



Lecture 6

Method to Fulfill the Basic Human Aspirations

Happiness (Harmony) Within

Right Understanding

– in Self (I)

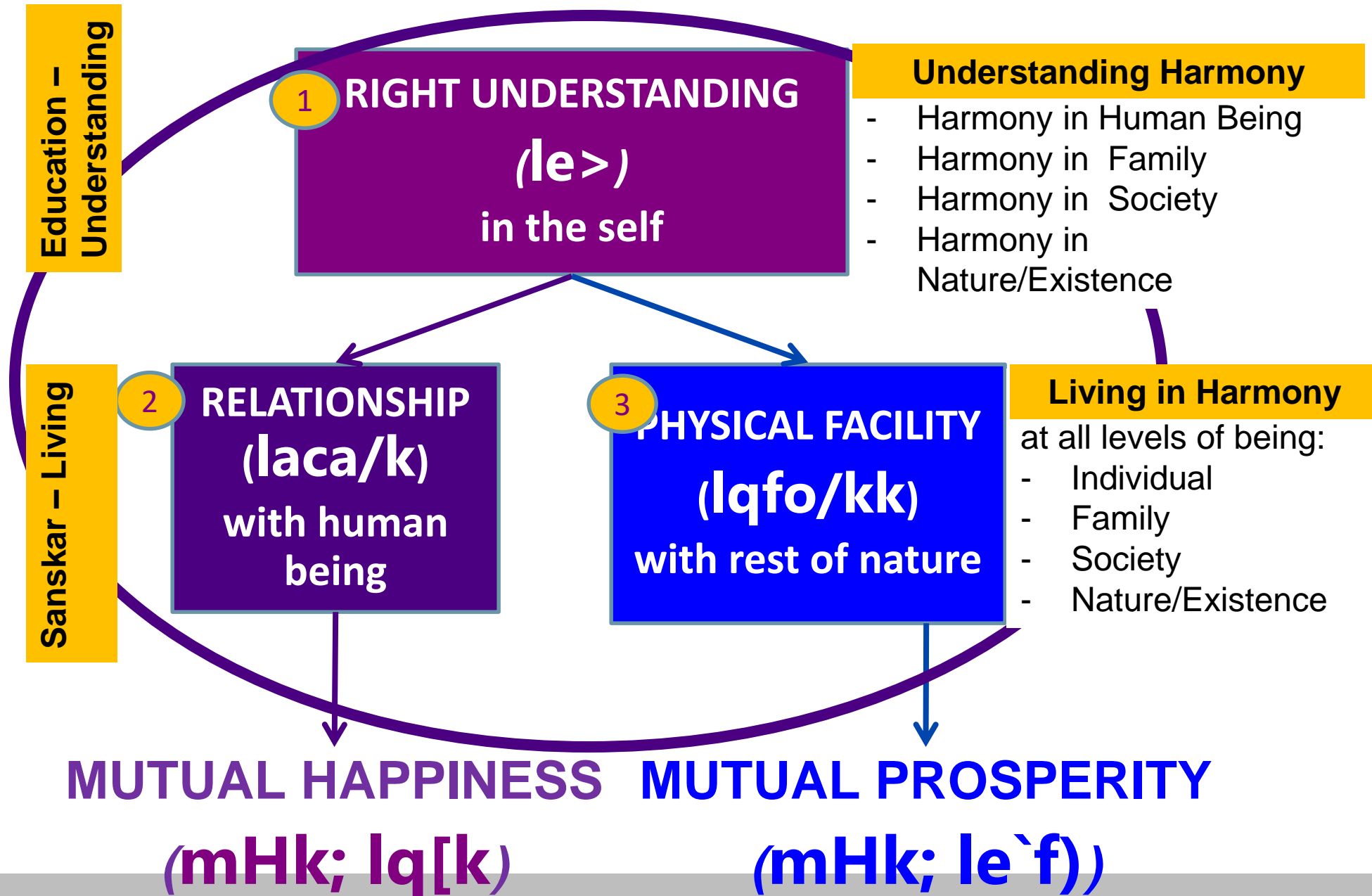
Understanding harmony at all levels of being (human being, family, society, nature/existence)

Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love





To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

Proposals

To understand harmony and to live in harmony at all levels of being

1. In the Human Being
2. In the Family
3. In the Society
4. In Nature/Existence

**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**



Practice Session after Lecture 6

- Observe that you have the faculty of 'Natural Acceptance', based on which you can verify what is right or what is not right for you. Of course, you may or may not be generally referring to your natural acceptance for making decisions. So, find out if you get a spontaneous answer when you ask yourself basic questions, like the ones mentioned below:
 - You want to live in relationship (harmony) with others or You want to live in opposition with others?
 - In relationship, you want to live with the feeling of respect or disrespect (for yourself and for others)?
 - You want to nurture others or to exploit others?
- Is your living in accordance with your natural acceptance or different from it? How do you feel when your living is in accordance with your natural acceptance; and when it is in contradiction to your natural acceptance?
- Make a list of the problems in your family. For each problem, find out the most significant reason: is it related to lack of right understanding, lack of feelings in relationship or lack of physical facility? Also find out how much time and effort you have devoted for each in the last one week.

Expected Outcome

- The students are able to see that self-verification on the basis of their natural acceptance (and experiential validation through living) is an effective way to verify what is right and what is wrong for them.
- They are able to see that, in many cases, their actual living is not in accordance with their natural acceptance.
- They are able to see that they are uncomfortable when their living is in contradiction with their natural acceptance; they are comfortable when they are living in accordance with their natural acceptance.



FAQs for Lecture 6

Method to Fulfill the Basic Human Aspirations

Questions

- If ensuring harmony at one level disturbs the harmony at some other level, how can I make the program for continuity of happiness?
e.g. taking care of my baby and doing justice with my job
e.g. when I invest myself for right understanding, the family members feel angry on me, and there is disharmony in the family.
- Few people in the history have said that the biggest hurdle in the development of society is family. They propounded the concept of commune. Where do we place the commune here?
- If there is disharmony in the society, I will also be in disharmony as I am part of society. Then how can I ensure happiness in continuity? Similar with nature.
- ...



Self Reflection