



Lecture 10

Understanding Harmony in the Self

Part I

Basic Human Aspiration

Continuous Happiness and Prosperity

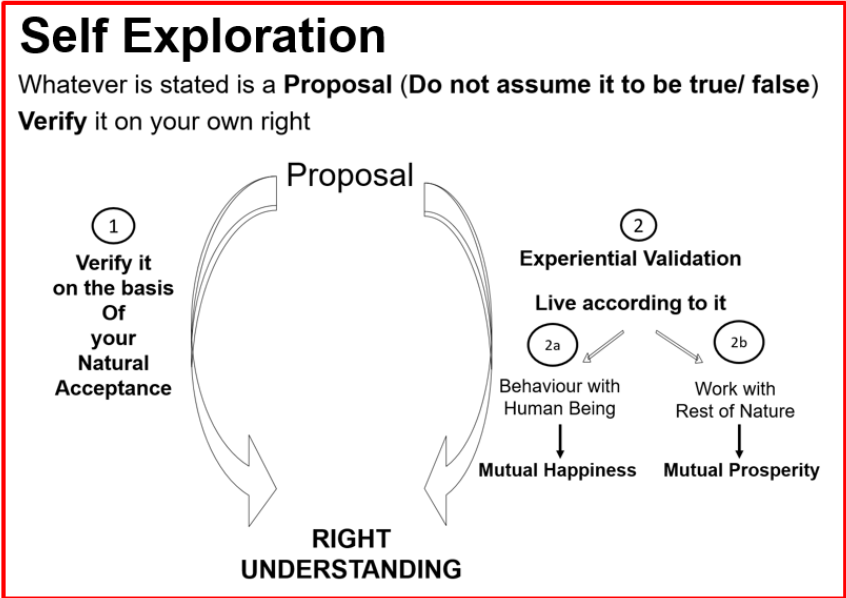
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

- 👉 **Harmony in the Human Being – Self**
 - Harmony in the Family
 - Harmony in the Society
 - Harmony in Nature/Existence

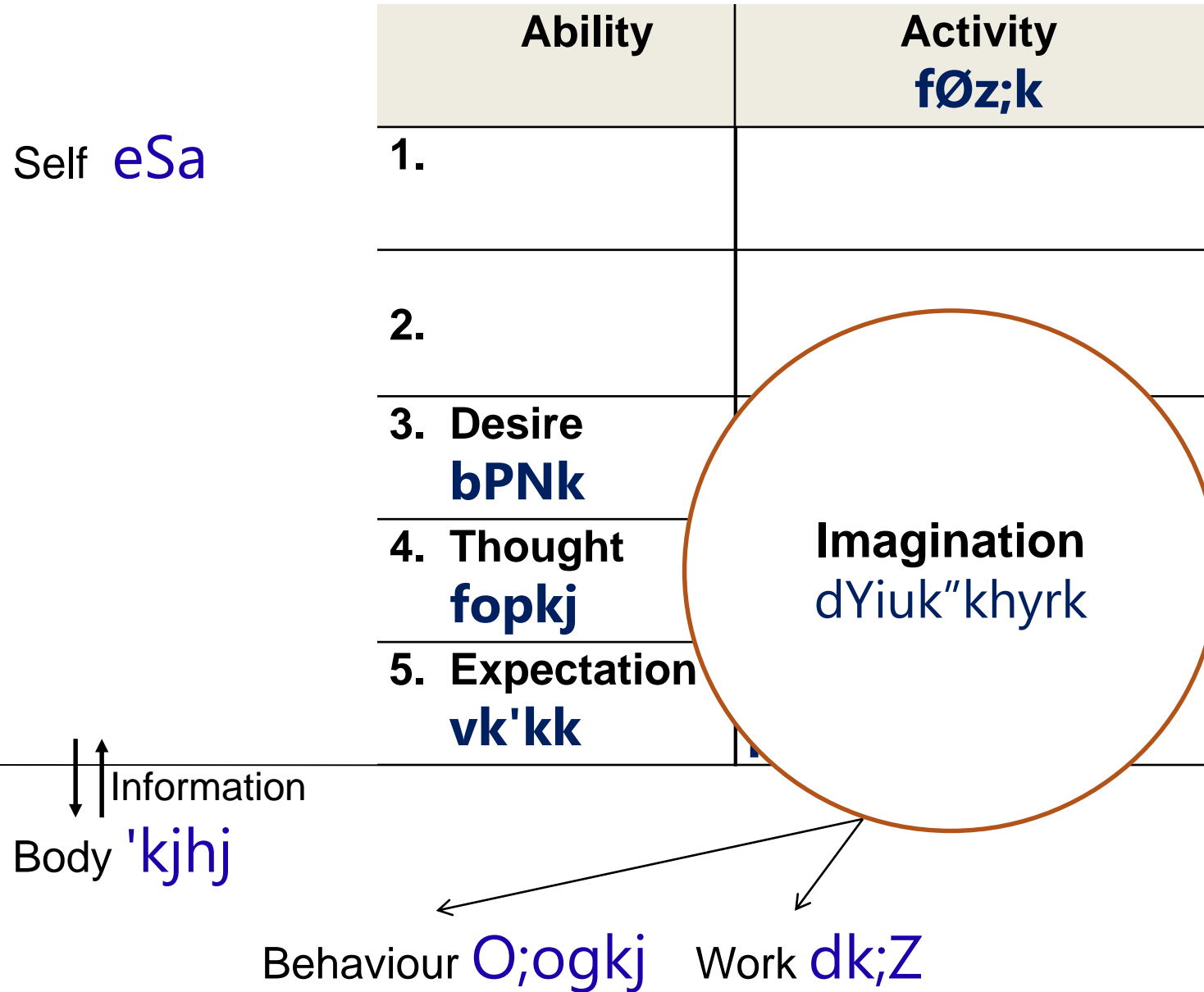
Process of Understanding



What is my role (value) with myself?



Activities of Self eSa dh fdz;k,a



Activities of Self eSa dh fdz;k,a

Self eSa

Power "kfDr	Activity fØz;k	Meaning
1.		
2.		
3. Desire bPNk	Imaging fp=.k	What I want to be My feeling within
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqyu	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu	What I have to do outside for expression of the feeling

Information
↓↑
Body 'kjhj

Imagination

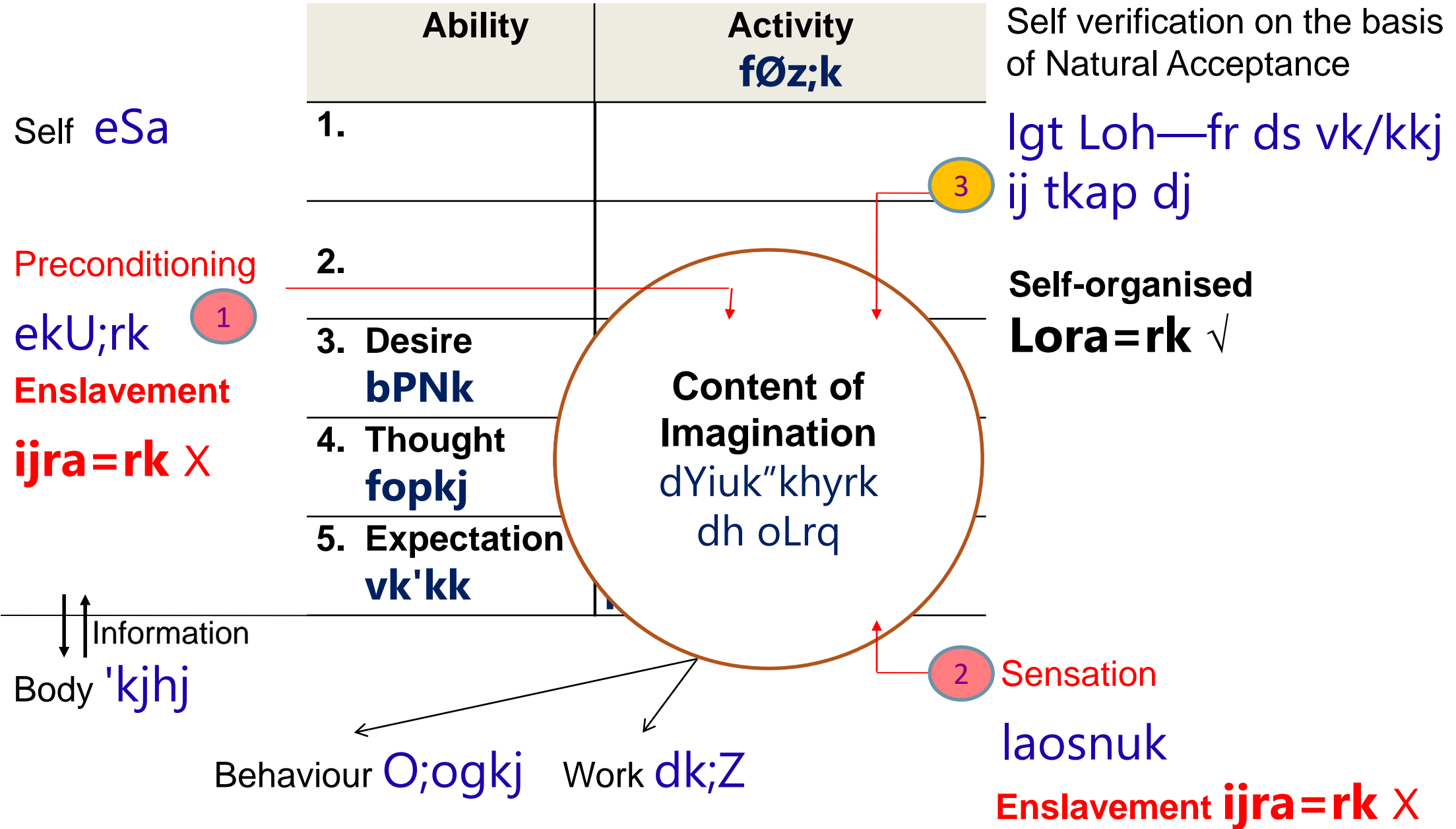
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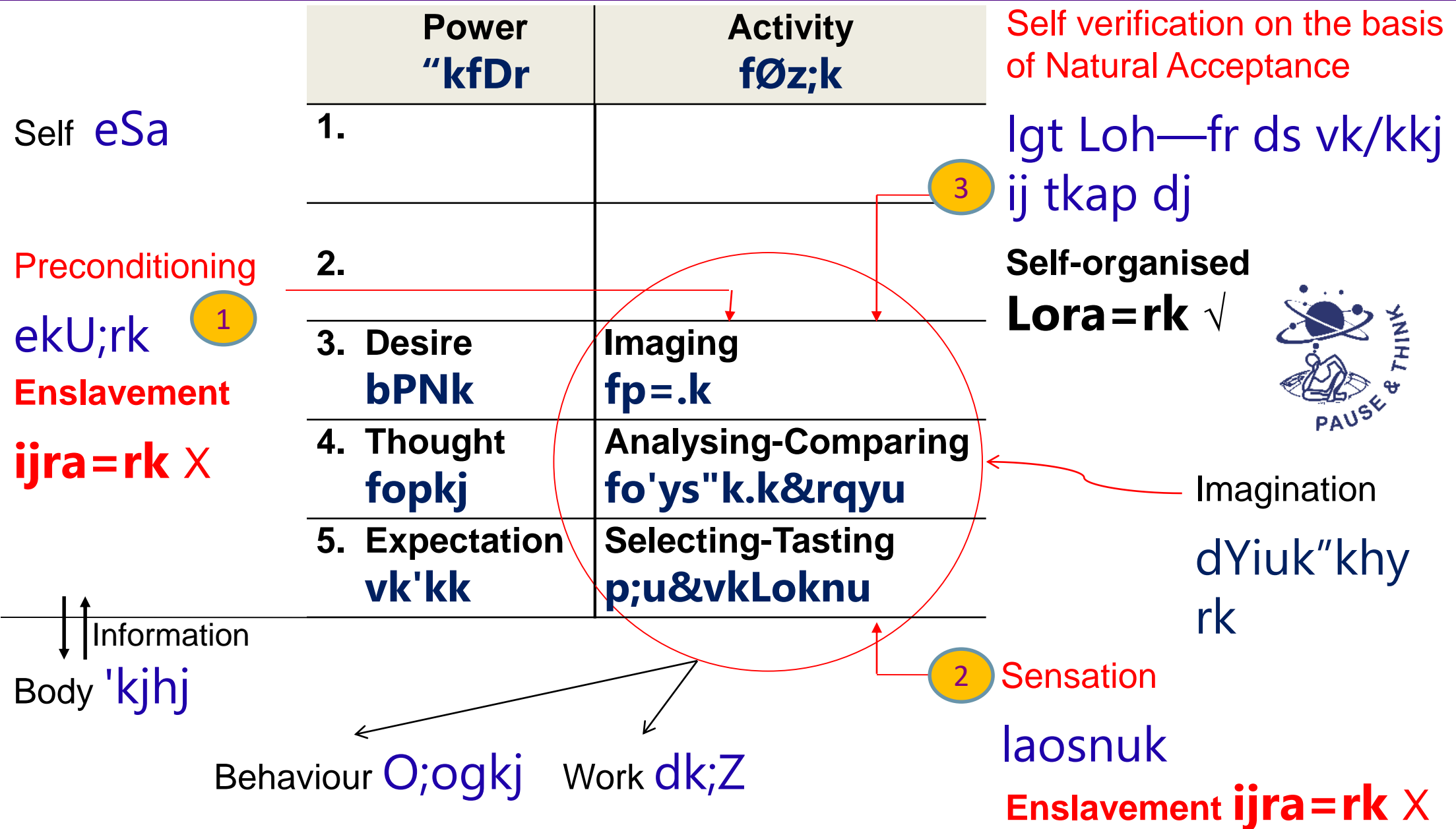
Note: We explore these activities in detail in UHV-III



Sources of Motivation for our Imagination and its Implications



Source of Motivations for our Desires - Its Implications



Preconditioning, Sensation and Natural Acceptance

Preconditioning: Assuming without knowing. Depends on something or someone outside, keeps changing. Not sure if it leads to harmony or if it leads to contradiction

Sensation: Happiness from favourable sensation of Sound, Touch, Form, Taste, Smell through body

Happiness from indulgence

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

Natural Acceptance: Purpose or what to be, what to do as a human being. Leads to harmony (happiness) within, continuity is desirable, possible

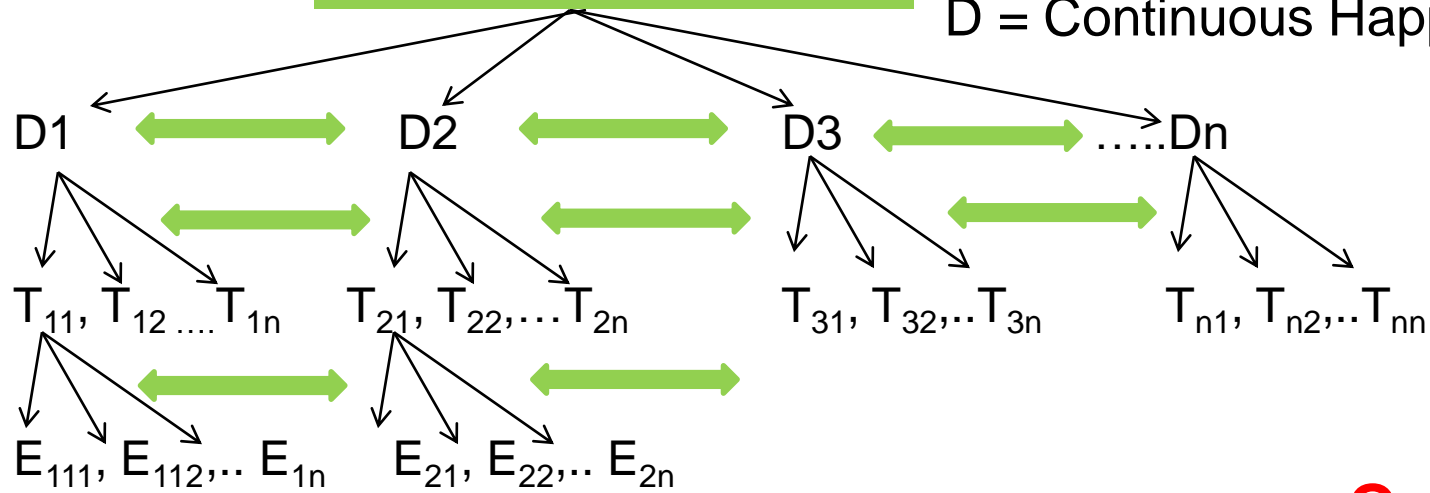
For Relationship [for mutual fulfillment, complementarity, not for opposition]

For Harmony with [for mutual enrichment, not for exploitation- being in harmony within, and harmony outside]

For Co-existence [for co-existence, not for conflict]

Content of Imagination in the Self

Natural Acceptance



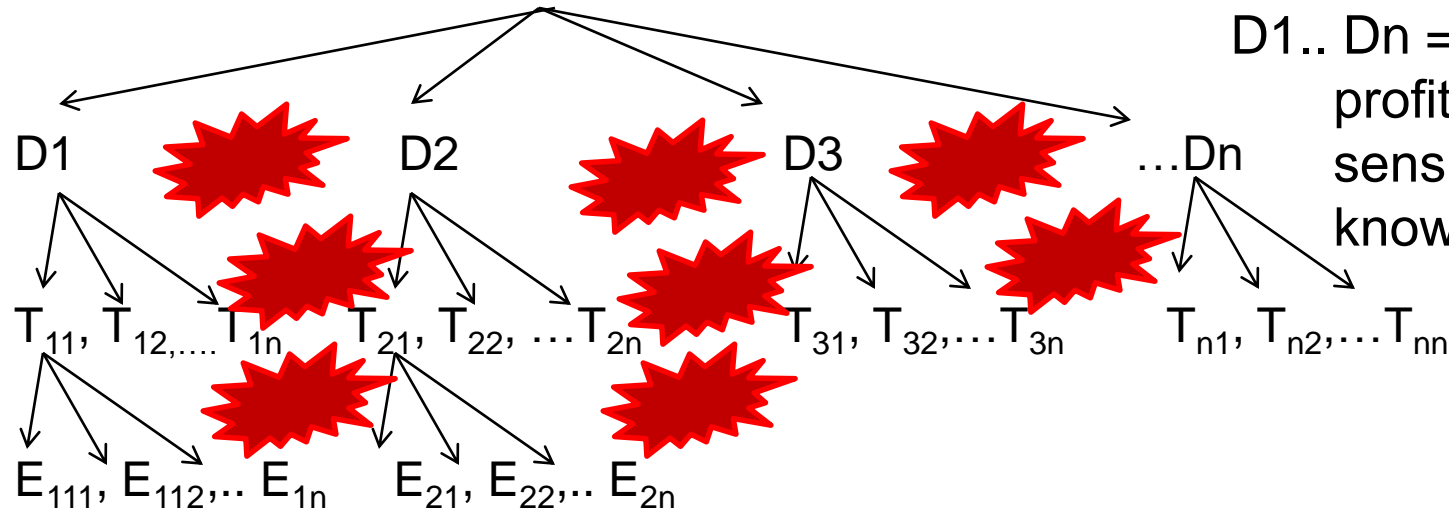
Is it like this?

Or is it like this?

Natural Acceptance

Preconditioning

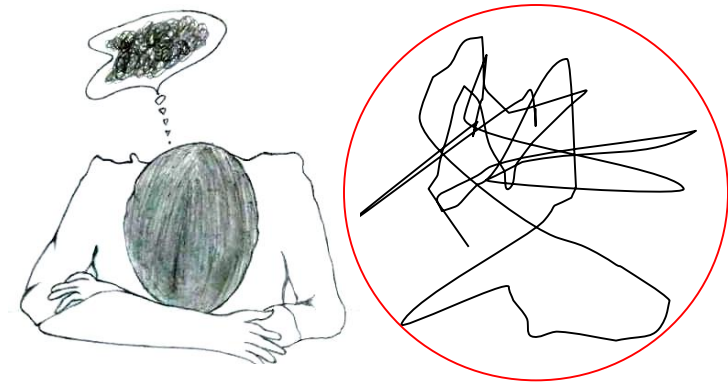
Sensation



State of Imagination – Random and Disorganised

If the imagination is random and disorganised

It indicates a state of confusion

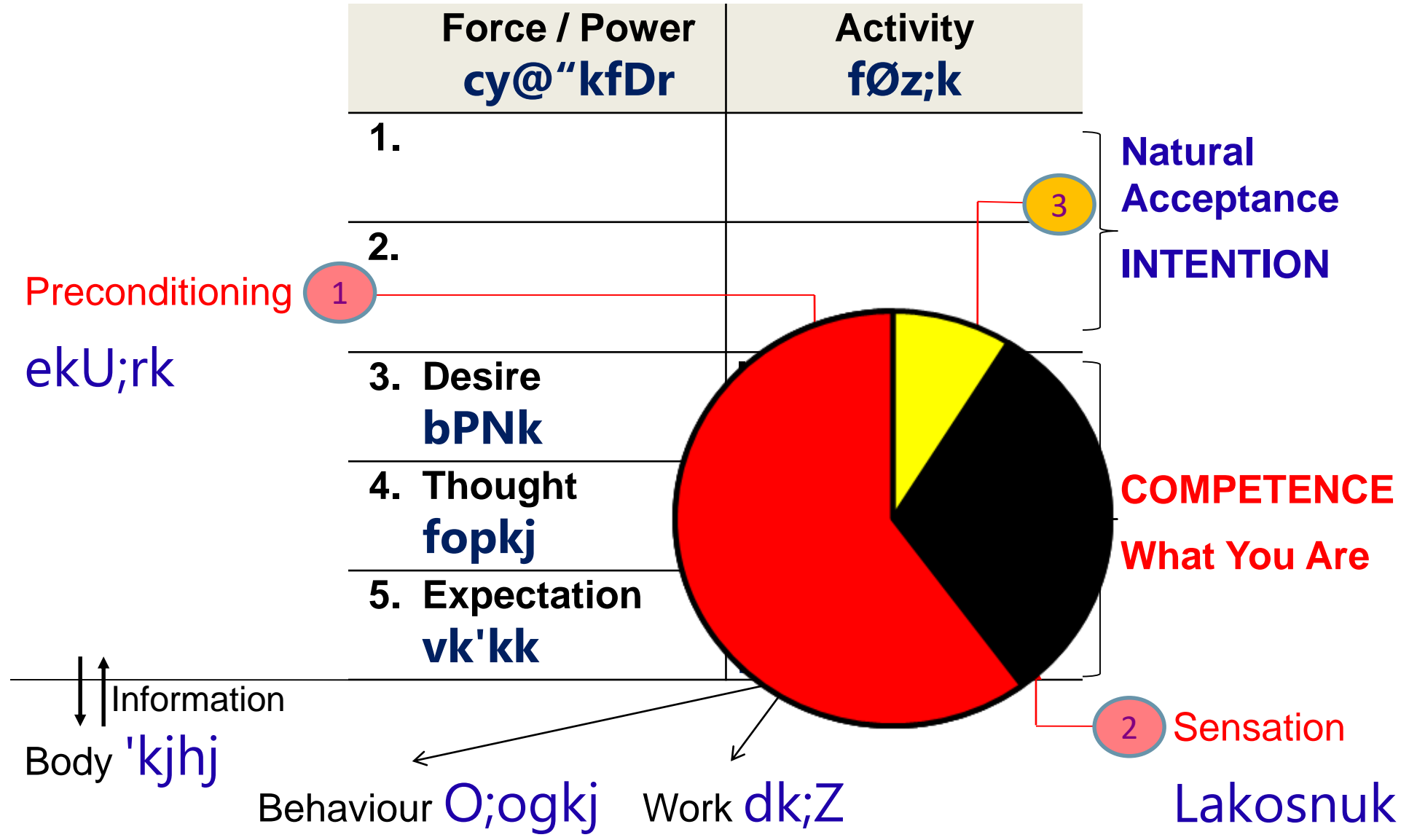


Many of these imaginations may be
contrary to each other and contrary to the natural acceptance

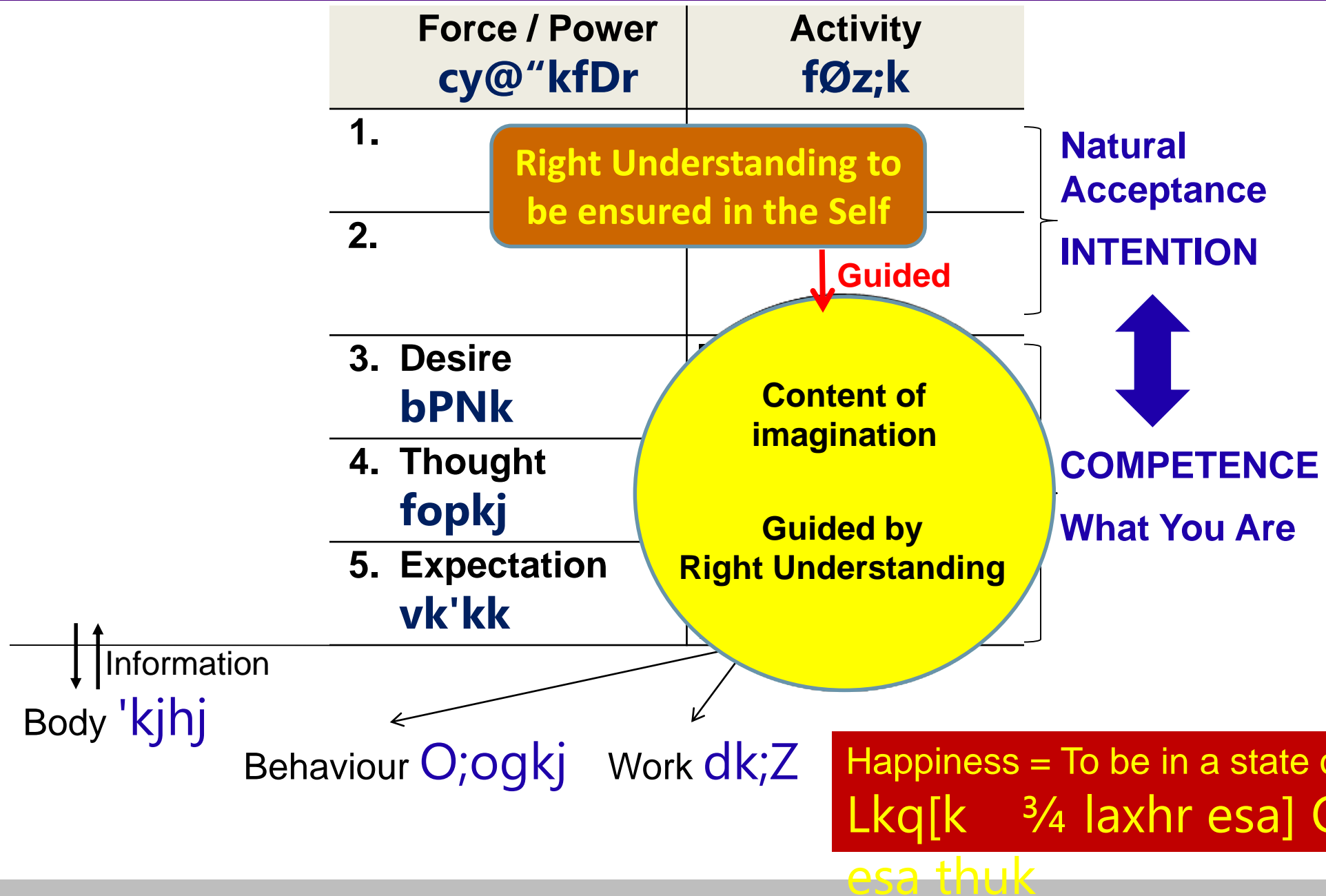
If we observe carefully, we realize that we have accumulated a lot of desires, which are resulting
in numerous thoughts and expectations

Harmony in the Self is realised when there are no contradictions in the imagination
and all imagination is in accordance with natural acceptance

State of Imagination – Random and Disorganised



Harmony in Self = D, T, E in accordance with Natural Acceptance



The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination
- We can begin to observe the Self by becoming aware of our
 - imagination and
 - natural acceptance
- Behaviour and work are expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance

- When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. The state of the self is largely decided by external influence. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)



FAQs for Lecture 10

Understanding Harmony in the Self

Questions

- Many times, I find my desire to have multiple sources. How do I analyze?
- I do think sometimes but not all the time. Like when I am asleep, I do not think. So, why do we say activities of Self are continuous?
- How can I be sure that my imagination is motivated by my natural acceptance?
- ...





Self Reflection