

# **UNIT-3**

**Understanding Harmony in the Family and Society-  
Harmony in Human-Human Relationship**

# CONTENT

- **Understanding harmony in the Family-** the basic unit of human interaction ,
- **Understanding values in human-human relationship;** meaning of Justice (Nyaya) and program for its fulfillment to ensure mutual happiness (Ubhay-tripti); Trust (Vishwas) and Respect (Samman) as the foundational values of relationship, Understanding the meaning of Vishwas;
- Difference between intention and competence, Understanding the meaning of Samman, Difference between respect and differentiation; the other salient values in relationship,
- **Understanding the harmony in the society (society being an extension of family):** Samadhan (Right understanding), Samridhi (prosperity), Abhay (Fearlessness), Sah-Astitva (co-existence) as comprehensive Human Goals, Visualizing a universal harmonious order in society- Undivided Society (AkhandSamaj), Universal Order (SarvabhaumVyawastha )- from family to world family!.

# **Harmony in the Family**

## **Family – the Basic Unit of Human Interaction**

### **Values in Human-to-Human Relationship**

# Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

Harmony in the Human Being ✓

 **Harmony in the Family**

Harmony in the Society

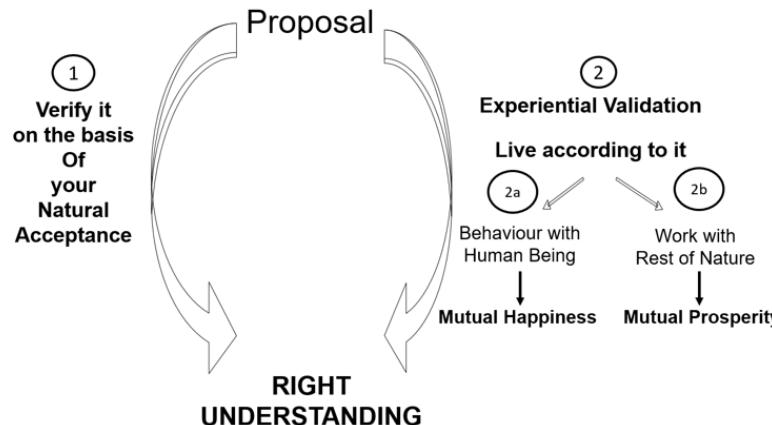
Harmony in Nature/Existence

Process of Understanding

**Self Exploration**

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

Verify it on your own right



# Human Being

Human Being is co-existence of Self and Body

The Self is central to human existence

The Body is used as an instrument by the Self

The need of the Self is continuous happiness. For this, the program of the Self is:

To understand harmony &  
To live in harmony

- } at all levels of being
1. As an individual human being
  2. As a member of the family
  3. As a member of society
  4. As an unit in nature/existence

Physical facility is required only for the nurturing, protection and right utilisation of the body

## Need to Explore Relationship

We had explored "can we live in relationship without understanding relationship?"

Having right understanding about relationship is necessary for fulfillment in relationship

We had also explored "the unhappiness in our families is more due to lack of physical facility or more due to lack of fulfillment in relationship?"

The major issue in family is that of relationship; physical facility (and body) is used as a means

As long as we consider human being to be body, it is not possible to understand relationship; and without understanding relationship, it is not possible to fulfill relationship, even though we do want to fulfill relationship. We are trying to assume relationship on the basis of body and trying to fulfill relationship on the basis of body, and it does not work, inspite of all good intentions

Now we can explore relationship with the clarity of human being, as co-existence of self and body

# **Family**

The family is the next larger order – it is the basic unit or building block of human organisation

In the family, there are parents, grandparents, brothers, sisters, children, old people, uncles, aunts, cousins; and so many relatives and friends...

**Our basic grooming for living in relationship begins in the family**

**The major issue in family is that of relationship**

**To live in relationship, it is essential to understand relationship**

Without understanding relationship, isn't possible to fulfil relationship...  
e.g. Not speaking to each other... for days... opposition, divorce...

# Relationship

These are the four aspects to understand about relationship

1. Relationship is – between one self ( $I_1$ ) and another self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for the other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

We will explore each of these aspects one by one

## **1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )**

Of course the relationship is between one human being and another human being

Now if you look at the human being, who is recognising the relationship – the self or the body?

One self is recognising the relationship with another self

So, in that sense,

**the relationship is between one self ( $I_1$ ) and other self ( $I_2$ )**

**The body is used as an instrument by both of them**

## 1. Relationship is – between one self ( $I_1$ ) and another self ( $I_2$ )

We can see that the relationship is something which is there, not that we have to make relationship

We are related to each other – whether we understand it or not

The relationship is already there, we only need to understand it

When we understand relationship

- We are able to see that relationship is there
- We are able to accept the relationship and
- think in terms of fulfilling the relationship

When we don't understand it, the relationship is still there but:

- We are not able to see the relationship
- We are not able to accept the relationship and therefore
- We are not able to fulfill the relationship

## 2. There are feelings in relationship – in one self for the other self

Feelings are in the self or in the body?

So there are feelings in relationship

– in one self ( $I_1$ ) for the other self ( $I_2$ )

We can see that the core thing in relationship are the feelings

And one can understand this only when one can understand the self

So if one does not understand the Self, one can not understand the relationship

The major crisis we are facing in relationship today is because of the failure to understand the Self

We are trying to assume relationship on the basis of body and trying to fulfill relationship on the basis of body, and it does not work, inspite of all good intentions

### 3. These feelings can be recognized – they are definite (9 Feelings)

These are the 9 feelings

1- Trust FOUNDATION VALUE

2- Respect

3- Affection

4- Care

5- Guidance

6- Reverence

7- Glory

8- Gratitude

9- Love COMPLETE VALUE

We can identify them, investigate them and understand that these are the feelings naturally acceptable to us in relationship with the other human being



## Relationship

1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

### Feelings in relationship:

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1. Trust विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा         |
| 2. Respect सम्मान                 | 7. Glory गौरव                |
| 3. Affection रनेह                 | 8. Gratitude कृतज्ञता        |
| 4. Care ममता                      | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य              |                              |

### 3. These feelings can be recognized – they are definite (9 Feelings)

Each of us can investigate if these feelings are naturally acceptable to us or not

What is naturally acceptable to you?

- |            |           |                            |
|------------|-----------|----------------------------|
| Feeling of | trust     | or mistrust, opposition?   |
| Feeling of | respect   | or disrespect?             |
| Feeling of | affection | or jealousy?               |
| Feeling of | care      | or exploitation?           |
| Feeling of | guidance  | or misguidance, confusion? |
| Feeling of | reverence | or irreverence?            |
| Feeling of | glory     | or inglorious feelings?    |
| Feeling of | gratitude | or ingratitude?            |
| Feeling of | love      | or hatred?                 |

### 3. These feelings can be recognized – they are definite (9 Feelings)

Feeling in relationship:

1- Trust FOUNDATION VALUE

2- Respect

3- Affection

4- Care

5- Guidance

6- Reverence

7- Glory

8- Gratitude

9- Love COMPLETE VALUE

Are these feelings naturally acceptable to you?

Are these feelings naturally acceptable to the other?

#### **4. Their fulfilment, evaluation leads to mutual happiness**

These feelings are naturally acceptable to me. Therefore having these feelings in myself leads to my happiness

These feelings are naturally acceptable to the other, therefore their fulfillment leads to happiness of the other

Can you see that problems in relationship are due to the absence of one or more of these feelings? We try to compensate with physical facility..

When you have these feelings in you, does it lead to your happiness?

When you express them to the other, does it lead to happiness of the other?

Evaluation is required to verify

- whether I have these feelings or not
- whether I have expressed these feelings to the other or not
- whether it has reached to the other or not... and ultimately
- whether the result is mutual happiness or not

## Analysis of Current Situation

Generally, we are unhappy because these feelings are not in us  
(since we have not understood relationship, feelings in relationship)

We try to get feelings (like respect) from the other in so many ways  
(build big houses, wear fashionable clothes, get special haircuts, etc.)

- If the other expresses these feelings to us, we feel happy
- If the other does not express these feelings to us, we feel unhappy

The other is also trying to get these feelings from us!

It is like everyone is begging for feelings (like respect) and everybody's bowl is empty

## The Way Forward

The most fundamental thing is to understand these feelings. If I understand these feelings then I have these feelings in me

If I understand the feeling of respect, I have feeling of respect within me

If I have feeling of respect, I am comfortable (in harmony) within myself.  
This leads to my happiness

When I am happy, I naturally express the feeling of respect to the other.

This makes the other happy

In this way, understanding the feeling, having the feeling, expressing the feeling and its right evaluation leads to mutual happiness

# Harmony in the Family

1. Relationship is – between one self ( $I_1$ ) and another self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for the other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1- Trust <b>FOUNDATION VALUE</b> | 6- Reverence                  |
| 2- Respect                       | 7- Glory                      |
| 3- Affection                     | 8- Gratitude                  |
| 4- Care                          | 9- Love <b>COMPLETE VALUE</b> |
| 5- Guidance                      |                               |

From the next lecture, we can start exploring each of these feelings one by one...

# Self Reflection

1. Reflect on your notion of relationship – is it based on the self or on the body?
2. When you think about relationship, what is central
  - Feelings or
  - sensation and physical facility
3. Do you think about
  - Ensuring these feeling in yourself and expressing them to the other or
  - Geting these feelings from the other
4. When you think of relationship, do you think of it within your family or also outside your family? (What is the scope of relationship for you)
5. Find out what effort is being made in our school and college education to understand relationship, and then to practice living in relationship? Then find out what is required to be done starting from home... to school... to college and in society...

## Questions

1. I can see that it is possible to understand relationship. if I understand it, but my spouse does not, then... How to go about it?
2. What about the negative feelings like anger? These are also there
3. What is the difference between feelings and emotions?
4. One more possibility is to live separately, not have to worry about relationship. Like when I lived in the hostel, I did not have to worry about the family. So isn't being independent another solution?

# **‘Trust’**

## **The Foundational Value in Relationship**

## Trust (विश्वास)

- Trust = to be assured (आश्वस्त होना)
- = to have the clarity that the other wants to make me happy & prosperous
- = दूसरा मेरे सुख, समृद्धि के अर्थ में है, ऐसा स्पष्ट होना



## Evaluating Trust – Between 2 Individuals

### About your Natural Acceptance

1a. I want to make myself happy

✓

2a. I want to make the other happy

✓

3a. The other wants to make  
herself/himself happy

✓

4a. The other wants to make me  
happy

?



### Intention – Natural Acceptance

What is Naturally Acceptable to You

### About your Ability

1b. I am able to make myself  
always happy

?

2b. I am able to make the other  
always happy

?

3b. The other is able to make  
herself/himself always happy

?

4b. The other is able to make me  
always happy

??



### Competence

What You Are ( $\Sigma$  D, T, E)

## Doubt on Intention: Mistrust

### About your Natural Acceptance

1a. I want to make myself happy

✓

2a. I want to make the other happy

✓

3a. The other wants to make  
herself/himself happy

✓

4a. The other wants to make me  
happy



### About your Ability

1b. I am able to make myself  
always happy

?

2b. I am able to make the other  
always happy

?

3b. The other is able to make  
herself/himself always happy

?

4b. The other is able to make me  
always happy

??

### Intention – Natural Acceptance

What is Naturally Acceptable to You

### Competence

What You Are ( $\Sigma D, T, E$ )

## About the Other

The glass broke by accident

Even if the other makes the same mistake 100 times...

- I am clear about his intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to help improve his competence with a feeling of affection

I know that “he may have difficulty understanding... and also, I may have difficulty in explaining...”

## About Myself

The glass broke by accident

When I make a mistake even once...

- I am clear about my intention
- I know the mistake is due to lack of competence, not a lack of intention
- I make effort to improve my own competence (I am willing to learn)

**Trust on intention is the starting point for mutual development**

# Common Mistake in Relationship

I evaluate myself on the basis of my intention

I evaluate the other on the basis of their competence

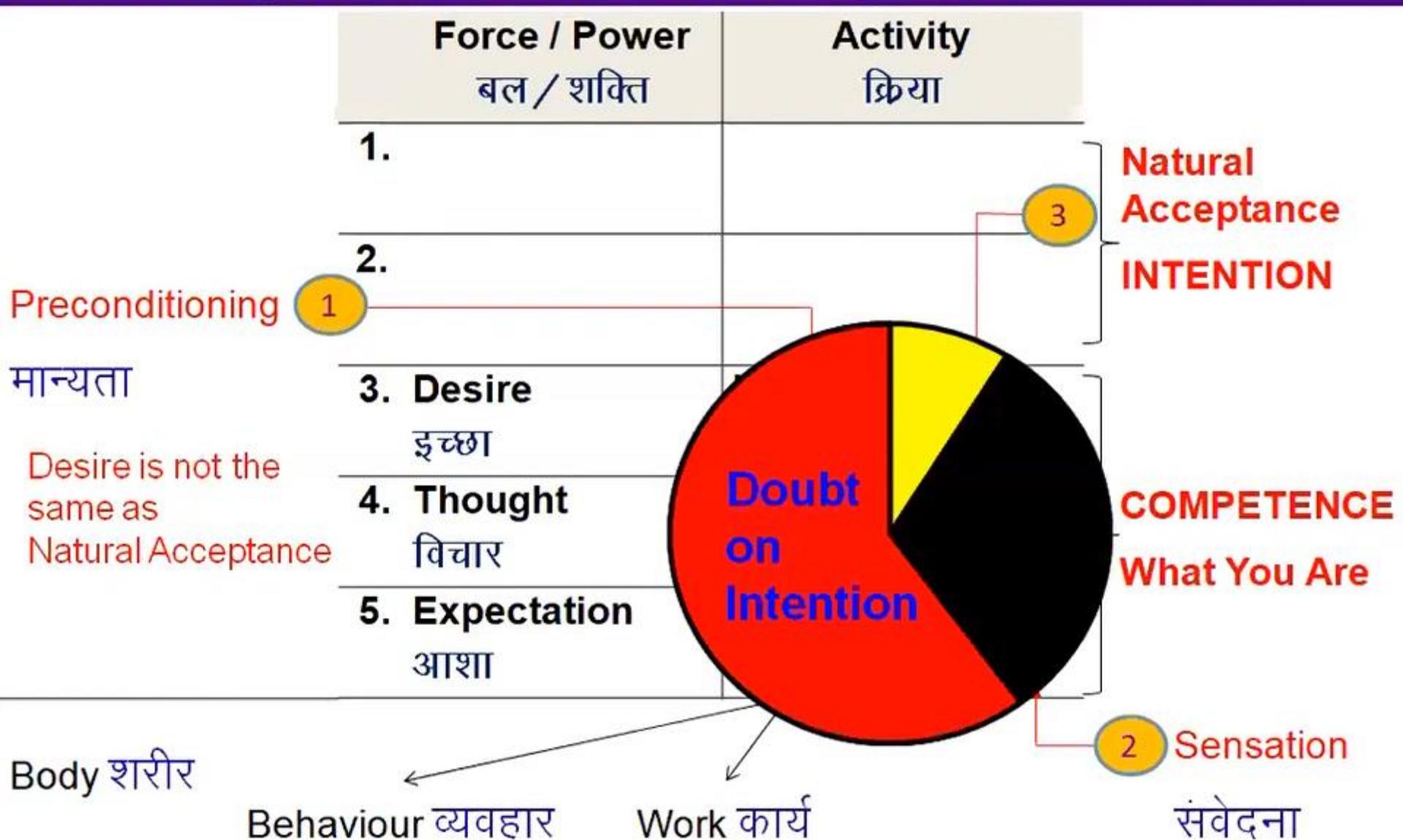
I doubt their intention. I assume their lack of competence to be their lack of intention → I feel opposed to the other, I get irritated, angry...

I may not speak to the other for days... or even breakup the relationship... One may have lost many good friends like this...



**Doubt on intention is a major reason for problems in relationships**

# State of Imagination – Random and Disorganised



# Trust: The Foundation of Relationship

With trust on intention, I feel related to the other

When I make a program with the other

- I evaluate his competence as well as my competence and
- I make the program in accordance with our current mutual competence

I am consistently making effort to learn, to improve my competence

If the other is lacking in competence, I am committed to help the other to improve his competence, without becoming irritated...

## About your Natural Acceptance

- 1a. I **want to** make myself happy
- 2a. I **want to** make the other happy
- 3a. The other **wants to** make herself/himself happy
- 4a. The other **wants to** make me happy

## About your Ability

- 1b. I **am able to** make myself always happy ?
- 2b. I **am able to** make the other always happy ?
- 3b. The other **is able to** make herself/himself always happy ?
- 4b. The other **is able to** make me always happy ??

## Intention – Natural Acceptance

What is Naturally Acceptable to You

## Competence

What You Are

**Trust on intention is the starting point for mutual development**

## Understanding Trust

Being able to see that all human beings have the same natural acceptance (intention) as me

Trust on intention is founded on understanding (not based on events)

It does not keep changing with time or person. So it can be unconditional and continuous

Of course, the competence may or may not be there – in me or in the other

## Assuming Trust

“Trust” on competence is based on events – can keep changing

*The last 5 times I lent her money, she returned it on time... so I can trust her*

*He said he will reach at 11, but look it is after 12 now... he always comes late... so how can I trust him to be on time?*

Here we are not looking at the natural acceptance (intention). We are only seeing the competence

## Sum Up

Trust is to have the clarity that the other wants to make me happy & prosperous. It is the foundation of relationship

If I have trust on intention, I feel related to the other. I make a program with the other based on right evaluation of our mutual competence

- In case the other is lacking in competence
  - I make effort to assure the other
  - I make effort to improve his competence once he is assured in relationship (and not before that)
- If I lack competence, I become ready to take help from the other to improve my competence

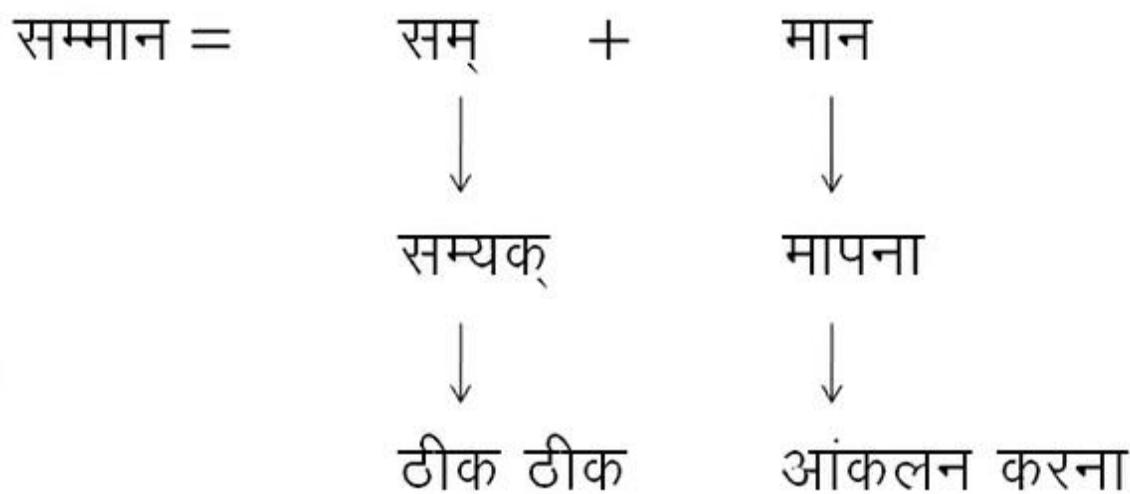
If I have doubt on intention

- I evaluate the other on the basis of his competence and assume the lack of competence to be the lack of intention; and thus feel opposed to him (while I evaluate myself on intention)
- The feeling of opposition shows up as irritation or anger (and it may further lead to fighting, struggle and war)

# **'Respect' – The Right Evaluation**

## Respect (सम्मान)

Respect = Right Evaluation



## On the other hand

Over evaluation

– to evaluate for more than what it is

अधिमूल्यन

अधिक आंकलन करना

Under evaluation

– to evaluate for less than what it is

अवमूल्यन

कम आंकलन करना

Otherwise evaluation – to evaluate for other than what it is

अमूल्यन

अन्यथा आंकलन करना

## On the other hand

Over evaluation

अधिमूल्यन

– to evaluate for more than what it is

अधिक आंकलन करना

Under evaluation

अवमूल्यन

– to evaluate for less than what it is

कम आंकलन करना

Otherwise evaluation

अमूल्यन

– to evaluate for other than what it is

अन्यथा आंकलन करना

Disrespect

अपमान



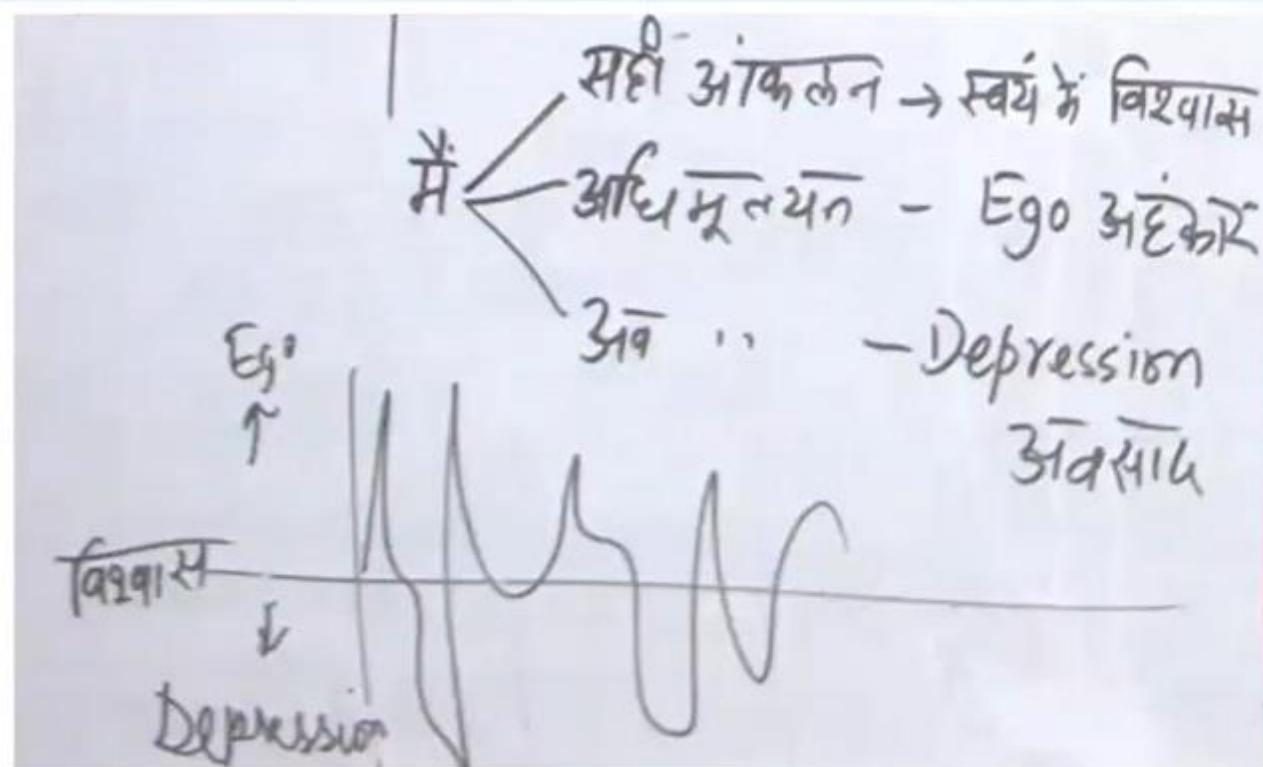
Whenever the evaluation is not right, it is disrespect

Check for yourself in every interaction with others whether it is respect or disrespect. i.e.

- It is right evaluation or
- It is over / under / otherwise evaluation

## Self Confidence, Ego & Depression

Under / Otherwise Evaluation	Over Evaluation	Right Evaluation
Depression	Ego	Self Confidence
The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)	I am self referential (स्वतंत्रता)
Indefinite Conduct	Indefinite Conduct	Definite Conduct



# Self Confidence, Ego & Depression

Under / Otherwise Evaluation	Over Evaluation	Right Evaluation
Depression	Ego	Self Confidence
The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)	I am self referential (स्वतंत्रता)
Indefinite Conduct	Indefinite Conduct	Definite Conduct

Assumptions...

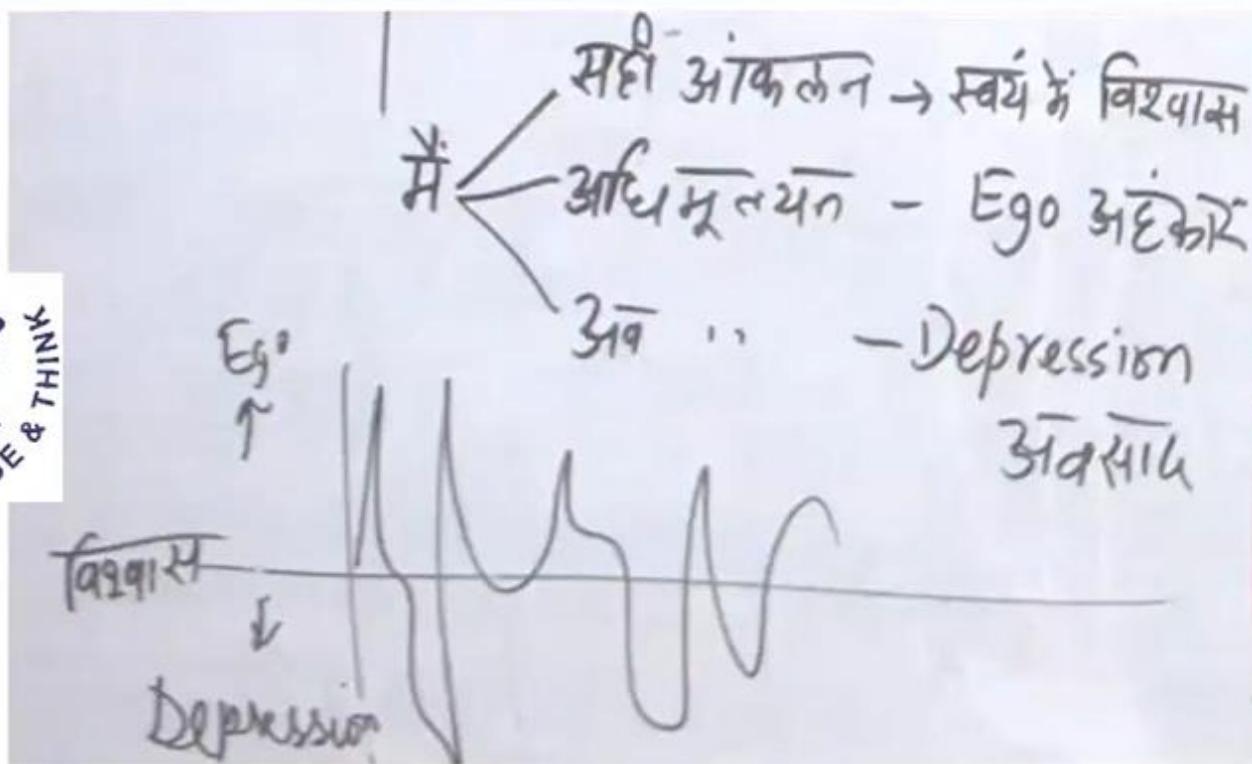
↓  
Disharmony within

↓  
Tension

↓  
Frustration

↓  
Depression

↓  
Suicide etc.



# Respect: Right Evaluation – on the basis of the Self

## 1. Purpose लक्ष्य

- I want to live with continuous happiness & prosperity
- The other also wants to live with continuous happiness & prosperity

**Our purpose is same (on the basis of Natural Acceptance)**



## 2. Program कार्यक्रम

- My program is to understand and to live in harmony at all 4 levels
- The program of the other is also to understand and to live in harmony at all 4 levels (Individual, family, society and nature/existence)

**Our program is same**



## 3. Potential क्षमता

- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in me.  
I am endowed with Natural Acceptance
- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in the other.  
The other is also endowed with Natural Acceptance

**Our potential is same**



MINIMUM CONTENT of RESPECT

The Other is Similar to Me

दूसरा मेरे जैसा है

## Differences

So there are similarities at the level of the self

In living, are we:

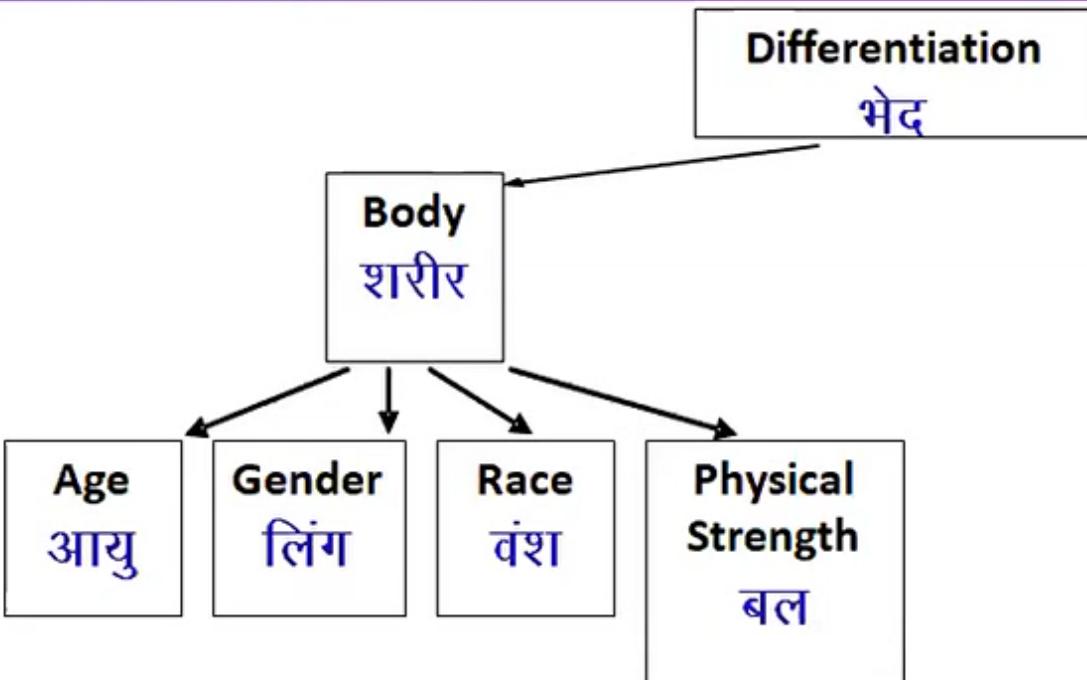
Trying to accept the other as being similar to me

or

Trying to show that we are different from the other?



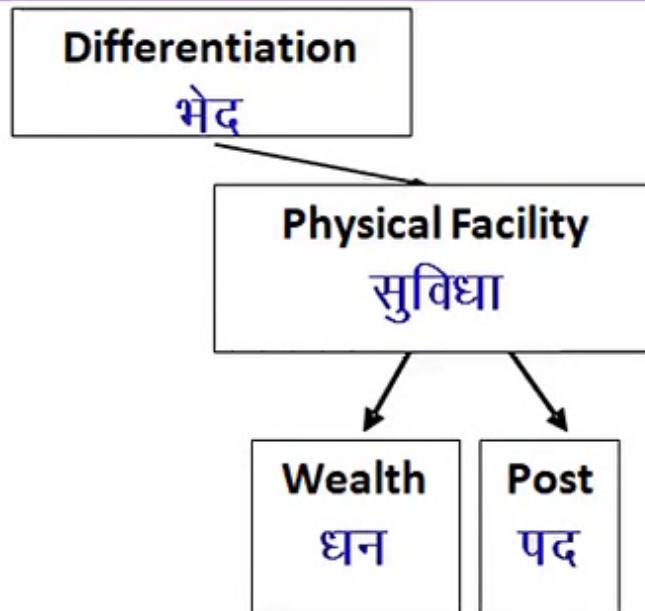
# Differentiation भेद



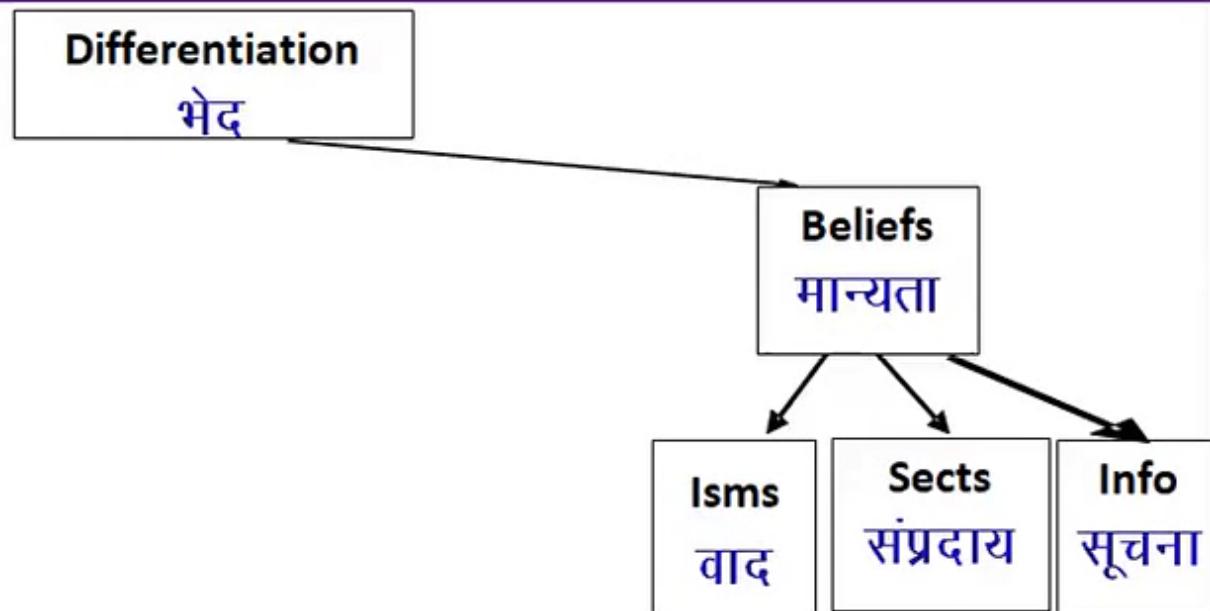
The Gross Misunderstanding is  
“Human Being = Body”

While the reality is  
“Human Being is co-existence of Self & Body”

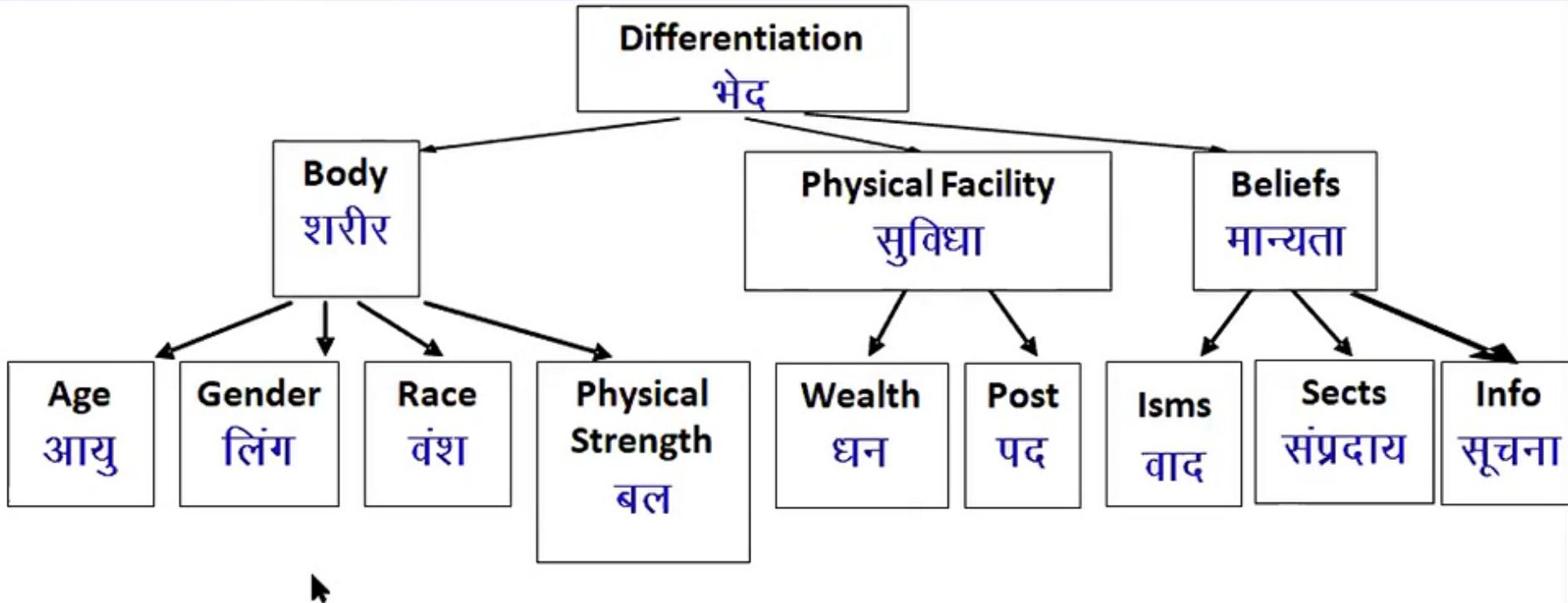
# Differentiation भेद



# Differentiation भेद



# Differentiation भेद



Differentiation = Disrespect

Not Naturally Acceptable... Opposition, Movements...

भेद = अपमान

सहज स्वीकार्य नहीं होता... विरोध... आन्दोलन...

## Respect: Right Evaluation – on the basis of the Self

### 1. Purpose लक्ष्य

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- The other also wants to live with continuous happiness & prosperity

**Our purpose is same (on the basis of Natural Acceptance)**

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- My program is to understand and to live in harmony at all 4 levels
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**Our program is same**

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I am endowed with Natural Acceptance
- Desire, Thought & Expectation (इच्छा, विचार, आशा) is continuous in the other.  
The other is also endowed with Natural Acceptance

**Our potential is same**

MINIMUM CONTENT of RESPECT

The Other is Similar to Me

दूसरा मेरे जैसा है

## Respect: Right Evaluation – on the basis of the Self

1. Purpose – Our purpose (Natural Acceptance) is same
2. Program – Our program is same
3. Potential – Our potential is same

### The Other is Similar to Me

4. Competence – On the basis of right evaluation of our mutual competence, I recognise our complementarity and fulfill it:

If the other has more understanding, is more responsible than me

- I am committed to understand from the other

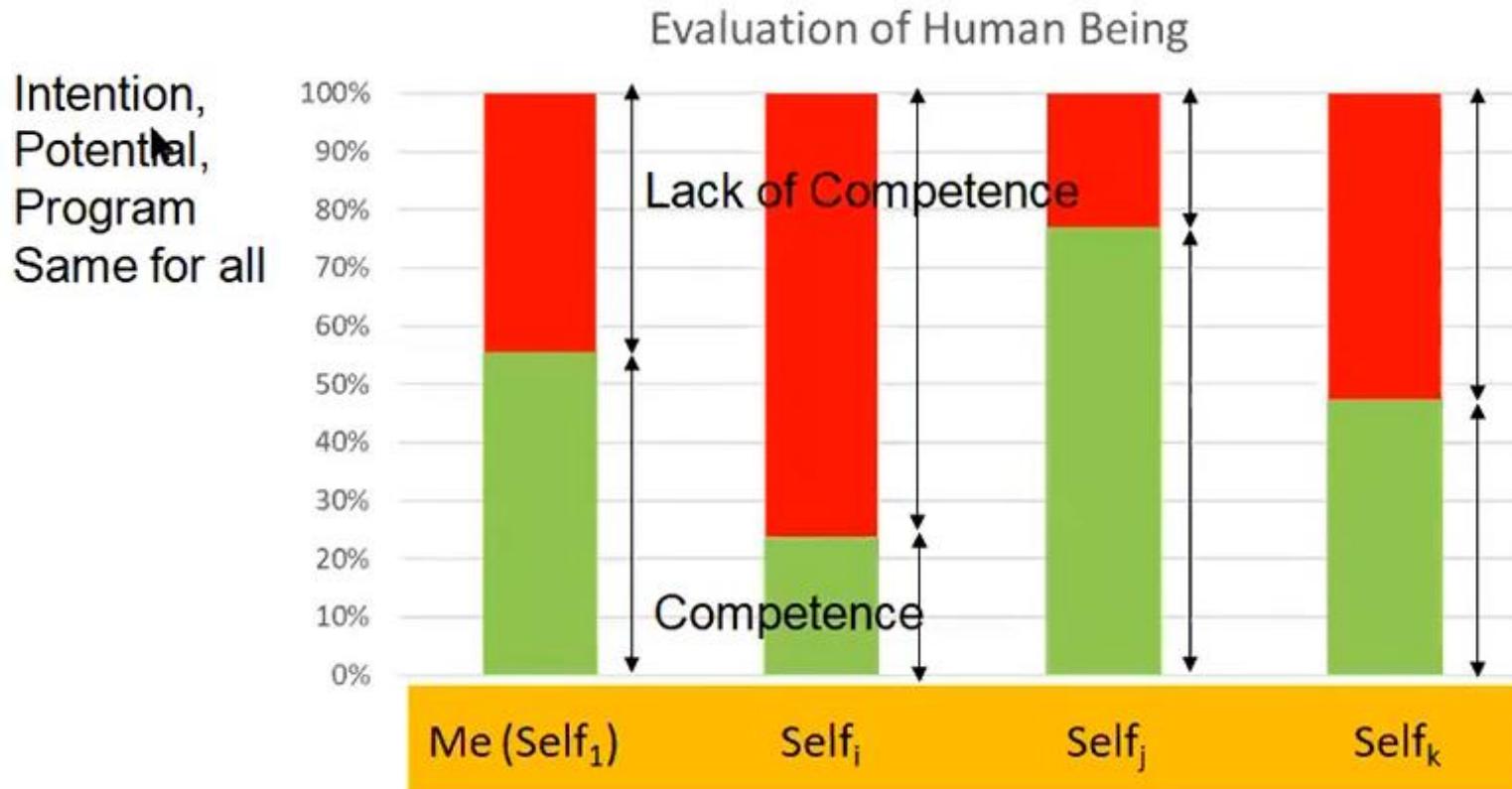
If I have more understanding, I am more responsible than the other

1. I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

↓  
COMPLETE CONTENT of RESPECT

**The Other is Similar to Me. We are complementary to each other**

# Right Evaluation



Take-away:

**The feeling of Complementariness.**

With the feeling of complementariness, other feelings naturally follow.

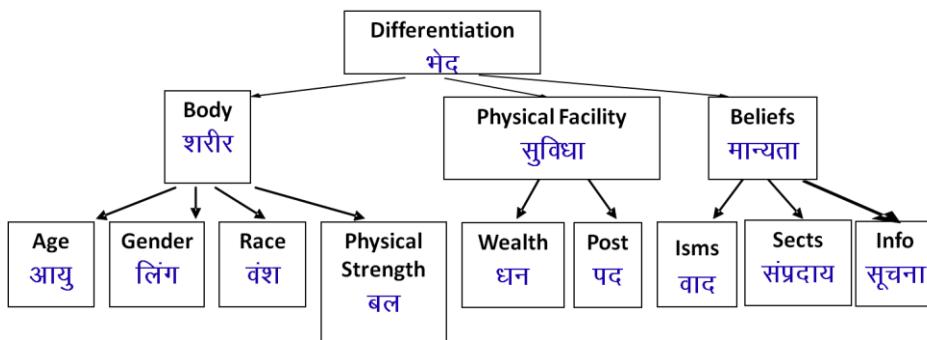
# Differentiation

I evaluate on the basis of body, physical facilities or belief (pre conditioning). I compare, compete, differentiate...

I am different from the other

We are competitors

I make effort to accentuate the difference, to manipulate, exploit the other



# Respect – on the basis of Self

1. Our purpose (Natural Acceptance) is same
2. Our program is same
3. Our potential is same

The other is similar to me

We are complementary to each other

If the other has more understanding than me

- I am committed to understand from the other

If I have more understanding

1. I live with responsibility with the other
2. I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

## Sum Up

Respect = Right Evaluation (with a feeling of trust on intention)

Under evaluation, over evaluation or otherwise evaluation is disrespect

Differentiation is disrespect

Respect on the basis of Self – The other is like me and we are complementary to each other

The only difference is in our level of understanding (how much of our desire, thought & expectation is on the basis of our Natural Acceptance). Fulfilling the relationship from my side leads to harmony (happiness) within me:

**If the other has more understanding**, he is more responsible than me

- I am committed to understand from the other

**If I have more understanding**, I am more responsible than the other

- I live with responsibility with the other, unconditionally, unperturbed by the behaviour of the other
- I am committed to facilitate understanding in the other (once the other is assured in relationship, and not before that)

# **Other Feelings in Relationship**

**Love – The basis for Undivided Family**

## Affection (स्नेह)

The feeling of being related to the other

(acceptance of the other as one's relative, the other is like me)

दूसरे को संबंधी के रूप में स्वीकारने का भाव। निर्विरोधिता।

One has the responsibility and commitment for mutual fulfilment in the relationship

**Affection is the feeling of being related to the other.**

Affection is the feeling of acceptance for the other as one's relative. Lack of affection is seen in the form of opposition, jealousy, etc. The feelings of trust and respect are essential to have the feeling of affection. When we have the feelings of trust, we feel related to the other; otherwise we may feel opposed to the other.

## Affection (स्नेह)

The feeling of being related to the other

(acceptance of the other as one's relative, the other is like me)

दूसरे को संबंधी के रूप में स्वीकारने का भाव। निर्विरोधिता।

One has the responsibility and commitment for mutual fulfilment in the relationship

Opposition, jealousy... are an indication of the absence of affection

## Care (समता)

Feeling of responsibility toward the body of my relative

The responsibility & commitment for **nurturing** and **protection** of the Body of my relative

संबंधी के शरीर के पोषण, संरक्षण की स्वीकृति का भाव।

Care & Guidance are a natural outcome of Affection

Do we ensure both care as well as guidance or are we mostly focused on care?

E.g. while taking care of the body, like while feeding the child, are we concerned about both the body as well as the self?

## Guidance (वात्सल्य)

Feeling of responsibility toward the **self** of my relative

The responsibility & commitment for ensuring **Right Understanding** and **Right Feeling** in the self of my relative

संबंधी को समझदार व जिम्मेदार बनाने की स्वीकृति का भाव।



# CARE & GUIDANCE

**Care is the feeling of responsibility and commitment for nurturing and protection of the Body of my relative.**

With the feeling of affection, one naturally takes the responsibility for development of the relative – both at the level of Self as well as at the level of Body. Being responsible to the Body of one's relative is Care.

**Guidance is the feeling of responsibility and commitment for development of Self by ensuring the right understanding and right feeling in the Self of my relative.**

Being responsible to the Self of my relative is Guidance. Generally, our focus is mostly on care because we have come to assume that human being is Body. We are not even aware of the Self. Therefore, we are not aware that we have to take care of the Self as well.

## Reverence (श्रद्धा)

The feeling of acceptance for excellence

श्रेष्ठता की स्वीकृति का भाव।

Excellence (श्रेष्ठता) : Completeness of Right Understanding

Working for Excellence and competing with each other is not the same thing.

In excellence, one helps to bring the other to his level

In competition, he hinders the other from reaching to his level



## Effort for Excellence

The other is like me

We are complementary

Feelings are based on right  
understanding (definite,  
unchanging)

Unconditional relationship

Nurtures others

Helps the other to come to his level

Absolute (definite completion point)

## Effort for Competition

Not other – only me

I am different/more than the other

Feelings are based on preconditioning  
(indefinite, keeps changing)

Conditional relationship

May nurture or exploit others

Stops the other to come to his level -  
effort to accentuate the difference,  
to dominate, manipulate, exploit

Relative (no definite completion point)

# REVERENCE

**Reverence is the feeling of acceptance for excellence.**

Excellence is to be in a state of continuous happiness with the completeness of understanding of harmony and living in harmony at all levels. Once we achieve excellence, it continues. Excellence is something definite, something absolute.

There is a basic difference between working for excellence and competition. If you have achieved excellence, you would naturally make effort for helping others to achieve excellence. On the other hand, in competition, we not only do not help rather we hinder the other to reach to our level

## **Glory (गौरव)**

**Feeling for those who have made effort for excellence**

जिन्होंने श्रेष्ठता के लिए किए प्रयास किया है, उनके प्रति भाव।

## **Gratitude (कृतज्ञता)**

**Feeling for those who have made effort for my excellence**

जिन्होंने मेरी श्रेष्ठता के लिए प्रयास किया है, उनके प्रति भाव।

## Self Reflection

Check whether you have a feeling of gratitude for those who have made effort for you in your life...

1. Are you able to appreciate both – "what has been done" as well as "what has not been done" (the complete picture)?

or

are you mostly focused on "what has not been done"?



2. Do you have a feeling of gratitude for the other – continuous

or

the feeling of gratitude comes and goes?

3. Are you making effort for "ensuring the right feelings in yourself and expressing them to the other"

or

are you "expecting these feelings from the other"?

## **GLORY & GRATITUDE**

**Glory is the feeling of acceptance for those who have made effort for excellence.**

For all those people whom we call great people, when we accept the effort made for excellence by them, to whatever extent they are able to achieve it, we naturally have a feeling of glory for them.

**Gratitude is the feeling of acceptance for those who have made the effort for my excellence.**

In our life, there may be so many people who have been of help to us in the process of understanding harmony and living in harmony. So, we have this feeling of gratitude for them. Gratitude is a significant feeling in the development of relationship.

# Respect, Reverence, Glory and Gratitude

Basic human aspiration = Continuous happiness  
= To achieve excellence

## Excellence (श्रेष्ठता)

Understanding Harmony &  
Living in Harmony



Continuous Happiness

- at all 4 levels
- 1. In the Human Being
  - 2. In Family
  - 3. In Society
  - 4. In Nature/Existence

Trust ,Respect – For all

Reverence – For those who have **achieved excellence**

Glory – For those who have **made effort for excellence**

Gratitude – For those who have **made effort for my excellence**

## Opposition, Affection and Love

Verify on the basis of your natural acceptance if you want to be related to:

- None → The feeling of being related to none – in opposition to all
  - One → The feeling of being related to one
  - Many → The feeling of being related to many
  - Everyone → The feeling of being related to all
- Affection      Love

Affection (स्नेह) – The feeling of being related to the other  
(acceptance of the other as one's relative)

दूसरे को संबंधी के रूप में स्वीकारने का भाव।

Love (प्रेम) – The feeling of being related to all (Complete Value)

= हर एक को संबंधी के रूप में स्वीकारने का भाव।

# Preconditioning Related to Love – Common misunderstandings

**Excitement (from sensation, preconditioning) is confused for feeling**

## Sensation –

Lust, getting from the other

Continuity not possible

## Preconditioning –

Infatuation

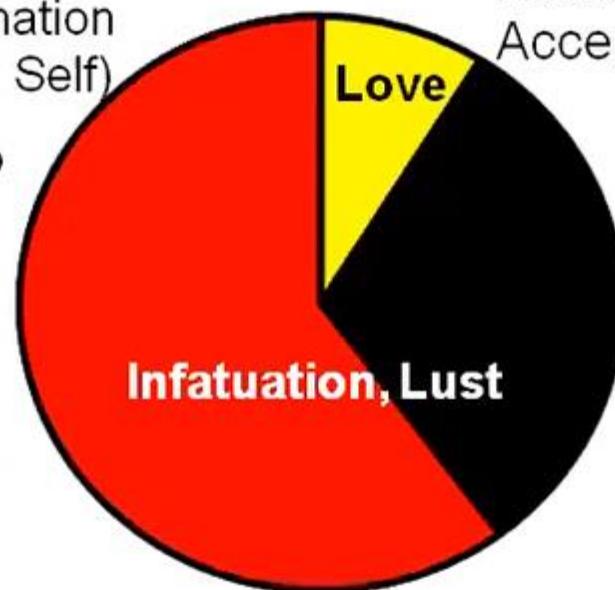
1. Love at First Sight?
2. By this age, I must have GF/BF?
3. The other has 4 GF/BF; I have only one?

Continuity not possible

Imagination  
(in the Self)

Preconditioning

Natural  
Acceptance



## Right understanding (natural acceptance) –

Love (प्रेम) = **feeling** of being related to all, responsible towards all, giving to all

Continuity

Once trust, respect, affection, care, guidance... are ensured within, then the feeling of being related to all follows naturally

# Preconditioning Related to Love

This is certainly not Love!

The feeling of love needs to be understood rightly by all, particularly by youth

## Love No.1 killer in 4 states

Starting from folklore to modern classics, tragic love affair is a recurrent theme. Data also shows that love has led to many deaths and it is one of the major reasons for murder in many states. In more than a third of the states, causes linked to love affairs were the top or second-most common reason for murder. A look at what data for 2017 from NCRB shows

### Love affair was the leading motive of murder in four states

On an average, 384 people were killed over love affairs in Andhra Pradesh (including Telangana). This translates into at least one murder every day

#### Top five known motives for murder; annual average (2001-2017)

Andhra Pradesh\*

Love Affairs	384
Personal Vendetta	276
Property Dispute	176
Gain	171
Dowry	124

\*Includes Telangana

Maharashtra

Love Affairs	277
Personal Vendetta	193
Property Dispute	139
Dowry	101
Gain	71

Gujarat

Love Affairs	156
Personal Vendetta	151
Property Dispute	101
Gain	68
Communalism	18

Punjab

Love Affairs	98
Property Dispute	71
Personal Vendetta	50
Gain	13
Dowry	8

### Among major states, Kerala, Bengal the least violent when it comes to love affairs

Although love affair was among top five known motive of murder in Kerala and West Bengal as well, in absolute terms these two states saw far fewer murders over love

#### Top five known motives of murder; annual average (2001-2017)

West Bengal

Dowry	176
Personal Vendetta	136
Gain	44
Property Dispute	36
Love Affairs	29

Kerala

Personal Vendetta	123
Gain	22
Property Dispute	14
Political Reasons	10
Love Affairs	6

Source: NCRB



1,379  
2015  
1,390  
2017  
1,493  
2016

The number of murders attributed to reasons stemming from love affairs saw a drop in 2017 over the previous year

In the majority of states, love affairs was either the third or fourth biggest motive of murder. This includes Chhattisgarh, Odisha, Madhya Pradesh, Haryana, Rajasthan, Bihar, Jharkhand and Assam

# LOVE

Love is the feeling of being related to everyone, to all. It starts from affection, which we have already explored. If this feeling expands to many and ultimately to all, it is the feeling of love. So, we begin with the feeling of affection, and complete it with the feeling of love. That is why, Love is called complete value.

**Love is the feeling of being related to all.**

Love is expressed in the form of compassion. The feeling of love is for all and it is expressed to whosoever comes in contact.

## Distinguishing Between Love and Infatuation

The feeling of love is not something which is based on sensation. If there is a feeling on the basis of sensation, this is the case of infatuation where the sensual pleasure becomes the major goal. Infatuation is conditional – it may last only as long as you are able to get the sensation or you have hope of getting happiness through sensation. It is very temporary; it does not last for long. Once the effect wears off, then the long-term issues of feelings become prominent.

## Love (प्रेम)

Love (प्रेम) – The feeling of being related to all (Complete Value)

= हर एक को संबंधी के रूप में स्वीकारने का भाव।

= पूर्णता में रति – पूर्णता में रत होना – हर एक के साथ संबंध में निहित रस (भावों की अनुभूति करना।

It all starts with identifying that one is related to other human being (Affection - स्नेह) and it slowly expands to the feeling of being related to all human beings and then to all, each & every unit in nature (human being as well as other units) (Love - प्रेम)

एक → अनेक → हर एक को संबंधी के रूप में स्वीकारना

Feeling of Love is expressed in the form of kindness (दया), beneficence (कृपा) and compassion (करुणा). The feeling is for all, and it is expressed to those who come in contact

The feeling of Love is the foundation of Undivided Society

**Justice is the recognition, fulfilment and evaluation of human-human relationship, leading to mutual happiness**

## **Recognition**

- Unconditionally accepting the relationship. Accepting the other with their full possibility (potential) and with their current level of competence

## **Fulfilment**

- Ensuring the naturally acceptable feeling in oneself and sharing it with the other
- Living with responsibility with the other unconditionally. This makes the other comfortable and assured
- Making effort for mutual development, i.e. development of one's own competence and being of help to the other in developing their competence

## **Evaluation**

- Verifying that the right feeling has reached to the other and that the other is able to make out that it is the right feeling

## Harmony in Family – Justice, From Family to World Family (Undivided Society)

1. Relationship is – between one self ( $I_1$ ) and other self ( $I_2$ )
2. There are feelings in relationship – in one self ( $I_1$ ) for other self ( $I_2$ )
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

### Feelings in relationship:

- |                      |                  |                       |
|----------------------|------------------|-----------------------|
| 1. Trust विश्वास     | FOUNDATION VALUE | 6. Reverence श्रद्धा  |
| 2. Respect सम्मान    |                  | 7. Glory गौरव         |
| 3. Affection रनेह    |                  | 8. Gratitude कृतज्ञता |
| 4. Care ममता         |                  | 9. Love प्रेम         |
| 5. Guidance वात्सल्य |                  | COMPLETE VALUE        |

Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)

## Right Feeling – within Myself or from the Other?

With this background, we can ask ourselves which can have continuity:

- Right feeling in myself or
- Getting right feeling from the other

The answer is quite obvious that there can be continuity of right feeling, if it is from within and based on right understanding. But generally, we do keep making effort for getting right feeling from the other in continuity.

## **Role of Physical Facility in Fulfilment of Relationship**

You can now see that physical facility has a limited role to play in the fulfilment of the feeling in human-human relationship. To fulfil the feeling of care, physical facility is certainly required. For other than the feeling of care, physical facility only has a symbolic role to play.

## **Response and Reaction in Behaviour**

An important implication of understanding relationship, particularly trust on intention, is the clarity about problems in living in reaction and the possibility of living with response. With response, your conduct is definite while with reaction, the conduct is indefinite.

## **My Participation (Value) in Family**

My participation (value) vis-à-vis my family is to ensure harmony in the family, ensure mutual happiness, ensure justice in the family by way of:

- Ensuring right feelings (trust, respect, affection, care, guidance, reverence, glory, gratitude and love) in myself – this leads to my happiness.
- Expressing (sharing) these feelings with the other. When the other is able to make the right evaluation of these feelings, it leads to his/her happiness, thus leading to mutual happiness. My participation is to be of help to the other in their self-evolution, self-development.

With this preparation in the family, I have the ability to participate meaningfully in the larger society – in the neighbourhood, in the community and so on.

# **JUSTICE IN RELATIONSHIP**

With the above discussion, justice can be understood.

**Justice is the recognition, fulfilment and evaluation of human-human relationship, leading to mutual happiness.**

To expand it a bit:

- Recognition of relationship means recognizing the naturally acceptable feelings in relationship rightly.
- Fulfilment of relationship means
  - Ensuring the naturally acceptable feelings in oneself.
  - Living with responsibility with the other with these feelings, forming the basis of relationship. This makes the other comfortable and assured.
  - Making effort for mutual development, i.e. development of one's own competence and being of help to the other in developing their competence.
- Evaluation means verifying that I have the right feeling, I am able to express it properly, the right feeling has reached to the other and the other is able to identify it as the right feeling. When the recognition, fulfilment and evaluation are right from my side, I feel happy. When the other is able to evaluate the expression of my feeling rightly, then (s)he also feels happy. Developing this competence may take time.

Justice is desirable in the family and beyond the family, all the way to the world family.

## KEY TAKEAWAYS

The other feelings in relationship include affection, care, guidance, reverence, glory, gratitude and love. Love is the feeling of acceptance of all; it is the complete value. Justice is ensuring these feelings in oneself and expressing them to the other, leading to mutual happiness. Justice begins from family and extends to the world family, leading to undivided society.

## **UNIT-3**

# **Understanding Harmony in the Society**

**Vision for  
Universal Human Order**

# Content

- Understanding the harmony in the society (society being an extension of family): Samadhan, Samridhi, Abhay, Sah-astitva as comprehensive Human Goals, Visualizing a universal harmonious order in society- Undivided Society (AkhandSamaj), Universal Order (SarvabhaumVyawastha )- from family to world family!.

# Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

Harmony in the Human Being ✓

Harmony in the Family ✓

 **Harmony in the Society**

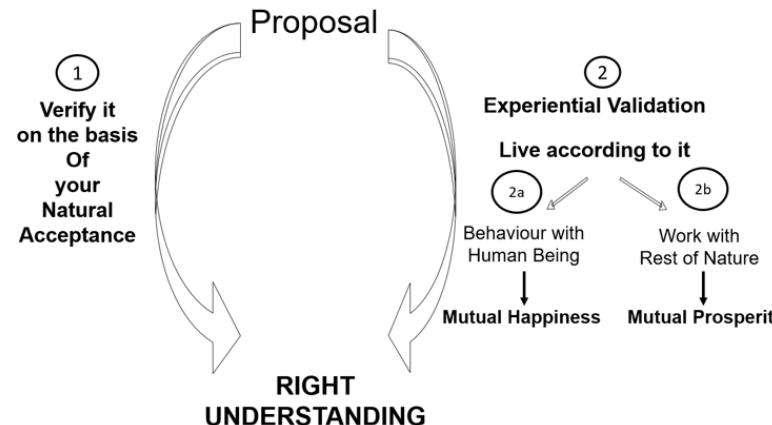
Harmony in Nature/Existence

Process of Understanding

**Self Exploration**

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

Verify it on your own right



What is my role (value) in the society?



# Society

We saw that the family is the basic unit or building block of human organisation

The society is the next larger order

Society is composed of many families living together making collective effort for a common goal

We will explore:

1. Goal of human being living in society (human goal)
2. The dimensions or systems required to achieve the human goal
3. Scope of the systems

## What is Desirable and Where are we today?

Families living together, in a relationship of mutual fulfillment  
(common goal)



People living together, but not in relationship of mutual fulfillment  
(differing goals)

People living separately, in opposition / struggle  
(conflicting goals)

## What is Desirable and Where are we today?

Families living together, in a relationship of mutual fulfillment  
(common goal)

**Society**



People living together, but not in relationship of mutual fulfillment  
(differing goals)

**Crowd**

People living separately, in opposition / struggle  
(conflicting goals)

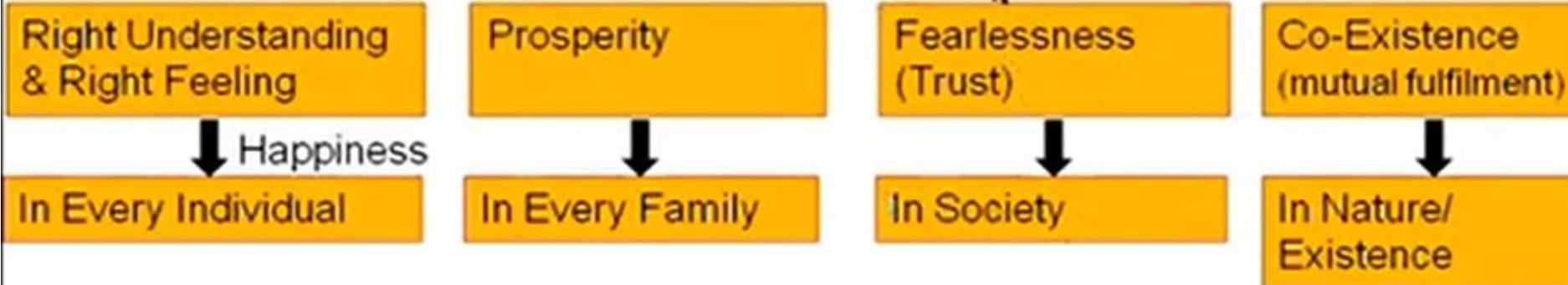
**Battlefield**

**We will explore harmony in society – The base of harmony in society is harmony in family for which the base is harmony in human being**

# Understanding Human Goal

## Harmony in the Society (समाज में व्यवस्था)

### Human Goal (मानव लक्ष्य)



We can explore and see what is naturally acceptable?

- Right understanding in every human being or only a few to have right understanding and others to follow them?
- Prosperity in every family or few families to have accumulation, and others to be deprived and dependent on the few?
- Fearlessness, based on trust and affection, in the society or a state of fear, based on mistrust and jealousy in the society?
- Co-existence (mutual fulfilment) in nature or exploitation and domination of nature?

# Harmony in the Society (समाज में व्यवस्था)

## Human Goal (मानव लक्ष्य)

Right Understanding  
& Right Feeling

Prosperity

Fearlessness  
(Trust)

Co-Existence  
(mutual fulfilment)

↓ Happiness

In Every Individual

↓

In Every Family

↓

In Society

↓

In Nature/  
Existence

Are all 4 required, desirable or we can leave something out?



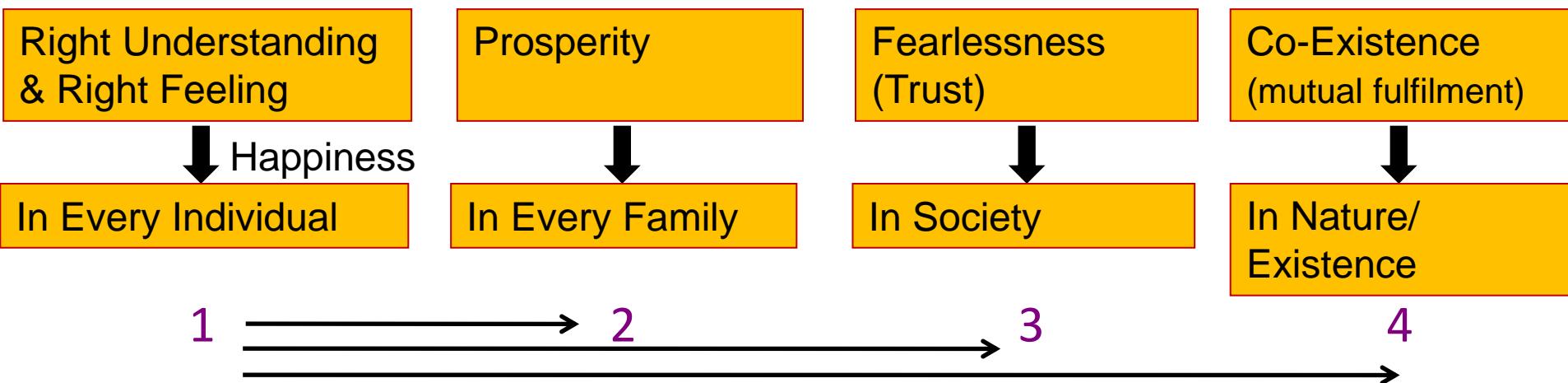
If all 4 are achieved, would anything else be required?

Are we working for all 4? In the family? In the society?

Where do we start from?

# Harmony in the Society

## Human Goal



Are all 4 required, desirable or we can leave something out?

If all 4 are achieved, would anything else be required?

Are we working for all 4? In the family? In the society?

## Appraisal of the Current Status

- As shown in the figure, due to the prevailing false assumptions of happiness (like money is everything), happiness is sought through accumulation of physical facility (money) by any means, and using it for getting sensations from the body or feelings from others. The second goal of prosperity is similarly seen as accumulating more and more. With these as the driving assumptions in the society, it has led to people living with three kinds of obsessions:
  - 1. Obsession for consumption
  - 2. Obsession for profit
  - 3. Obsession for sensual pleasure
- Similarly, instead of the third goal of fearlessness (trust), we have domination, exploitation and fear in the society. Finally, instead of mutual fulfilment, we are mostly trying to exploit and be the master over nature.

# Current State – Have we understood our Goal?

## Human Goal (मानव लक्ष्य)

Right Understanding  
& Right Feeling

↓ Happiness

In Every Individual

Prosperity

↓

In Every Family

Fearlessness  
(Trust)

↓

In Society

Co-Existence  
(mutual fulfilment)

↓

In Nature/  
Existence



## Gross Misunderstanding (आधारभूत भ्रम)

Assumptions (eg.  
Money is everything),

↓

In Every Individual

Accumulation  
By Any Means

↓

In few Individuals

Domination ,  
Exploitation, Fear,

↓

In Society

Mastery &  
Exploitation

↓

Over Nature

Obsession for Consumption  
" for Profit  
" for Sensual Pleasure

भोग उन्माद

लाभ उन्माद  
काम उन्माद

Terrorism  
War

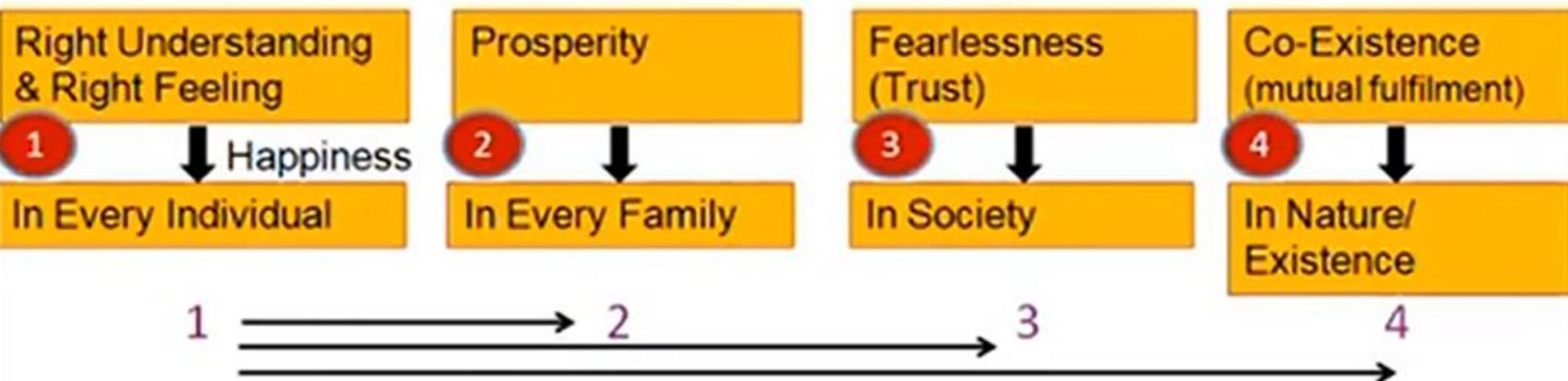
Resource Depletion  
Pollution

## Dimensions (Systems) of Human Order

- With the clarity of human goals, we can discuss five interconnected, complementary dimensions of human order required for the fulfilment of the human goal. The five basic systems of a human society are:
  - Education-Sanskars
  - Health-Self regulation
  - Production-Work
  - Justice-Preservation
  - Exchange-Storage
- Though all are interconnected, we can see a primary link of the systems with the goals as:
- Education-Sanskars → (leads to) → Right understanding and right feeling (happiness)
- Health-self-regulation → (leads to) → Prosperity
- Production-Work → (leads to) → Prosperity
- Justice-Preservation → (leads to) → Fearlessness and Co-existence (respectively)
- Exchange-storage → (leads to) → Prosperity and Fearlessness

## Harmony in the Society (समाज में व्यवस्था)

### Human Goal (मानव लक्ष्य)



### Human Order (मानवीय व्यवस्था)

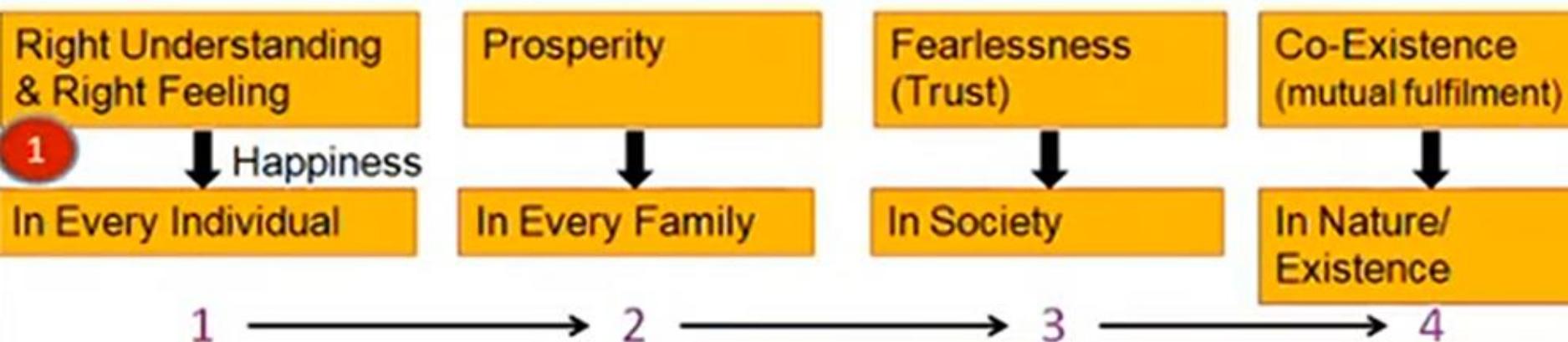
#### Systems / Dimensions (आयाम)

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



# Harmony in the Society (समाज में व्यवस्था)

## Human Goal



## Human Order (मानवीय व्यवस्था) Systems / Dimensions (आयाम)

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

- 1a. Education – To develop the right understanding of the harmony at all levels of our being – from self to the entire existence (individual, family, society, nature/existence)
- 1b. Sanskar – The commitment, preparation and practice of living in harmony. Preparation includes learning the skills and technology for living in harmony at all levels – from self to the entire existence (individual, family, society, nature/existence)

# 1. Education Sanskar

- *Education is to develop right understanding of the harmony at all levels of being – from self to the entire existence (individual, family, society, and nature/existence).*
- *And Sanskar is to develop the basic acceptances of the harmony at various levels.*
- Education provides the commitment, preparation and practice of living in harmony at all levels. Preparation includes learning the skills and technology for living in harmony. Our living is an expression of our sanskar.

## **Education-Sanskar**

*Education = Developing Right Understanding*

*Sanskars = Commitment/ Preparation/ Practice for Right Living*

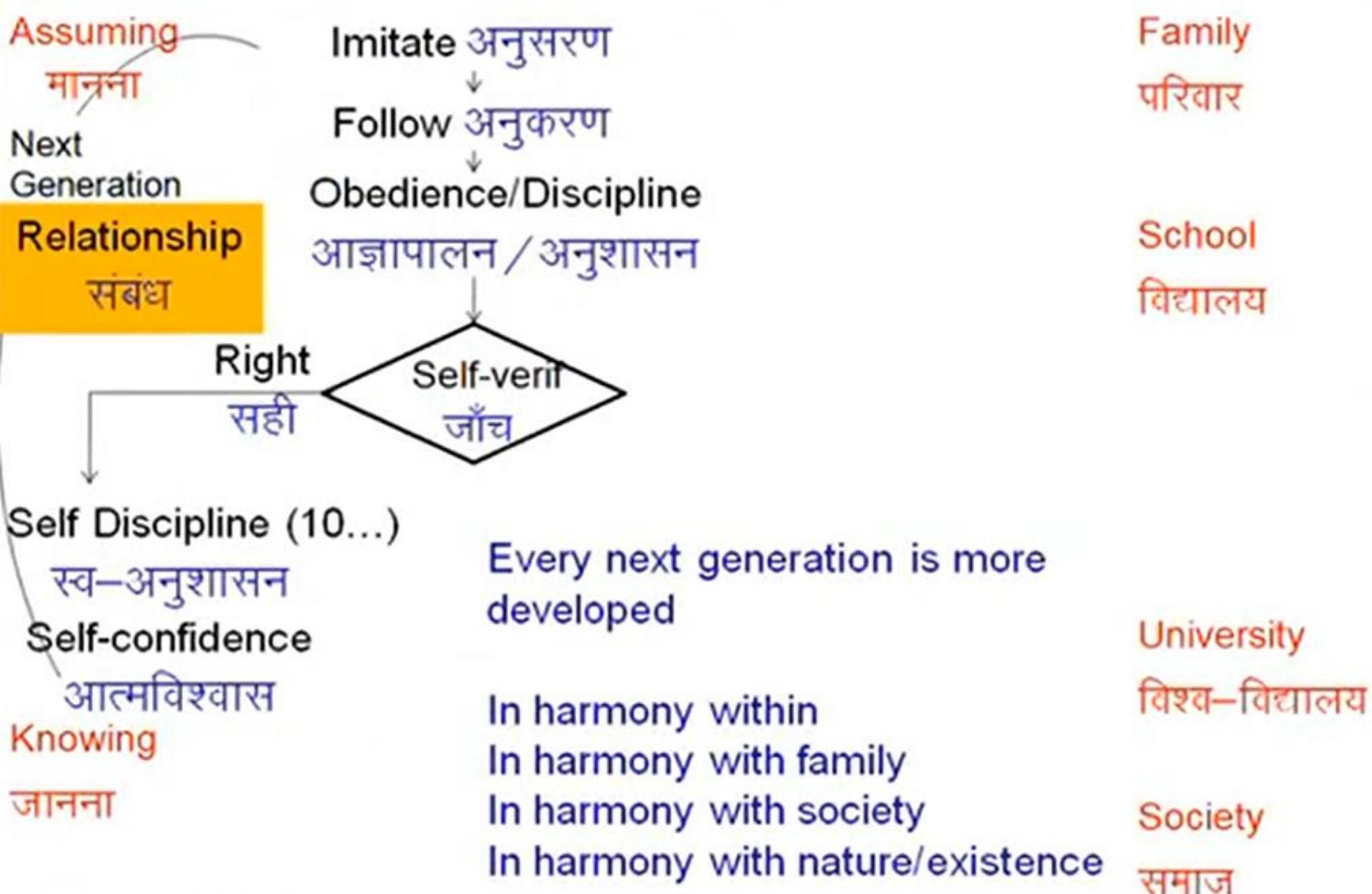
*Preparation includes Learning Right Skills & Technology*

Development of the competence to live with Definite Human Conduct

Discipline to Self Discipline

1. Right **understanding**, i.e. wisdom or clarity about what to do as a human being – in oneself, family, society, nature...
2. Right **feeling** – the capacity to live in relationship with the other human beings – in family, society...  
    ↓
3. Right **skills** for prosperity, i.e.
  - The capacity to identify the need of physical facility
  - The skills & practice for sustainable production of more than what is required (by way of labour using cyclic, mutually enriching process)
  - The feeling of prosperity

## Process of Development – In an environment of Relationship



## Process of Development – In an environment of Domination

Assuming  
मानना

Imitate अनुसरण

Follow अनुकरण

Obedience/Discipline

आज्ञापालन / अनुशासन

Self-verif

जाँच

Wrong

गलत

Domination

शासन

Next Generation

Family

परिवार

School

विद्यालय

University

विश्व-विद्यालय

Society

समाज

Arbitrariness

मनमानी

Opposition

द्रोह

Revolt विद्रोह (~teenage)

Struggle संघर्ष

War युद्ध

Every next generation is less developed

In more contradiction within

In more opposition with family

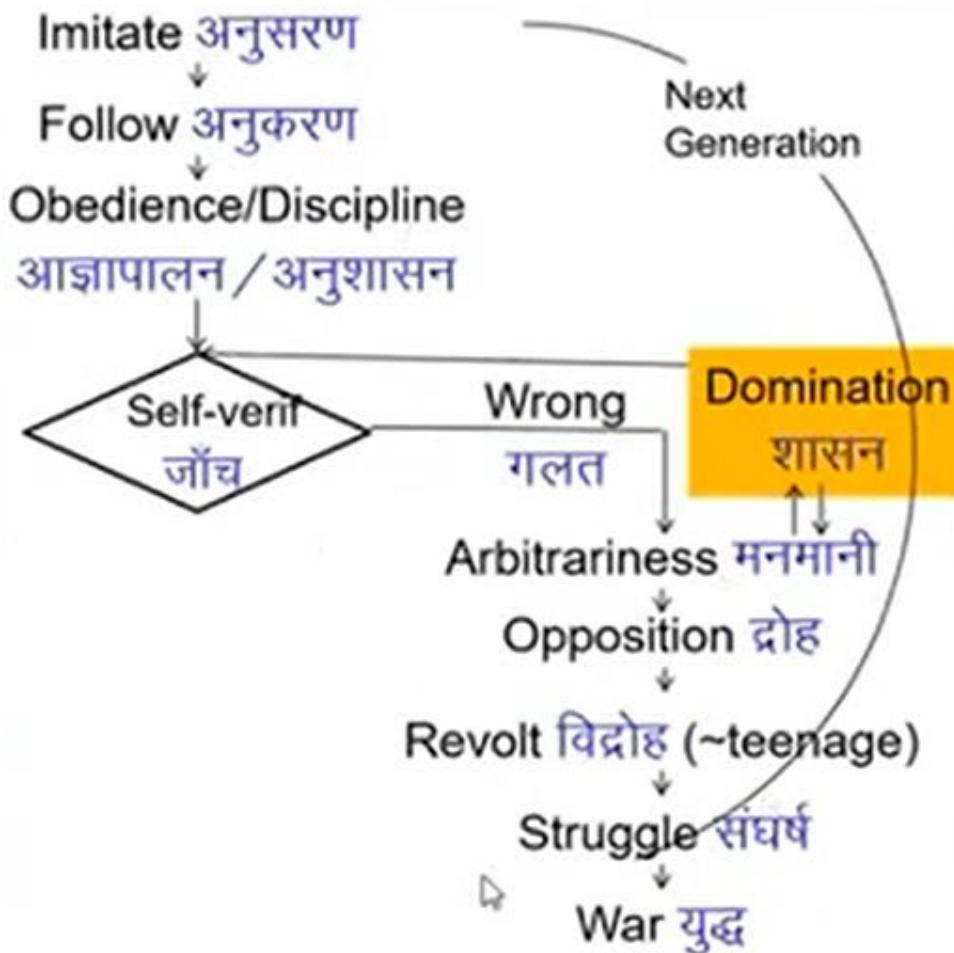
More struggle in society

More conflict with nature/  
existence

## आज हम कहाँ हैं?



## Where are we today?

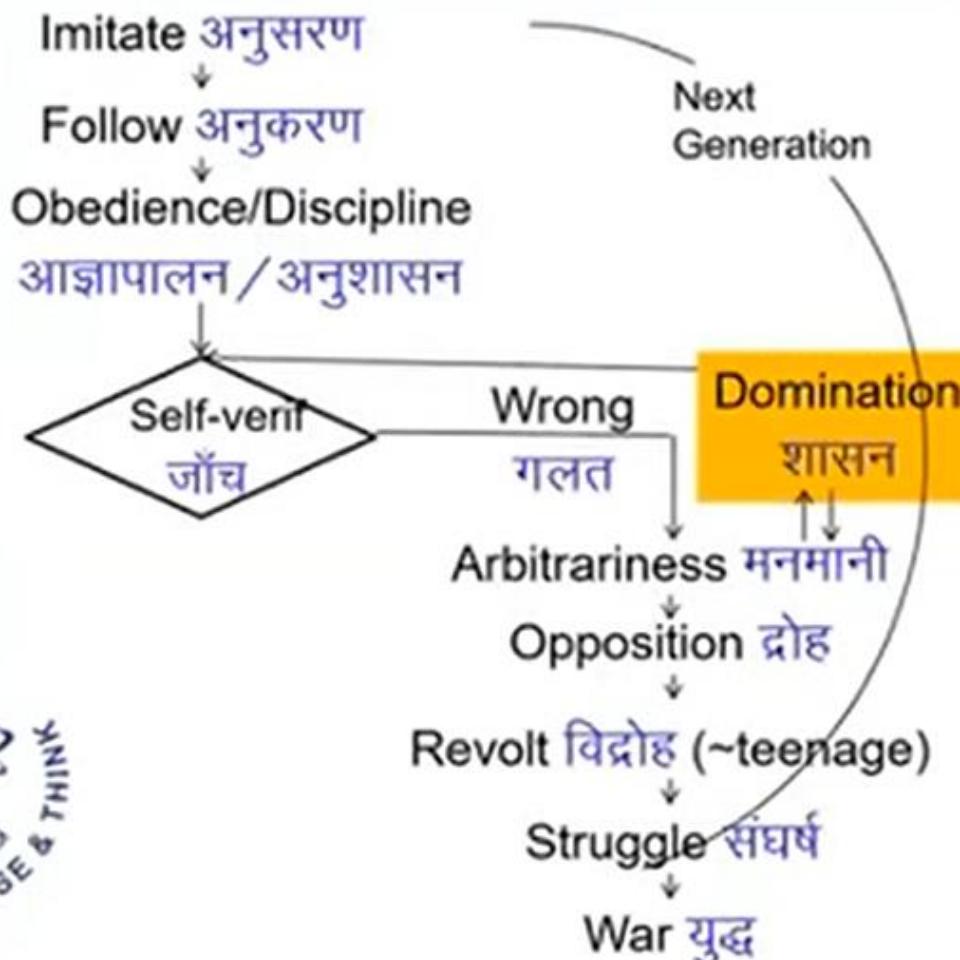


In an environment of Relationship  
With parents and teachers having  
right understanding and right feeling

In an environment of Domination  
With parents and teachers lacking  
right understanding and right feeling

# आज हम कहाँ हैं?

# Where are we today?



In an environment of Relationship  
With parents and teachers having  
right understanding and right feeling

In an environment of Domination  
With parents and teachers lacking  
right understanding and right feeling



## Scope: Harmony from Family Order to World Family Order –

The scope of the society is from family order to world family order. Every human being has a role in one or more of the social systems, starting from the family order, then the family cluster order and so on to the nation family order and ultimately, the world family order, leading to universal human order.

Family order refers to the system in a family of responsible people living together for the common human goal. The family cluster order is the next larger unit. It is the system that a group of families evolve in order to fulfil those goals of individual families which require the participation of more people than the family has. The scope of the system from the family order to the world family order is indicated below. It is ensured through successively larger and larger complementary units,

Family Order  $\Rightarrow$  Family Cluster Order  $\Rightarrow$  Village Order  $\Rightarrow$  Village Cluster Order  $\Rightarrow \dots \Rightarrow$  Nation Order ...  $\Rightarrow$  World Family Order

### Natural Outcome of Right Understanding

Now if you look at the basic human aspiration and its fulfilment:

1. The happiness is ensured by having the right understanding and right feeling in the Self.
2. The prosperity is a feeling of the availability of more than required physical facility. To ensure it, Right understanding is required at the base, along with physical facility.
3. The tradition of living with happiness and prosperity starts from the family order and ultimately, continuity can be ensured by the universal human order.

In this way, the society with happiness in every individual, prosperity in every family, fearlessness (trust) in the society and co-existence (mutual fulfilment) in nature/existence is realized. This is one's participation (value) vis-à-vis society.

## Process of Development of a Child – In an environment of Relationship

---

A child intrinsically has a desire to understand what is right, to learn right skills and to do what is right. This desire to understand is innate in every Self. This is the guidance that is expected by the child. The child wants to know about everything, so asks lots of questions, wants to relate to people around, picks up the language, the accent, the mannerisms... The thoughts and actions that lead to contradiction, thus unhappiness, are not satisfying for her/him, and hence the child makes a lot of effort in this direction from a very early age. It expects others to help him/her in learning and in understanding with a feeling of affection. In this process, the child starts with imitating, and then following. In time, progressing to obedience and discipline, all the time assuming the elders to be right. If (s)he is able to find answers and is able to validate them to be right, it leads to self-discipline and self-confidence in the child. The child's conduct is definite and it is human.

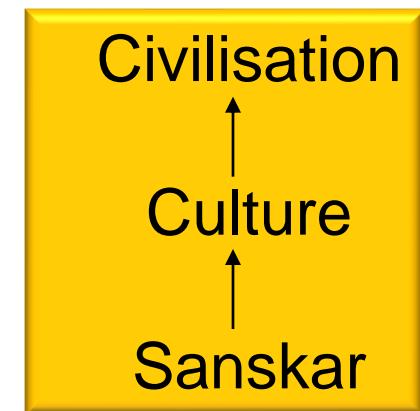
On the other hand, if the child finds that the inputs are not right, it starts to have doubts on elders, teachers and hence tries out something on his/her own. If yet the knowing does not take place, the child's conduct remains indefinite and inhuman. The people around the child then try to restrain the child by more instructions, more domination. Many of the bad habits form during this stage. It is basically that the child is trying ways and means of happiness or escaping from unhappiness. This further aggravates the state making way for dissatisfaction, lack of confidence, opposition, revolt, struggle and war. So, one has to find out where do we stand today? And what is the naturally acceptable way?

# Our Goal depends on Our Assumptions / Understanding

Acceptances derived out of individuals' DTE = sanskar

Collective acceptances of a group of people = culture

The civilisation is the expression of culture  
(in behaviour, work, participation in the larger order)



The effort in today's civilisation depends on what we understand or assume about:

- |  |                                |                |
|--|--------------------------------|----------------|
| 1. Human being                                 | Co-existence of Self and Body? | just Body?     |
| 2. Nature/existence                            | Material and Consciousness?    | only Material? |
| 3. The role of human being in nature/existence |                                |                |

The effort we are making (the role we are playing) is only a reflection of our thoughts, assumptions / understanding

## 2. Health and Self-regulation

- We had discussed this at length earlier.
- *Self-regulation is the feeling of responsibility towards the Body, for nurturing, protection and right utilization of the Body.*
- *Health of the Body is indicated by the fact that it is able to act according to the instruction of the Self and the different parts of the Body are in harmony.*

### 3. Production-Work

- *Work is the effort a human being does on the rest of nature and Production is the physical facility obtained from work.*
- There are two important issues related to production-work:
  1. What to produce?
  2. How to produce?
- Regarding what to produce, we have already discussed while exploring the proposals about prosperity, health and self-regulation – we have to produce physical facility required for nurturing, protection and right utilisation of the Body.
- Regarding how to produce there are two criteria:
  1. The process needs to be cyclic and mutually enriching – it has to be eco-friendly
  2. Justice needs to be ensured in relationship with human being – it has to be people-friendly
- A production process is cyclic when the resources utilised in the process return to their original state in due course of their lifecycle. In the absence of being in tune with the natural processes, what we see ultimately is resource depletion and pollution.
- **Resource depletion** is the symptom of using a natural resource at a rate which is greater than the rate at which it is produced in nature. For example, if we use forest at a rate greater than the rate at which it is produced in nature, there will be a shortage/ depletion of forest.
- Similarly, **pollution** indicates that we are producing something which does not return to the cycle in nature or it is produced at a rate that is faster than the rate at which it can return to the cycle in nature. Plastic, for example, does not degrade, it does not return to the cycle of nature for many years.

## 4. Justice-Preservation

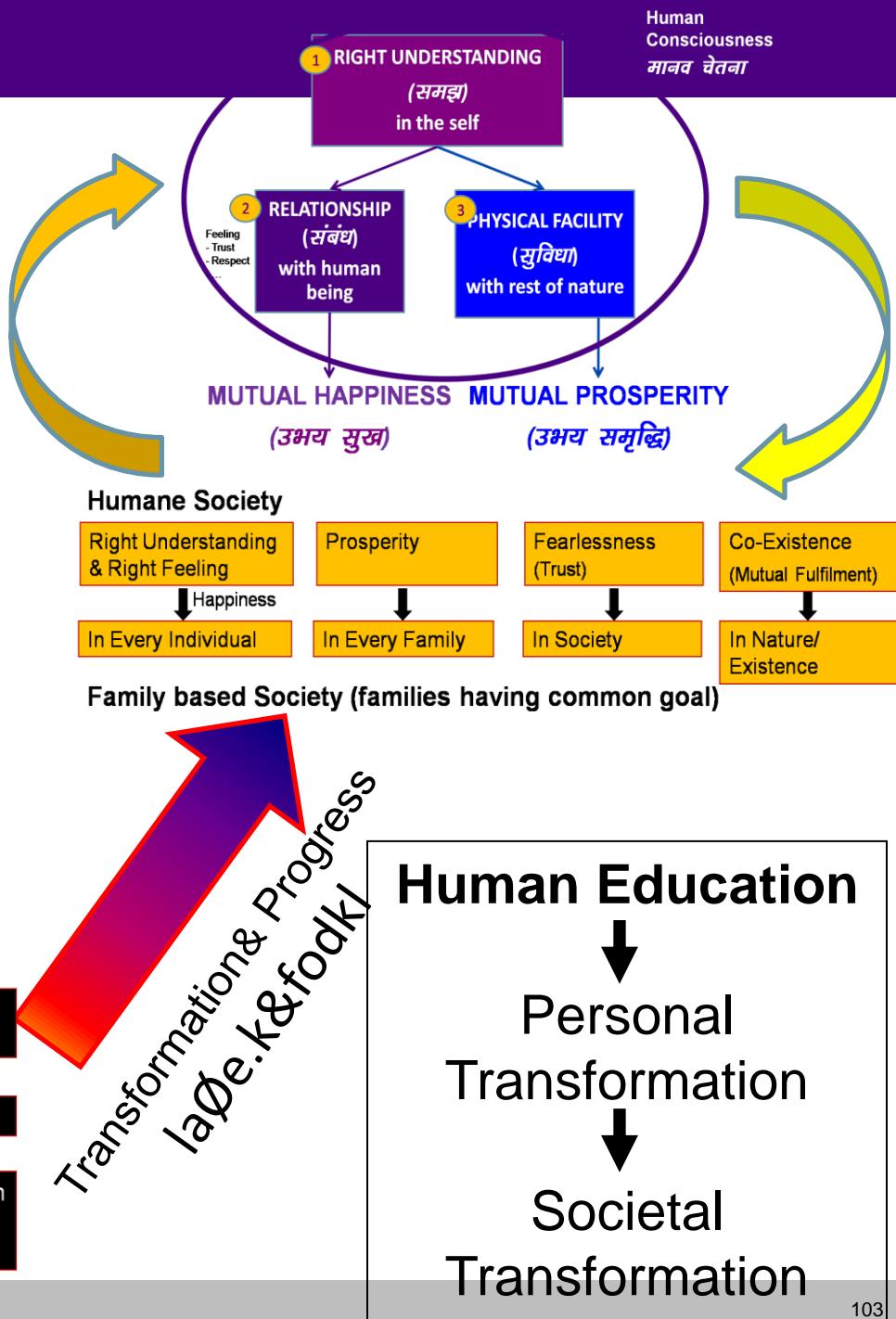
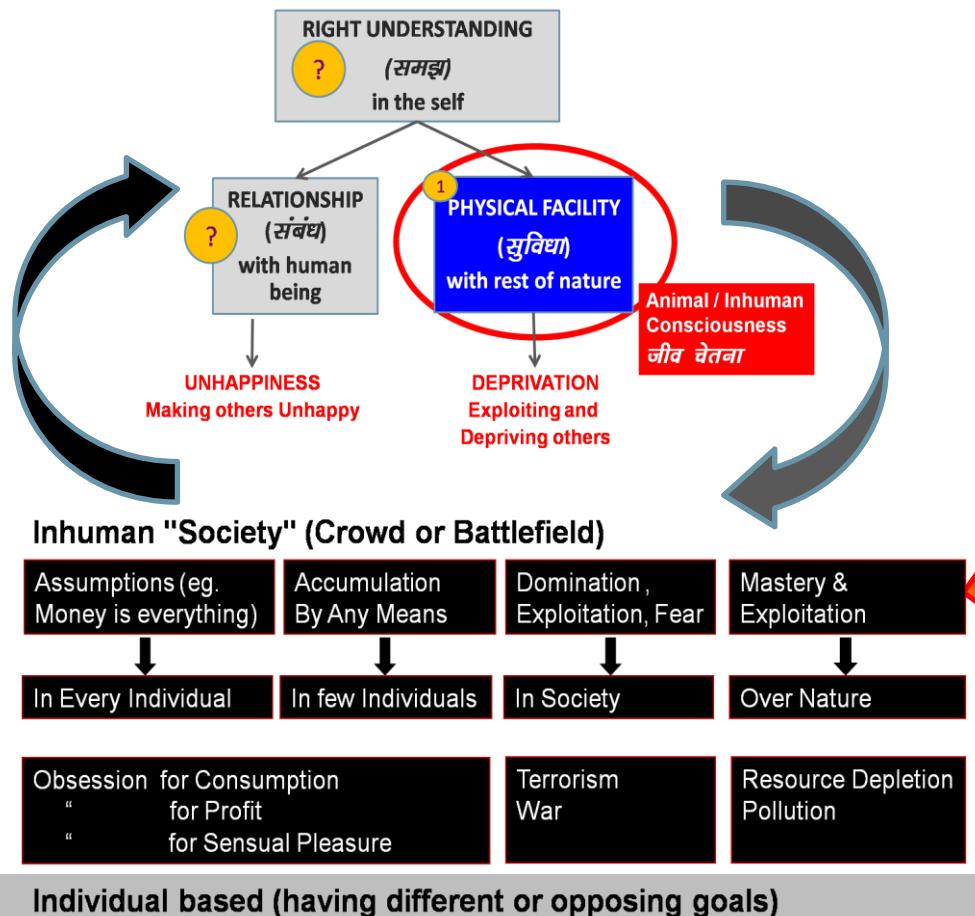
- *Justice is recognition of human-human relationship, its fulfilment and evaluation leading to mutual happiness.*
- We had discussed earlier that in human-human relationship, the feeling is the core issue. In order to ensure justice in the society, we need to develop the competence to understand and ensure justice in every individual. In case someone is not able to develop this competence and ends up doing injustice then:
  - a) Stop the him from doing further injustice, as well as
  - b) Help him/her to develop the competence for ensuring justice.
- In the present system, mostly we seem to be restricting ourselves at (a) and not doing (b).
- Preservation has to do with relationship of human being with the rest of nature. *Preservation is the recognition of relationship of human being with the rest of nature, its fulfilment and evaluation leading to mutual fulfilment.*
- Precisely, preservation would mean enrichment, protection and right utilization of the rest of the nature.
- Preservation ensures
  1. Prosperity in human being
  2. Enrichment, protection and right utilisation of the rest of the nature
- Justice ensures fearlessness (trust) in the society and preservation ensures the mutual fulfilment (coexistence) with rest of the nature.

## 5. Exchange-Storage

- *Exchange means sharing or exchanging physical facility with a view of mutual fulfillment and not with the obsession for profit.*
- The sharing is within the family, or to the extent one has been able to accept relationship. Beyond that is exchange. Through sharing and exchange of physical facility, each family can have all that it needs, i.e. there is mutual fulfilment.
- *Storage is preserving physical facility after the fulfillment of needs, so that it is available, when required. This is done with a view of mutual fulfilment and not with the obsession for accumulation or exploitation.*

# Human Education

Next generation has improved  
 - Understanding  
 - Feeling



# Human Education

Next generation has improved  
 - Understanding  
 - Feeling

Power शक्ति	Dynamic Activity गति किया	State Activity स्थिति किया	
1.	Authentication प्रमाण	Realization अनुभव	B1 Co-existence सह-आरोपण
2.	Determination संकल्प	Understanding वेद्ध	Harmony in Nature व्यवस्था
3. Desire इच्छा	Imaging विचरण	Contemplation वित्तन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आरवादन	Goal, Value Guided Sensation



Power शक्ति	Dynamic Activity गति किया	State Activity स्थिति किया	
1. Preconditioning मान्यता	Authentication प्रमाण	Realization अनुभव	B1
2. Determination संकल्प	Understanding वेद्ध	Contemplation वित्तन	
3. Desire इच्छा	Imaging विचरण	Sahaj सहज स्त्रीकृति के आधार पर जांच कर	3
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Unguided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आरवादन	Unguided Sensation संवेदना

## Inhuman "Society" (Crowd or Battlefield)

Assumptions (eg. Money is everything)	Accumulation By Any Means	Domination, Exploitation, Fear	Mastery & Exploitation
↓	↓	↓	↓
In Every Individual	In few Individuals	In Society	Over Nature

Obsession for Consumption " for Profit " for Sensual Pleasure	Terrorism War	Resource Depletion Pollution
---	------------------	---------------------------------

Individual based (having different or opposing goals)

Transformation & Progress  
laøe.k&fodk!

Human Education  
 ↓  
 Personal Transformation  
 ↓  
 Societal Transformation

# **Program for Health-Self Regulation (Self-regulation)**

There is a feeling of responsibility in the self(I) toward the body  
– for nurturing, protection and right utilization of the body

## **Program for harmony in the body**

### **(A) Staying Healthy**

- 1 Intake and Daily Routine (Lifestyle)
- 2 Labour and Exercise
- 3 Postures for regulating internal & external body organs and Regulated Breathing

### **(B) Bringing body back to harmony from temporary disharmony**

### **(C) Dependence on drug / machine to perform a body function**

- 4 Medicine and

- Treatment

# Program for Health-Self-regulation

**Self-regulation in the Self (I):** Feeling of responsibility toward the body  
– for Nurturing, Protection and Right Utilization of the Body



## Program for Self-regulation

- |  |                                 |
|--|---------------------------------|
| 1a. Intake   | 1b. Daily routine               |
| 2a. Labour   | 2b. Exercise                    |
| 3a. Balancing internal<br>external organs<br>of body | 3b. Balancing breathing of body |
| 4a. Medicine   | 4b. Treatment                   |

## Health in the Body

1. Body acts according to Self (I)
2. Parts of the body are in harmony (in order)

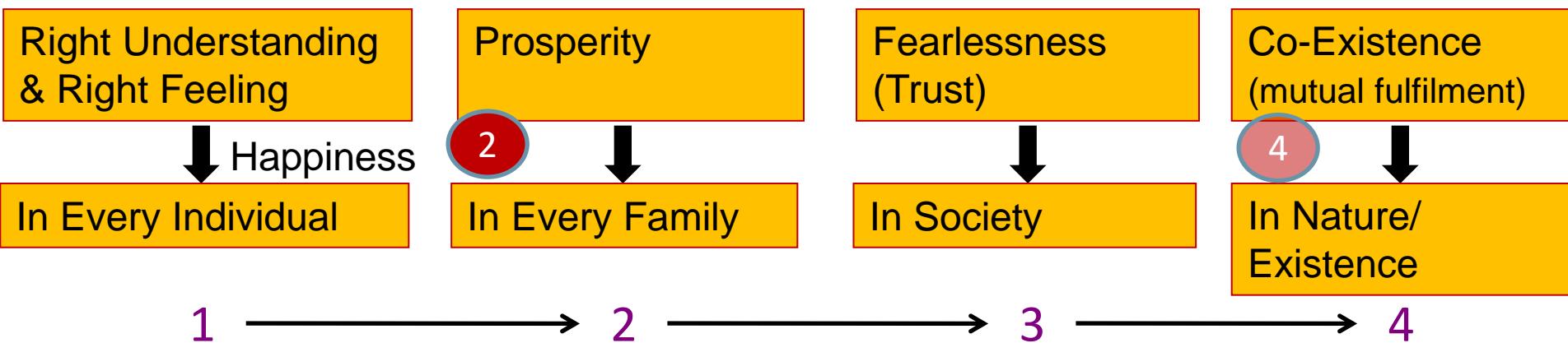
- 1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable)...
- 1b. Rising time, sleeping time, eating time...
- 2a. Outcome of labour is production of physical facility
- 2b. No physical facility is produced by exercise

# System for Health-Self-regulation

Individual	Lifestyle, exercise
Family	Intake, daily routine
Family cluster	Postures, Regulation of breath
Village	Medicine
Village cluster / city	Health education, environment, labour, treatment
...	
Nation	Proliferation of good practices
...	
World	Humane culture, civilisation, tradition

# Harmony in the Society (lekt esa O;oLFkk)

## Human Goal



## Human Order ¼ekuoh; O;oLFkk½

### Systems / Dimensions ¼vk;ke½

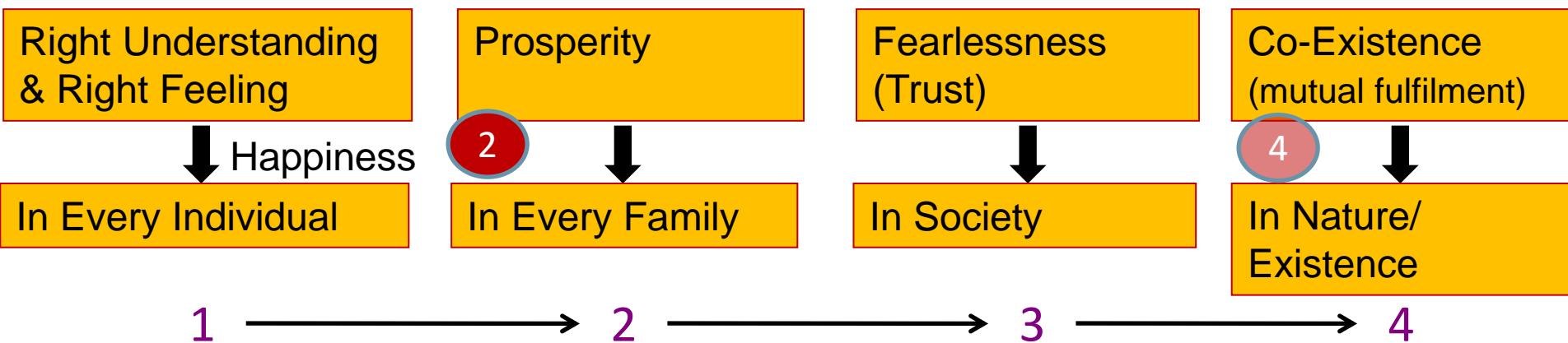
1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

2      4

- 3b. Work: The labour a human being does on the rest of nature
- 3a. Production: The physical facility obtained out of work

# Harmony in the Society (lekt esa O;oLFkk)

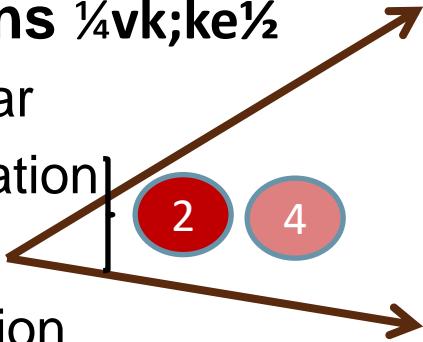
## Human Goal



## Human Order ¼ekuoh; O;oLFkk½

### Systems / Dimensions ¼vk;ke½

1. Education – Sanskar
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### 1. What to Produce?

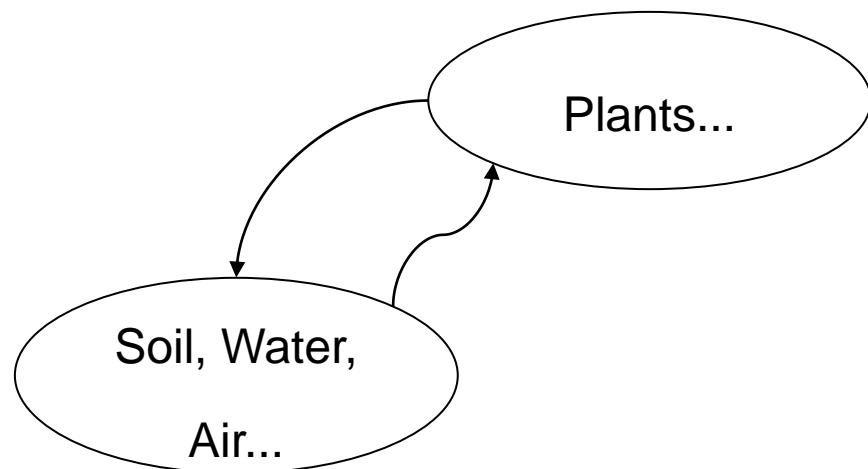
Required Physical Facility (necessary for nurturing, Protection & right utilisation of body)

### 2. How to Produce?

- a) Mutually Enriching, Cyclic Process (Eco-Friendly)
- b) Ensuring Justice (People-Friendly)

# Mutually Enriching, Cyclic Process (Avartansheel Process)

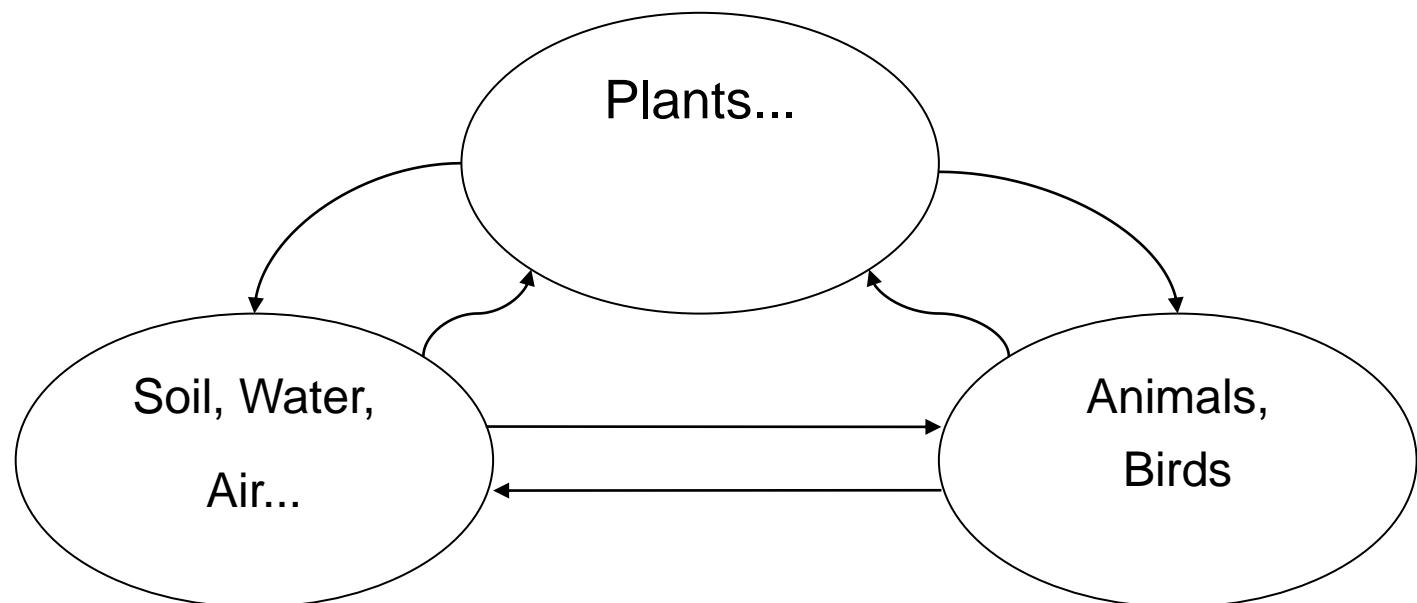
1. Cyclic
2. Every Unit in the Process is Enriched



This mutually enriching, cyclic process is already going on in Nature.  
We do not have to create it

# Mutually Enriching, Cyclic Process (Avartansheel Process)

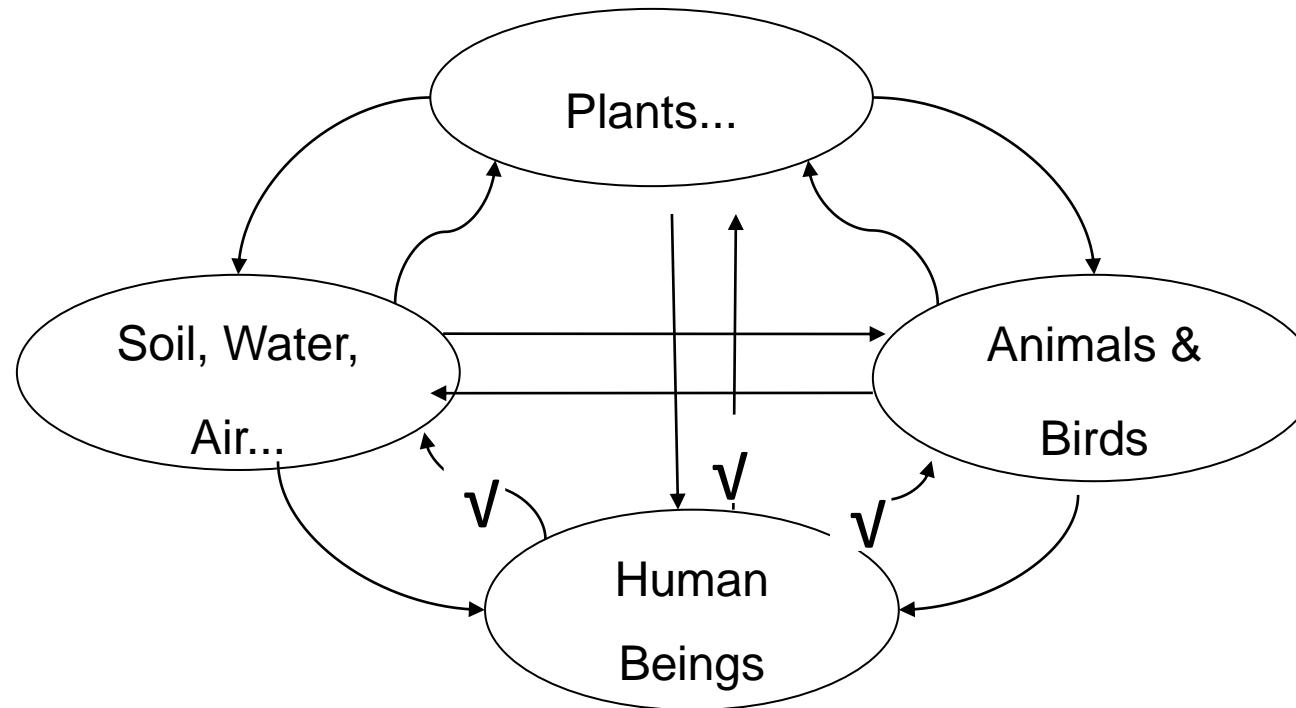
1. Cyclic
2. Every Unit in the Process is Enriched



This mutually enriching, cyclic process is already going on in Nature.  
We do not have to create it

# Mutually Enriching, Cyclic Process (Avartansheel Process)

1. Cyclic
2. Every Unit in the Process is Enriched



We, human beings, have to understand the mutual fulfilment in nature & to live accordingly

i.e. To update the man-made processes to be cyclic and mutually enriching

## Requirement (for Self Sufficiency)

## Availability

Family of 10

2 acres of land

40 man hrs or work / day

Sufficient to produce what is required for nurturing (food...), protection of body (clothes, shelter, medicine...) and right utilisation of body (instruments, equipments...)

4 full grown trees – wood for 1 person

90% production in family

10% by exchange / shared by larger order

In India, land availability

2.73 acres of agricultural land for every 10 persons

Total land = 32,87,590 sq km

Forest 21.6%

Agricultural 46.2%

Fallow 8.6%

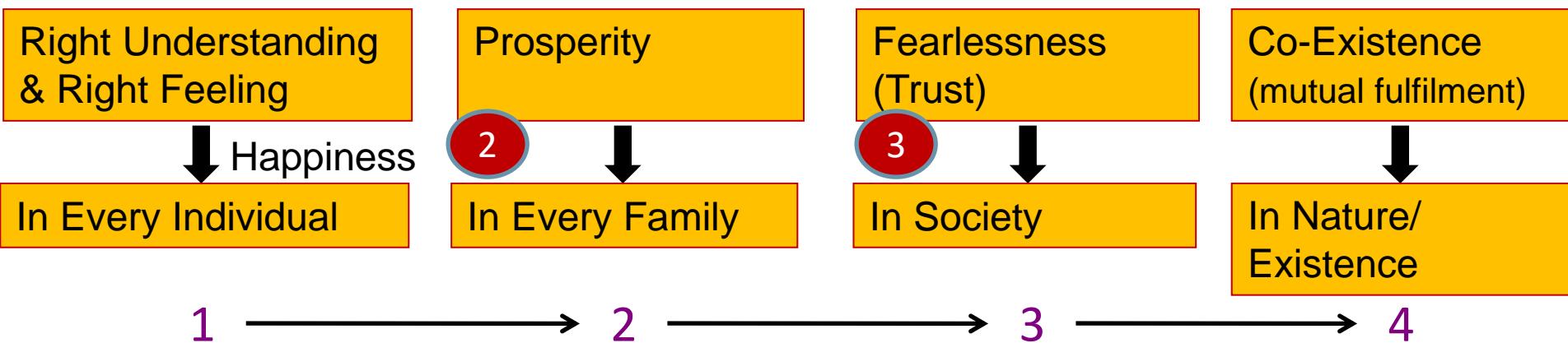
Built-up/Other 23.6%

Total population = 137 cr

1 sq km = 247.105 acre

# Harmony in the Society (lekt esa O;oLFkk)

## Human Goal



## Human Order ¼ekuoh; O;oLFkk½ Systems / Dimensions ¼vk;ke½

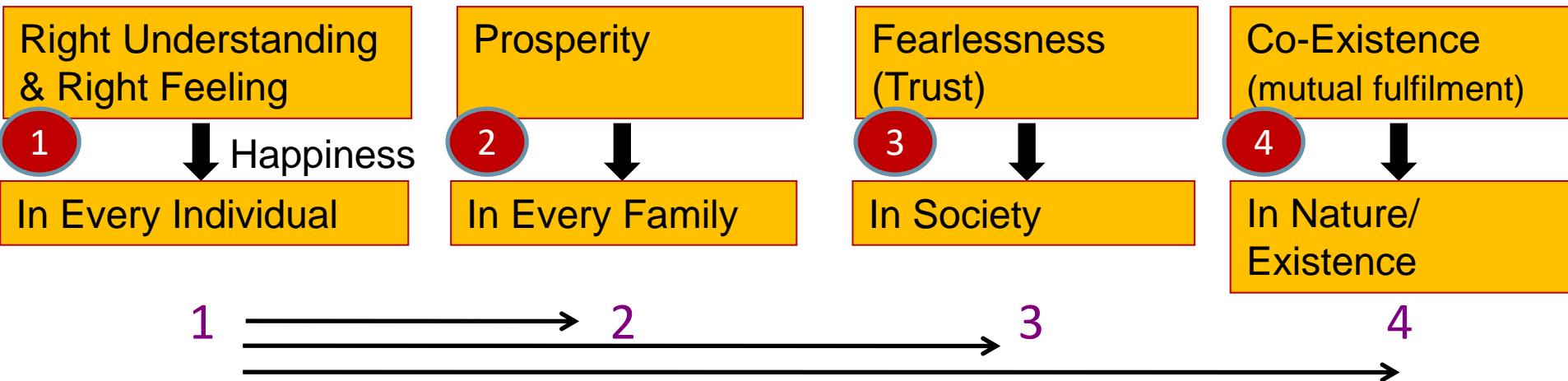
1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

2      3

- 5a. Exchange – of physical facility with a view of mutual fulfillment (not with obsession for profit / of exploitation)
- 5b. Storage – of physical facility with a view of mutual fulfillment (not with obsession for profit / of accumulation)

# Harmony in the Society (lekt esa O;oLFkk)

## Human Goal (ekuo y{;)



## Human Order ¼ekuoh; O;oLFkk½

### Systems / Dimensions ¼vk;ke½

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

## Sum Up

A society is composed of families living together, in a relationship of mutual fulfillment. They have a common goal, which is:

1. Right understanding & right feeling (happiness) in every individual
2. Prosperity in every family
3. Fearlessness (Trust) in society
4. Co-existence in nature/existence

The family is the basic unit in society, i.e. society is composed of family, group of families, village family, group of village families, town family... and so on, where every individual is responsible or self-disciplined and self motivated by common values, participating in the larger order toward a common human goal

Through the participation of every family in the society, in the 5 dimensions or social systems, the common human goal is fulfilled for all

- from family order to world family order
- generation after generation

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

[the current civilization is largely based on the assumption that human being = body, happiness is derived primarily from sensual pleasure & feeling from other; and hence accumulation of physical facility, domination and exploitation is at the core of the socio-economic systems]

# On Education

# **Components of Human Education**

## **Understanding**

Content of understanding (harmony)

Process of understanding (self-exploration)

Children – by doing and observation, then exploring within

Youth, adults – by exploring within, then by doing and observation

## **Learning**

Content of skills (for living in harmony)

Process of skill development

## **Doing**

Practice

# **Work Done and Work Remaining**

## **Work Done**

- Formal education has been accepted as a basic human right
- Parents are motivated to send their children to schools and colleges
- Students are going to schools and colleges in large numbers
- There is adequate institutional and learning infrastructure
- Teachers have been appointed
- Educational activity is already going on (particularly in skill development)

## **Work Remaining**

All that is now required is to develop human education

- Content
- Process

# **Self Reflection**

# Self Reflection

1. What is your common family goal?
  
2. In your family, sit together and discuss
  - the family goal
  - the program for its fulfillment
  - the role / participation of each of the family members in its fulfillment
  - the state of the fulfillment of the goal (evaluation)
  
3. What is the common societal goal?
  
4. How are you & your family participating in the fulfillment of the social goal?
  
5. How is your organisation (college etc.) participating in the fulfillment of the social goal?

# Questions?

## FAQ

1. What is the right age to start value education? I am asking because children don't have the capacity to think so deeply and evaluate all these proposals. Is there a different process of learning for adults and a different process for children?
2. Are we talking about having the same physical facility for all? Or is it that I can have a different need and someone else can have a different need? After all, we have to calculate the amount of money required for living and all kinds of emergencies
3. What exactly is the meaning of preservation. E.g. Govt. has made regulations to save the environment by banning use of wood in Govt. buildings, we are saving water by using less... is this not preservation?
4. What is the role of currency in exchange of physical facility?
5. For the victim of crime, justice is to punish the culprit. Why don't you talk about punishment in the society?

# At what level do we need to address problems?

Psychological (Self)



Social (Relationship)



Political (System)

# Is our Education Clearly Making Effort for

## Human Goal: Enlightened Individual, Human Family, Human Society.

Right Understanding  
& Right Feelings

Happiness

In Every Individual

Prosperity

↓

In Every Family

Fearlessness  
(Trust)

↓

In Society

Co-Existence

↓

In Nature/ Existence

## Currently: Managing in the Current "Society" (Crowd or Battlefield)

Assumptions (eg.  
Money is everything)

↓

In Every Individual

Accumulation  
By Any Means

↓

In few Individuals

Domination ,  
Exploitation, Fear

↓

In Society

Mastery &  
Exploitation

↓

Over Nature

Obsession for Consumption  
\* for Profit  
\* for Sensual Pleasure

Conflicts  
Terrorism  
War

Resource Depletion  
Pollution

# Why “More than Required Physical Facility”

**If my family is prosperous, then:**

1. We identify the required physical facility for the family (including the required quantity) – with right understanding
2. We produce more than the required physical facility using cyclically enriching process – with right skills
3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of sanyam
4. We share the rest for mutual fulfillment in relationship & for order in society – with a sense of responsibility in relationship

## **Domination (*shasan*)**

Units are selfish. Individual aims are dissonant with others & with collective

For **indulgence of few** (I compete for maximum physical facility), domination (central control) by way of fear (force), incentive, faith used to motivate

Unequal terms of exchange

Power, energy is centralized.  
Externally, centrally regulated, flows top down (~1:1L Prayer)

Human being is a resource

## **Self Organization (*vyavastha*)**

Units are self organized, responsible. Individual aims are complementary to others & to collective

Each unit is responsible, self motivated with **wellbeing of all** (I work to be happy & make other happy)

Equal terms of exchange

Every unit is self energized & self regulated (~1:10 Dialog)

Human being is co-existence of Self(I) & Body

Body is a resource of the Self(I)

# Role of Education-Sanskars: Enable Transformation

Holistic development is transformation to Human Consciousness.

The role of education-sanskar is to enable this transformation by way of ensuring the development of the competence to live with Definite Human Conduct

For this, the education-sanskar has to ensure

1. Right understanding in the self of every child
2. The capacity to live in relationship with the other human being
3. The capacity to identify the need of physical facility and the skills & practice for sustainable production of more than what is required leading to the feeling of prosperity

These are the 3 components of human education-sanskar, if it has to ensure development of definite human conduct

If we look at the education we are giving today...

1. First one is missing
2. The second one is missing
3. In the third one, identification of physical facility, is also missing. The willingness to produce by way of labour is also missing. The core feeling that is generated is to accumulate more & more and to consume more & more, rather than to produce more & more

## Child's Desire / Expectation

1. Expectation for justice  
(न्याय का याचक)
  - In every interaction
2. Desire for right work & behaviour  
(सही कार्य व्यवहार का इच्छुक)
  - The child naturally wants to participate, makes effort to learn & can learn
3. Speaks the truth  
(सत्यवक्ता)
  - The child naturally speaks whatever truth it knows
  - It willingly makes effort to understand, asks lots of questions
  - It can understand

## Fulfillment / Satisfaction Point

- Ability to do justice  
(न्यायप्रदाई क्षमता)
- Competence for right work & behaviour  
(सही कार्य व्यवहार करने की योग्यता)
- Understanding the truth  
(सत्यबोध)
- from self to entire existence
- The child expects parents, elders, teachers, society... to facilitate it to attain the satisfaction point  
(role of education-sanskar)

# Which type of Economics can be called Developmental Economics

**Take-Take Economics** (dominate/exploit HB, exploit rest of nature)

Feeling: opposition

Result: both try to maximise their share (profit maximisation)

Needs are undefined / unlimited + resources are limited → Everyone is bound to be deprived

## **Give-Take Economics**

Feeling: indifferent or opposition

**Give-Give Economics** (both work for mutual enrichment)

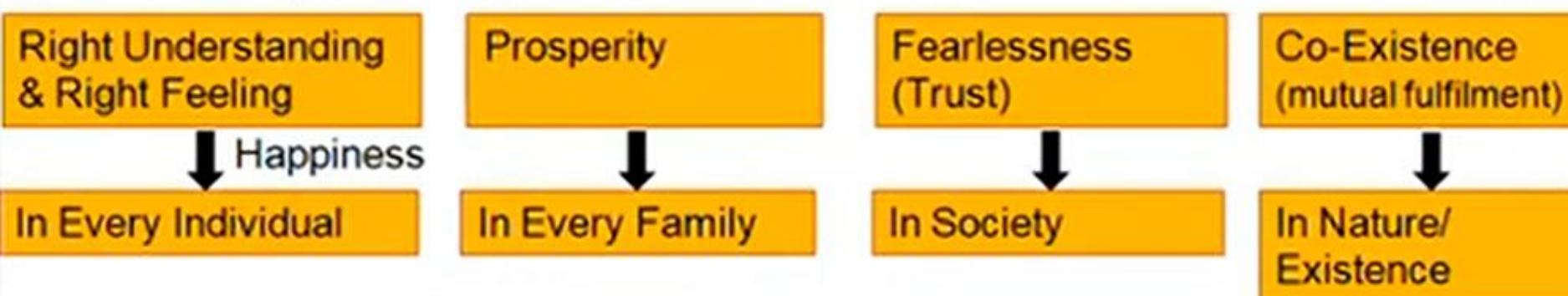
Feeling: Relationship

1. Identify the needs → Needs are definite
2. Produce more than what is required by cyclic, mutually enriching process  
(more is for sharing in relationship) → Resources are more than what is required

↓  
Everyone (all) can be prosperous

# Harmony in Society – Universal Human Order

## Human Goal (मानव लक्ष्य)



## Systems / Dimensions of Human Order (मानवीय व्यवस्था— आयाम)

- |                             |                  |
|-----------------------------|------------------|
| 1. Education – Sanskar      | - शिक्षा संस्कार |
| 2. Health – Self-regulation | - स्वास्थ्य संयम |
| 3. Production – Work        | - उत्पादन कार्य  |
| 4. Justice – Preservation   | - न्याय सुरक्षा  |
| 5. Exchange – Storage       | - विनिमय कोष     |

## Scope –From Family Order to World Family Order (Universal Human Order)

Family – Family cluster – Village – Village cluster ... Nation ... World Family  
Order      Order      Order      City... Order      Order      Order  
 $\sim 10^1$        $\sim 10^2$                            $\sim 10^{10}$

## Sum Up

A society is composed of families living together, in a relationship of mutual fulfillment. They have a common goal, which is:

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[the current civilization is largely based on the assumption that human being = body, happiness is derived primarily from sensual pleasure & feeling from other; and hence accumulation of physical facility, domination and exploitation is at the core of the socio-economic systems]

## Key Takeaways

- At the level of society, the human goal is right understanding and right feeling (happiness) in every individual, prosperity in every family, fearlessness (trust) in society and co-existence (mutual fulfilment) in nature/existence. This goal is fulfilled by human order, i.e. systems for education-sanskar, health-self regulation, production-work, justice-preservation and exchange-storage.
- These systems start with the family order, and are interconnected right up to world family order, leading to universal human order.
- The natural process of development of a child in an environment of relationship needs to be understood and fulfilled so that the child grows into a human being who can have the competence to participate in the universal human order.