

Why UHV?

The whole discussion revolves around the central theme – How to live a fulfilling life?

This exploration is a process of successively discovering and understanding the innate harmony at all levels in existence, living by which forms the basis for a fulfilling life.

CHAPTER 1

what does fulfilling life means ?

- There is a feeling of happiness within you, all the time.
- Your body is in good health.
- You are able to have what you require in terms of physical facility and you have a feeling of prosperity, all the time.
- You have good relations with everyone connected to you.
- There is peace and harmony in the society around you.
- You are able to co-exist with the nature and make effort for an environment in which there is no pollution or depletion of resources, and
- You are able to understand the salient aspects of your own reality as well as the rest of existence as it is.

What is value education ?

The part of education that deals with the understanding of one's participation in the larger order, and thus ensuring

it in living, is called as Value Education. Value education is not a set of do's and don'ts or a set of sermons. It rather is a process of self-exploration and self-investigation.

how are values and skills related ?

values and skills have to go hand in hand. There is an essential complementarity between the two for the success of any human endeavour towards the goal of living a fulfilling life. values are required to decide "what to do", while skills are required for "how to do"

Important Implications of Value Education :=

Correct Identification of Our Goals

Development of a Holistic Perspective

Clarity of Programme to Live with Holistic Perspective

Evaluation of our Beliefs

Solution of Existing Problems

Development of Ethical Competence

Guidelines for value education :=

Universal

Whatever we study as value education has to be universally applicable to all human beings and be true at all times and all places. This implies that it should not change depending upon sect, creed, nationality and gender, etc. It has to deal with universal human values. For example, the feeling of respect in relationship is something universal, so it can be a part of value education.

Rational

It has to be amenable to reasoning and not based on dogmas or blind beliefs. It should be open to address the related questions. It cannot be a set of sermons or do's and don'ts.

Natural and Verifiable

We want to study something that is natural to us. Being natural means, it has to be acceptable in a natural manner. When we live on the basis of such values that are natural to us, it leads to mutual fulfilment. It leads to our happiness and it is also conducive to the happiness of other people we interact with, as well as enriching for other units in nature. We also want to verify these values ourselves, i.e. we don't want to as

sume something just because it is being stated here; rather, each one of us wants to verify these to find out whether they are true for us. This can be done by both checking for validity within ourselves, as well as something which we can implement in our living and observe its outcome.

All Encompassing

The content of value education has to cover all dimensions of our being (thought, behaviour, work and understanding) as well as all levels of our living (individual, family, society and nature/existence). It is not merely an intellectual exercise or information transfer.

Leading to Harmony

Finally, value education has to enable us to be in harmony within and in harmony with others. Hence, when we live on the basis of these values, we start observing that it leads to harmony in us and harmony in our interactions with other humans and the rest of nature.

NOTE: 1) Ethics is the expression of definite human conduct in one's behaviour, work or participation in the larger order which is a result of right understanding about ourselves vis-à-vis rest of nature.

CHAPTER 2

What is self-exploration ?

It is a process of seeing the truth about a reality on our own right, by our own investigation, observation and analysis. Through this process, we are trying to understand the reality that exists and our participation with it, which we are calling values. Self-exploration is a process of dialogue within us – between “what I am” (my desire-thought expectation) and “what is naturally acceptable to me” (my natural acceptance). Once we start referring to our natural acceptance for questions relating to feeling and purpose, we get the right answers from within.

Happiness is to be in a state of harmony.

Unhappiness is to be forced to be in a state of contradiction.

Content of self exploration !

the content for self-exploration basically has the following two sub-parts:

a) Desire: What is our basic aspiration?

b) Programme: What is the way to fulfil this basic aspiration?

First, we want to explore into our desire as a human being, and second, we want to explore into the programme to ensure the fulfilment of that desire. The desire is essentially the basic aspiration, the aim, the objective, the purpose, what we want to achieve – what is our goal. The programme is the process of achieving the desire, the action to achieve our goal.

Characteristics of natural acceptance :=

Natural acceptance is the innate capacity of every human being to see the intrinsic purpose, to see what is natural, what is right and thereby conclude what is not right (wrong). It is not the same as the likes-dislikes or assumptions and beliefs but something definite that does not change with time, place or person. It is innate, invariant and universal. There is a natural acceptance for relationship, harmony and co-existence in each one of us.

a) Natural acceptance does not change with time:

b) Natural acceptance does not change with place:

c) Natural acceptance does not change with the individual:

d) Natural acceptance is uncorrupted by likes and dislikes or assumptions or beliefs:

e) Natural acceptance is innate; we don't need to create it:

f) Natural acceptance is definite:

Important implication of self-exploration :=

It will be quite educative to learn that the process of self-exploration can result in the following important implications, which will be conducive to a fulfilling life.

1. It is a process of knowing oneself and through that, knowing the entire existence.

2. It is a process of recognizing one's relationship with every unit in existence and fulfilling it.

3. It is a process of knowing human conduct and living accordingly.
4. It is a process of being in harmony within and in harmony with the entire existence.
5. It is a process of identifying our innateness and moving towards self-organization and self-expression.
6. It is a process of self-evolution (evolving as a human being) through self-exploration.

NOTE :=

1) The process of self-exploration is self-verification. Whatever is stated is a proposal. Do not assume it to be true or false, right or wrong. First, verify it on the basis of your natural acceptance. Next, verify it experientially – if the behaviour with human being results in mutual happiness and the work with rest of nature leads to mutual prosperity, only then the given proposal is right for you, otherwise it is not right for you.

CHAPTER 3

The basic human aspirations are happiness, prosperity and its continuity.

Humans and Animals.

For animals, physical facility is necessary as well as adequate. For human beings, physical facility is necessary but physical facility alone is not adequate.

Right Understanding, Relationship and Physical Facility – All Three are Required for Fulfilment of Human Being.

Right understanding (in the Self) is understanding myself, understanding all that I live with (the entire existence) and understanding my role with respect to all that I live with, i.e. myself, my family, society, nature/existence. Relationship is essentially the feeling I have for other human beings (in the family, in the society). Physical facility includes all things physical. All three are required for fulfilment of human being. One cannot be substituted for the other.

holistic development.

Education is developing the right understanding (holistic perspective). Sanskar is the commitment, preparation and practice of living with right understanding. The preparation includes learning appropriate skills and technology. It has to ensure right understanding in the Self of every child, capacity to live in relationship with other human beings as well as the capacity to identify the need for physical facility, the skills and practice for sustainable production of more than what is required, leading to the feeling of prosperity. Such an education will eventually be able to prepare the child with the competence to be in harmony within, to live with definite human conduct and to be in harmony with the world outside for actualising an undivided society and universal human order.

CHAPTER 4

"To be in a state / situation which is Naturally Acceptable is Happiness"

continuous happiness?

When there is harmony at all the four levels. i.e Individual, Family, Society, Nature and Existence.

Prosperity is the feeling of having more than required physical facility.

CHAPTER 5

human being is the co-existence of the Self and the Body.

CHAPTER 6

Desire , thought , expectation :=

We have the power of desire, i.e. we have the capacity for the activity of imaging, so we are able to image . We have the power of thought, i.e. we have the capacity for the activity of analysing, so we are able to a

analyse. We have the power of expectation, i.e. we have the capacity for the activity of selecting, so we are able to select. These powers are inexhaustible, so the activities are continuous!

Three possible sources of motivation for imagination :=

1. Preconditioning.

A dominant source of imagination is preconditioning. Preconditioning means the beliefs, notions, norms, ideas, views, assumptions, dictums, goals, etc. picked by oneself, or prevailing in the family, in the society which may influence our imagination.

2. Sensation.

Another major source of our desire, our imagination is the sensation. Sensation is the information we get from the Body through the five sense organs – of sound (through ears), touch (through the skin), sight (through the eyes), taste (through the tongue) and smell (through the nose).

3. Natural Acceptance.

The third source of motivation is our natural acceptance. Some people also refer to it as the inner voice or conscience. Self-verification on the basis of our natural acceptance can be the third possible source. It may or may not be the predominant source of motivation currently, but it can be the real source for deciding our desire, our imagination.

What is sanskar ?

sanskar is the 'acceptances' derived from the summation of all our imaginations (from all time). In other words: Sanskar = 'Acceptances derived out of \sum [Desire (from all time) + Thought (from all time) + Expectation (from all time)]' It is being updated over time. We have some sanskar at one moment t . At the next moment $(t+1)$, our sanskar can be articulated as: $\text{Sanskar } (t+1) = \text{Sanskar } (t) + \text{Environment } (t) + \text{Self-exploration } (t)$

That is, our sanskar at the next moment $(t+1)$ is a result of our sanskar at the present moment (t) , the environment we are in at the present moment as well as the self-exploration, self-verification we do at the present moment.

CHAPTER 7

Self is the Seer-Doer-Enjoyer

seer - It is the Self that sees the reality; that understands the reality.

doer - Self is the doer. Doer means, one who decides, one who takes the decision to do or not to do.

enjoyer - It is the Self that experiences the happiness and unhappiness. In that sense, I am the enjoyer.

We can see that I (Self) am the seer, doer and enjoyer while the Body is used as an instrument as and when required.

Feeling of self-regulation = the feeling of responsibility toward the Body

– for nurturing, protection and right utilization of the Body

When the feeling of self-regulation is there in the Self and there is health in the Body, these two together ensure the harmony of the Self with the Body.

the programme for nurturing and maintaining health of the Body includes the following:

1a. Intake

1b. Routine

2a. Physical Labour

2b. Exercise

3a. Balancing internal and external organs of body

3b. Balancing breathing of body

4a. Medicine

4b. Treatment

CHAPTER 9

With this clarity we can discuss five interconnected, complementary dimensions of human order required for the fulfilment of all human goals. These are five basic systems of a human society:

1. Education-Sanskar
2. Health-Self regulation
3. Production-Work
4. Justice-Preservation
5. Exchange-Storage

Let us see how these dimensions fulfil the human goals:

Education-Sanskar -- (leads to) → Right understanding and right feeling (happiness) Having a system of human education-sanskar ensures right understanding and right feeling (happiness) which is the first goal. Of course, it has to reach every individual.

Health-self-regulation -- (leads to) → Health of the Body Having a system for health and self-regulation ensures health of the Body. It also helps us in identifying what is required as physical facility for nurturing, protection and right utilisation of the Body which forms the basis for prosperity. This indirectly ensures co-existence with nature as well.

Production-Work -- (leads to) → Prosperity

Production-Work ensures the production of more than the required physical facility. The health-selfregulation and production-work dimensions together lead to fulfilment of the second goal of prosperity in every family. Also, if production is done in the manner which is cyclic and mutually enriching, it will contribute to the mutual fulfilment (co-existence) with rest of nature which is the fourth goal.

Justice-Preservation -- (leads to) → Fearlessness and Co-existence (respectively)

Then comes justice which has to do with human-human relationship. If human-human relationship is understood, accepted, fulfilled and rightly evaluated, it ensures mutual happiness or justice. Then there is trust (fearlessness) in the society. Justice ensures the fulfilment of the third goal. Preservation leads to fulfilment of relationship of human being with rest of nature which means it fulfils the fourth goal of co-existence (mutual fulfilment) with nature.

Exchange-storage -- (leads to) → Prosperity and Fearlessness

Finally, exchange and storage with a feeling of mutual fulfilment, rather than a feeling of exploitation, will be an aid in ensuring prosperity in the family and also contribute to fearlessness (trust) in society.

three aspects related to production

a production process to be sustainable, eco-friendly and human-friendly, it has to be:

1. Cyclic
2. Mutually enriching
3. Justice is ensured with human being

If there is effort for these goals in the family, the family is in harmony. In other words, there is a family order. The society is many families living together in a relationship of mutual fulfilment. The scope of harmony in the society starts with the family order and extends all the way to world family order in steps, from family order, family cluster order and so on to nation family order and ultimately world family order. This extension of harmony, from family order to world family order, is universal human order.

CHAPTER 10

Nature is the collection of all the units – the air, soil, water, plants, trees, animals, birds, other human beings and even things that are a little distant from us like the sun, the moon, the other planets, etc.

All units are divided into four order

1. Physical order – this includes units like air, water, metal and so on.
2. Bio order – this includes grass, plants, trees, etc.
3. Animal order – this includes animals and birds.
4. Human order – this includes human being.

relation between different levels

1. soil-plant interaction is an example of the interconnectedness and relationship of mutual fulfilment between the physical order and the bio order.

The process is cyclic (soil is getting converted into plants and plants are getting converted back into soil).

The process is mutually enriching, mutually fulfilling (in the process, the plants are getting enriched by the soil and the soil is also getting enriched by the plants).

2. relation of animals with different levels

Animals and birds (units of the animal order) depend on plants (units of the bio order) for their food. For example, a cow (a unit of animal order) eats grass (unit of bio order) as its food. In turn, the cow is also fulfilling for plants. Animals and birds help to spread the seeds of plants from one place to the other. They protect plants from harmful insects and pests. Similarly, the units of physical order, like air and water, are essential for animals to survive. In turn, animals enrich the soil – their dung and their dead bodies act as very good manure which makes the soil fertile.

CHAPTER 11

Existence is whatever exists.

Units are Limited in Size; Space is Unlimited

Units are Activity, they are Active; Space is “No-Activity”

submerging of units in space

When we say, units are submerged in the space, it means units are in space, they are inseparable from space. Where a unit is, space is also there. No matter where a unit is, or it is moved from one place to the other, it is always in space. There is no way a unit can be taken out of the space or separated from the space. Existence is co-existence. It is in the form of units submerged in space

Submergence implies three things:

1. Units are energized in space
2. Units are self-organized in space
3. Units recognize their relationship and fulfil it with every other unit in space

what's the role of human in existence ?

The role of human being in existence is:

1. To understand co-existence
2. To live in co-existence

In this way, the universal order can be completed.

