



Self Exploration

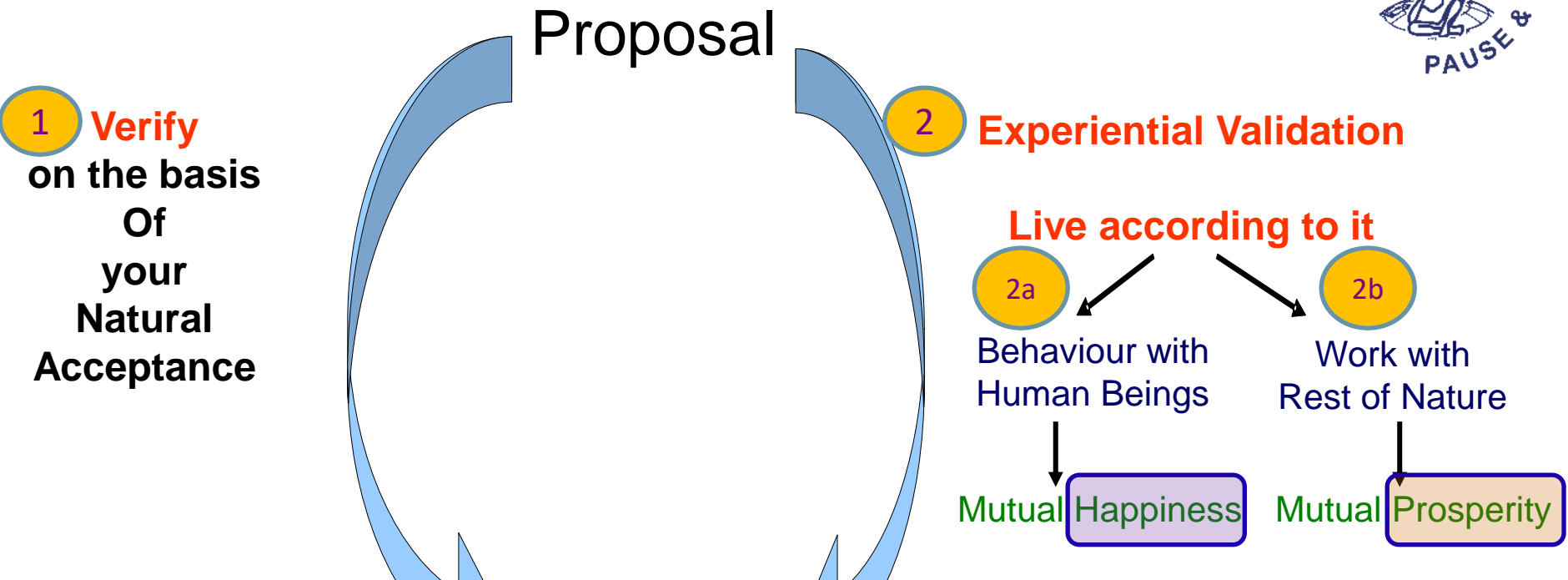
Happiness
and
Prosperity



Self Exploration

Process for Right Understanding: Self-exploration

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



Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right, leading to understanding in yourself
or

A process of do's & don'ts, in which you assume what is said, without verification



Happiness To Be in Harmony

Happiness

The state or situation, in which I live,
if there is harmony / synergy in it,
then it is Naturally Acceptable to me to be in that state / situation



To be in a state of Harmony / Synergy is Happiness



Happiness = To be in Harmony

Unhappiness

The state or situation, in which I live,

if there is **disharmony / contradiction** in it,

then it is **not Naturally Acceptable** to me to be in that state / situation



To be forced to be in a state of **Disharmony / Contradiction** is **Unhappiness**



Unhappiness = Disharmony

Happiness (सुख)

Happiness = To be in a state of Harmony

सुख = संगीत में, व्यवस्था में जीना

Unhappiness = To be forced to be in a state of Contradiction

दुख = अंतर्विरोध में, अव्यवस्था में, जीने के लिये बाध्य होना

Happiness and Excitement are two different things





Prosperity

Prosperity (समृद्धि)

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

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

Prosperity and Possession of Wealth are two different things





Basic Human Aspiration

Basic Human Aspiration

Basic Human Aspiration

= Happiness and Prosperity → Continuous

Happiness

= To be in a state of Harmony

Prosperity

= The feeling of having more than required Physical Facility





Self Reflection



Prevailing Notions of Happiness (and Prosperity)

Some Prevailing Notions of Happiness

Owning / accumulating physical facility

Physical facility is required, but it alone does not suffice for human being
Dependence on physical facility, can't be continuous

Pleasure (from favourable sensation)

Sound, Touch, Form, Taste, Smell – Through the Body

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Dependence on sensation, can't be continuous

Attention, appreciation... (favourable feelings) from others

Dependence on the other, can't be continuous



Sometimes “happiness”, excitement...

Sometimes “unhappiness”, depression...

Some Prevailing Means of Escape from Unhappiness, Depression

Over eating

Over sleeping

...

Gutka (Doma)

Alcohol

Drugs

...

Violence

...

Suicide

Excitement and Escape – Not Happiness

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others

Attention, appreciation...

Escape (Running away from unhappiness)

Over eating

Over sleeping

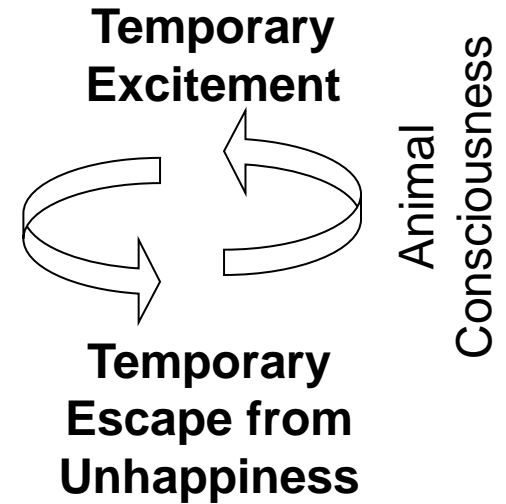
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Gutka / Tobacco

Alcohol

Drugs

...



Happiness (Harmony) Within

Having the right understanding within

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

Having the right feeling within

i.e. right feeling like trust, respect... love

**Continuous
Happiness**

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others

Attention, appreciation...

**Temporary
Excitement**

Animal
Consciousness

Escape (Running away from unhappiness)

Over eating

Over sleeping

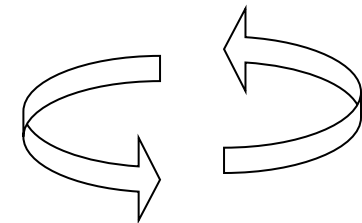
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Gutka / Tobacco

Alcohol

Drugs

...



**Temporary
Escape from
Unhappiness**