



# Sum Up and Way Forward

## **Value of a unit is its participation in the larger order**

(larger order = larger, harmonious system)

e.g. Value of pen is that it helps to write  
(participation in education)

Value of water is that it quenches thirst  
(participation in health)

## **Similarly,**

Value of your activities (desire, thought, expectation..) is participation in the harmony within you (in the Self).

Value of your body is participation in your activities as a human being.

Your value in the family is your participation in the harmony in the family.

Your value in the society is your participation in the harmony in the society.

Your value in the nature is your participation in the harmony in the nature.

Your value in the existence is your participation in the co-existence.

**So far, we have tried to co-explore the universal values of a human being.**

Level. Name	Relationship	Details
4b. Existence	<b>Co-existence</b>	Co-existence Potential for human being to realise
4a. Nature	Mutual Fulfillment 4 orders	Harmony, relationship Potential for human being to be in harmony
3. Society	Right Understanding and Right Feeling, Prosperity, Fearlessness (Trust), Co-existence	Human-Nature relationship Potential, through participation of individuals and families in various societal systems
2. Family	Feeling of Co-existence Trust, Respect ... Love	Human-Human relationship Potential for right feeling in the Self – mutual happiness
1b. Individual Human Being	Co-existence of Self and Body	Self-Body relationship Potential for feeling of self-regulation
1a. Self	Continuous Happiness = Happiness, Peace, Satisfaction, Bliss...	Will to live with continuous happiness Potential for right understanding, right feeling and right thought
<b>Universal Human Values</b>		↓ Mutually fulfilling behavior, work and participation...

# Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space "kwU;

	Power "kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self esa	1.	Authentication Áek.k	Realization vuqHko	Co-existence Ig&vfLrRo
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhnhkj
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice <b>Guided</b> Senses, Health, Profit
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value <b>Guided</b> Sensation

Body 'kjhj

Behaviour O;ogkj

Work dk;Z

Participation Òkxhnhkj

Other  
nwljk

Human ekuo

Rest of Nature  
euq";srj iz—fr

in larger Order O;oLFkk esa

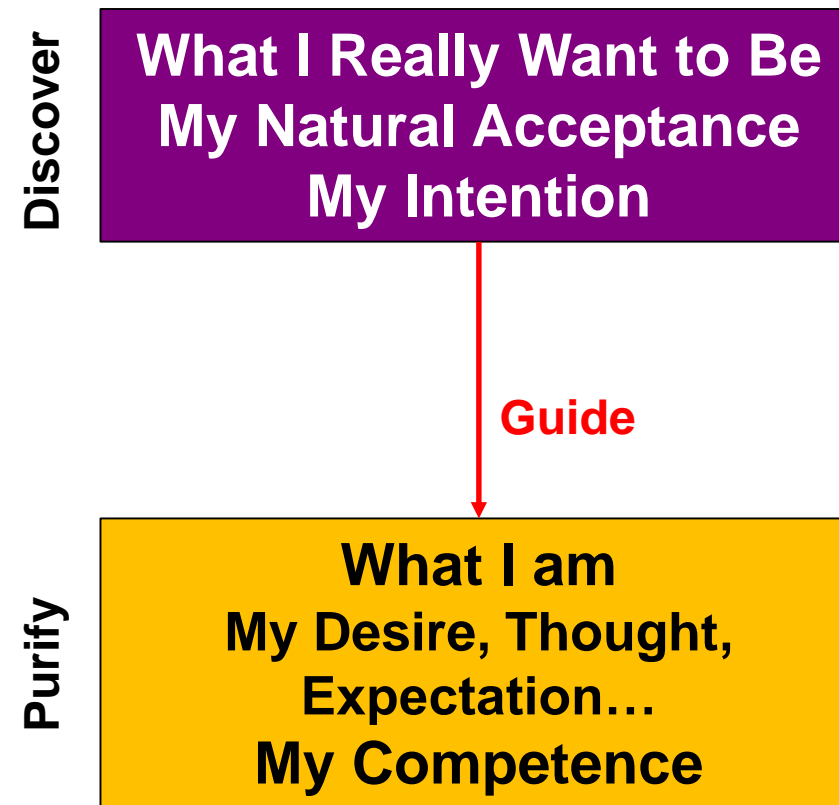


# Program of Action

# Program of Action (Individual)

To **understand** harmony and to **live** in harmony  
– at all levels of being (individual, family, society, nature/existence)

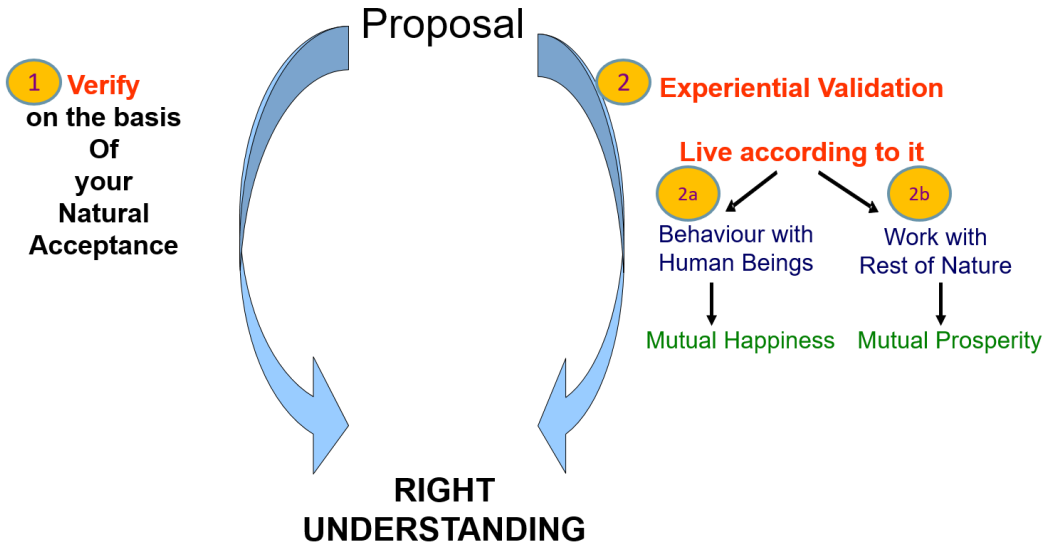
- 1. Self-exploration –**  
Verify the proposals on your own right  
→ right understanding (of harmony)  
→ feeling and thought of harmony  
→ harmonious behaviour, work and participation in larger order
- 2. Self-awareness – Be aware of your desire, thought and expectation**  
– **every moment**
- 3. Self-evaluation – Evaluate your desire, thought and expectation**  
– on the basis of your Natural Acceptance



# Program of Action (Individual) – 1: Develop Right Understanding

## Process of Self-exploration

Whatever is stated is a **Proposal** (**Do not assume it to be true/ false**)  
**Verify** it on your own right



## 1. Self-exploration

Verify the proposals  
 (on your own right)

Right understanding of  
 harmony at all levels

Feeling and thought  
 of harmony

Harmonious behaviour, work  
 and participation in larger  
 order

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	Self verification on the basis of Natural Acceptance
1. Preconditioning मान्यता	Authentication जाप	Realization B1	3
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	1
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	2

Space शून्य	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) श्री	1.	Authentication प्रमाण	Realization अनुभव B1	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

## Program of Action (Individual) – 2: Purification of Sanskar

- 2. Self-awareness** – Be aware of your desire, thought and expectation – **every moment**
- 3. Self-evaluation** – Evaluate your desire, thought and expectation  
– on the basis of your Natural Acceptance

**Sanskar =**

**Acceptances derived out of**

**$\Sigma$  [Desire + Thought + Expectation]**

**from all time**

**Sanskar (t+1) =**

**Sanskar (t) +**

**Environment (t) +**

**Self-exploration (t)**



# Self-evolution

## Human Consciousness

Self-exploration  
Self-verification

Human Consciousness

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Co-existence सह-अस्तित्व	B1
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B2 Goal, Value Guided Sensation

3 Sensation संवेदना

Space शून्य

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Co-existence सह-अस्तित्व	B1
2. Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B2 Goal, Value Guided Sensation

- Living on the basis of knowing
- Happiness by being in harmony within and harmony in all aspects of being
- Acceptance of relationship – from one to many, to all [HAPPINESS]
- Identifying need, production, right utilisation of physical facility [PROSPERITY]
- Participation in larger order, expanding harmony [SOCIETAL DEVELOPMENT]

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Co-existence सह-अस्तित्व	B1
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B2 Value Guided Sensation

3 Sensation संवेदना

Transformation / Development

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Co-existence सह-अस्तित्व	B1
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Unguided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B2 Unguided Sensation

2 Sensation संवेदना

Self verification on the basis of Natural Acceptance  
सहज स्वीकृति के आधार पर जांच कर

- Living on the basis of assuming (without knowing)
- Happiness from outside (through feeling from the other, sensual pleasure and physical facility)
- Domination and opposition in relationship [UNHAPPINESS]
- Exploitation and indulgence [DEPRIVATION]
- Exploitation in larger order, increasing disorder [DEGRADING SOCIETY]

## Animal Consciousness

Self (I)

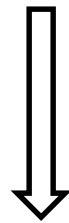
Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Co-existence सह-अस्तित्व	B1
2. Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B2 Sensation based on assumption "I am Body"

1 Sensation संवेदना

# Program of Action (at the level of Society)

## 1. People's Education Program : for adults

10 yrs	1
Next 10 yrs	10
100 yrs	1000 cr

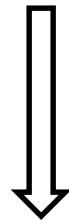


People with Right Understanding & Right Feelings  
- Parents - Policy Makers  
- Teachers ...

Course in Academic Curriculum  
Socially Relevant Projects  
Conducive Environment

## 2. Education-*Sanskar* Program : for children

20-50 yrs

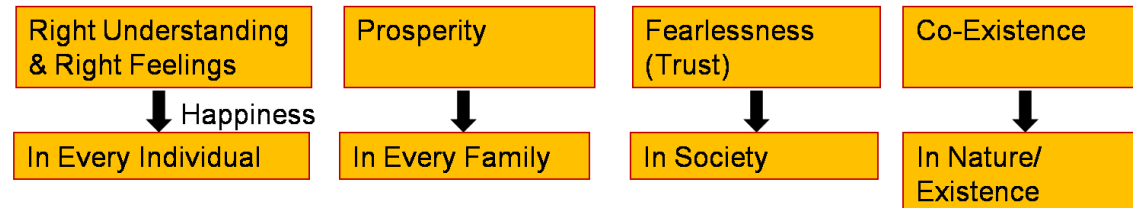


People with Right Understanding & Right Feelings  
- People with definite Human conduct, the competence  
to participate in Universal Human Order

## 3. Undivided Society, Universal Human Order Program

10-20 yrs

### Fulfilment of Human Goal



Family – Family cluster – Village – Village cluster ... Nation ... World Family



**In Closing...**

## In Closing...

This Refresher 1 Part 2 online workshop must have drawn your attention to the need for self-exploration in you

We do trust that the process of self-exploration must have got initiated, strengthened in you

To continue and evolve the process further, we would like to welcome you to join Morning sessions, weekly follow up meetings and UHV team as volunteer

**As a teacher, you have the potential**

to transform the lives of hundreds and thousands of students,

to develop to their *full human personality* and

to be a source of *an equitable and just society*

**Lets participate in societal transformation through personal transformation**

It has been an enriching experience for us

Now, we would like to hear from you about your takeaways



# Self Reflection

## Refresher 1 Part 2: Self Evaluation (3-5 minutes each)

1. Your **brief introduction**
2. The **clarity** you have developed regarding 3 key points and its impact on your **living** (through the introductory FDPs, refresher FDPs)
3. Your **commitment** regarding organizing the Induction Program, conducting UHV-II sessions and mentoring the students
4. **Planning** for near future in personal life based on this clarity

Please be mindful of the time; Please stick to the 4 points, above

