

## Points Self Reflection (Day 1)

(to be shared in the first session on day 2)

### Self Reflection 1. For Fulfilment, human being needs Right Understanding, Fulfilment in Relationship and Physical Facility

Make a list of your desires (needs, wants etc.). Find out what is needed to fulfill them:

- right understanding (clarity)
- relationship (right feeling – trust, respect ... love)
- physical facility (money...)

eg.	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money			√ (salary...)
Name, fame, attention	√	√	√
good food			√ (food)
big car			√ (car)
peace of mind	√	√ (family & friends)	
good health	√	√	√

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

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

### Self Reflection 2. Human Being as Co-existence of the Self and the Body

Take the list of your desires, thoughts and expectations. Find out

- What % is related to needs of the Self and what % is related to the needs of the Body
- What is the % of your effort for physical facility and % of your effort for right understanding
- What is your conclusion from this exploration?

### Self Reflection 3. Human Being (cont.)

1. Is human being
  - just the body or co-existence of self and body or something else?
  - What are the implications of right understanding about human being?
2. Can you "see" yourself?
  - The activities of desire, thought, expectation (imagination). Find out if these are going on continuously or you can stop them?
  - Natural acceptance

### Self Reflection 4. The Self

1. Are you able to see that it is you who is making the decisions? Of course, they may be made under some influence or made on your own right.
2. Find out how you feel when your desire is in accordance with your natural acceptance – happy or unhappy?
3. Do you want to continue to be in a state when you are having desires, thoughts or expectations that are not naturally acceptable to you? Are you happy or unhappy to be in such a state?
4. Is behavior important for you? (in family, teamwork in the workplace, in the interactions in the market, in the society)
5. Are you able to see that your behavior depends on your state?
  - Recall an incident of your worst behavior of the last few months. Try to remember if you were comfortable or uncomfortable before the incident. What was the effect of your behavior on the other person – were they happy or unhappy about it? Did you yourself become comfortable after the incident?
  - Is it important to understand yourself (particularly before trying to understand the other, before trying to understand relationship)?
6. Take your list of desires and find out the source of motivation:
  - (a) Preconditioning, (b) Sensation or (c) Natural Acceptance
 Are you deciding everything on your own right or under some influence?  
 What are your conclusions from this exercise?