

PART-1

The Basic Human Aspirations and their Fulfillment through Right Understanding and Resolution.

Questions-Answers**Long Answer Type and Medium Answer Type Questions**

Que 1.1. What are the basic aspirations of a human being? Define and explain.

Answer**Basic Aspirations :**

Following are the basic aspirations of a human being :

1. Every human being aspires to be happy. All his efforts are toward this end.
2. The outcome from his efforts depends on the focus of the effort, specifically on his notions about happiness.
3. When these notions are right, the outcome is mutual happiness.
4. When the notions are wrong, the outcome is unhappiness.
5. On closer observation, we can see that every human being aspires for a way of life which ensures happiness for all human beings living in harmony with nature.
6. At an individual level, happiness is harmony and integration among all four dimensions within the self-thought, Behaviour, Work and Realization.
7. At the level of society, individuals aspire to ensure harmony and integration among four levels-Individual, Family, Society and Nature.
8. This is the aspiration; this is the desire, this is the innate need of every human being, regardless of age, gender, caste, creed, nation and beliefs.

Que 1.2. How do you look at your basic aspirations? Is it 'To Be', 'To Get', 'To Become'? Justify your right priority with examples.

Answer**A. Basic Aspirations :**

1. The basic root of all our aspirations and the resulting actions are continuous happiness and prosperity.
2. All our wants result from the basis of our desire to be happy.
3. Whether we want the highest marks or the best job, the underlying desire is to attain continuous happiness.
4. Every time we achieve a particular 'want', we want more as we want this feeling to continue.
5. Similarly, when we have more than enough of physical facilities, we feel a sense of prosperity, which is also vital to our sense of happiness.
6. So both continuous happiness and prosperity are the main reasons for all our endeavours.

B. It is 'To Be', 'To Get', 'To Become' :

1. Let us say, you want to be the first ranker in the class. Now, behind this desire to get the first rank, is there a more basic desire? Why do you want to get the first rank? If you keep asking this question, you will find that there is a basic desire. What is this desire, is it to be happy? Yes, it is.
2. Take any other want or desire and you will find the same thing. You will find that each of you wants emerges from the basic aspiration to be happy. This can be verified by each one of you.

Que 1.3. What are the requirements to fulfill basic human aspirations ?

OR
What is the solution to our present state ?

Answer**1. Solution to Our Present State :**

The need for right understanding:

- i. The three basic requirements to ensure happiness and prosperity for human beings are :
 - a. Right understanding.
 - b. Relationships.
 - c. Physical facilities.
- ii. Living only with physical facilities is animal consciousness and living with all these three is human consciousness.
- iii. In the modern times, we are mostly not paying attention to right understanding and relationships and are focusing largely on physical facilities most of the time. As human beings, all the three are needed for us.

2. Importance/ Need for Right Understanding :

Right understanding helps to create harmony at all four levels of human living. Right understanding enables us to :

- i. Resolve the issues in human relationships.
- ii. Be prosperous.
- iii. Enrich nature.
- iv. Work out our requirements for physical facilities.
- v. Correctly distinguish between wealth and prosperity.
- vi. Understand the harmony in nature.
- vii. Right understanding forms the basis on which we can work for relationships and also acquire physical facilities.

Que 1.4. | What do you mean by right understanding and why is this needed ?**Answer**

1. In order to find out what this right understanding is, we need to find out the various situations or states we live in, on which our happiness depends.

2. If we ignore any of these states or situations, if we have incomplete understanding of any state or situation we live in, then we risk becoming unhappy and uncertain in that state or level.
3. In order to ensure happiness and its continuity, we need to make sure we cover all states and situations we live in.
4. As humans there are several situations we live in. There are many levels to our living that starts with ourselves and expands to include things around us; namely, the people we live with on a daily basis i.e., our family, the larger society we live in, the nature we are dependent on.

PART-2

All-Encompassing Resolution for a Human Being, its Details and Solution of Problems in the Light of Resolution.

Questions-Answers**Long Answer Type and Medium Answer Type Questions****Que 1.5. | Discuss happiness and unhappiness.****Answer****Happiness :**

1. Happiness results from a variety of feelings that are effortless and comes naturally to us.
2. Trust, honesty, respect, confidence, etc., are feelings that we welcome with open arms at all times.
3. They lead us to a state of harmony within us and with others around us.

4. For instance, if a person trusts a friend, they feel a sense of mutual harmony, which is also reflected in their interactions with others around them.
5. Thus, happiness is a state where there is harmony all around.

Unhappiness:

1. Unhappiness is the result of any kind of contradiction, struggle or conflict within us or with any other person.
2. For instance, if a person does not trust a friend, both of them will feel uncomfortable and will not like the situation.
3. So mistrust, dishonesty, lack of respect and lack of confidence are some feelings that lead to unhappiness.

Que 1.6. What do you understand by prosperity? What is the difference between prosperity and wealth? How are the two related?

Answer**A. Prosperity:**

1. It is clear that prosperity is linked to material possessions or 'physical facilities'.
2. All the physical things we need to take care of our body needs constitute these physical facilities.
3. Once we have enough of these physical facilities, we feel prosperous. Thus, prosperity is the feeling of having more than enough physical facilities.
4. To understand prosperity, we need to correctly assess the need of physical facilities and be able to make available more than enough of these facilities.

B. Difference between Prosperity and Wealth:

S. No.	Prosperity	Wealth
1.	Prosperity refers to the state of having an abundance of material assets and money as well as other contributing factors like health and happiness.	Wealth refers to the state of being rich or having an abundance of material assets and money.
2.	Prosperity is derived from the adjective prosperous.	Wealth is the origin of the adjective wealthy.
3.	Prosperity includes wealth as well as other factors.	Wealth is a kind of prosperity.

C. Relation:

1. Wealth is a kind of prosperity.
2. Prosperity includes wealth as well as other factors.

Que 1.7. What is present vision of a happy and prosperous life?

Answer

1. In the current scenario, we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities.
2. This is an attempt to achieve happiness through pleasant sensory interactions.
3. The physical facilities are not seen in terms of fulfilling bodily needs but as a means of maximizing happiness.
4. This has resulted in wrong assessment of wants for physical facilities as being unlimited. But this pursuit is self-defeating.

5. Neither can we hope to achieve continuous happiness through sensory interactions nor can we have prosperity, as it amounts to trying to fulfill unlimited wants through limited resources.
6. This effort is engendering problems at all the levels. It is becoming anti-ecological and anti-people, and threatening the human survival itself.

Que 1.8. What are the symptoms of a happy person ? Describe briefly.

Answer

Though it may come in different forms for different people, most human beings are in pursuit of the same thing : happiness.

1. **They live their life with integrity :** Living a life that's in line with your own values and belief is important for happiness.
2. **They have embraced living in the moment :** You're fully awake and aware, and concentrate your energies on enjoying the present, rather than worrying about the past or the future.
3. **They express gratitude regularly :** Being grateful for the things you have-and sharing that gratitude-will lead to feelings of satisfaction and happiness.
4. **Their work satisfies them :** If you find satisfaction in the things you do, then you're well on your way to living a happy life.
5. **They enjoy harmonious relationships :** Practice respect and patience as you go about your day, whether you're interacting with family, co-workers or with your partner.
6. **They aren't afraid of change :** Stay open to the opportunities change can bring.
7. **They enjoy the simple things :** Taking pleasure in small things will help you build a big picture of happiness.

Que 1.9. Critically examine the prevailing notions of happiness in the society and their consequences.

Answer

1. In the present scenario, we are trying to achieve happiness by maximizing accumulation and consumption of physical facilities. This is an attempt to achieve happiness through pleasant interaction.
2. The physical facilities are not seen in terms of fulfilling needs/ requirements but as a means of maximizing happiness.
3. This thinking is not fit for the assessment of physical facilities. We have to make efforts to gain over happiness which is in a state of liking or harmony among the society members.
4. If we think about the consequences of happiness related to society, these are following :
 - i. Casteism.
 - ii. Naxalism.
 - iii. Terrorism.
 - iv. Communalism.
 - v. Revolution.
 - vi. Ethical struggle.
 - vii. Wars between nations.
 - viii. Fear of nuclear and genetic warfare.
 - ix. Lack of interaction.
 - x. Lack of trust.

Que 1.10. What are the consequences of prevailing notion of happiness and prosperity ?

Answer

1. It is becoming anti-ecological and anti-people, and threatening the human survival itself. Some of the consequences of such trend are summarized below :

2. At the level of individual - rising problems of depression, psychological disorders, suicides, stress, insecurity, etc.
3. At the level of family - breaking of joint families, mistrust, and conflict between older and younger generations, insecurity in relationships, divorce, dowry tortures, etc.
4. At the level of society - growing incidence of terrorism and naxalism, rising communalism, spreading casteism, racial and ethnic struggle, wars between nations, etc.
5. At the level of nature - global warming, water, air, soil, noise etc. pollution, resource depletion of minerals and mineral oils, etc.
6. All the problems are a direct outcome of an incorrect understanding, our wrong notion about happiness and prosperity and their continuity.

Que 1.11. What is happiness and prosperity ? Are they related to each other ? Can happiness be obtained without prosperity ? Explain.

OR

What is prosperity ? Is it different from happiness ?

Answer

Happiness : Refer Q. 1.5, Page 1-5W, Unit-1.

Prosperity : Refer Q. 1.6, Page 1-6W, Unit-1.

1. Happiness and prosperity are not related to each other.
2. Prosperity helps to remain in state of happiness but it doesn't push towards happiness.
3. There are so many stories depicting about how a beggar lives a happy and self content life while a king has wealth but he is unhappy and unsatisfied.
4. Prosperity leads oneself to reduce tensions in day to day life, but if someone is greedy and thrive for more wealth then it can't.
5. Good health, right attitude towards life, honesty these things leads to happiness.

Que 1.12. What is the meaning of prosperity ? How can you say that you are prosperous ?

Answer

Prosperity : Refer Q. 1.6, Page 1-6W, Unit-1.

1. We are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities.
2. It is becoming anti-ecological and anti-people, and threatening the human survival itself.
3. For prosperity, two things are required :
 - i. Identification of the required quantity of physical facilities, and
 - ii. Ensuring availability / production of more than required physical facilities.
4. We can be prosperous only if there is a limit to the need for physical facilities. If there is no limit what so ever be the availability the feeling of prosperity cannot be assured.
5. Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.

Que 1.13. Give the appropriate reasons, why people are not living a prosperous life ?

Answer

Following are the reasons that why people are not living a prosperous life :

1. Clarity :
 - i. Many people don't know what they truly want in life.
 - ii. They have not clarified exactly what they desire and where they want to be within a year, 5 years even 3 months.

- iii. Because they don't know where they are going they drift along with the daily grind, totally forgetting that they want to attain true prosperity.

2. A clear path :

- i. They are some that have a goal for their life, yet they do not know how to attain it.
- ii. They go through the motions daily and never actually make a conscious decision to attain their goal.

3. Struggle :

- i. Many are desperately trying to live a life of happiness, wealth and success.
- ii. They are focused on achieving true prosperity but yet constantly find themselves struggling to attain it.
- iii. It is this struggle that actually prevent them from being truly prosperous.

4. Fear :

- i. This one 4-letter word prevents us from going forward to achieve all that we desire. What will our family think ? Will our friends still like us ?
- ii. A very high percentage of persons fear success because of how it will affect us and our relationship with others.

5. Conditioning :

- i. As children and young adults our environment affects a great deal of our 'conditioning' and has a profound effect on the way we think, act and live.
- ii. Our environment here could include our parents our friends, television, politics, religion, school courses and our job.
- iii. For example, the TV may constantly bombard us with images of prosperous persons as unhappy, as crooks or gangsters or as lonely or selfish. If we really believe this, who would want a lead a prosperous, successful life ?

6. The norm :

- i. "I can't be bothered. This is too much work. It's too hard". Some persons simply cannot be bothered to achieve prosperity.
- ii. They live each day in a trance, in a numb existence, going along with the status-quo and have no desire to change their lives for the better.

7. Out-grow our peers :

- i. Some people don't want change. We may be hesitant to achieve our dreams, goals, vision because once we do achieve true prosperity it may reduce our inventory of what is actually possible for us.
- ii. It may mean that we grow beyond our partner, our friends and our family.

8. Negativity :

- i. Our lives are stuck by the negativity we are drawn to it our daily lives.
- ii. A large percentage of persons want to outdo their co workers or friends with the amount and magnitude of problems that they have.
- iii. Most of us live our lives in total lack and shortage and that prevents us from achieving true prosperity.

9. Courage :

- i. It takes courage to be prosperous. It takes courage to make that decision and that change.
- ii. We need to focus our thoughts towards our vision of true prosperity and hold to that vision.
- iii. Once we have the courage and the beliefs, there is nothing we cannot achieve.

10. Beliefs :

- i. "It can't happen to us. Prosperity is for other people. They were born with a silver spoon in their mouth".
- ii. We are programmed to think that being poor equals happiness.

- iii. Our belief system totally affects how we live our lives. Its these beliefs that hold us back from our true potential and our true prosperity.

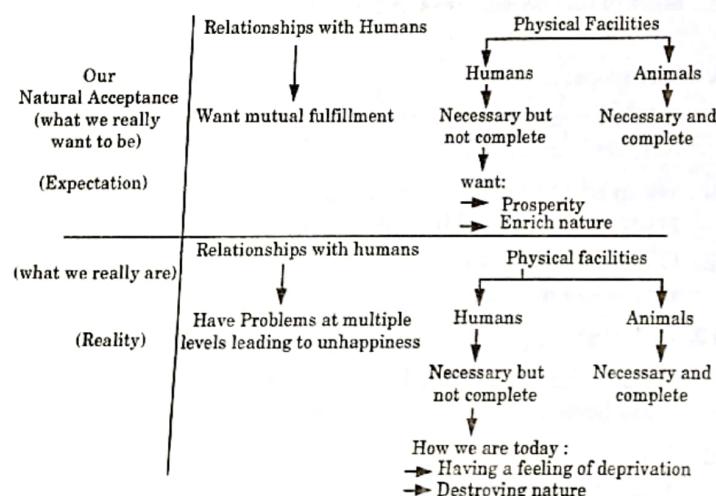
Que 1.14. What is our state today ? And why are we in this state ?

Answer

1. Looking at the figure we can see the difference between what we really want to be and what we actually are ?
2. Since our basic desire is happiness and prosperity and its continuity, but on investigation, we find that our current state is quite unlike it.

In Relationships :

1. We seem to be interacting with a lot of people, we keep getting ourselves into trouble in our relationships, but we don't seem to understand the first thing about relationships- the expectations.
2. Problems in relationships can really disturb a person's state of mind to a very large extent. We live a significant portion of our lives in relationships.



From Physical Facilities :

1. We can see that we have assumed that accumulation of wealth is the only thing we need, this is an incorrect assumption. Having wealth is necessary, but not sufficient for prosperity.
2. Same is with the nature we have assumed that we can exploit nature and that nature is solely for our consumption.
3. Assumption we made can be right or wrong, and we are mostly unaware of our assumptions. Since we are not aware of our assumption we haven't checked if our assumptions are naturally acceptable to us.
4. As a result most of our interactions with people and with physical facilities lead to problems.

Que 1.15. What are the four levels of our living ? Explain them.

Answer

Living in harmony at all levels of living with the help of right understanding :

1. **At the level of Myself :**
 - i. Self-exploration with the help of natural acceptance and experiential validation helps to develop a sense of right understanding.
 - ii. This right understanding helps me to understand myself clearly, and helps me to develop a feeling of satisfaction, prosperity and happiness (harmony) in myself.
2. **At the level of Family :**
 - i. Right understanding helps me to understand others feelings and expectations in a better way.
 - ii. This ensures harmony in family.
3. **At the level of Society :**
 - i. Our family is a part of a large group of people called the society.

- ii. As we understand our relationships with others in our family, we also start understanding others in the society and can maintain fulfilling relations with everyone.

4. At the level of Nature/Existence :

- We live in a large eco-system called nature.
- Existence refers to all the things that exist in nature.
- Once we learn to maintain harmony with the society, we also develop a feeling of concern towards the plants, trees, animals etc., in nature.
- Hence right understanding leads to mutual fulfillment with nature.

Que 1.16. What do you mean by human and animal consciousness ?

Answer

Human and Animal Consciousness :

- Human and animal consciousness comes into play with regard to physical facilities.
- Physical facilities can easily be termed as living in animal consciousness since one is only concerned with satisfying physical urges or desires.
- For instance, your pet dog will be happy with the food you give it and be content after eating. It does not think about how the food was prepared or presented to it.
- However, for human, it becomes very important to cook food in different ways and to present it nicely on the dining table.
- Thus, physical facilities are not everything that a human being desires. This is what differentiates humans from animals.
- Living with right understanding, relationship and physical facilities together is called human consciousness.

7. The transformation from animal consciousness to human consciousness is integral for humans. This qualitative improvement in consciousness is what makes us different from animals.

VERY IMPORTANT QUESTIONS

Following questions are very important. These questions may be asked in your SESSIONALS as well as UNIVERSITY EXAMINATION.

Q. 1. What are the basic aspirations of a human being ?

Define and explain.

Ans. Refer Q. 1.1, Unit-1.

Q. 2. How do you look at your basic aspirations ? Is it 'To Be', 'To Get', 'To Become' ? Justify your right priority with examples.

Ans. Refer Q. 1.2, Unit-1.

Q. 3. What are the requirements to fulfill basic human aspirations ?

Ans. Refer Q. 1.3, Unit-1.

Q. 4. Discuss happiness and unhappiness.

Ans. Refer Q. 1.5, Unit-1.

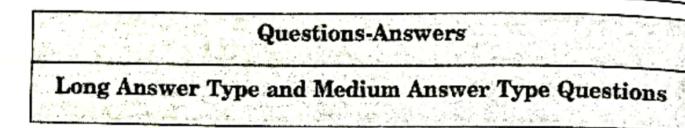
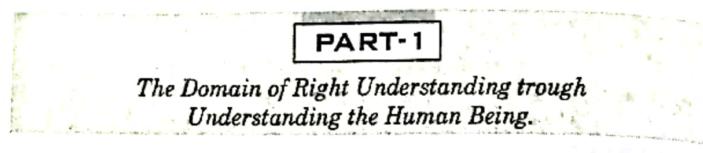
Q. 5. What is present vision of a happy and prosperous life ?

Ans. Refer Q. 1.7, Unit-1.

Q. 6. What are the symptoms of a happy person ?

Describe briefly.

Ans. Refer Q. 1.8, Unit-1.



Que 2.1. Why should I study myself?

OR

Why is it important to study yourself? How does it help in your day-to-day life ?

Answer

1. In our search for harmony in all the spheres of our life, the first entity we come across is ourselves.
2. We spend the maximum of our time in ourselves, 'with' ourselves – we keep having thoughts and feelings and plans but we are mostly lost or preoccupied in thinking about other things rather than ourselves most of the time.
3. Knowing ourselves better helps us in the following ways :
 - i. The Self ('T') is the basis of everything we do. All the desires and expectations we have : be it to be famous, get marks, get a great job, become a politician, having good relationships in our family, or wanting rasgulla, it is all there in 'T'. Hence, it becomes important to understand these desires, thoughts and activities in 'T', so that we know whether they are right!
 - ii. Happiness and unhappiness are states in the Self ('T'). Hence, we need to study ourselves to understand happiness better, and the causes for unhappiness.
 - iii. Studying ourselves helps us have more clarity about how we are within. As we gain clarity about ourselves, it helps

us become self-confident. It also helps in establishing proper synergy between the self and the body.

- iv. Since we are in relationship with other people, the more we understand ourselves, the more we understand the other person as well, and our relationship with them.
- v. Lastly, it allows us to better understand our program, i.e. what is valuable to us, or what do we ultimately want and how do we fulfill them; What is our program ?

Que 2.2. "I am the seer, doer and enjoyer. The body is my instrument, explain.

Answer

The Seer :

1. The Seer is the one who understands and is also known as the 'Drasta'.
2. One sees through the eyes, but the eyes are the instruments of the self.
3. It is the self that instructs the eyes to see.
4. The eyes do not themselves process the information they see nor understand that information.
5. It is the Self that analyses the information and understands it.
6. So one says, 'I saw it'.
7. Moreover, apart from seeing outside, the Seer is also able to see within without the use of eyes.
8. In other words, the Seer 'sees' when the individual is happy or sad, angry or upset.
9. Sometimes the self 'sees' and 'understands' through the body and sometimes without the help of the body.

The Doer :

1. The Doer is the one who does and is also known as the 'Karta'.

2. The self is the one that instructs the body to carry out various tasks.
3. The self tells the body to use its different parts to do different things.
4. For instance, the self tells the body to eat and then the body uses its hands to put food into the mouth and the food is chewed and swallowed.
5. So one says, 'I ate the food'.
6. The self makes the choices and the body carries out the act in accordance with the wishes of the self.
7. Thus, the self is the Doer and the action is expressed through the body.

The Enjoyer :

1. The enjoyer is the one who enjoys and is also known as the 'Bhokta'.
2. When an action is carried out, for instance eating delicious food, the self is the one who enjoys it.
3. The body has simply been an instrument to put food into the mouth and to chew it.
4. The enjoyment is done on the part of the self. So one says, 'I enjoyed the food'.
5. One can safely conclude that there is continuity in being the Seer, the Doer and the enjoyer.
6. All are part of the self, and the body is simply an instrument of carrying out the wishes of the self.

Que 2.3.] How do you understand the human being as the knower, the experience and the doer ?

OR

Explain the human personality structure.

Answer

The human personality structure consists of the following three :

1. Experiencer, feeler or perceiver.
 2. Doer or performer.
 3. Learner or knower.
- 1. Experiencer :**
- i. Life is a series of experiences.
 - ii. These experiences are like a classroom-we can learn from the past experiences and build the future with care and positive attitude.
 - iii. If all experiences are considered as a classroom, they can be valuable tools in providing deeper understanding of the life.
 - iv. To the contrary, it will be of no avail to remain in the classroom and keep reacting to lessons (experiences) being learnt.
- 2. Doer :**
- i. With the development of the experiencer, feeler or perceiver aspect of the human personality, the notion "I am the doer" also becomes deeply rooted (false "I").
 - ii. This is duality (Doojaa Bhaav).
 - iii. In reality we all are just a channel or an instrument of doing; not the doers.
 - iv. However, with the rise of false ego-sense, we forget this truth and mistakenly take ourselves as the doers.
- 3. Knower :**
- i. These first two aspects of the human personality (*i.e.*, "experiencer" and "doer") are common in both humans and animals.
 - ii. It is this third aspect of human personality (*i.e.*, "learner") that separates humans from animals.
 - iii. Humans can learn from their own mistakes, and can experience deeper understanding unfolding from within and move upward towards the understanding of harmony and Bliss (Anand).

2-6 W (CO-Sem-7)

Understanding Human Being & its Expansion

PART-2

*Right Understanding through Under Standing
Nature/Existence-its Interconnectedness and Co-Existence.*

Questions-Answers**Long Answer Type and Medium Answer Type Questions**

Que 2.4. What all entities are there in existence ?

Answer

There are only two kinds of entities in existence :

1. Units, or Nature (Matter, Mass, Substance, Material) - that are 'active'.
2. All-pervasive space (Omnipresence) - is 'inactive'.

Units or Matter :

1. They are "saturated" (samprikt) in the all-pervasive-entity (vyaapak vastu), currently called space.
2. To be "saturated" means to be : (संपूर्णत)
3. Soaked (bheega) : By which every unit is energized—"oorjit", (ऊर्जित)
4. Encircled (ghira) : By which every unit is restrained-niyantrit, (नियन्त्रित)
5. Submerged (dooba) : By which every unit is active - "kriyasheel", (क्रियाशील)

Space :

1. All-pervasive-vyaapak (व्यापक) : there is no 'place' where space is not.

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2. Every 'place' itself is 'space'.
3. Transparent – Paardarshee (पारदर्शी) : Reflecting, every unit is able to recognize the other unit by being in it.
4. Permeating – Paargaami (पारगमी) : Space exists 'where' there is a unit, units are soaked in space.
5. Omnipotence – Satta (सत्ता) : Energy in equilibrium; that neither increases, nor decreases.
6. Has no activity – Kriyashunya (क्रियाशून्य) : Inactive, not a 'unit', unchanging.
7. What we call as 'empty space' is not 'empty'; it is equilibrium energy itself and the fundamental source for all activity (at the atomic level) in the entire universe, in existence.

Que 2.5. Draw the chart showing in detail, the different categories of units of nature in co-existence in space.

Answer**1. Units :**

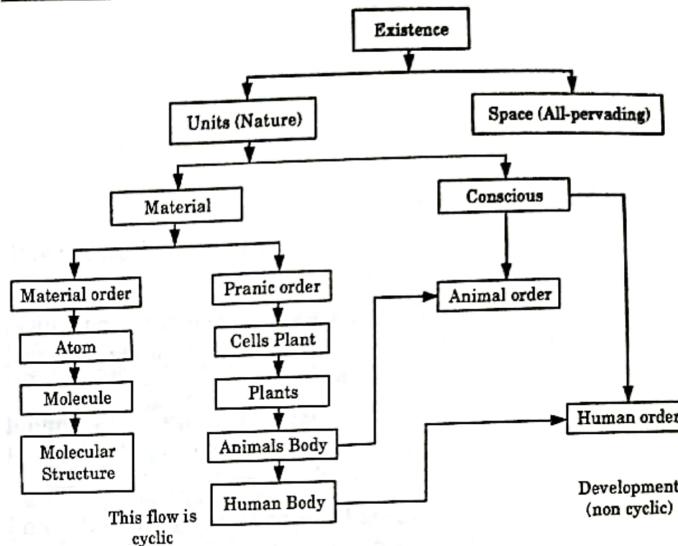
- i. Unit is something that is limited in size.
- ii. Like a small blade of human hair to the biggest planets we know of, they are all limited in size i.e., bounded on six sides.
- iii. So, all the things we have been studying so far: the human beings, animals, lumps of matter as well as various atoms and molecules, are all units.

- iv. We can recognize them as such, they are countable.

2. Space :

- i. Space can be defined as an unlimited entity.
- ii. Unlike unit i.e., it has no size therefore it cannot be bounded. But space maintains certain regularity and obeys certain laws.

- iii. Space is reflecting, this means that it can be explained in terms of its relation with other object.
 - iv. For example we say there is space in between the book you are reading and you.
 - v. Space is also transparent i.e., there is no obstruction in space.
- 3. Co-existence :**
- i. Relationship in this kind of co-existence is based on mutual respect for the diversity.
 - ii. The groups in this relationship embrace each other differences and have got equal access to resources and opportunities.
 - iii. The environment is that of peace, social cohesion, justice and equality, mutual tolerance, respect the differences in opinion, and living non-violently.
 - iv. The following chart explains the relationship between the different orders of nature.
 - v. We can see that all the four orders in nature exist in harmony.
 - vi. This is already there in nature and need not to be created.
 - vii. Units in the nature are limited in size and self organized.
 - viii. Space is unlimited and there is constant reflecting energy available in the all pervading space.
 - ix. Only human and animal orders have received the consciousness of self.
 - x. The material order undergoes constant structural changes.
 - xi. The conscious order does not undergo structural change.
 - xii. The conscious units can learn and therefore they know, assume, recognize and fulfill.



Que 2.6. Differentiate between unit and space.

Answer

Difference between Units and Space :

S. No.	Units	Space
1.	Unit entities are limited.	Space entities are unlimited.
2.	They are materialistic in nature.	They are conscious in nature.
3.	They are active.	They show no activity.
4.	They undergo structural change.	They do not undergo structural change. They are continuous.
5.	They can be energized.	Energy is always in equilibrium in space.
6.	Each unit can recognize and therefore fulfill its relationship with other members of the unit	Since everything is transparent thus, they reflect things.
7.	Example: Four orders of nature.	Example: Space is all pervading entity.

Que 2.7. What do you understand by existence and co-existence?

Answer

1. Everything that exists is called 'Existence'. Today, we have come to assume that things are in random arrangement and that the Universe is in chaos.
2. However, the reality is that existence is co-existence itself, is in harmony, in orderliness.
3. The 'things' we see around us-animals, plants and things like stones, minerals, etc are in 'self-organization' and participate in the larger orderliness.
4. Existence, is just not just the 'material' things we see around us (like rocks, plants, etc), but also consists of 'space' and conscious units, called 'jeevan'.
5. Thus, 'co-existence', means the existence of material and conscious units in all pervasive 'space'.
6. There is a definite 'progression' in existence : plants evolve from matter, and animals evolve from plants and so on.

PART-3

Understanding the Role of Human being in Existence (Human Conduct).

Questions-Answers**Long Answer Type and Medium Answer Type Questions**

Que 2.8. What is the role of human being in existence?

OR

What are the four orders in nature ? How can the human order be responsible to the other three orders ?

Answer**Role of Human being in Existence :**

1. If you look around, everything that we see can be put into one of the following four orders :
 - i. Material Order – example : soil, water, air, etc.
 - ii. Plant / Bio Order – example : grass, plants, trees, flowers, fruits, etc.
 - iii. Animal Order – example : animal, birds, etc.
 - iv. Human Order – example : human being.
2. Each one of us can recognize all these four orders around ourselves and see that together these four orders comprise of all the units that we see and understand around us.
3. On close inspection of these orders, we can easily see that except human order, the first three orders are interconnected.
4. The relationship between the first three orders is in such a way that they all fulfill each other and co-exist with each other.
5. On looking at the connectedness with human beings, we find that :
 - i. Each of these three orders is fulfilling to the human order.
 - ii. Human natural acceptance to be mutually fulfilling these entities.
6. However, we are not able to ensure this mutual fulfillment.
7. We are dependent on the material order for soil, minerals and metals but only end up polluting the soil and depleting the fossil fuel, metals, etc.
8. We are dependent of animals to carry out our production and transportation activities, but also made many animal species extinct.
9. On the other hand, if we explore our natural acceptance, we find that we want to live harmoniously with nature.
10. This is important for our own happiness.

11. These relationships we need to be properly understand.

Que 2.9. Explain the four orders existing in nature? How are they inter-linked to one another?

OR

Briefly explain the natural characteristics of the four orders in nature.

OR

What are the four orders in nature? Describe their activities and natural characteristics?

OR

Describe various orders of harmony in nature. How do they support universal system as a whole? Explain briefly.

OR

What are the natural characteristics of the material and pranic orders? Explain.

Answer

1. All the four orders material, plant, animal and human have certain core values.
2. These can also be called as their natural characteristics or *svabhava*.
3. There is mutual fulfillment among four orders, these orders are:

i. Material Order:

- a. Most of the members of this order are non living things. Also, various forms of energies like sound, light, heat, magnetism and gravitational energy are also part of this order.
- b. The fundamental characteristic of this order is composition/decomposition. They can come together to compose bigger things and also bigger units can be

transformed into smaller units. They can neither be created nor destroyed.

- c. For example, the atomic energy release and generated during nuclear fission and fusion.

ii. Plant / Bio Order :

- a. They comprise from single cell organism like fungi, algae to water plants, herbs, shrubs and trees.
- b. They can reproduce, accept nutrition from outside, digest, assimilate and grow.
- c. They also provide nutrition to the animal and to the human order.
- d. Therefore the natural characteristic of this order is to nurture.
- e. But excess of nutrition or unregulated consumption of plant products can harm or "worsen" our body.

iii. Animal Order :

- a. The members of this order are living things.
- b. They share many of the features of the plant order.
- c. They have greater degree of locomotion than plants.
- d. The natural characteristic of this order is that they realize or they are aware of the fact that there exists the quality of Self (I) therefore they have an intellectual faculty.
- e. This awareness also brings in the excess which is cruelty as they know that they can fulfill their needs by violence and cruelty towards members of the other orders or within their own order.

iv. Human Order :

- a. They are the most evolved species of the four orders.
- b. They are living beings and their natural characteristics are similar to the characteristics of the plant and the animal order.
- c. They are independent and self conscious.

- d. They have virtues like perseverance, bravery and generosity. These abilities are peculiar to them.
- e. But human nature tends to deviate from its basic characteristics. This has given rise to many conflicts and contradictions in their basic nature.

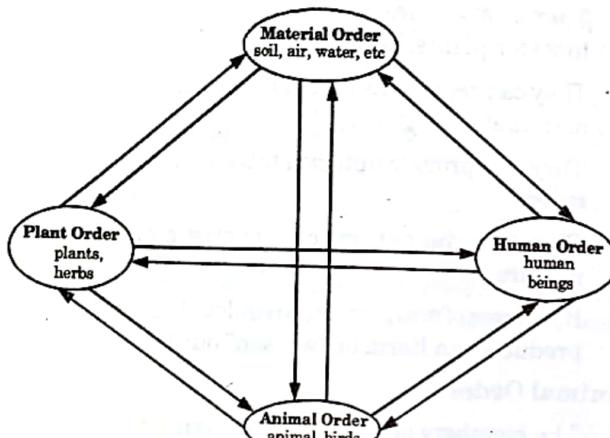


Fig. 2.9.1.

Order	Things	Natural Characteristic
Material order	Soil, water, metals, etc.	Composition / decomposition
Pranic order	Plants and trees	Composition / decomposition + nurture / worsen
Animal order	Animals and birds	(Composition / decomposition, nurture / worsen) in body + (non cruelty, cruelty) in 'T'
Human order	Human beings	(Composition / decomposition, nurture / worsen) in body + (perseverance, bravery, generosity) in 'T'

Que 2.10. What is harmony in existence ? Differentiate nature and space.

Answer

Harmony:

1. The aggregate of all the mutually interacting units - big or small, sentient or insentient together can be called nature.
2. These units are infinite in number and we could easily observe that there exists a dynamic balance, self regulation among all these units.
3. This self regulation is harmony or balance in nature.
4. The law of nature has a unique cause and effect system which must be understood in order to be in harmony with the natural law of things.

Natural harmony is necessary for the following reasons :

1. Natural harmony is necessary to solve the problem of global warming and depletion of non-renewable natural resource can be avoided.
2. Natural harmony with trees cure all problems like - reduction of wind velocity, energy savings, doing companion planting, development of an eco-subsystem in terms of establishing a forest garden, reduction of building heat.
3. It is possible to achieve natural harmony in the establishment, maintenance and management of educational institution like schools, colleges and universities.
4. One can understand the depths of harmony and alignment in nature by contemplating and reflecting upon the natural order.
5. It is possible to unravel the mystery of the natural synthesis in the midst of ongoing chaos at the material plane.

Difference between Nature and Space:

S.No.	Nature	Space
1.	Nature is limited.	Space is unlimited.
2.	Nature is active.	Space shows no activity.
3.	Nature entities can be energized.	Energy is always in equilibrium in space.
4.	Example : Four orders of nature.	Example : Space is all pervading entity.

Que 2.11. What do you mean by innateness? What is the innateness in the four orders?

Answer

Innateness:

1. Innateness means to exist naturally
2. Each unit in existence exhibits innateness an intrinsic quality that cannot be separated from it.
3. We refer to this principle as 'Innateness'.
4. This is intrinsic to the unit. Look at all the material order.

Innateness in the Four Orders:

1. It is possible to convert material things from one 'form or a way being' to another 'form or a way of being'.
2. However, it is not possible to annihilate it. We cannot make it cease to exist.
3. The particles that make up that unit continue to exist.
4. Because the plant/Bio order is a development of the material order, it also has the innateness of 'existence'.
5. In addition, it also exhibits the 'growth'. This principle of 'growth' cannot be separated from any units of this order. If it is of plant/Bio order, it will grow.
6. The animal body is a development of the plant/Bio order and therefore this order inherits the innateness of the previous order namely 'existence' and 'growth'.

7. This is at the level of the body, which is physico-chemical in nature.
8. In addition, all units in this order have the 'will to live' in 'T'. Indeed no unit in this order can be separated from this 'will to live'. It is intrinsic to every unit in this order.
9. When we look at the human being, we find that 'existence' and 'growth' are fundamentally present in the body, just as in the animal body.
10. At the level of 'T' however, in addition to the will to live, a human being's innateness is the 'will to live with happiness'.
11. Each one of us not only wants to live but also wants to 'live with happiness'.
12. This is the innateness of the human order and it characterises the human order.

Order	Things	Innateness
Material order	Soil, water, metals, etc.	Existence
Pranic order	Plants and trees	Existence + growth
Animal order	Animals and birds	(Existence + growth) in body + will to live in 'T'
Human order	Human beings	(Existence + growth) in body + will to live with happiness in 'T'

Que 2.12. Define the terms Gathansheel, Gathanpurna, Kriyapurnata and Acharanpurnata.

OR

Explain 'Existence is Gathansheel and Gathanpurna and also there is Kriyapurnata and Acharanpurnata in existence'.

Answer

Gathansheel : The material units are transformable, and their composition keeps on changing, hence these are gathansheel.

Gathanpurna : The other category of units the sentient 'T', do not transform and are complete in composition, hence gathanpurna.

Kriyapurnata : Completion of right understanding in human being is called kriyapurnata.

Acharanpurnata : Ability to live with complete understanding is called acharanpurnata.

1. The material units are transformable, and their composition keeps on changing, hence these are gathansheel.
2. The other category of units, the sentient 'T', do not transform and are complete in composition, hence gathanpurna.
3. The material units are changeful (with activities of recognizing and fulfillment only) while the other kinds of units are continuous (with activities of knowing, assuming, recognizing and fulfillment). The material units are available in two orders - material order and pranic order.
4. In the material order, an atom combines with another atom to form a molecule; a molecule similarly forms a molecular structure.
5. Molecular structures are found in two forms: lumps and fluids. Fluids give nutrition to pranic order. In pranic order, the smallest units are plant cells which combine with other cells to form plants, animal bodies and human bodies.
6. The co-existence of 'T' with the animal body becomes the animal order, and the co-existence of 'T' with the human body becomes the human order.
7. Completion of right understanding in human being is called kriyapurnata and ability to live with complete understanding is called acharanpurnata.

VERY IMPORTANT QUESTIONS

Following questions are very important. These questions may be asked in your SESSIONALS as well as UNIVERSITY EXAMINATION.

3

UNIT

Activities of the Self

CONTENTS

- Part-1 :** Human Being as 3-2W to 3-9W
Co-existence of the Self
and the Body
- Part-2 :** The Activities and 3-9W to 3-15W
Potentialities of the Self
- Part-3 :** Reasons for Harmony/ 3-15W to 3-17W
Contradiction in the Self

3-2 W (CO-Sem-7)

Activities of the Self

PART-1

Human Being as Co-existence of the Self and the Body.

Questions-Answers

Long Answer Type and Medium Answer Type Questions

Que 3.1. What are the reasons for human unhappiness or dissatisfaction ? And how we can fulfill the need for continuous happiness ?

Answer

1. The reason for the human unhappiness is a lack of understanding of:
 - i. The 'Self'.
 - ii. Existence (all that exists).
 - iii. Man's purpose and relationship with the units in existence (Humane Conduct).
2. The human being wants to live in orderliness, in harmony in happiness. The need for happiness or satisfaction is only fulfilled by having knowledge (right understanding) while the need for 'physical things' is fulfilled by material goods. The need for 'knowledge' is a fundamental human need.
3. On having knowledge about the self, existence & humane conduct, the human becomes resolved, and this results in happiness. Having this knowledge fulfills the human's existential, intellectual, logical, ethical, moral, emotional and sense-organ related needs.
4. Knowledge or 'right-understanding' provides the basis for our imagination, of our desires, of our conclusions on physical reality as well, hence, knowledge is, provides, the very basis for our living.
5. Knowledge is thus the anchor for the human being, his innate, inalienable need.
6. This knowledge is :

3-1 W (CO-Sem-7)

- Knowledge of all that exists.
- Knowledge of the conscious self.
- Knowledge of perfect humane conduct.

Que 3.2. "Human being is more than just the body", explain.

OR
Human being is the co-existence of the self and body.

Answer

- The human being is the co-existence of 'T' and the body, and there is exchange of information between the two, i.e., 'T' and body exist together and are related.
- There is a flow of information from 'T' to the body and from body to the 'T'. We can make this distinction between the self and the body in three ways in terms of the needs, activities and the types of these two entities.
- All the needs of 'T', say respect, trust, etc., can be called as happiness (sukh), while the needs of body are physical facilities (suvidha) like food.
- The activities of 'T' are activities like, desire, thinking, selection, while the activities of body are activities like eating, breathing etc.
- The mode of interaction of 'T' includes knowing, assuming, recognizing and fulfillment. The fulfillment depends on recognition depends on assumptions and assumptions depends on knowing or not knowing (beliefs).
- The mode of interaction of body is only recognizing and fulfilling.
- Self is a conscious entity and the body is a material entity, or physico-chemical in nature.
- To conclude we can say that the human being can be understood in terms of a co-existence of two entirely distinct entities, namely sentient 'T' and material body. Their needs and activities are quite different and have to be understood accordingly. But these two constituents of human being are to act in close synergy with each other.

Human being = Self ('T')	Co-existence Information	Body
The conscious entity that desires, thinks, imagines.	Knowing, assuming, recognizing and fulfilling.	The material entity that has physico-chemical activities like digesting heart-beats, etc.

Que 3.3. Distinguish between the needs of the self and the needs of the body.

Answer

Difference between Needs of Self (I) & Body :

The human being is the co-existence of 'T' and the body, and there is exchange of information between the two. We can make this distinction between the self and the body in terms of the needs as shown in the table below :

		I	Body
Needs	Needs are	Trust, Respect.... Happiness (sukh)	Food, Clothing... Physical Facilities (suvidha) Temporary
	In time needs are...	Continuous	Temporary
	In quantity, needs are...	Qualitative	Quantitative (limited in quantity)
	Needs are fulfilled by.....	Right understanding and right Feelings	Food, clothing, etc.

1. Needs are :

- The needs of the body like food for nourishment clothes for protection and instruments to ensure right utilization can

- be categorized as being 'physical' in nature, or also called 'physical facilities' (suvidha) whereas the need of I is essentially to live in a state of continuous happiness (sukh).
- The needs of the body are physical in nature, whereas the needs of the self (I) are not physical in nature - like trust, respect, happiness etc.
 - In time, needs are :**
 - The needs of 'T' are continuous in time, unlike the need of the body, which is temporary in time.
 - We want happiness continuously. We also want the feeling of respect continuously and so also acceptance in relationship.
 - If we talk about food, clothing, shelter, or instruments, these are needed only for some amount of time, or we can say that the need for physical facilities of the body is temporary in time- it is not continuous.
 - In quality, needs are :**
 - Physical facilities are needed for the body in a limited quantity. When we try and exceed these limits, it becomes troublesome for us after some time. Let's take the example of eating.
 - As far as, physical facilities (say rasgulla) go, they are necessary in the beginning, but if we keep consuming, it becomes intolerable with the passage of time. This applies to every physical facility.
 - We can only think of having unlimited physical facilities, but if we try and consume, or have too much of physical facilities, it only ends up becoming a problem for us. Whereas the needs of 'T' are qualitative (they are not quantifiable), but we also want them continuously.
 - Our feelings are qualitative. Either they are or they are not. For example, Happiness is qualitative, either we are feeling happy or we are not.
 - Also if a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it continuously.

- Needs are fulfilled by :** The need of the self ('T'), for happiness (sukh), is ensured by right understanding and right feelings, while the need of the body, for physical facilities (suvidha), is ensured by appropriate physico-chemical things.

Que 3.4. The needs of the self are qualitative. Illustrate.

Answer

- Human beings are a complex combination of the sentiment 'T' which relates to all the feelings and the material 'body' which refers to all the physical facilities available to them.
- Need of self is sukhh (happiness). Sukhh is qualitative. Therefore the needs of 'T' are qualitative.
- They are not quantifiable. We also want them continuously. We cannot talk of one kg of respect or one meter of happiness.
- Our feelings are qualitative. Either they are or they are not. Example : Happiness is qualitative. Either we are feeling happy or we are not.
- Also if a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it continuously.
- We can see this with the example of respect. We don't want the feeling of disrespect even for a single moment, since it is not naturally acceptable to us.

Que 3.5. 'T' is a conscious unit while the Body is a material unit. Examine this statement.

Answer

- Who is talking, seeing, thinking, recognizing, assuming, etc ? The answer will be 'T'. It is called consciousness. This 'T' has the characteristics of being aware or being conscious.
- There are the activities of assuming, recognizing and fulfilling, with the capacity for knowing in 'T'. Thus we can conclude that consciousness or a conscious entity has the activities of knowing, assuming, recognizing and fulfilling.
- Thus, we can write :

Human being = Self (T)

The conscious entity
that desires, thinks,
imagines.

Co-existence
Information

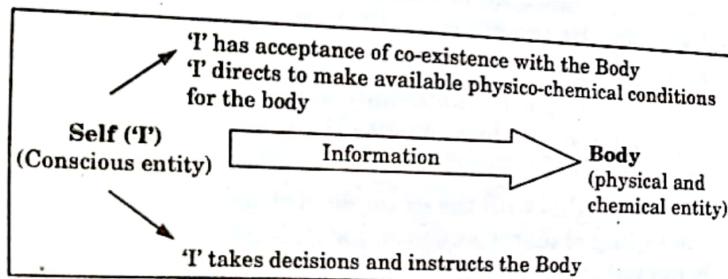
Body

The material
entity that has
physico-chemical
activities like
digesting
heart-beats, etc.

Knowing, assuming,
recognizing and fulfilling.

Recognizing and
fulfilling.

4. The human being is thus a co-existence of a conscious Self ('T') and the material body.
5. To make it more explicit, we can write :



6. 'T' co-exist with the Body. 'T' and my body keep exchanging information.

Que 3.6. How the needs of the Self are continuous in time and limited in quantity, while those of Body are not ?

Answer

1. Human beings are a complex combination of the sentient 'T' which relates to all the feelings and the material 'Body' which refers to all the physical facilities available to them.

2. Need of self is sukh (happiness). Sukh is qualitative. Therefore the needs of T are qualitative.
3. They are not quantifiable. We also want them continuously. We cannot talk of one kg of respect or one meter of happiness.
4. Our feelings are qualitative. Either they are or they are not. Example : Happiness is qualitative. Either we are feeling happy or we are not.
5. Also if a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it continuously.
6. We can see this with the example of respect. We don't want the feeling of disrespect even for a single moment, since it is not naturally acceptable to us.
7. Needs of body are physical facilities. Physical facilities are needed for the body in a limited quantity.
8. When we try and exceed these limits, it becomes troublesome for us after some time.
9. This applies to every physical facility. We can only think of having unlimited physical facilities, but if we try and consume, or have too much of physical facilities, it only ends up becoming a problem for us.
10. When we try to continue infinitely physical facilities, the following pattern results.

Necessary and useful



Unnecessary but useful ⇒



Unnecessary and useless ⇒



Intolerable!

Que 3.7. Why are physical facilities required ? What do you mean by right utilization of the body ?

Answer

1. Right utilization, protection and production are the main constituents, when physical facilities are ensured.
2. Normally we tend to believe that the body is an instrument for sensory enjoyment, which is not correct. We also happen to our body to exploit other human beings or rest of the nature, which is also not right utilization.
3. Body is the instrument of the self and the body needs to be given nutrition, protection and utilized to work as an efficient and effective tool for the right purpose. This utilization is termed as right utilization.
4. In other words, employing our body as an instrument for sensory enjoyment, and to exploit other human beings or rest of the nature is not the right utilization. On the contrary, utilizing our body for right behaviour and work is actually the right utilization of the body.

PART-2*The Activities and Potentialities of the Self.***Questions-Answers****Long Answer Type and Medium Answer Type Questions****Que 3.8. | Describe various activities of 'Self' and 'Body'.****Answer**

Understanding activities in the self and activities in the body :

1. If we look at the variety of activities that we are engaged in commonly - we see that we can put them in three categories :
 - i. Activities that are going on in the self.
 - ii. Activities that are going on in the body.
 - iii. Activities involving both the self and the body.

3-10 W (CO-Sem-7)**Activities of the Self**

2. Activities in the self are :

i. Analyzing	ii. Imagining
iii. Dreaming	iv. Desiring
v. Understanding	vi. Feeling
vii. Speaking	viii. Believing
ix. Thinking	
3. These activities are going on in us all the time, and we are usually unaware of them. If we start paying attention to them, we can become aware of them. We can also see that these activities take place irrespective of the state of the body.
4. Activities involving both the self (I) and the body are :
 There are some activities that we do, in which both 'I' and body are involved. The decisions and choices are made in 'I', and these are carried out via the body. These activities are :

i. Listening	ii. Seeing
iii. Talking	iv. Eating
v. Walking	
5. Take the example of eating. Here, I first decide which food to eat, then make the choice to take the food inside the body, use my hands to carry the food to the mouth, use the mouth to chew the food and then swallow it. Thus, eating is an activity which involves both the self ('I'), where the choice is been made, and the body, with which the activity is carried out.
6. Activities in the body - but only with the consent of 'I' :
 The body is a set of 'self-organized activities' that are occurring with self (I's) consent but without my (I's) active participation. These are functions like :

i. Nourishment	ii. Breathing
iii. Heart beat	iv. Blood flow
v. Digesting	

Que 3.9. | Define sensations.

Answer**Sensations:**

1. A sensation is a type of feeling, picked up by one of the five senses.
2. A sensation is something from your senses. If you lose sensation in your feet, they are numb and it's time for you to get up and move around to restore blood flow. You can call something a sensation, if it is wonderful and astonishing.
3. A perception associated with stimulation of a sense organ or with a specific body condition is known as sensation.
4. Suppose we had seen the bike and not associated it with 'greatness'; rather we only liked the way it 'looked', then this is based on the sensation.

Que 3.10. | What do you mean by Imagination ?

OR

What is Imagination ?

Answer**Imagination :**

1. The activities of desire, thoughts and expectation at the level of self, are collectively called as imagination.
2. Imagination = Desires + Thoughts + Expectations
3. We all imagine, and most of our activities (in the self) today can be mostly clubbed into imagination.
4. This activity of imagination in 'I' is continuous and not temporary. The power may change but the activity is continuous.
5. The object of the taste may change but the activity of selecting/tasting is continuous. Also what we analyze may keep changing the activity of analyzing is continuous.
6. We make choices with the external world based on our imagination today.

Que 3.11. | Harmony in 'I' means understanding characteristics and activities of 'I'. Explain.

Answer**A. Characteristics of 'I' or Self :**

1. Self-actualized people embrace the unknown and the ambiguous.
2. They accept themselves, together with all their flaws.
3. They do not seek to shock or disturb.
4. They are motivated by growth, not by the satisfaction of needs.
5. Self-actualized people have purpose.
6. They share deep relationships with a few, but also feel identification and affection towards the entire human race.
7. Despite all this, self-actualized people are not perfect.

B. Activities of 'I' :

The activities that go on within the Self are Imaging, Analyzing and Selecting / Tasting.

Activities of the Self / I :

Power	Activity
Desire	Imaging
Thought	Analyzing
Expectation	Selecting / Tasting

C. Body : The flow of information from the Self to the Body in both ways. Basically there are two possible flows of these activities and both of them keep taking place constantly :

1. The first kind of flow is from outside the Body to the inside/ Self. In this kind of flow of information, the Self receives sensations from the Body and this is experienced in Self. Based on this input, thoughts form in the Self and desires are set. For example, we see a house via our eyes. Then we start thinking about the house and slowly form an image that living in such a house will enable us to lead a good life. Thus, the desire to buy the house becomes a part of us.
2. The other kind of flow is from inside/Self to outside/Body. For example, now we have a desire to lead a good life by living in that house. So we start to think about it and start

analyzing how we can achieve it. We analyze the cost, our current buying capacity and various other things. Finally we make the selection of customizing it to our likes in terms of color of walls, choice of furniture etc. Here, the flow was from inside us to outside.

3. To conclude, these activities of desire, thought, expecting/ selecting are all easily noticeable and we can sense them. If we put these activities together, we can term them as Imagination.

Imagination = Desires + Thoughts + Expectations.

Que 3.12. How recognizing and fulfilling in the self depends upon knowing or assuming ?

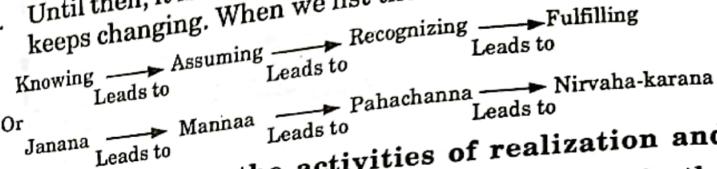
Answer

1. When it comes to self ('I'), which is a conscious entity; in addition to 'recognizing and fulfilling', there is also the activity of assuming and that of knowing.
2. In fact, recognizing and fulfilling in case of human beings will depend upon knowing and/or assuming.
 - i. **We assume :** We all make assumptions and our response (recognition and fulfillment) is dependent on the assumption. For example : If I see a snake and assumed it to be a rope, I shall respond differently to it, than if I take it to be a snake itself. We call this activity 'assuming or mannaa'.
 - ii. **We recognize :** We all recognize things today, we recognize a variety of things. Like, we recognize water, our parents, friends, etc. We call this activity 'recognizing or pahachaanana'. The recognizing in 'I' depends on assuming.
 - iii. **We fulfill :** The response that follows recognition is called the activity of 'fulfilling or nirvaha karna'. The fulfillment depends on the recognition. For example : Once we recognize water, we take it.
3. Taken together we can write it as (in I) :

Assuming → Recognizing → Fulfilling
4. There is another activity that exists in us (in 'I'). This activity is called 'knowing'.
5. Knowing means we have the right understanding - the understanding of harmony at all levels of our living.

3-14 W (CO-Sem-7)

5. When we have the right understanding, when we have the knowledge of reality, it is definite, and then assuming becomes according to the knowing, and hence recognizing and fulfilling becomes definite, or according to knowing.
6. Until then, it is subject to beliefs and assumptions, and this keeps changing. When we list these down :



Que 3.13. Explain the activities of realization and understanding. How do they lead to harmony in the activities of 'I' ?

Answer

Realization :

1. Realization means to be able to see the reality as it is.
2. In realization, we get the answer to "what is the reality ?" This, for each one of us, translates into the answers to "what to do ?" and "why to do ?" when we operate on the basis of realization and gains understanding according to the realization then it give definiteness and certainty and makes us self organized.

Understanding :

1. Understanding means to be able to understand the self organization in all entities of nature/existence and their inter-connected organization "as it is".
2. We are able to see the harmonious interconnectedness at all the levels of our living. Understanding plays an important role in desire making.
3. When we do not have the right understanding, our desire keep shifting, and this indefiniteness is reflected in our thoughts, and selections we make, and finally in our behaviour and work.
4. On the other hand, when our understanding is based on realization and we use this understanding in desire making then our desire will be correct and thoughts and selection will be according to the understanding.

5. These are the two activities in the self ('I') (placed at point 1 and 2 in the figure).

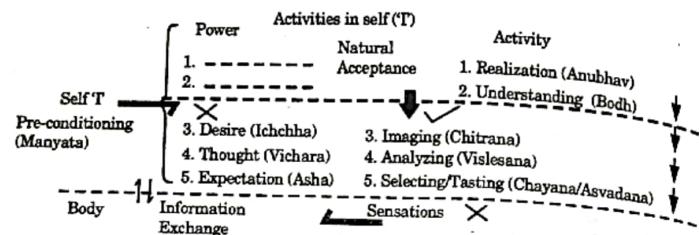


Fig. 3.13.1.

6. When we have (1) realization and then (2) understanding becomes according to the realization.
7. When this happens, then (3) imaging or desires get set according to this understanding. Consequently, (4) analysis or thoughts become according to the imaging/desires and hence, the (5) expectations or selection/taste are according to the thoughts/analysis.
8. This is called self-organization or swatantrata. This leads to happiness and its continuity. In realization and understanding, we get the answer to "what is the reality?" This, for each one of us, translates into the answers to "what to do?" and "why to do?" Then what remains to find out is "how to do?", which comes from imagination (activities 3, 4, and 5). Is we see today we are focusing on "how to do?", without trying to first verify "what to do?" and "why to do?"! It is just like traveling in a comfortable AC vehicle on a smooth road without knowing where we have to go!

PART-3*Reasons for Harmony / Contradiction in the Self.***Questions-Answers****Long Answer Type and Medium Answer Type Questions****Que 3.14. | How harmony in individual is possible ?****Answer**

- Harmony in the Self is something that leads to harmony at all levels of being. This understanding is essential for each of us to live a life of fulfillment and continuous happiness.
- The 4-step process that leads to harmony in the Self is :
 - Becoming aware that a human is the co-existence of Self/I and the Body.
 - Becoming aware that the Body is only an instrument of the Self/I. I is the seer, doer and enjoyer, not the Body.
 - Becoming aware of the activities of the Self – Desires, Thoughts and Expectations and then put these Desires, Thoughts and Expectations through the test of your own natural acceptance.
 - Understand the harmony at all levels of existence, leading to realization and understanding, which in turn lead to a sense of definiteness in our desires, thoughts and expectations.
- This attainment of harmony leads to a clear flow with no contradictions or conflicts. So we have a better understanding of ourselves, our basic aspirations and the way in which we can fulfill these aspirations.
- Thus, we have a better understanding of all things around us and our relationships with all those around us. This leads us to a state of being swatantra and we become self-organized in our imagination, behaviour and work, resulting in continuous happiness and prosperity.

Que 3.15. | How human mind gets influenced or conditioned ?**OR****How do sensations and preconditioning influence our imagination ?****Answer**

- When our activities are not guided by our natural acceptance, then they are guided by preconditioning and sensations.

2. Preconditioning means we have assumed something about our desires on the basis of prevailing notion about it. We have not verified the desires in our own right.
3. Sensation is a perception associated with stimulation of a sense organ or with a specific body condition- the sensation of heat and a visual sensation.
4. **Conflicts and Contradictions in 'T' as a Result of Preconditioned Desire :**
 - i. We have not verified the desires, thoughts and expectations in us on the basis of our own natural acceptance.
 - ii. As a result, these desires, thoughts and selections are in conflicts.
 - iii. Since the desires are in conflict, the thoughts they give rise to, are also in conflict and in turn, the selection from the thoughts are also in conflicts.
5. **Short lived nature of pleasure from sensations :**
 - i. The pleasure obtained from sensations is short-lived.
 - ii. The external object is temporary in nature the contact of the external object with the body is temporary in nature. The sensation from the body to 'T' is temporary. And at last the taste of the sensation from the body in 'T' is also temporary. The need of the 'T' is continuous, i.e., we want to have happiness, and its continuity.
 - iii. Therefore, if the source for our happiness is temporary by definition, then our need for continuous happiness will never be fulfilled. Hence, any sensation we have from the body can't be the source for our lasting happiness.
 - iv. We operate largely on the basis of the environment, driven from the outside - either from sensations, or based on preconditioning.



Understanding Co-Existence with other Orders

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- Part-3 :** Understanding of 4-16W to 4-19W
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Contemplation of
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to Comprehensive Knowledge
about the Existence

4-1 W (CO-Sem-7)

4-2 W (CO-Sem-7)

Understanding Co-Existence with other Orders

PART-1

*Need and Process of Inner Evolution (Through Self-exploration,
Self-awareness and Self-evaluation).*

Questions-Answers

Long Answer Type and Medium Answer Type Questions

Que 4.1. What do you mean by inner evolution?

Answer

Inner Evolution :

1. Inner evolution is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself.
2. Through self-exploration we get the value of our self. It is a process of focusing attention on our self, our present beliefs and aspirations vis-à-vis what we really want to be (*i.e.*, to say, what is naturally acceptable to us). If these two are the same, then there is no problem. If on investigation we find that these two are not the same, then it means we are living with this contradiction (of not being what we really want to be) and hence, we need to resolve this contradiction this conflict within us.
3. It is a process of discovering that there is something innate, invariant and universal in all human beings. This enables us to look at our confusions and contradictions within and resolve them by becoming aware of our natural acceptance. For self-exploration we need two expects:
 - i. **Natural acceptance :** Natural acceptance implies unconditional and total acceptance of the self, people and environment. It also refers to the absence of any exception from others. Once we fully and truly commit our self on the

basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.

2. **Experiential validation :** Experiential validation is a process that infuses direct experience with the learning environment and content. It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values. Self-exploration takes place in the self and not the body.

Que 4.2. What are the need/ purpose of inner evolution?

Answer

Need/Purpose of Inner Evolution (Self-Exploration) :

1. Self-exploration is the process to find out what is valuable to me by investigating within myself, what is right for me, true for me, has to be judged within myself.
2. Through self-exploration we get the value of our self.
3. The purpose of self-exploration is :
 - i. **It is a Process of Dialogue between "what you are" and "what you Really want to be" :**
 - a. It is a process of focusing attention on our self, our present beliefs and aspirations vis-a-vis what we really want to be (that is to say, what is naturally acceptable to us). If these two are the same, then there is no problem.
 - b. If on investigation we find that these two are not the same, then it means we are living with this contradiction (of not being what we really want to be) and hence, we need to resolve this contradiction this conflict within us.
2. **It is a Process of Self-Evolution through Self-Investigation :**
 - a. It successively enables us to evolve by bridging the gap between 'what we are' and 'what to be'.

- b. Hence, the self-exploration leads to our own improvement, our self-evolution - we will become qualitatively better.
3. **It is a Process of knowing oneself and through that, Knowing the Entire Existence :** The exploration starts by asking simple questions about our self, which gives our clarity about our being, and then clarity about everything around us.
4. **It is a Process of Recognizing one's Relationship with Every Unit in Existence and Fulfilling it :** It is a process of becoming aware about our right relationship with other entities in existence and through that discovering the interconnectedness, co-existence and other in the entire existence, and living accordingly.
5. **It is a process of knowing human conduct, human character and living accordingly :** It is a process of discovering the definitiveness of human conduct and human character and enabling one to be definite in thought, behaviour and work.
6. **It is a process of being in harmony in oneself and in harmony with entire existence :** This process of self-exploration helps us to be in harmony with our self and with everything around.
7. **It is a process of identifying our innateness and moving towards self-organization and self-Expression :** This process of self-exploration helps us to identify our 'Swatva' and through that acquiring 'Swantantrata' and 'Swarajya'..

Que 4.3. What is self-exploration, its content and process ?

Answer

A. Self-Exploration :

1. The word 'Self-exploration' itself suggest that exploring within yourself, finding out what is important to us. What

is important for me, right for me, true for me, should be judged within myself only?

2. Through self exploration we get the value of our self. We live with different entirety (family, friends, air, soil, water, trees, etc.) and we want to understand our relationship with all these.
3. For this we need to start observing inside. The main focus of self-exploration is myself - the human being.

B. Content of Self-Exploration :

We should design the content of self-exploration such that it can provide us the answers of different questions such :

1. **Desire/ Goal :** It means, what is my (human) Desire or Goal? What are my (human) basic aspirations ? What do I really want to achieve in life ?
2. **Program :** It means, what is fulfilling my aspirations, my desires, etc.

It short, the above two questions cover the whole domain of human aspirations and human endeavour thus they from the content of self-exploration.

B. Process of Self-Exploration :

The process of self-exploration begins by presenting everything as a proposal, verification, realization, understandings.

1. Whatever is started is proposal.
2. Verify it on your right.
3. Don't verify based on a written document.
4. Just not try to justify based on others.
5. Verify the proposal based on natural acceptance.

C. Mechanism of Self-Exploration :

If one can explore and understand the self in such a manner she/he can perform at a large stage, then there are some mechanisms to be identified. They are as follows :

1. Natural acceptance.

2. Experiential verification.

Que 4.4. | Briefly described the process of self-exploration with the help of diagram.

Answer

Self Exploration : Refer Q. 4.3, Page 4-4W, Unit-4.

Process of Self Exploration : The process of self exploration is as follows :

1. First of all we have to keep in mind that, whatever is being presented in a proposal.
- i. Don't assume it to be true immediately, nor reject it without proper exploration.
- ii. Verify it in your own right, on the basis of it being naturally acceptable to you,
- iii. Not just on the basis of scriptures.
- iv. Not on the basis of equipment/instrument data.
- v. Not on the basis of the assertion by other human beings.
2. Therefore, it is essential to carefully ponder over these on your own right. Neither accept these as true immediately nor reject them prematurely without proper exploration.
3. Then what to do :
- i. Verify on the basis of your natural acceptance.
- ii. Live accordingly to validate it experientially.
- iii. If the proposal is true in behaviour with human it leads to mutual happiness.
- iv. If the proposal is true in work with rest of the nature it leads to mutual prosperity.
4. The process is shown in the Fig. 4.4.1.
5. But this process is not complete. It will be completed when the verification on the basis of natural acceptance and testing in our living ultimately results in 'realization' and 'understanding' in us.

6. On having realization and understanding we get assurance, satisfaction and Universality (applies to all time, space and individual).

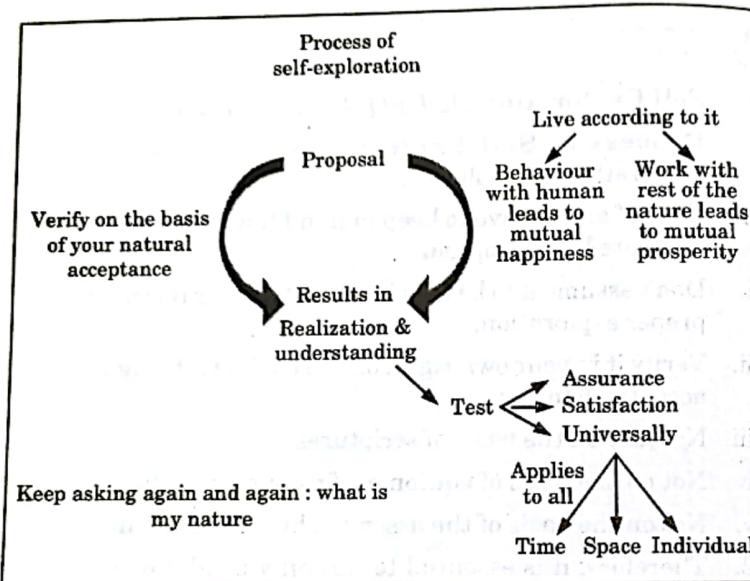


Fig. 4.4.1.

Que 4.5. Give an example of self-exploration with the help of diagram and explain its benefits.

Answer

Example for Self-Exploration :

- I used to go for a walk at night. Once, I read that morning walk is more beneficial physically as well as mentally. I accepted it as a proposal and started going for walk in the morning.
- I observed that the first week was difficult. I landed up sleeping around 10-12 hours per day and felt dull. In the second week I started feeling comfortable and active. In the third week I found that this habit energized me and I felt very healthy.

3. This proposal was naturally acceptable to me and after the process of self-exploration made me realize that it was a good one.

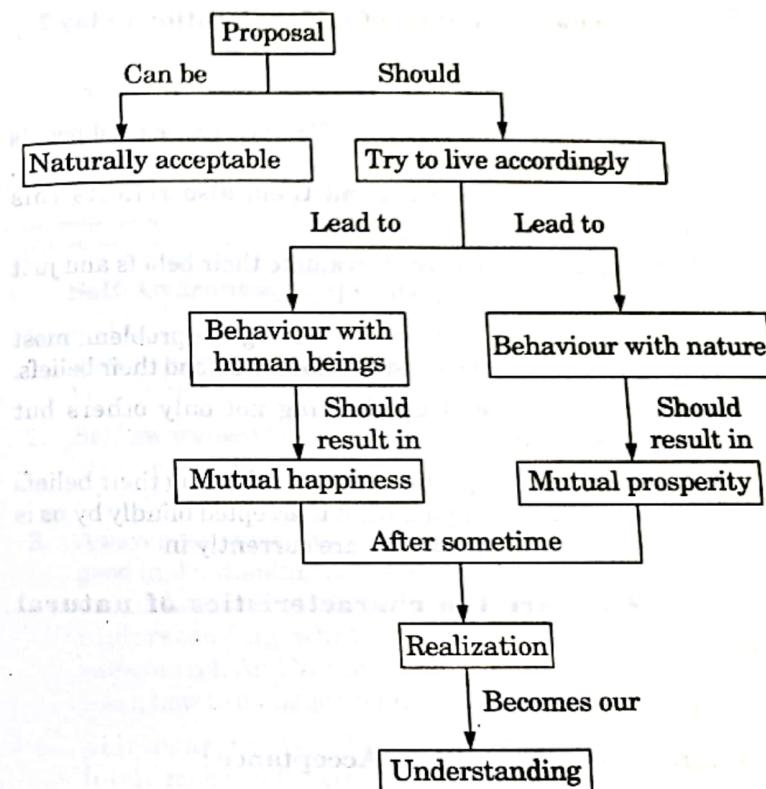


Fig. 4.5.1. Process of self exploration.

Benefit of Self-Exploration :

- Clarifies our goals.
- It helps for better developing and understanding.
- Help in self-management, stress-management.
- Add strengths to our decision.

5. Liberates our creativity.
6. Leads to value based conduct and order in society.
7. Aids in making transitions.

Que 4.6. What is the state of self-exploration today ?

Answer

1. The state today is not very good. This is because most people do not know what they basically aspire for and are confused. Thus everything else around them also reflects this confusion.
2. Most people do not correctly evaluate their beliefs and just simply become stubborn about them.
3. In times of conflict, instead of resolving the problem, most people just make various justifications to defend their beliefs.
4. In this way, they end up cheating not only others but themselves as well.
5. So it is important for people to start evaluating their beliefs and assumptions. Verifying what is accepted blindly by us is a way out of this state that we are currently in.

Que 4.7. What are the characteristics of natural acceptance ?

Answer

Characteristics of Natural Acceptance :

1. It does not change with time. It remains invariant with time, they can easily verify this based on e.g. our acceptance for trust or respect does not change with age; People 100 yrs ago, also have the same natural acceptance for trust and respect.
2. It does not depend on the place, whether you are at any place in any country, your natural acceptance will give you same answer for your queries.
3. It does not depend on our past conditioning. Our natural

acceptance for anything does not change. For example: If they tell us to disrespect any other religion but when we question our deep inner self, the answer will always be the different from is told or preached to us.

4. It is always present within us. Our likes, dislikes, wishes etc., may be differ from one another. But our natural acceptance at a basic level has some common issues like need for happiness, respect, truth, prosperity.

Que 4.8. Write short note on self-Awareness.

Answer

Self-Awareness :

1. Self-awareness is having a clear and realistic perception of your personality, including strengths, weakness, thoughts, beliefs, motivation, and emotions.
2. Self-awareness is not about uncovering a deep dark secret about yourself, but understanding who you are, why you do what you do, how you do it, and the impact this has on others.
3. Awareness of your own being, actions and thoughts with a good understanding of how we relate to others, we can adjust our behavior so that we deal with them positively. By understanding what upsets us, we can improve our self-control. And by understanding our weaknesses, we can learn how to manage them, and reach our goals despite them.
4. Self-awareness is directly related to both emotional intelligence and success.
5. It helps you create achievable goals because you can consider your strengths, weaknesses, and what drives you when goal-setting.
6. It allows you to guide yourself down the right path by choosing to pursue the opportunities that are the best fit for your skill-set, preferences and tendencies.
7. It makes identifying situations and people that hit our

- triggers and anticipating our own reactions easier.
8. It allows us to make positive behavioural changes that can lead to greater personal and interpersonal success.

Que 4.9. What is self-evaluation and why is it important?

Answer

Self-Evaluation : A self-evaluation is your thoughtful and considered written review of your performance during the evaluation cycle. It involves rating established goals, competencies, and overall performance.

Importance of Self-Evaluation :

1. The evaluation of self is an important factor in any study. It is used for a variety of purposes and helps an individual or an entity to reflect on its performance to gauge the strengths and work on the weaknesses.
2. When one evaluates oneself, there is no scope for any bias and there may be some new aspects of our personality that we may be acquainted with. It is important therefore, that we encourage the concept of self-evaluation in institutions so that every individual gets a real chance to examine himself.
3. In order to progress, a person needs to carry out periodic evaluations. It gives an idea about how much its constituents have grasped and what more needs to be done in order to achieve the best possible results. In the absence of an evaluation system, a person may not be able to know its true state.
4. For example, in the context of a school, evaluations may be carried out by teachers on a regular basis to know how much the students have been able to learn. They can do it through a series of verbal and written tests, the scores being the parameter to judge a student's capability.
5. Self-evaluation on the other hand, offers students a realistic chance of looking at their own self, without any claims of prejudice or bias. It may provide them with some new

information about themselves, and acquaint them with some facts that they were unaware of earlier.

6. Self-evaluation also helps in changing the role of students from a passive observer to an active participant.

Que 4.10. What do you mean by self-awareness and why is it important?

Answer

Self-Awareness : Refer Q. 4.8, Page 4-10W, Unit-4

Importance of Self-Awareness :

Following are the points, indicating the importance of self-awareness:

1. Developing self-awareness is important for better relationships and for a more fulfilling life, both in the workplace and at home having self-awareness allows you to see where your thoughts and emotions are taking you.
2. As you develop self-awareness you are able to make changes in the thoughts and interpretations you make in your mind.
3. Changing the interpretations in your mind allows you to change your emotions. It can help us to recognize when we are stressed or under pressure In order for you to change your life in any way you need to know yourself before you can act.

Que 4.11. How you can build self-awareness?

Answer

Building self-Awareness :

1. **Put the time in :** Self-awareness is not learned in a book, but achieved through self-reflection. Use what you have learned about yourself to inform decisions, behaviours, and interactions with other people.
2. Predict how you will feel and respond before a situation and reflect on your actual feelings and response after the situation.

3. **Focus on your choices :** What can you learn from your past triumphs and mistakes? Why did you make a particular decision? How did this choice make you feel?
4. **Ask for feedback :** Self-awareness is as much about acknowledging what you still need to learn as it is about identifying your strengths. Asking for feedback on your performance, behaviour, interactions, can serve to improve your future actions and responses. Feedback can also identify aspects of your behaviour you aren't seeing clearly (your blind spots).
5. **Record (keep a journal) :** Allows you to reflect on daily thoughts, feelings, perceptions, choices, behaviours, and interactions with others. Be honest with yourself. Reflecting on your experiences allows you to learn something that can guide your personal development so think about it and write it down.
6. **Label your emotions :** Feelings can be expressed using one word, but are often held back. Use the below Inventory of Feelings to practice labeling what you experience in different situations throughout your day. Your feelings provide insight into your thoughts and actions, as well as allow us to better relate with others. You may also recognize trends in how you are feeling which can teach you something about yourself.

Que 4.12. | There is recyclability in nature. Explain with the help of suitable example.

Answer

Recyclability:

1. There are several cyclical processes that we can see in nature.
2. For example the cycle of water, evaporating, condensing and precipitating back to water giving the weather phenomena.
3. The cycles keep these materials self-regulated on the earth. Breeds of plants and animals are similarly self-regulated in their environment.
4. In a forest, the growth of trees takes place in a way so that the amount of soil, plants and animals remains conserved.

- It never happens that the number of trees shoots up and there is a lack of soil for the trees.
5. The appropriateness of the conditions for growth of both plants and animals are self-regulated in nature keeping the population proportions naturally maintained. This phenomenon is termed as self-regulation.
 6. In a single breed of animals, the number of males and females generated through procreation is such that the continuity of species is ensured by itself.
 7. This happens with humans too, but inhuman practices have led to disproportionate numbers of men and women.
 8. These two characteristics namely, cyclical nature and self-regulation provide us with some clues of the harmony that is in nature.

PART-2

Particularly Awakening to Activities of the Self: Realization, Understanding and Contemplation in the Self; Realization of Co-existence.

Questions-Answers

Long Answer Type and Medium Answer Type Questions

Que 4.13. | Define self-realization and its benefits.

Answer

Self-Realization :

1. Self-realization is the removal of all artificial layers of personality and understanding the true self and the nature of reality.
2. The realization is possible through separating the self from one's own false ego.
3. Self-realization can bring countless benefits to the person who achieves it.
4. The benefits of self-realization are as follows :

i. Higher confidence and self-esteem:

- Individuals on the path of self-realization are connected to their inner selves and the world around them on a profound level.
- The depth and strength of the connection can free them from worries, fears, and feelings of unworthiness.
- Also, it lets them harness their full potential.

ii. A Sharper focus :

- Those who embrace realization are in touch with their true self and work according to their deepest ideals and values.
- They can define their goals and pursue them with more vigour and a sharper focus.
- Self-realized people quickly eliminate toxic influences from their lives, freeing up space for the good stuff.

iii. Not being controlled by emotions :

- Self-realized people are not controlled by their emotions.
- Realization teaches people who embrace it how to observe, face, and overcome their emotions.
- Actualization teaches people how to gain insight into their emotions and become efficient at handling fear, anxiety, loneliness, and other emotions that hold them back.

iv. Acceptance :

- Self-actualized individuals are more open and accepting than those who have yet to realize their full potential.
- They can communicate their emotions freely and in an authentic manner.
- This leads to deeper and more meaningful relationships with other people.

Que 4.14. Define co-existence. What is the difference between passive and active co-existence ?

Answer**Co-Existence :**

- It is a state in which two or more groups are living together keeping in mind their differences.

- The groups involved establish a relationship where they can live non-violently.
- They achieve tolerance and mutual respect and live in agreement.

Difference between Passive and Active Co-existence :
Passive Co-Existence :

- This is a kind of co-existence where one of the groups is less powerful than the other.
- In this environment there is lack of violence but it is an unequal relationship.

Active Co-Existence :

- Relationship in this kind of co-existence is based on mutual respect for the diversity.
- The groups in this relationship embrace each other differences and have got equal access to resources and opportunities.
- The environment is that of peace, social cohesion, justice and equality.

PART-3

Understanding of Harmony in Nature and Contemplation of Participation of Human in This Harmony / Order Leading to Comprehensive Knowledge about the Existence.

Questions-Answers**Long Answer Type and Medium Answer Type Questions**

Que 4.15. What is harmony in nature and why it is so important to attain harmony in nature ?

Answer

1. The aggregate of all the mutually interacting units - big or small, sentient or insentient together can be called nature.
2. These units are infinite in number and we could easily observe that there exists a dynamic balance, self regulation among all these units.
3. This self regulation is harmony or balance in nature.
4. The law of nature has a unique cause and effect system which must be understood in order to be in harmony with the natural law of things.

Natural harmony is necessary for the following reasons:

1. Natural harmony is necessary to solve the problem of global warming and depletion of non-renewable natural resource can be avoided.
2. Natural harmony with trees cure all problems like - reduction of wind velocity, energy savings, doing companion planting, development of an eco-subsystem in terms of establishing a forest garden, reduction of building heat.
3. It is possible to achieve natural harmony in the establishment, maintenance and management of educational institution like schools, colleges and universities.
4. One can understand the depths of harmony and alignment in nature by contemplating and reflecting upon the natural order.
5. It is possible to unravel the mystery of the natural synthesis in the midst of ongoing chaos at the material plane.

Que 4.16. | In harmony there is justice. Discuss**Answer**

1. We understand that harmony means peaceful co-existence among the various participants of nature.
2. Justice means fairness or impartiality. We need values at all levels of the society.

3. Thus, we see that justice to all individual members can only lead to mutual happiness. So justice and harmony always go together.
4. To live in harmony with nature is to understand and accept natural forces.
5. The greater is our extent of understanding the greater shall be our acceptance and in effect greater the harmony.
6. In other words, it is accepting the nature logic and working along with it.

Que 4.17. | "Human beings are very important aspect of nature". Discuss.**Answer**

1. All living organisms are in continuous relationship with one another. Human beings are very important aspect of nature.
2. Even though they are a very small part of the total living biomass on earth, the human effect caused on earth is significantly huge.
3. Human beings are the only species who are capable of exploiting the natural resources.
4. The huge amount of technological advancements over so many years also contributed in causing significant amount of changes to the delicate balance in the environment.
5. Human beings are cutting trees endlessly for their benefit. Now, we realize the adverse effects of deforestation.
6. The imbalance in the nature has caused floods and soil erosion. Animals living in forests are becoming extinct.
7. Human beings have used natural resources for economic activities, industrial use which has caused harm to nature as there is a great deal of pollution and wastage.
8. We need to use the natural resources more efficiently.
9. We need to preserve our natural environment for the future generations to achieve harmony with nature.

Que 4.18. "Existence is co-existence". Discuss

Answer

1. Co-existence can be defined as to exist with others with mutual tolerance, respect the differences in opinion, and living non-violently.
2. The following chart explains the relationship between the different orders of nature. We can see that all the four orders in nature exist in harmony.
3. This is already there in nature and need not to be created.
4. Units in the nature are limited in size and self organized.
5. Space is unlimited and there is constant reflecting energy available in the all pervading space.
6. Only human and animal orders have received the consciousness of self.
7. The material order undergoes constant structural changes.
8. The conscious order does not undergo structural change.
9. The conscious units can learn and therefore they know, assume, recognize and fulfill.

VERY IMPORTANT QUESTIONS

Following questions are very important. These questions may be asked in your SESSIONALS as well as UNIVERSITY EXAMINATION.

Q. 1. What are the need / purpose of inner evolution?

Ans: Refer Q. 4.2, Unit-4.

Q. 2. What is self-exploration, its content and process ?

Ans: Refer Q. 4.3, Unit-4.

5

UNIT

Expansion of Harmony from Self to Entire Existence

CONTENTS

Part-1 : Understanding 5-2W to 5-10W
Different Aspects of All-Encompassing Resolution (Understanding, Wisdom, Science etc.)

Part-2 : Holistic Way of 5-10W to 5-16W
Living for Human Being with All-encompassing Resolution Covering All Four Dimensions of Human Endeavour Viz., Realization, Thought, Behavior and Work (Participation in the Larger Order) Leading to Harmony at All Levels from Self to Nature and Entire Existence

5-1 W (CO-Sem-7)

5-2 W (CO-Sem-7)

Expansion of Harmony

PART-1

Understanding Different Aspects of All-Encompassing Resolution (Understanding, Wisdom, Science etc.).

Questions-Answers

Long Answer Type and Medium Answer Type Questions

Que 5.1. Explain different aspects of encompassing resolution in human values.

Answer

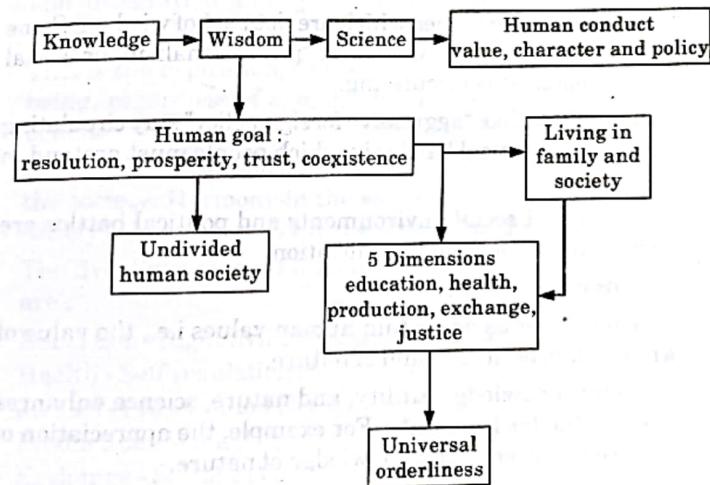


Fig. 5.1.1.

1. **Knowledge :** Knowledge is the anchor for the human being, innate, inalienable need. This knowledge is :
 - i. Knowledge of realistic view of Existence.
 - ii. Knowledge of Conscious Self (Jeevan).
 - iii. Knowledge of perfect-Human Conduct.

iv. Wisdom based on knowledge (vivek) : Knowledge of 'laws of living' intellectual, social and natural laws (boudhik niyam, samajik niyam, prakritik niyam). It identifies the human goal, the human target.

v. Science based on wisdom (vigyaan) : It is knowledge of activity, time and decision making. It sets the direction for human-goals identified in wisdom.

2. Wisdom :

- Wisdom refers to the slow accumulation of personal values that work well for people living in different kinds of ways.
- In ideal circumstances, each generation can reconsider the collective wisdom from the previous generation, discarding some values which no longer serve (due to changes in ways of life or because even better values have been found). In these conditions, wisdom accumulates.
- People also have values which are not part of wisdom. Some values, like "competitiveness" or "professionalism" or "social media reach" stay circulating.
- Other values, like "aggressive foreign policy" stay circulating because of political battles in which people must pretend to have the value.
- Such limited social environments and political battles are threat to wisdom and to civilization.

3. Science :

- Science depends on certain human values i.e., the value of knowledge, of utility, and of nature.
- Through knowledge, utility, and nature, science enhances their value for humanity. For example, the appreciation of nature is increased by knowledge of nature.
- Another aspect of modern science is the influence of nominalism, which doubts the existence of natural kinds. Modern science advances theories which eliminate natural kinds in favour of underlying stochastic components. That is, the whole is no more than the sum of its parts.
- This aspect of science undervalues or devalues wholeness. The prestige and influence of science furthers the decline of wholeness in individuals and societies.

Que 5.2. Discuss basic human aspirations that lead to harmony.

Answer

- Human being aspires for a way of life which ensures happiness for all human beings living in harmony with nature.
- All encompassing aimed at transforming our consciousness and living. It cover all dimensions of our living - thought, behavior, work and understanding as well as levels - individual, family, society and nature.
- At an individual level, happiness is harmony and integration among all four dimensions within the self - Thought, Behaviour, Work and Realization.
- At the level of society, individuals aspire to ensure harmony and integration among four levels - Individual, Family, Society and Nature.
- This is the aspiration, desire, innate need of every human being, regardless of age, gender, caste, creed, nation and beliefs.
- Harmony in the family is the building block for harmony in the society. Harmony in the society leads to an undivided society (Akhand samaj) when we feel related with each other.
- The five dimensions of human order (Manaviya Vyavstha) are :
 - Education - Right living (Sikhsa - Sanskar)
 - Health - Self-regulation (Swasthya - Sanyam)
 - Justice - Preservation (Nyaya - Suraksha)
 - Production - Work (Utpadan - Karya)
 - Exchange - Storage (Vinimya - Kosh)

Que 5.3. What are the four dimension of human being and four levels of human existence ?

Answer

Four dimension of human being are :

- In thought :** To have clarity (a state of resolution or solution) or confusion (a state of problem) ?

2. **In behaviour :** To have just i.e., mutually fulfilling behaviour with other human beings, resulting in mutual happiness OR to have unjust behaviour with other human resulting in domination of some over others ?
3. **In work :** Adherence to physical laws with rest of Nature by cyclic mode of production, resulting in mutual enrichment, prosperity for human beings as well as protection of rest of nature or exploitation and indiscriminate extortion of the rest of nature ?
4. **In realization :** Assurance and authenticity of having known the truth, of having understood the reality, resulting in continuity of happiness OR lack of realization leading to mere belief or assumption of it ?

Four levels of human existence :

1. **In every individual :** All encompassing solution, a state of right understanding leading to happiness and self satisfaction is desirable in every individual or a state of confusion leading to unhappiness and dissatisfaction ? OR having a state of right understanding in some individuals will do and rest can follow them ?
2. **In every family :** Prosperity, capacity to produce more than what is required as physical facilities for the family leading to a feeling of having more, is desirable in every family OR Deprivation, a feeling of having less than required, regardless of how much has been accumulated (through production or exploitation).
3. **In society :** Fearlessness, Trust, feeling of being related to the others is desirable OR a feeling of mistrust, a feeling of being in opposition to others leading to fear ? Undivided society based on this feeling of trust (acceptance of relationship with every one) is desirable OR a society divided into sects, cast, creeds, races, nations opposing and fighting each other ?
4. **In nature :** Co-existence, a relationship of mutual fulfillment of human being with rest of the three orders of nature leading to prosperity in human being as well as protection and enrichment of rest of nature is desirable or

indiscriminate exploitation of rest of the nature leading to threat of the very existence of Earth ?

- Que 5.4.** | Process of self-exploration leads to realization and understanding. Explain with example.

Answer

Refer Q. 4.4, Page 4-4W, Unit-4.

- Que 5.5.** | What is the current state of human being with the four levels of human existence ?

Answer

Today, human being has become the biggest source of problem for human being. With the limited one dimensional approach taken by us, we have arrived at the following situation :

1. At the level of individual :

- i. We see today that human beings on the one hand suffer from unhappiness, dissatisfaction, a sense of purposelessness or futility, tension, frustration, depression even suicide and on the other hand show the signs of domination, violence, crime, terrorism etc.
- ii. The body health is steadily declining in spite of improved levels of material and medical facilities.
- iii. A majority of people find themselves engulfed in problems of one type or the other, and some people have even come to believe that no solution is ever possible.

2. At the level of family :

- i. One finds that in family, among the members, there are complaints, fights, inter-personal tensions, injustice and hatred.
- ii. Numerous attempts are made to solve these, but invariably it leads to disintegration. Reason for all these is ultimately assigned to lack of sufficient material facilities (a feeling of being deprived), without ever deciding how much is going to be sufficient in terms of physical facilities.

3. At the level of society :

- Problems are visible in the form of poverty and unemployment on the one hand and division, discrimination, exploitation, opposition, struggle, and war on the other hand.
- There are talks of cooperation with each other, but they end up in one form of exploitation or other.

4. At the level of nature :

- Problems manifest in the form of ecological disturbances (seasonal imbalance, pollution) and lack of natural resources.
- Air, water, soil and food are getting increasingly poisonous. Fertility of the soil is reducing. The problem of water shortage is deepening. The nutritional value of food is decreasing.
- Ecological imbalances have resulted into global warming (heating up of the earth), heralding larger problems and disasters soon.

Que 5.6. Realization and understanding are essential for happiness and harmony. Explain.

Answer**1. Realization :**

- Means to be able to see the reality as it is.
- In realization, we get the answer to "what is the reality ?" This, for each one of us, translates into the answers to "what to do ?" and "why to do ?"
- When we operate on the basis of realization and gains understanding according to the realization then it gives definiteness and certainty and makes us self organized.

2. Understanding :

- Means to be able to understand the self organization in all entities of nature/existence and their inter-connected organization "as it is".
- We are able to see the harmonious interconnectedness at all the levels of our living.
- Understanding plays an important role in desire making. When we do not have the right understanding, our desire

keep shifting, and this indefiniteness is reflected in our thoughts, and selections we make, and finally in our behaviour and work.

- On the other hand, when our understanding is based on realization and we use this understanding in desire making then our desire will be correct and thoughts and selection will be according to the understanding.
- Hence, these are the two activities in the self ('I'). When we have realization then understanding becomes according to the realization.
- When this happens, then imaging or desires get set according to this understanding.
- Consequently, analysis or thoughts become according to the imaging/desires and hence, the expectations or selection/taste are according to the thoughts/analysis.
- This is called self-organization or swatantrata. This leads to happiness and harmony.

Que 5.7. How can we ensure harmony at individual level ?

Answer

- Harmony in the self leads to harmony at all levels of being.
- This understanding is essential for each of us to live a life of fulfillment and continuous happiness.
- Four step process that leads to harmony in the self are :
 - Becoming aware that a human is the co-existence of Self / I and the Body.
 - Becoming aware that the Body is only an instrument of the Self / I. I is the seer, doer and enjoyer, not the Body.
 - Becoming aware of the activities of the Self – Desires, Thoughts and Expectations and then put these Desires, Thoughts and Expectations through the test of your own natural acceptance.
 - Understand the harmony at all levels of existence, leading to realization and understanding, which in turn lead to a

sense of definiteness in our desires, thoughts and expectations.

- expectations.
 4. This attainment of harmony leads to a clear flow with no contradictions or conflicts.
 5. So, we have a better understanding of ourselves, our basic aspirations and the way in which we can fulfill these aspirations.
 6. Thus, we have a better understanding of all things around us and our relationships with all those around us.
 7. This leads us to a state of being swatantrata and we become self-organized in our imagination, behaviour and work, resulting in continuous happiness and prosperity.

Que 5.8. What are the solutions to the current problem of human being?

Answer

Solutions to current problem of human being are:

1. On studying existence and place of man in it, it becomes evident that these problems are not innate to existence or nature. These are due to absence of right understanding in man and fulfillment in relationships between human beings; i.e., problems are manifested by man. If man is the cause of the problems, then the source of solutions would also have to be man.
 2. The conduct of units in the material order is based on their constitution, the conduct of units in the pranic order is based on their seed, the conduct of units in the animal order is based on their breed. The conduct of human beings is based on their education-sanskar.
 3. More specifically, human beings' conduct (recognizing & fulfilling) depends on their assuming (assumptions about reality). If the assumption is wrong then conduct will be wrong and indefinite. If assumption is right then conduct will be right and definite. Assumptions can be based on knowing (reality as it is) or not based on knowing (an assumption about reality which is not necessarily so). If the assumption is based on knowing (There can be only one right

assumption about the one reality) then the assumption is right otherwise one is not sure.

4. Due to lack of right understanding, or due to incorrect assumptions, the human order does not have definite conduct and is not yet able to ensure mutual fulfillment. This can be seen in the form of problems such as pollution, resource depletion, and extinction of animals, global warming and threats to human race on earth.

PART-2

Holistic Way of Living for Human Being with All-Encompassing Resolution Covering All Four Dimensions of Human Endeavour Viz., Realization, Thought, Behavior and Work (Participation in the Larger Order) Leading to Harmony at all Levels from Self to Nature and Entire Existence.

Questions-Answers

Long Answer Type and Medium Answer Type Questions

Que 5.9. Discuss briefly the holistic way of living.

Answer

1. Each one of us lives at all these levels-myself, family, society and nature/existence and wants to understand all these levels of our living. We will look into ourselves and identify our various activities, our choice, thoughts and desires. This will help us to identify how we think, and what we want. As a result, human-relationship becomes possible if they have right understanding, recognition of values, fulfillment, right evaluation and leads to mutual happiness. We will also look into the various dimensions of human society, what the comprehensive human goal is and how this can be achieved after that we will study nature/existence and understand interconnectedness in nature. When we have our self-investigation we find out that we want to be in harmony at all levels of our living :

- i. Harmony in myself
 - ii. Harmony in family
 - iii. Harmony in society
 - iv. Harmony in nature/existence
2. In harmony in myself, we have mutual happiness and a feeling of prosperity. In harmony in family, we have mutual fulfillment in relationship and prosperity in the family. In society, there is fearlessness and undivided society. In nature, we have harmony in nature and understanding the inherent co-existence.
 3. Having known this harmony at all levels i.e., having understood nature/existence, we can then identify our role in it. This role of human being is nothing but his value, i.e., human's value is its participation in nature/existence. We shall see that these human values are natural and universal. Thus, this is the holistic way of life.

Que 5.10. Explain the dimension that helps to develop vision of holistic approach.

Answer

1. Right understanding helps us to develop a vision of a holistic approach.
2. By holistic approach, we mean the processes and the technologies adopted by us must be compatible with nature.
3. A holistic model is inherently conducive to the comprehensive human goal. Modern technology is the child of human brain. All inventions are the result of increasing needs.
4. In order to facilitate the development of holistic technologies it is indispensable to create specific criteria for holistic evaluation of technologies.
5. We have these broad criteria to guide the development of such technologies and systems :
 - i. Caring to appropriate needs and life style.
 - ii. People-friendly.

- iii. Eco-friendly.
6. Modern technologies are creating environmental problems, because of the wide-spread use of natural resources. We are burning fossil-fuels and other renewable resources. There is an increasing demand of natural resources worldwide and natural resources are depleting very rapidly. There is now increasing demand throughout the world to evolve alternative renewable technologies and modes of production.
7. Certainly this is only possible through right understanding and evaluation of human-needs. We need to work on renewable energy technologies. We need to research eco-friendly technology for human welfare.
8. When we are making use of technology we need to take care of the needs of people. We should make our best efforts to make a people friendly technology. Because technologies are to help people and this thing needs to be kept in mind, while we evolve a system.
9. In modern days science and technology are not being used only for human welfare and this is happening in the society because of lack of right understanding and an evaluation of human needs.
10. Instead of making technology, human friendly, we are making it anti-human. For the right utilization of technology, we need to work out about our basic needs through right understanding.

Que 5.11. How can harmony in the family is assured ?

Answer

1. Harmony in the family is assured by understanding four basic proposals.
2. First we must understand the relationships that exist between one Self and another Self, i.e., between two Selves or people.

3. Secondly, the Self has feelings in the relationship between the two people.
4. Thirdly, these feelings in the Self are definite and can be identified with definiteness.
5. Lastly, it is by recognizing and fulfilling these feelings that mutual happiness in a relationship can be guaranteed.
6. Taking the first proposal, it is important to understand that relationships exist between selves and not between the bodies. The body is just the means to express or receive the relationship with another Self. The Self alone understands and has feelings. For instance, a person feels trust towards another person and this understanding is through the Self and not the body. There is no way in which the body can feel this feeling of trust. Similarly, the body cannot understand or have feelings. Feelings are the domain of the Self. There are feelings in every relationship and they occur naturally. We cannot create or destroy these feelings. We may try to hide or suppress them, but we cannot change their basic nature. And all this goes on within the Self and not within the body.
7. It is also important to recognize that feelings are definite. This clarity helps the Self to have a mutually successful relationship with another Self. These definite values are love, affection, trust, respect, etc. Lastly, we must work at recognizing these feelings and identify with them. Based on this understanding, when we work and behave according to those feelings, there is mutual fulfillment for both the selves involved in the relationship. And constant evaluation of our feelings as well as the feelings of another Self is also an important way of ensuring that there is no gap in the relationship and there is mutual fulfillment.

Que 5.12. Trace the steps for personal evolution in transition to the holistic alternative.

Answer

1. The four steps essential for the personal evolution are :

- i. **Right Understanding** : This begins the process of self evolution through self-observation and self-exploration. It is achieved when we make a move from being people friendly to eco-friendly.
- ii. **Honesty** : Sincerity to acknowledge one's ability and dedication to work towards achieving complete understanding.
- iii. **Accountability** : Realizing one's feeling of responsibility towards larger human order in light of the right understanding.
- iv. **Participation** : Effort to participate in the universal human order according to one's competence, capacity and attitude.
2. We have learnt that there is strong interconnection and co-existence amongst human beings and with nature. Evolution only occurs when there is an appropriate interaction within family, society and nature.
3. When we achieve right understanding there arise a complementarity between the various levels of nature.
4. Therefore we can conclude that personal evolution can take place only when there is interaction between individuals at the level of family, society and with the nature.
5. Thus we see it is the feeling of mutual fulfillment which also plays a significant part in personal evolution. Thus, a person having achieved the right understanding will become a nucleus of change for the family and people around them. This will help in gradually changing the ethos of the society.

Que 5.13. Trace the steps for evolution at the level of society in transition to the holistic alternative.

Answer

1. We have learnt that we need to change the dominant world view which is based on material comforts and sensory privileges.
2. The consumerist and profit making attitude will have to be left behind to make way for comprehensive human goal to be implemented at all levels.

3. This transition can be achieved by the following steps :
- i. **Promoting Mass Awareness and moving towards Humanistic Education :** Awareness has to be created so that people accept that we need to work towards eco-friendly measures. Individual professionals like engineers, doctors, business managers should take the responsibility on them to put emphasis upon the importance of human value and professional ethics. Journalists can also help in creating awareness through their writings.
 - ii. **Developing Holistic Model of Living :** To bring about this transition we need to develop holistic technologies, production systems and management models. For this engineers will have a huge responsibility on their shoulders. They can work towards simple, cheap, efficient, pollution free and renewable resources as source of energy. The production systems can be environment friendly. The production processes can be made safe for the workers, consumer and also for the nature. Care should be taken to manage industrial waste.
 - iii. **Implementing Strict Policies and Social System :** With right understanding the economic, social, political systems should be based on the comprehensive human goal. Government officials and legislators can pass strict laws for defaulters.
 4. The problem we are facing is of urgent global concern. Delaying in finding a solution can prove to be a threat to our own survival.
 5. If we make a dedicated effort to bring about a change in the human consciousness focus on humanistic education and right understanding we should be able to make this world a better place to live.

Que 5.14. What are the steps of transition from the current state to the holistic alternative at the level of society ? Explain.

Answer

1. Transition is a gradual change for the betterment. In the present situation we need to strive for a better situation which may prove beneficial for us.
2. The main step towards transition is adequate realization of the need for the self exploration.
3. The most important step to affect transaction in the society is to promote most awareness. This awareness can be brought through interaction, among the people and through literature, powerful media.
4. The second step towards transition is to provide adequate thrust for carrying our research and development towards evolving holistic models of living which include development of plastic technologies'.
5. The third step is to amend policies and programmes in social system which can create harmony with comprehensive human goal. The most important step which affects the society is the awareness. The people of society should be motivated to do self-exploration. This awareness can be through personal interaction through media, through books, not only this people should a given value education. This value education undoubtedly should be introduced from the primary education.
6. We need to work for the development of holistic technologies. We should keep comprehensive human goal on priority when we work out new models of technology. Our policies, programmes, technologies are need to be made for comprehensive human goal. All policies should suit to the holistic world view, policies and are to be carried with right understanding.
7. Transition in the society can be achieved through right understanding and through right evaluation of human goal.