

UHV-I

Session 3

Basic Human Aspirations and their Fulfilment

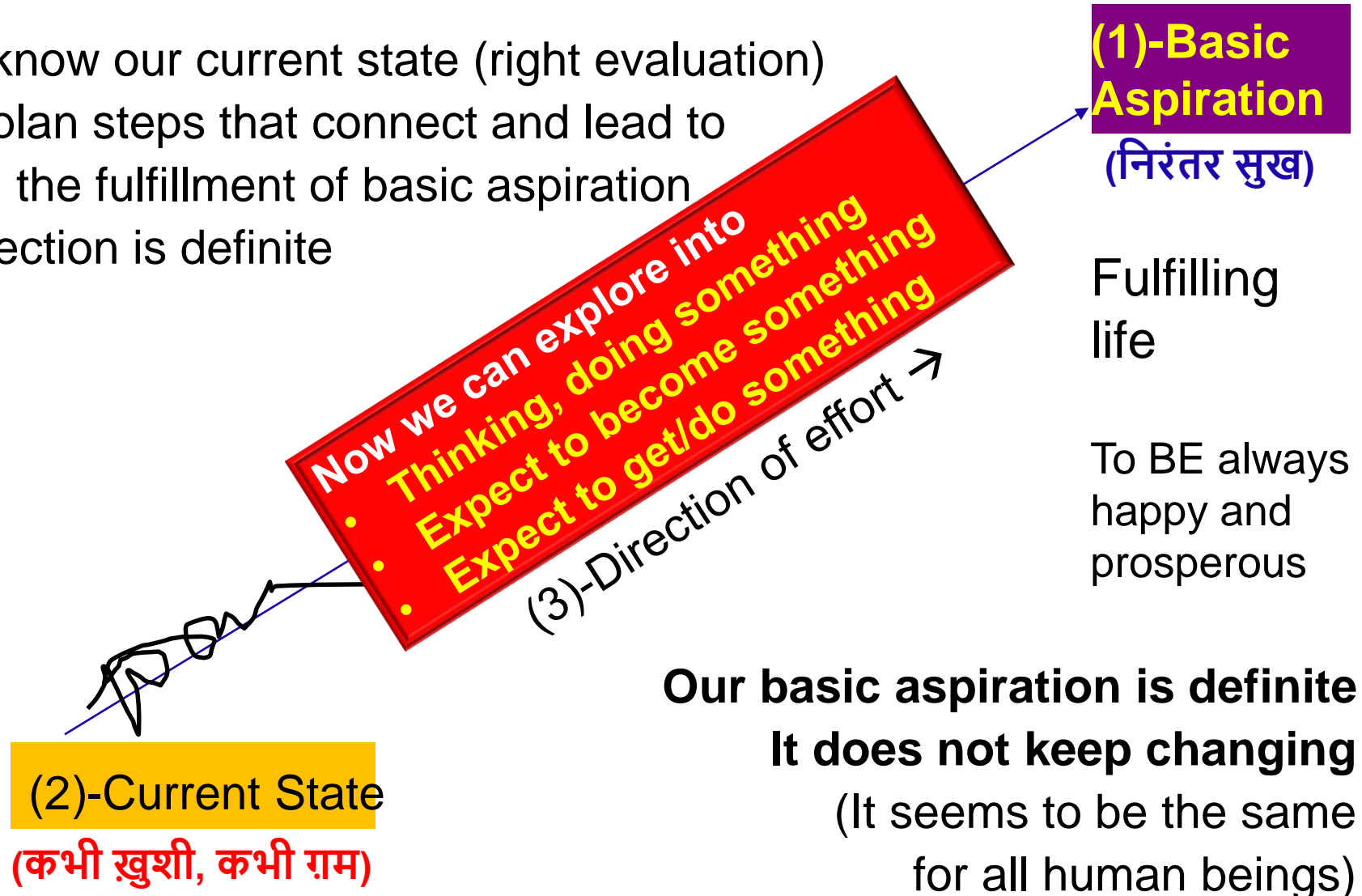
Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Sub-committee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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From the previous session: Human Goal = Happiness & Prosperity

- (1) Our basic aspiration (human goal) is very clear – the destination is fixed
- (2) We know our current state (right evaluation)
- (3) We plan steps that connect and lead to the fulfillment of basic aspiration
– direction is definite



Introduction

In the previous session, we saw that **our basic aspirations are happiness(सुख) and prosperity(समृद्धि).**

The home assignment was to check if this is true for you.

We also asked you to write down your perspective about happiness and about prosperity..

In this session we want to explore into two questions:

- Are happiness and prosperity our basic aspirations?
- What is needed to fulfil these aspirations(चाहना)?

Through this exploration, we will also see what this UHV-I course is about. It will help to answer questions like:

- What is the content of UHV?
- What is the process of UHV?
- Why are we doing this course (UHV-I)?
- Will it really help me in fulfilling my aspirations?
- Will it really help me in addressing to my concerns?

We will Explore on our Own Right: The Process of Exploration

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)
Verify it on Your Own Right – on the basis of our **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be
(your natural acceptance)

The purpose of this program is to initiate this internal dialogue

izLrko gS ¼ekuas ugha**½**

tk;pas & Lo;a ds vf/kdkj ijA

viuh **lgt LohÑfr** ds vk/kkj ijA

;g **laokn** dh izfØ;k gSA

;g laokn vkids vkSj esjs chp 'kq: gksrk gS] fQj **vki eas** pyus
yxrk gSA

Do we want to be happy?

**D;k ge lq[kh gksuk pkgrs
gSa**

Do we want to be prosperous?

D;k ge le`) gksuk pkgrs gSa

Do we want the continuity of
happiness and prosperity?

**D;k ge lq[k] le`f) dh
fujarjrk pkgrs gSa**



Do we want to be happy?

**D;k ge lq[kh gksuk pkgrs
gSa**

Do we want to be prosperous?

D;k ge le`) gksuk pkgrs gSa

Do we want the continuity of
happiness and prosperity?

**D;k ge lq[k] le`f) dh
fujarjrk gSa**

Are we happy?

D;k ge lq[kh gSa

Are we prosperous?

D;k ge le`) gSa

Is there continuity of our
happiness and prosperity?

**D;k gekjs lq[k] le`f) dh
fujarjrk gSa**



Why this gap?

- between our aspiration and our state of being
- between what we really want to be and what we are

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

We will explore into this

Aspiration pkguk

Do we want to be happy?

D;k ge lq[kh gksuk pkgrs gSa

Do we want to be prosperous?

D;k ge le`) gksuk pkgrs gSa

Do we want the continuity of happiness and prosperity?

D;k ge lq[k] le`f) dh fujarirk pkgrs gSa

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

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

Effort djuk

Is our effort (**gekjk iz;kl**):

– For continuity of happiness and prosperity?

lq[k] le`f) dh fujarjrk ds vFkZ esa gS or ;k

– (Studying hard) only for earning money, ensuring physical facility and its accumulation ?

पढ़ लिख कर केवल धन कमाना, सुविधा जुटाना, और उसका संग्रह करने के अर्थ में?

Physical Facility is Necessary...but!

When an animal has lack of physical facility it becomes uncomfortable, when it gets physical facility it becomes comfortable

eg. When a cow gets a stomach-full of grass, it becomes comfortable, sits and chews the cud

i'kq dks lqfo/kk dk vHkko gksrk gS] rks og ijs'kku gksrk gS] lqfo/kk fey tk, rks og vkjke esa vk tkrk gS] (tSlS isV Hkj ?kkl fey tk, rks xk; vkjke ls tqxkyh djrh gS)A

When a human being has lack of physical facility, he becomes uncomfortable and unhappy

But once he gets the physical facility, he forgets about it and starts thinking about hundred other things

euq"; dks lqfo/kk dk vHkko gksrk gS] rks og ijs'kku o nq%[kh gksrk gS] ijarq lqfo/kk fey tk, rks mlds ckjs rks Hkwy gh tkrk gS] mlds vykok lkS vkSj phtsa lkspus yxrk gSA

Lets see if we know how many pairs of clothes we have

If there were a shortage of clothes it would be a problem for us, but now that we have clothes, we may not even know how many we have... **(and yet we may keep collecting more and more...)**

Something more is required.. (over and above physical facility)

Physical facility is necessary for human being
but

something more is also required....

To find out what else is required (over and above physical facility)

Check: Is the unhappiness with in us and in our families

- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

अभी हमको जो दुख है, हमारे परिवारों में जो दुःख है, वह सुविधा के अभाव में ज्यादा है या सम्बन्ध का निर्वाह न होने के कारण ज्यादा है ?

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

**vki lqfo/kk tqVkus ds fy, fdruk le; o iz;kl yxk jgs gSa vkSj
laca/k dk fuokZg ds fy, fdruk le; o iz;kl yxk jgs gSa**

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

**nq%[k laca/k dk fuokZg u gksus ds dkj.k T;knk gS(ijUrq] le; o
iz;kl lqfo/kk ds fy, T;knk yxk;k tk jgk gS**

For Human Being, Relationship is also Necessary

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

ekuo ds fy, lqfo/kk Hkh vko';d gS] ijarq laca/k Hkh vko';d gSA

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

;/ku ls ns[ksa rks ekuo o i'kq ds chp ;g ,d ewyHkwr varj gSA

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

lqfo/kk i'kq ds fy, vko';d gS] euq"; ds fy, Hkh vko';d gSA

However, **ijarq]**

For animals physical facility is necessary as well as adequate

i'kq ds fy, lqfo/kk vko';d Hkh gS vkSj iw.kZ Hkh gS]

For human being physical facility is necessary but not adequate

euq"; ds fy, Hkh lqfo/kk vko';d gS ij iw.kZ ugha gSA

In Addition to Physical Facility, Relationship is Necessary

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

ekuo ds fy, lqfo/kk Hkh vko';d gS] ijarq laca/k Hkh vko';d gSA

RELATIONSHIP

laca/k

with human being

PHYSICAL FACILITY

lqfo/kk

With nature

For animals:
necessary & largely
adequate

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

For human beings:
necessary but not
adequate

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

Although we have Recognised the need for Relationship...

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

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

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

Even though we don't want to, a fight does take place once again
(**we want the other to improve... and the other wants us to improve...**)

Is this happening?

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

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

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

Right Understanding is also Essential for Human Being

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

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

Right Understanding is also Essential for Human Being

RIGHT UNDERSTANDING

(le >)

in the self

RELATIONSHIP

(laca/k)

**with human
being**

PHYSICAL FACILITY

(lqfo/kk)

with rest of nature

**For animals:
necessary & largely
adequate**

**For human beings:
necessary but not
adequate**

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

Are we working on all 3?

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

*Working on the high priority makes it easier to deal with the lower priority



1 RIGHT UNDERSTANDING

(le>)
in the self

2

RELATIONSHIP
(laca/k)
with human
being

Feeling
- Trust
- Respect
- ...

3

PHYSICAL FACILITY
(lqfo/kk)
with rest of nature

For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

Requirement to fulfill Basic Aspiration

**Desirable State
= fulfilling life**

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

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

Feeling
- Trust
- Respect
...

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

If we are living with all three (right understanding, relationship and physical facility, in that priority order) then we are living with continuous happiness. Human being can be fulfilled (be happy and prosperous) on the basis of these three.

**MUTUAL HAPPINESS
(mHk; lq[k])**

**MUTUAL PROSPERITY
(mHk; le`f)**

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

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

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

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

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

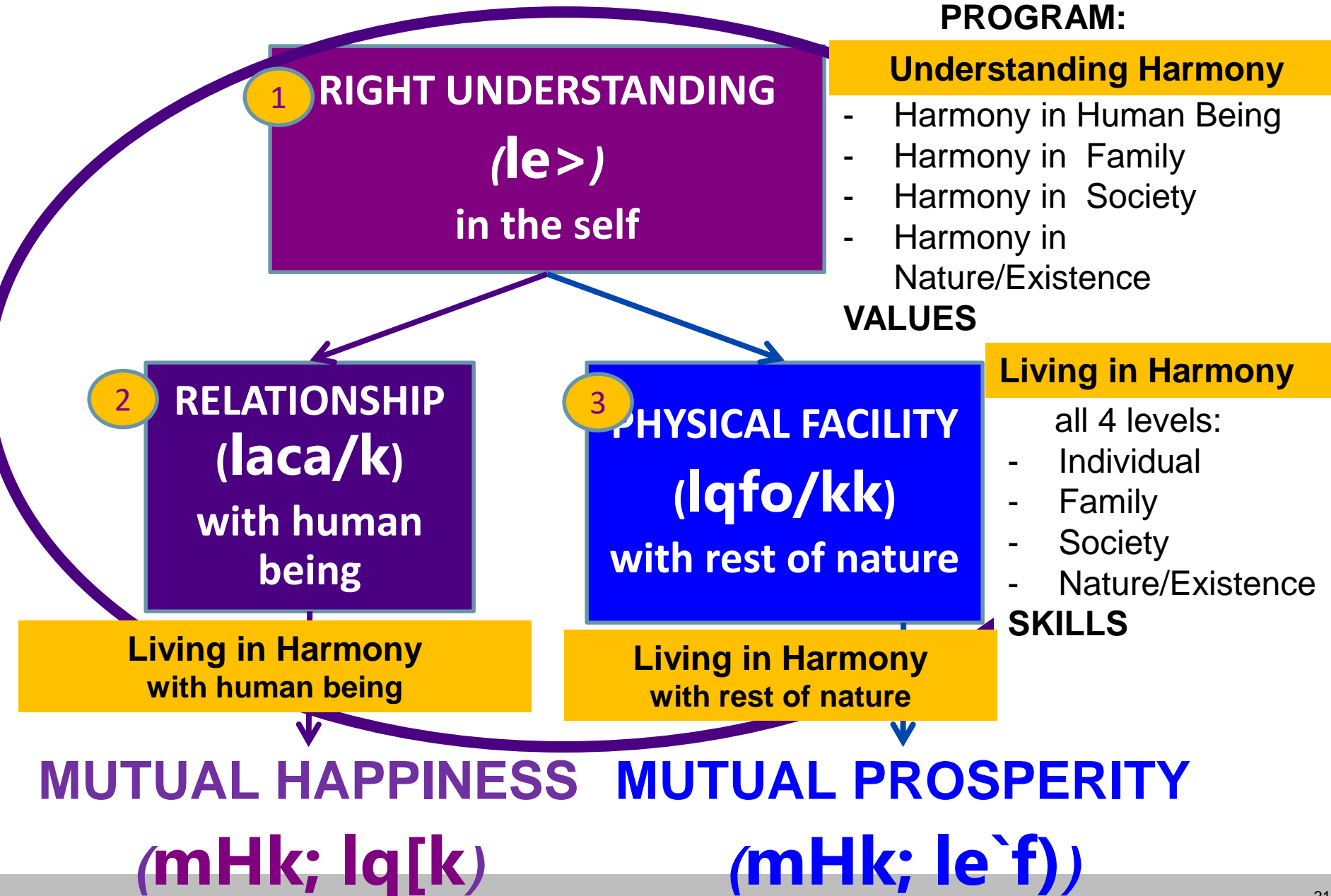
Human being can not be fulfilled on the basis of physical facility alone

Current State –
Where we are

UNHAPPINESS
Making others Unhappy

DEPRIVATION
Exploiting and
Depriving others

Desirable state – Living in Harmony – Program to Fulfill Basic Human Aspiration



Happiness and Prosperity (a proposal)

Happiness = To be in a state of Harmony

Lkq[k ¾ laxhr esa] O;oLFkk esa thuk

Unhappiness = To be forced to be in a state of Contradiction

nq[k ¾ varfoZjks/k esa] vO;oLFkk esa thus ds fy;s ck/;

g®uk

Prosperity – The feeling of **having more** than **required Physical Facility**

le`f) & vko";d lqfo/kk ls vf/kd dh miyfC/k@ mRiknu dk Hkko

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

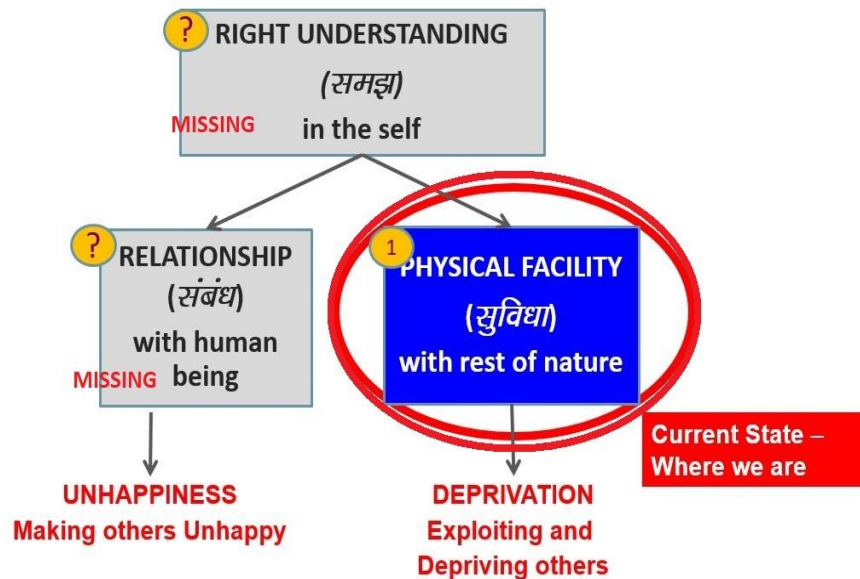
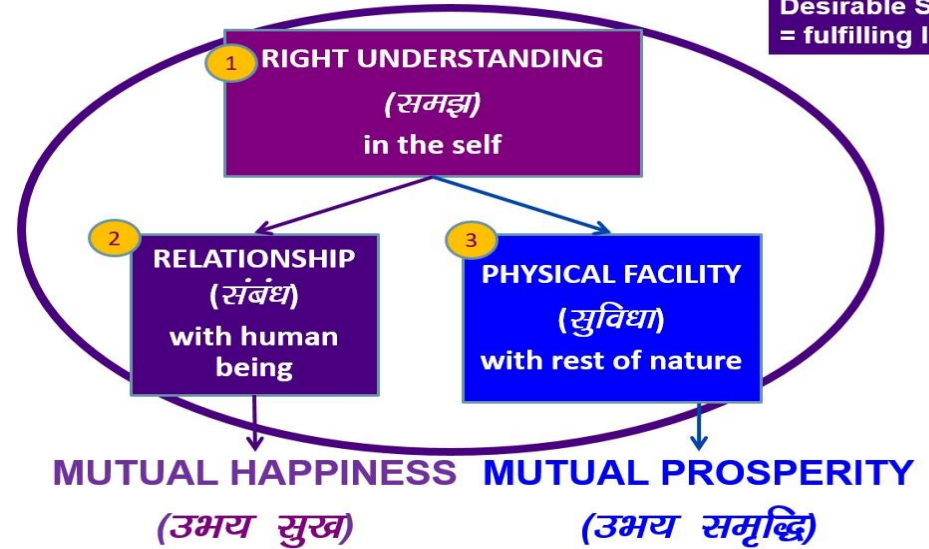
le`) O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS

nfjnz “ laxzg “ “ “ “kks"k.k “ “ “ “

Transformation (ladze.k) = Holistic Development (fodkl)

Requirement to fulfill Basic Aspiration

Desirable State = fulfilling life



Transformation & Progress
laØe.k&fodkl



Purpose of this Course (UHV-I)

To develop a holistic perspective

Which includes all aspects of our real life:

- Ourselves
- Our family, friends, classmates, seniors, teachers... (Human Relationships)
- Our society (social systems)
- Our natural environment

In other words, a holistic perspective means understanding harmony:

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

Home Assignment

Home Assignment 3.1

Take your list of aspirations + concerns (from session 1 home assignment).
Find out what is needed to fulfill your aspirations + address your concerns:

- right understanding (clarity)
- relationship (right feeling)
- physical facility (money, some real physical facility like food, clothes, shelter, mobile...)

<u>eg. Aspiration/Concern</u>	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money	?	?	✓ (salary...)
Name, fame, attention	✓	✓	✓
good food	?	?	✓ (food)
latest bike	?	?	✓ (bike)
peace of mind	✓	✓ (family & friends)	
good health	✓	✓	✓

Also find out how much time and effort you put in every day in these 3 areas

<u>eg.</u>		<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
College work	10 hrs	1 hr	2 hrs (talking)	7 hrs (skills)
eating	2 hrs			2 hrs
sleeping	8 hrs			8 hrs
other activity	4 hrs	3 hrs (worship, TV)		1 hr (bath, gym etc.)
		4 hrs	2 hrs	18 hrs

Home Assignment 3.2

Take your list of aspirations. Classify the aspirations into four categories:

1. Aspirations at the individual level. E.g. you aspire to be happy within, to be healthy
2. Aspirations at the level of family. E.g. you aspire to be comfortable with everyone in your family and you want them to be assured of you
3. Aspirations at the level of society. E.g. You aspire for a good job
4. Aspirations at the level of nature. E.g. You aspire for natural resources to be readily available

Similarly, take your list of concerns. Classify the concerns also into these four categories:

1. Concerns at the individual level. E.g. you want to get rid of anger, tension, frustration and peer pressure
2. Concerns at the level of family. E.g. you want to overcome the pressure to conform to their norms
3. Concerns at the level of society. E.g. you wish that the domination, exploitation, differentiation and terrorism is resolved
4. Concerns at the level of nature. E.g. you'd like the pollution levels to reduce

In the next session, we will discuss the aspirations and concerns at the individual level.

Home Assignment – Conclusions

Analyse your list of your aspirations + concerns Find out what is needed to fulfill them:

– right understanding – relationship (right feeling) – physical facility

Aspiration

<u>Aspiration / Concern</u>	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money	✓	✓	✓ (salary...)
But with a base of relationship & right understanding			
Good friends	✓	✓	✓
But with a base of right understanding			
Peace of mind	✓	✓ (right feeling within)	May not be required!

CONCLUSIONS:

- For the fulfilment of any aspiration or for addressing any concern, right understanding and relationship are definitely required. Physical facility may or may not be required
- In general, our effort is mostly for physical facility (maybe because we have assumed that it is the main thing required for a fulfilling life).

Questions?

Animals living with
animal consciousness

they are in harmony

this is fine

Human being living with
human consciousness

they are in harmony

this is fine

Human being living with
animal consciousness

they are in disharmony

this is the
problem

Q1.

What is the difference between right understanding, relationship and physical facility?

RIGHT UNDERSTANDING

(le>)

in the self

RELATIONSHIP

(laca/k)

**with human
being**

PHYSICAL FACILITY

(lqfo/kk)

with rest of nature

**For animals:
necessary & largely
adequate**

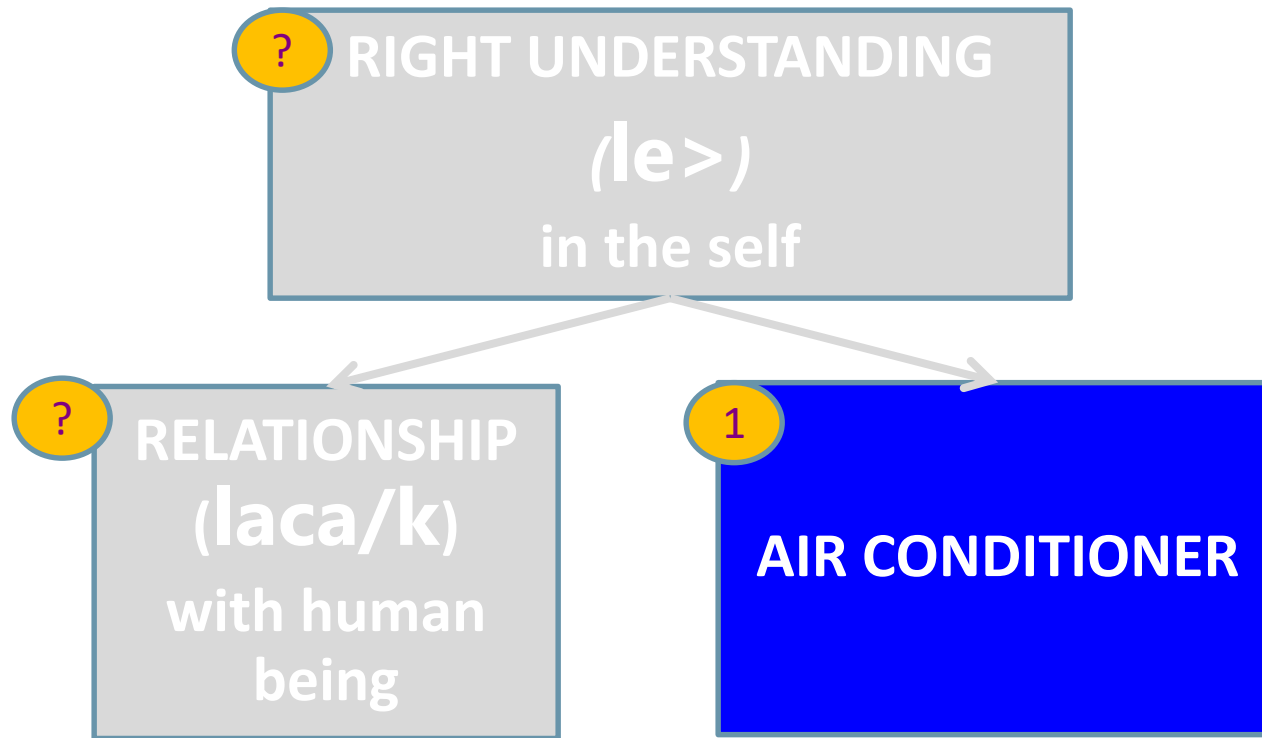
**For human beings:
necessary but not
adequate**

These are two different types of needs

Let us explore if one type of need can be fulfilled by another

Ex: Sitting in a hot room... we are uncomfortable & unhappy

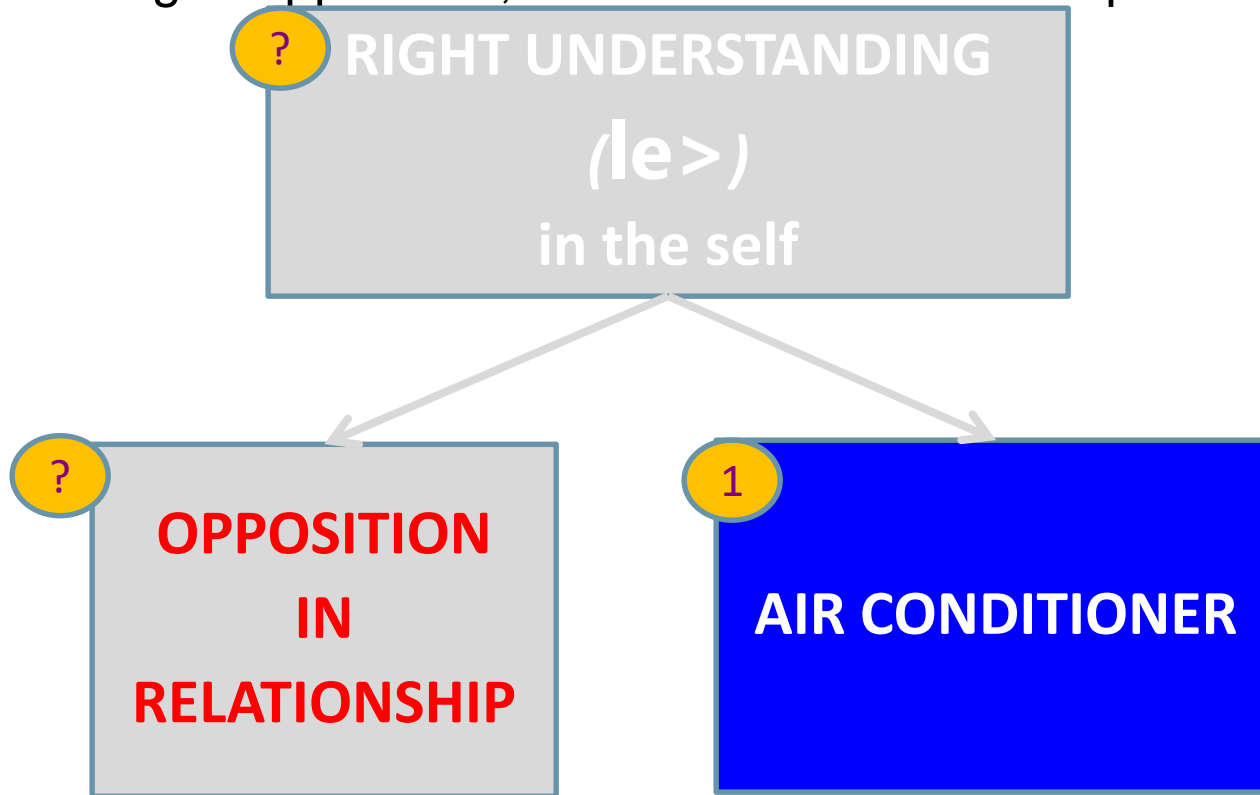
Q: Does an AC help us resolve our discomfort & unhappiness?



- An AC does help resolve the physical discomfort
- However, it is not clear that the AC provides any relief from unhappiness

Ex: Sitting in an AC room... with someone we are opposed to...

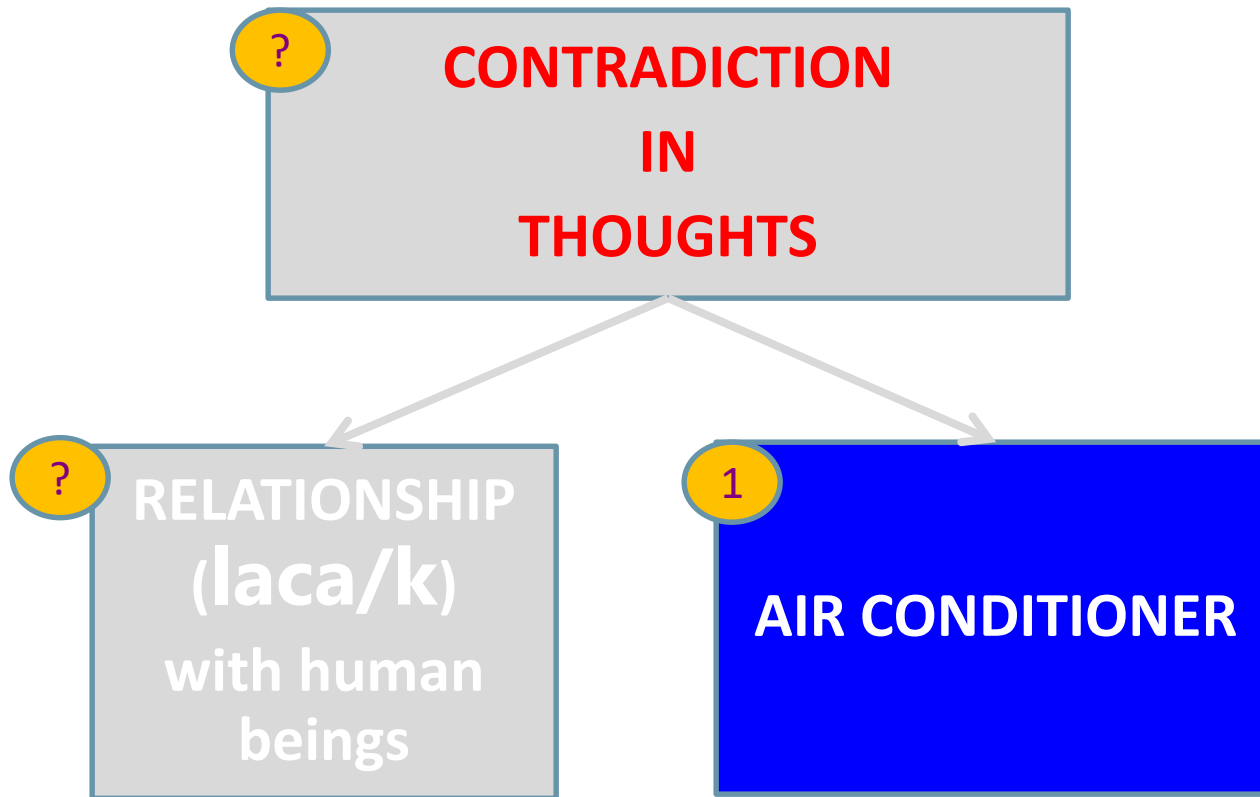
Q: Is the feeling of opposition naturally acceptable? Or do we want to get rid of the feeling of opposition, to resolve the relationship?



- We can see that an AC has no impact in resolving relationship
- Physical facility does not have any lasting impact in relationship. E.g. A gift can at most distract attention for some time – it is not a solution
- Right understanding about relationship and right feeling in oneself is required for resolving the relationship

Ex: Sitting alone in an AC room... thinking about one we oppose...

Q: Does the AC help us resolve the contradiction in our thoughts?



- We can see that an AC has no impact in resolving contradiction in thoughts
- Right understanding is required to resolve contradiction in thoughts