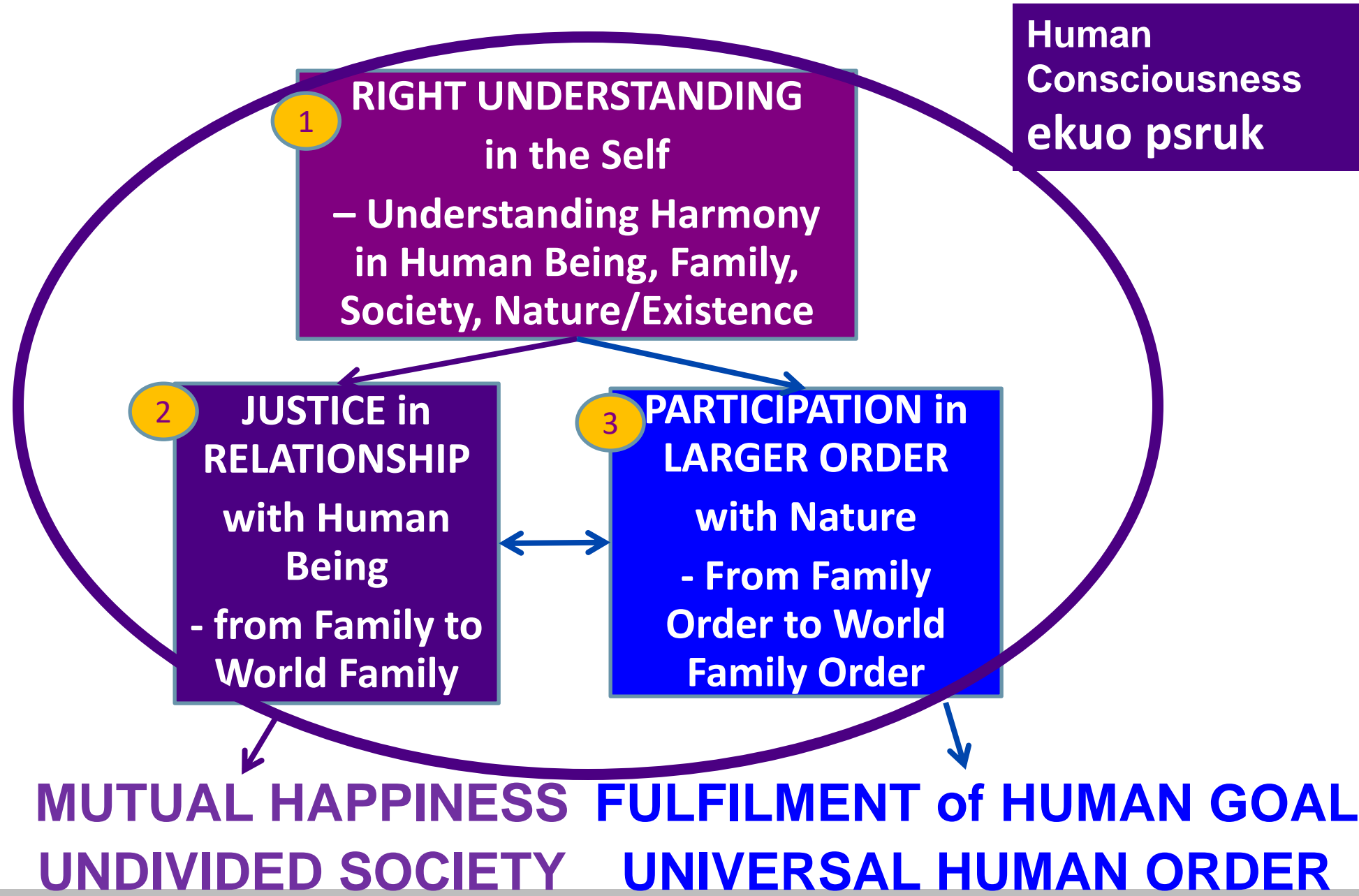
Every human being aspires for continuous happiness

The program for it depends on whatever s/he has understood or assumed about it
e.g. big house, lots of money… tasty food, loud music, fast car… attention, name, fame…

Keeps shifting from one program to another when the program is not successful
e.g. not getting attention of spouse… shift to watching TV… add tasty food… smoking, drinking...
Indulgence… renunciation…

PAUSE & THINK

- I will be bored of happiness if I am always happy
- I will grow only if I am unhappy. If I become happy, my growth will stop
- I need to be unhappy to recognize that I am happy
- We think of others only when we are unhappy. Thus it is important/useful to be unhappy so that one can help others
- Happiness and unhappiness go together, they cannot be separated
- Yes, I want happiness. But my desiring does not guarantee it. So, why to talk of desire?
- My happiness depends on the others. What can I do about it
- We do not want happiness for ourselves – but we want to make others happy (while we stay unhappy)
- Happiness is a small thing. We have higher aspirations – like contentment, peace, bliss etc.
- Do not bother me with happiness. I have to live and deal with things in my real life.

Owning / accumulating physical facility

Physical facility is required, but it alone does not suffice for human being

Dependence on physical facility, can't be continuous

Pleasure (from favourable sensation)

Sound, Touch, Form, Taste, Smell – Through the Body

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

Dependence on sensation, can't be continuous

Attention, appreciation… (favourable feelings) from others

Dependence on the other, can't be continuous

Sometimes "happiness", excitement…

Sometimes "unhappiness", depression…

PAUSE & THINK

Over eating

Over sleeping

…

Gutka (Doma)

Alcohol

Drugs

…

Violence

…

Suicide

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

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

Receiving favourable feeling from others
Attention, appreciation…

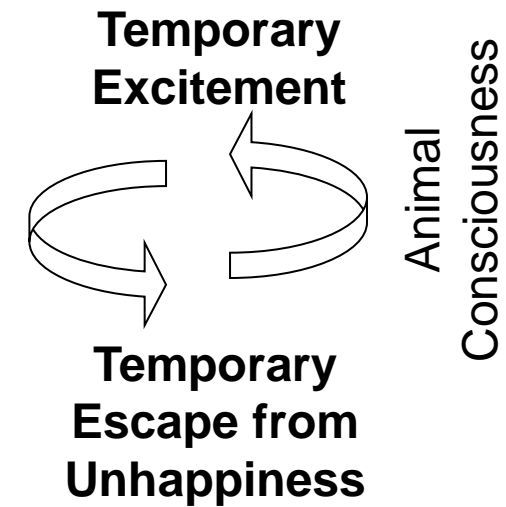**Escape** (Running away from unhappiness)

Over eating
Over sleeping
…
Gutka / Tobacco
Alcohol
Drugs
…

Temporary Excitement

Temporary Escape from Unhappiness

Animal Consciousness

1. **Right Understanding**

   Harmony at all levels of being

   Human Being, Family, Society, Nature/Existence

   – in Self (I)   Definite completion point, Continuity is possible,

   Self-organization (*Swatantrata*)

2. **Right Feeling**   Trust, Respect, Affection, Care, Guidance,

   Reverence, Glory, Gratitude, Love

   – in Self (I)   Definite completion point, Continuity is possible,

   Self-organization (*Swatantrata*)

   – From Other   Temporary, Dependence on Other,

   No completion point, Continuity not possible

3. **Sensation, PF**   Sound, Touch, Form, Taste, Smell

   – Through Body   Temporary, Dependence on Body & Other,

   No completion point, Continuity not possible

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

- Accumulation of Wealth = Prosperity?

- The richer you are, the more prosperous you are, i.e. the more you have accumulated, the more prosperous you are.

PAUSE & THINK

Happiness (Harmony) Within

Right Understanding   Understanding harmony at all levels
                            of being (human being, family, society,
  – in Self (I)   nature/existence)

Right Feeling   Trust, Respect, Affection, Care, Guidance,
                            Reverence, Glory, Gratitude, Love
  – in Self (I)

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

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

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

2 **Experiential validation by LIVING ACCORDINGLY**

Right Understanding
Right Feeling

PAUSE & THINK

- Basic aspiration of a human being is continuity of happiness and prosperity.
- Fulfilment of the basic aspiration requires right understanding, relationship and physical facility with the correct priority
- If a person is working only for physical facilities, then he/she is living with animal consciousness
- If a person is working for all the three, i.e. right understanding, relationship and physical facility with the correct priority, then he/she is living with human consciousness.
- Transformation from animal consciousness to human consciousness is holistic development. This ensures continuity of happiness.
- There are three possible sources of happiness:
  - Right understanding in the self
  - Right feeling: in the self or from the other
  - Sensation through physical facilities
- Ensuring right understanding and right feeling in the self ensures happiness in continuity, with definiteness universally. Working for right feeling from the other or sensation through physical facilities involves temporariness and indefiniteness.

- Watch the video "Story of Stuff". It is a documentary about the materials economy – its motivation, process and outcome. It has been produced by a set of concerned people at storyofstuff.org, USA (source: http://storyofstuff.org/movies/story-of-stuff/). Discuss
  - The activities and efforts made by the people shown in the video
  - The outcomes of these efforts
  - How their activities are motivated by their notion of happiness (physical facility = happiness. More shopping, physical facility = more happiness)? Is this and any other notions of happiness their own notions or they are programmed by advertisements, others?Does this notion seem to be true or is it getting the people into the loop of more and more physical facility only?
  - Do reflect on your own notion of happiness – is it your own notion or is it borrowed from others?

- Make a list of your desires. Now for each item on the list, find out what would be necessary to fulfil it, i.e. will it require:
  - Right understanding?
  - Relationship (right feeling)?
  - Physical facility?

  (observations on the next slide)

- If it requires more than one of these, mark which one is the higher priority. Explain your conclusion from this exercise.
- Can all your aspirations be fulfilled just by physical facility?
- Is right understanding required for the fulfilment of none, some or all of your aspirations?
- Is relationship required for the fulfilment of none, some or all of your aspirations?
- Can one be substituted for the other (e.g. can right understanding be substituted by physical facility). If they are distinct things, what are their key characteristics (or what are the key differences between right understanding, relationship and physical facility)?
- What is the priority order of these three?
- In your education, should all three be included? To put it another way, should your education be only about skills or should it be about skills that are guided by human values?
- The problems that you see around you – are they more due to lack of physical facility or more due to lack of right understanding and right feeling?
- Keep this list handy, because we intend to use the same list in future practice sessions as well.

- The students start finding that right understanding is the basic need of human being; followed by relationship and physical facility. Understanding about all these three needs to be included in education. In fact, technical education without inculcation of human values can generate more problems than solutions.

- They appreciate the need to understand happiness and make a programme for it.

- They also start feeling that lack of understanding of human values is the root cause of all problems and the sustained solution could emerge only through understanding of human values and value-based living.

- 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.