

Self Reflection from Day 2

Self Reflection

1. Which is primary – feeling of self-regulation or health? Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?
 - When you select food to eat, what is of primary importance – the nutrition or taste first?
 - When you choose clothes, what is of primary importance – how you will look in those clothes, what other people will say to you or you think of comfort and protection first?
 - When do you decide your daily routine, what is the primary consideration – your workplace timings or your self-development and health of Body?

Self Reflection

1. Take one physical facility (say for clothes) and explore into these questions:
 - Do you think more about getting, collecting and accumulating or you think more about right utilization, sharing and nurturing others?
 - Have you identified how much your need, how much is required? Can you find it out now or it is impossible? Why?
 - Find out how much you have.
 - If you have less than required, what do you think about?
 - If you have more than required, do you feel prosperous?
 - When you have a feeling of prosperity, does it make you happy? What are some indicators of your feeling of prosperity?
 - What is your conclusion about the feeling of prosperity?

Self Reflection

1. How many persons in your family do you have trust on intention (natural acceptance) – unconditional, continuous?
You always make effort to improve mutual competence (your own competence as well as the competence of the other) rather than getting irritated, angry or having a feeling of opposition (even for a moment)
2. In your interaction with others:
 - Are you evaluating the other? Is your evaluation of the other their right evaluation, over evaluation or otherwise evaluation?
 - Are you also evaluating yourself? Is your own evaluation the right evaluation, over evaluation or otherwise evaluation?
 - Is the result mutual happiness? – Always?
3. Distinguish between reaction and response. What is naturally acceptable to you – to react or to respond?
In your own interactions, find out
 - the % time you are responding
 - the % time you are reactingWhat effort is required to be able to respond all the time?

Self Reflection

4. Is love about sensation or about the feeling of acceptance in relationship?
5. Is justice to be ensured between 2 persons, then in family and so on or can it be enforced from outside? In case of injustice, what is the right approach – punishment or make effort to develop competence for justice? What approach is taken in your institution and in your family?

Symptom

Sorry

Change

May solve this issue

May solve this type of issue

root cause

exploring – understanding

Transformation

May resolve this symptom

and many others too

Recap

Day 1 & 2

Process: Self-exploration

Facilitator (words) Participant (seeing the corresponding reality)

Proposal — Listen – Explore – Meaning (reality)

Proposal — Listen – Compare with your perception – Agree / Disagree 

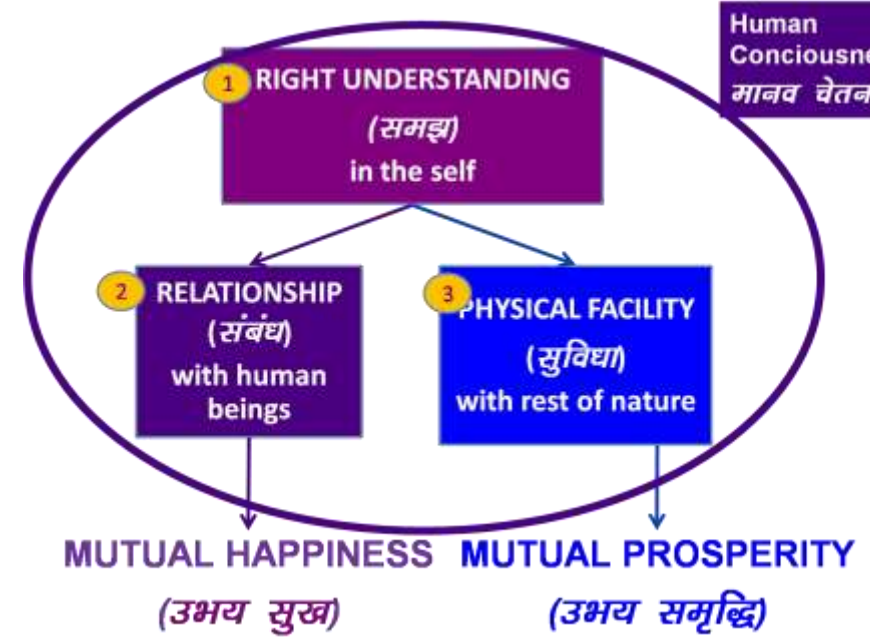
Other can be a help in understanding,
can not make one understand

One understands by exploring within, seeing directly
not by comparing...

The workshop is an integrated whole – please participate in all sessions
Please keep your cell-phones OFF during the sessions

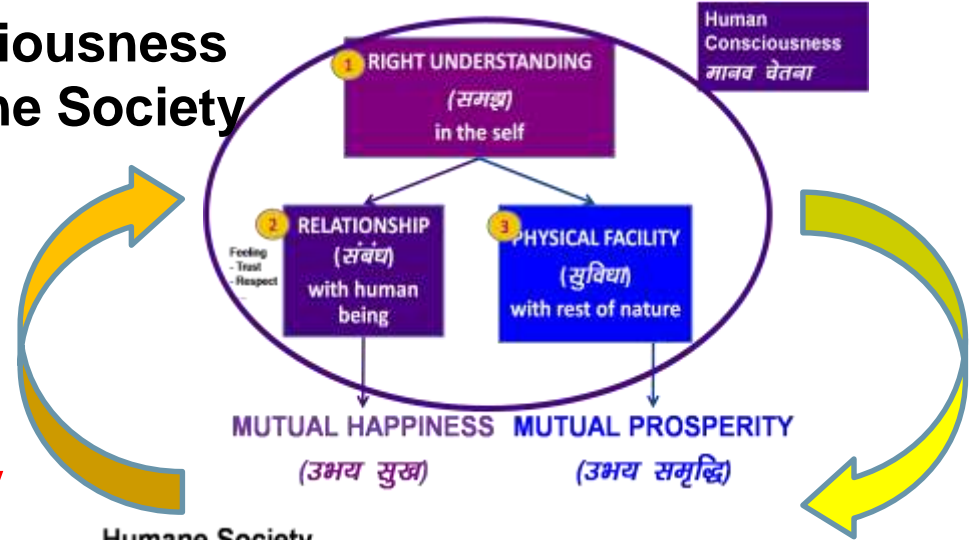
This workshop is about living, living with fulfilment...

Education is the key enabler for this transformation

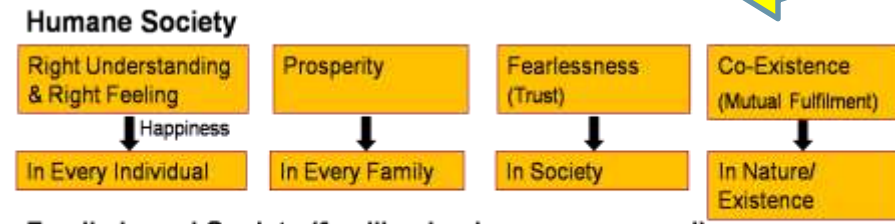
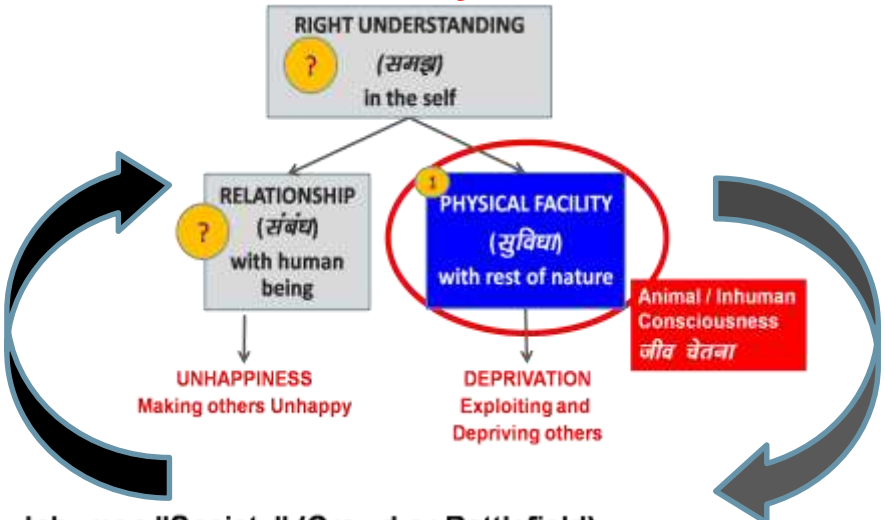


Transformation - Progress
संक्रमण - विकास

Living with Human Consciousness → Humane Family, Humane Society



Living with Animal Consciousness → Inhuman Family, Inhuman Society



Family based Society (families having common goal)

Inhuman "Society" (Crowd or Battlefield)

Assumptions (eg. Money is everything)	Accumulation By Any Means	Domination, Exploitation, Fear	Mastery & Exploitation
↓	↓	↓	↓
In Every Individual	In few Individuals	In Society	Over Nature
Obsession for Consumption " for Profit " for Sensual Pleasure		Terrorism War	Resource Depletion Pollution

Individual based (having different or opposing goals)

Transformation - Progress
संक्रमण - विकास

We need Value based Education

Understanding of Harmony

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

VALUES

↓ Guided

Skills guided by values

Living in Harmony

As an Individual
In the Family
In the Society
In Nature/Existence

SKILLS

MUTUAL HAPPINESS

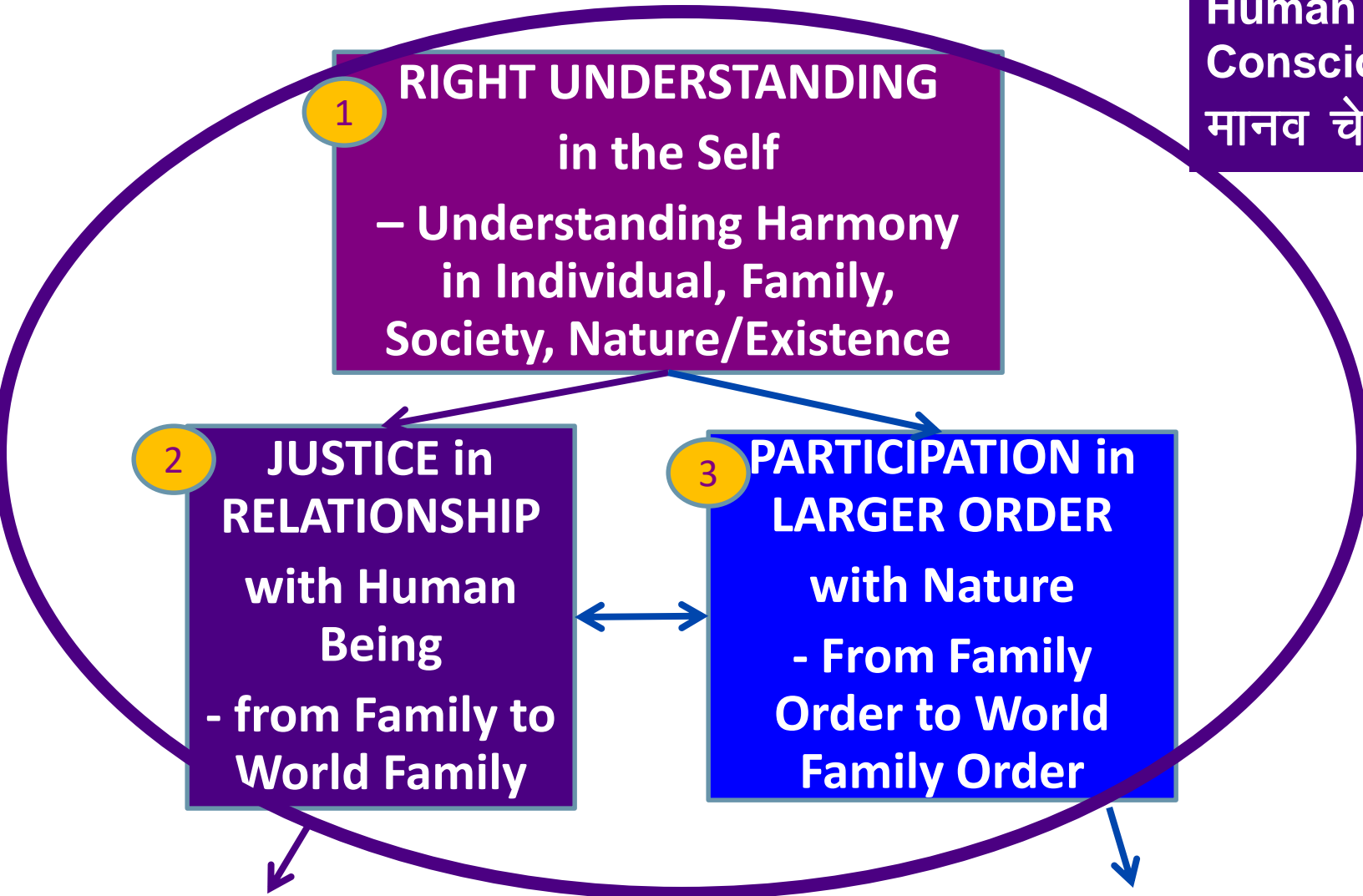
(उभय सुख)

MUTUAL PROSPERITY

(उभय समृद्धि)

Human Consciousness Leading to Universal Human Order

Human
Consciousness
मानव चेतना



MUTUAL HAPPINESS **FULFILMENT of HUMAN GOAL**
UNDIVIDED SOCIETY **UNIVERSAL HUMAN ORDER**

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

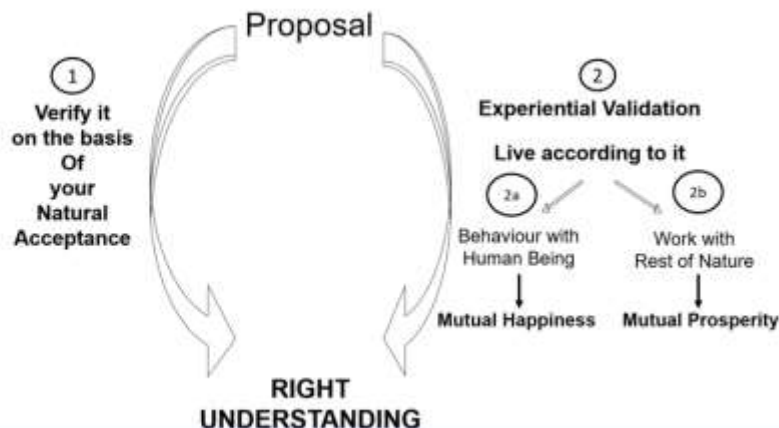
Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

Verify it on your own right



Human Being

मानव

Self (I)

मैं

Co-existence

सहअस्तित्व

Body

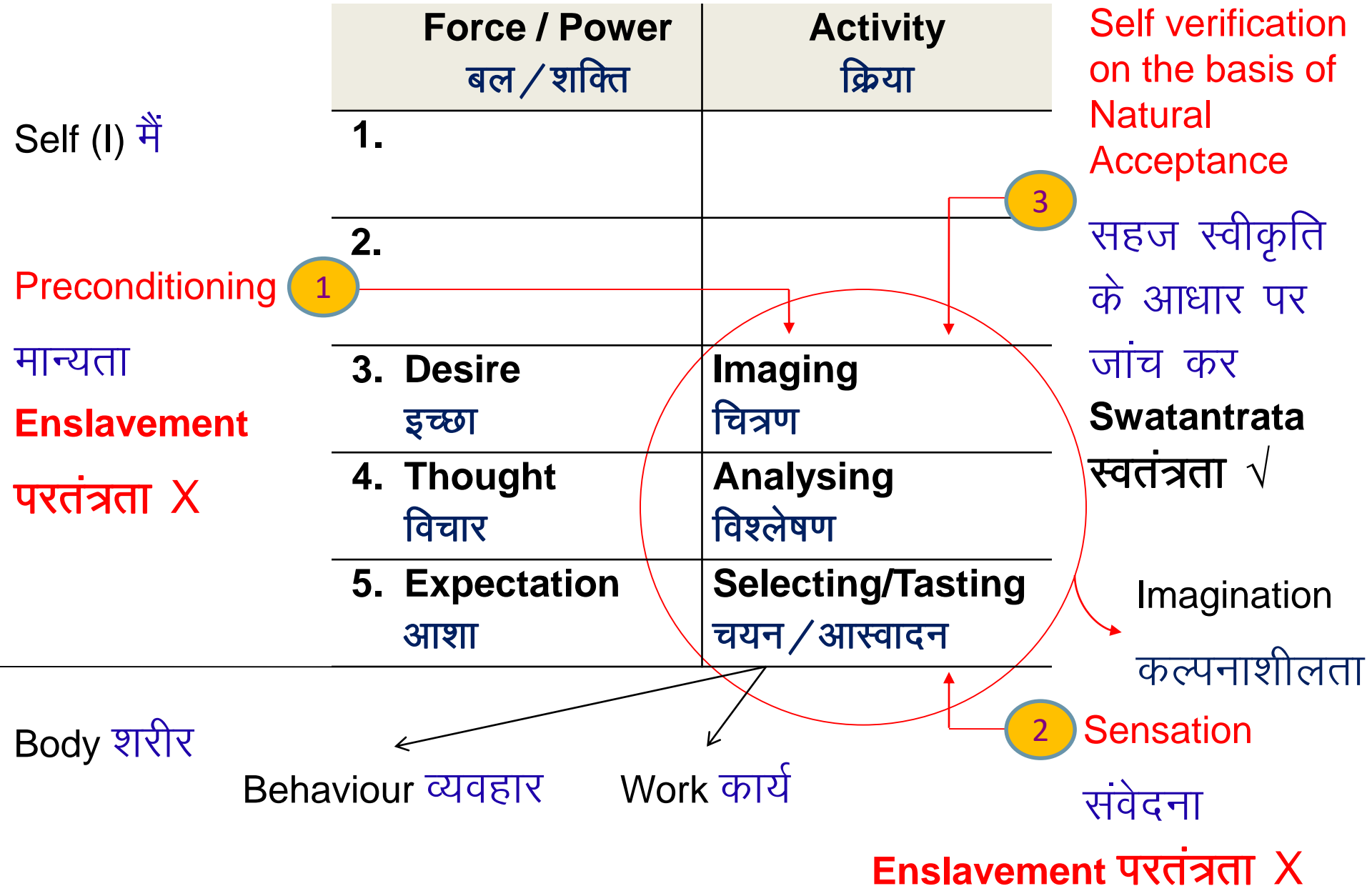
शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

↓
Material जड़

Activities of Self (I) मैं की क्रियाएं



Self

Body (Instrument)

Consciousness

INFORMATION

Instruction

Sensation

Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

Self-regulation

Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body

Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

Food... Clothes, Shelter... Instruments...

↓
Required in limited quantity

↓
Required in limited quantity

↓
Required in a limited quantity

Prosperity (समृद्धि)

Prosperity – The feeling of having / producing more than required Physical Facility

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1

2

1 – Identification of required physical facility (including the required quantity)
– with right understanding

आवश्यक सुविधा का निर्धारण – सही समझ से

2 – Ensuring availability/ production of more than required physical facility
– with right skills

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “

Feeling of Self-regulation in Self → Health (harmony) in Body

There is a feeling of responsibility in the self toward the body
– for nurturing, protection and right utilization of the body

Program for harmony in the body

(A) Staying Healthy

- 1 Intake and Daily Routine (Lifestyle)
- 2 Labour and Exercise
- 3 Postures for regulating internal & external body organs
and Regulated Breathing

4 Medicine and

Treatment

(B) Bringing body
back to harmony
from temporary
disharmony

(C) Dependence on
drug / machine to
perform a body
function

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

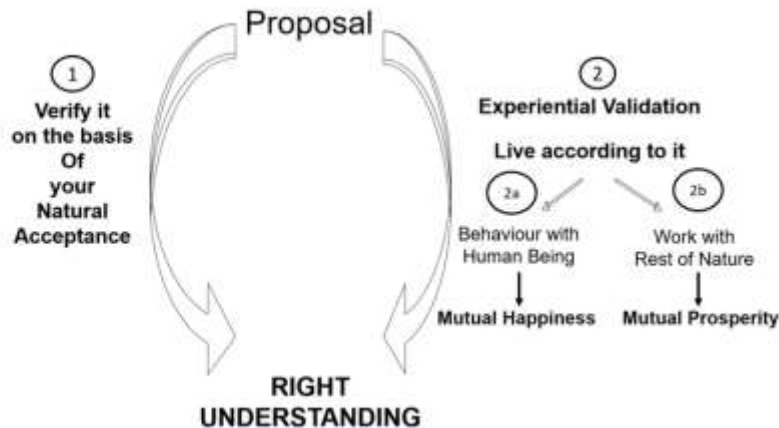
Understanding Harmony and Living in Harmony at all Levels

- Harmony in the Human Being ✓
-  **Harmony in the Family**
- Harmony in the Society
- Harmony in Nature/Existence

Process of Understanding

Self Exploration

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Harmony in Family – Justice, From Family to World Family (Undivided Society)

1. Relationship is – between one self (I_1) and other self (I_2)
2. There are feelings in relationship – in one self (I_1) for other self (I_2)
3. These feelings can be recognized – they are definite (9 Feelings)
4. Their fulfilment, evaluation leads to mutual happiness

Feelings in relationship:

- | | |
|-----------------------------------|------------------------------|
| 1. Trust विश्वास FOUNDATION VALUE | 6. Reverence श्रद्धा |
| 2. Respect सम्मान | 7. Glory गौरव |
| 3. Affection स्नेह | 8. Gratitude कृतज्ञता |
| 4. Care ममता | 9. Love प्रेम COMPLETE VALUE |
| 5. Guidance वात्सल्य | |

Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)

Day 1 & 2 are the Foundations for Day 3: Society, Nature-Existence

Our Natural Acceptance is for living in Harmony – as an Individual, as a Family

What about in the society?

Do we want to have a society in which everyone has to struggle or a society in which everyone is participating for mutual fulfillment?

What about the Nature/Existence?

Is it possible to live in harmony as an Individual, as a Family, as a Society...?

Is co-existence, mutual fulfillment inherent in Nature?

Or

Is the design of nature/existence by way of opposition, struggle, survival of the fittest...?

Today we will touch on these issues