



Harmony in the Self

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

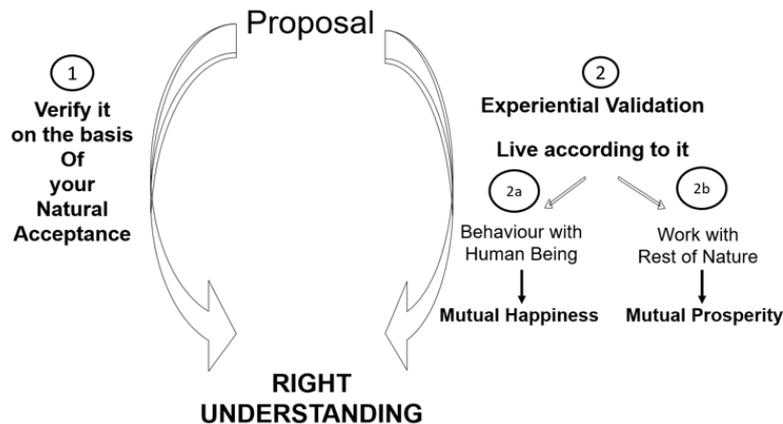
Harmony in Nature/Existence

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

में

Co-existence



सहअस्तित्व

Body

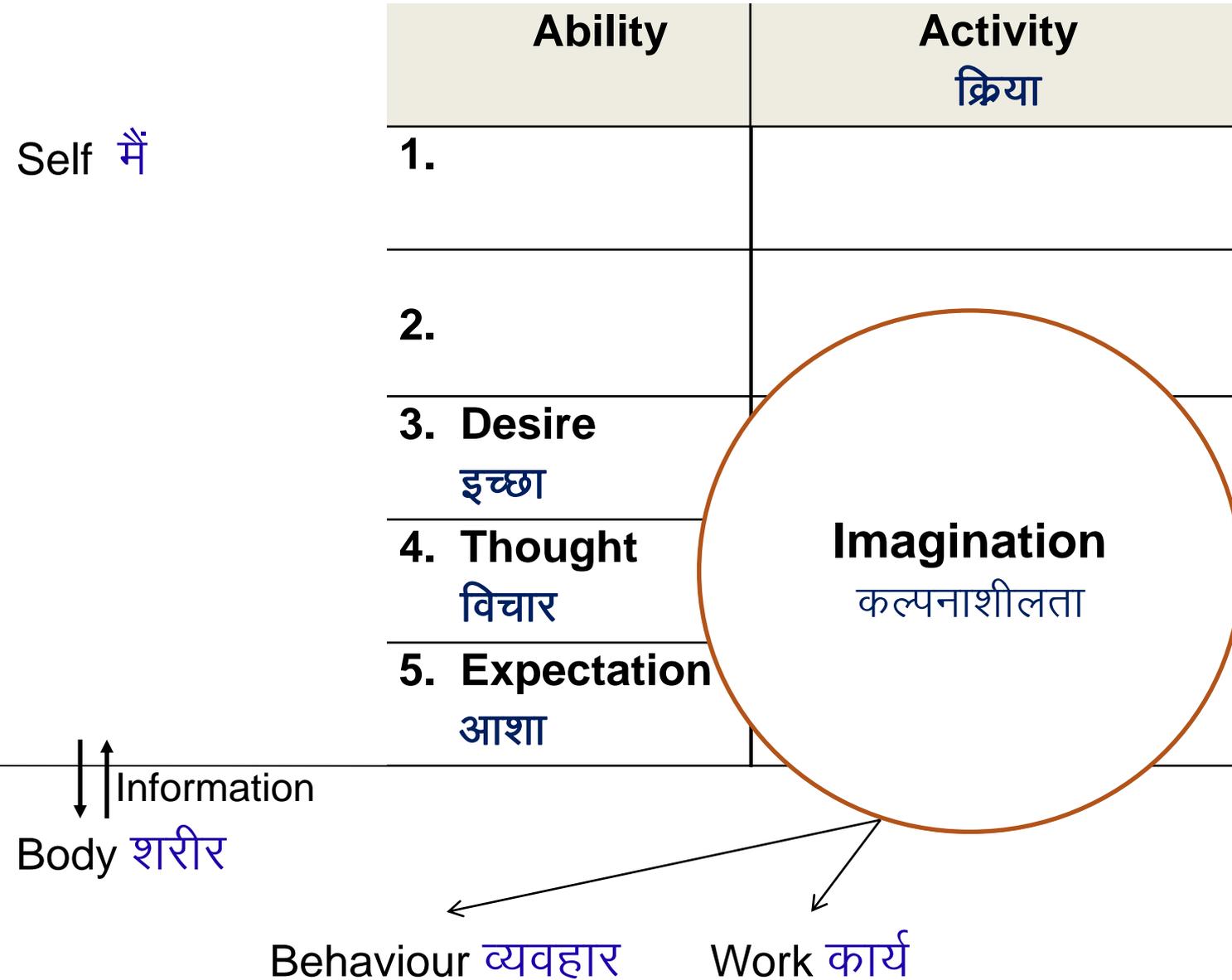
शरीर

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

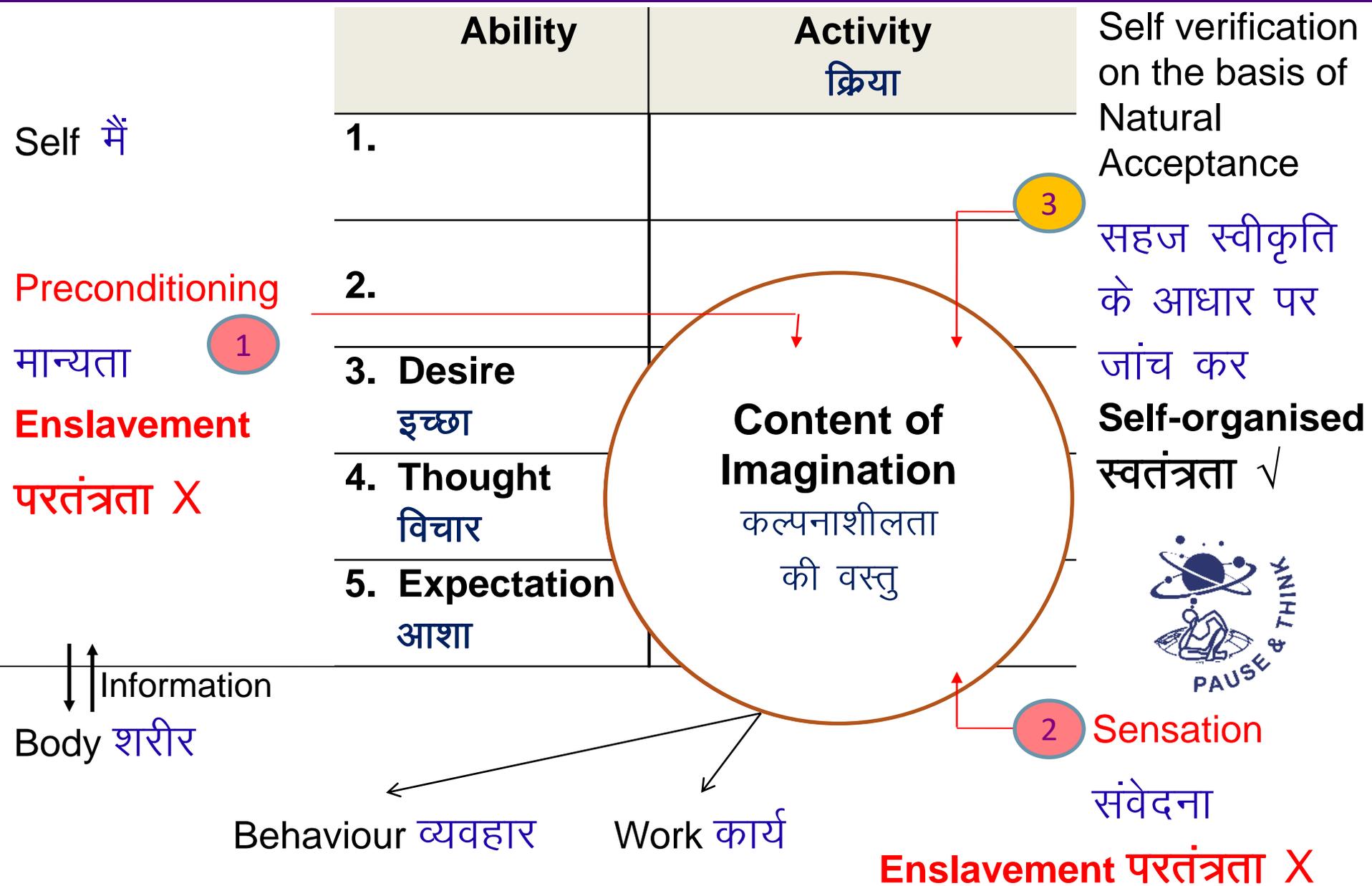
↓
Consciousness चैतन्य

↓
Material जड़

Activities of Self मैं की क्रियाएं



Sources of Motivation for our Imagination and its Implications

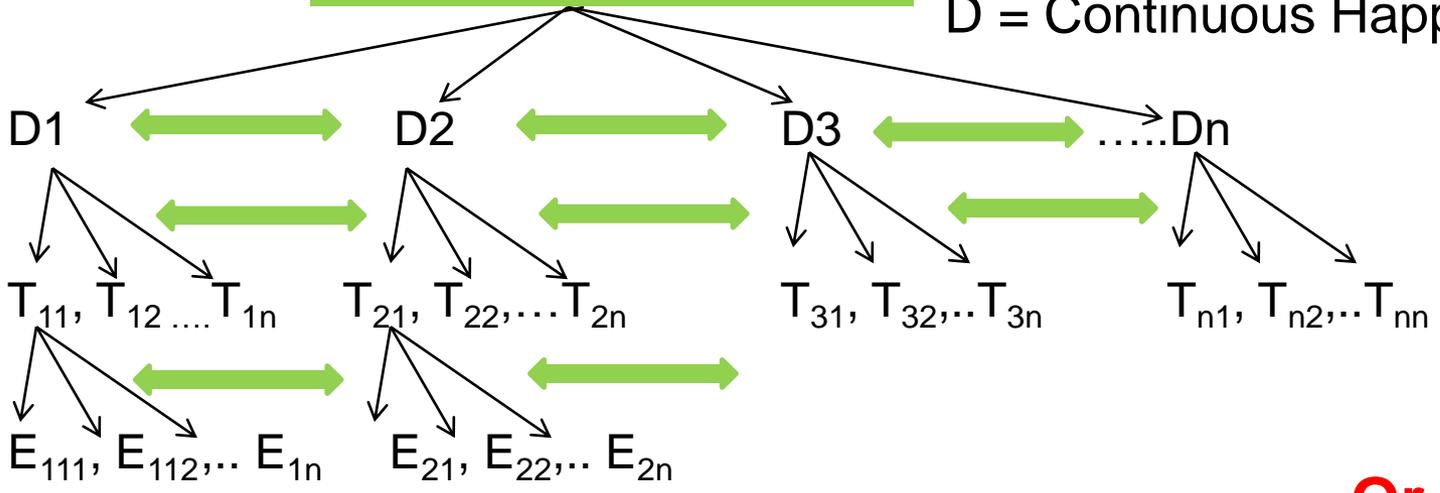


Content of Imagination in the Self

Natural Acceptance

Is it like this?

D = Continuous Happiness & Prosperity



Or is it like this?

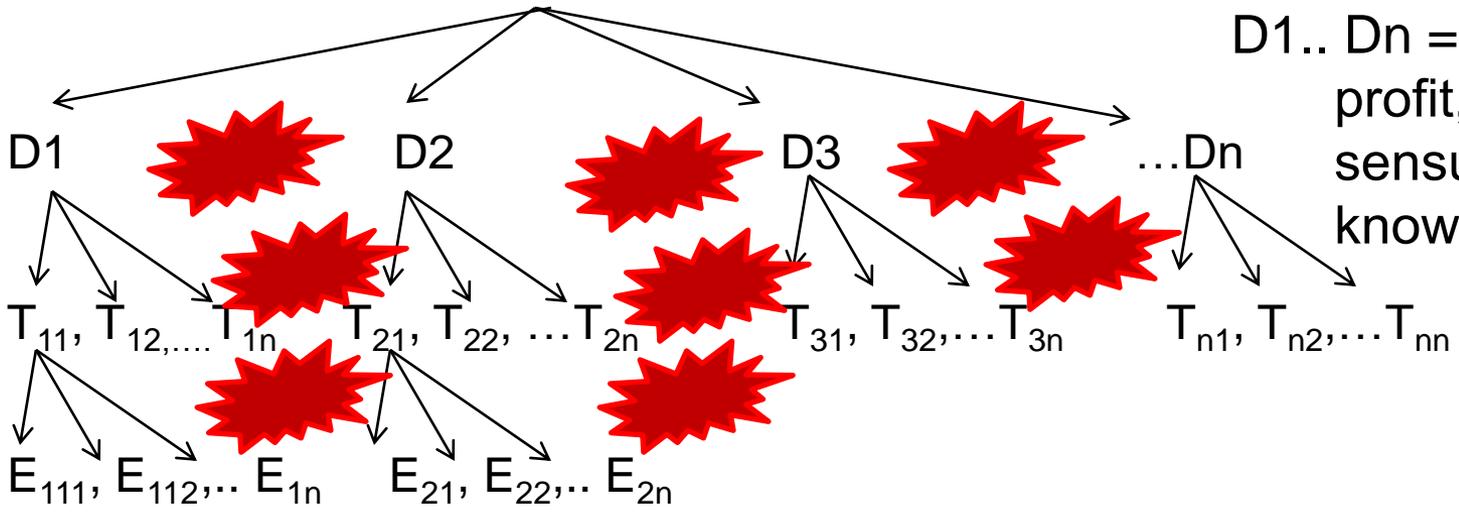
Natural Acceptance

Preconditioning

Sensation

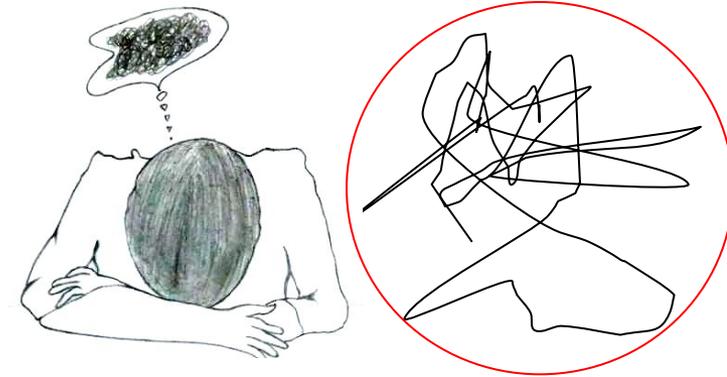
D = ?

D1.. Dn = Consumption, profit, name, fame.. sensual pleasure ... knowledge,...



State of Imagination – Random and Disorganised

If the imagination is random and disorganised
It indicates a state of confusion



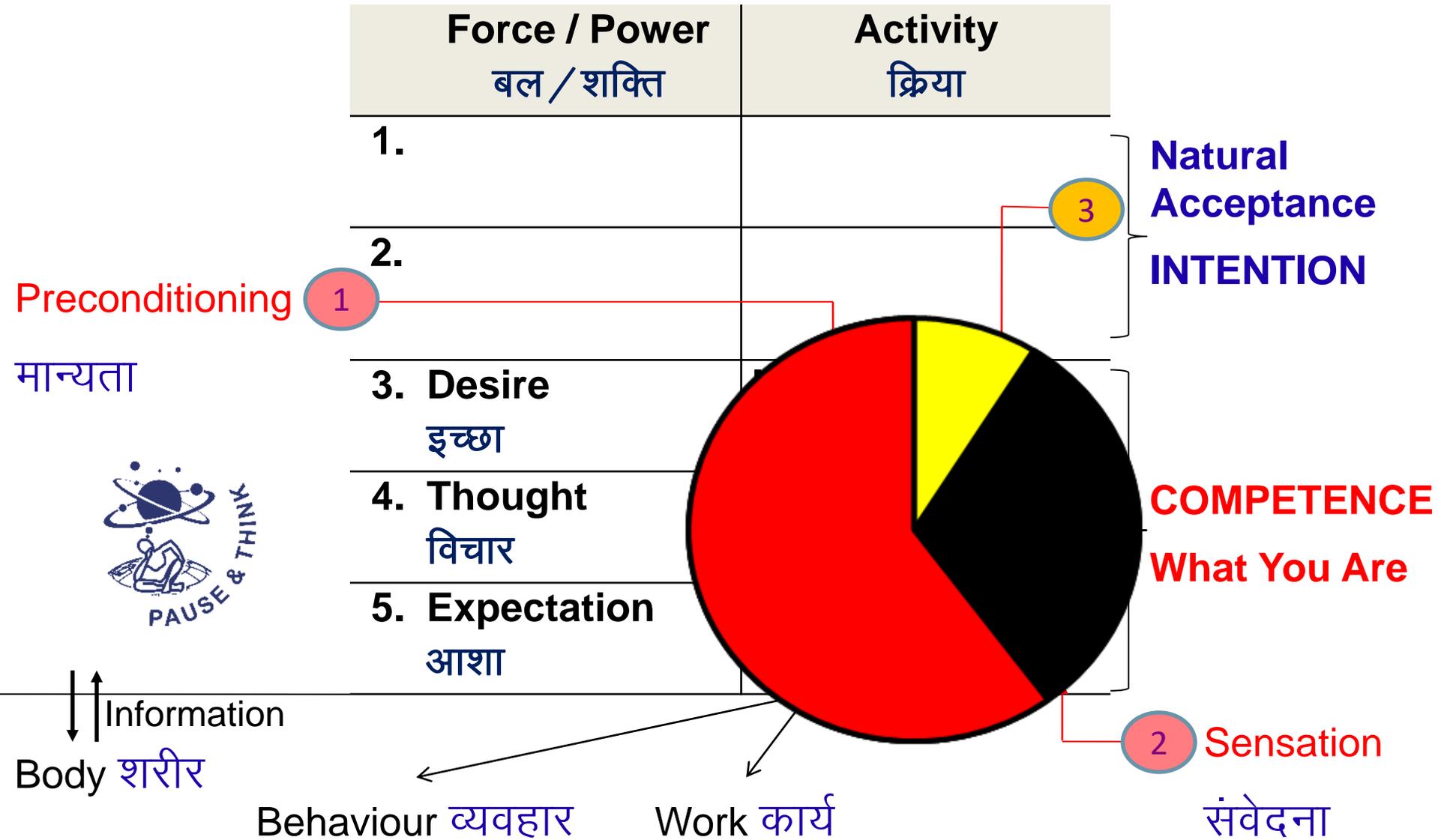
Many of these imaginations may be
contrary to each other and contrary to the natural acceptance



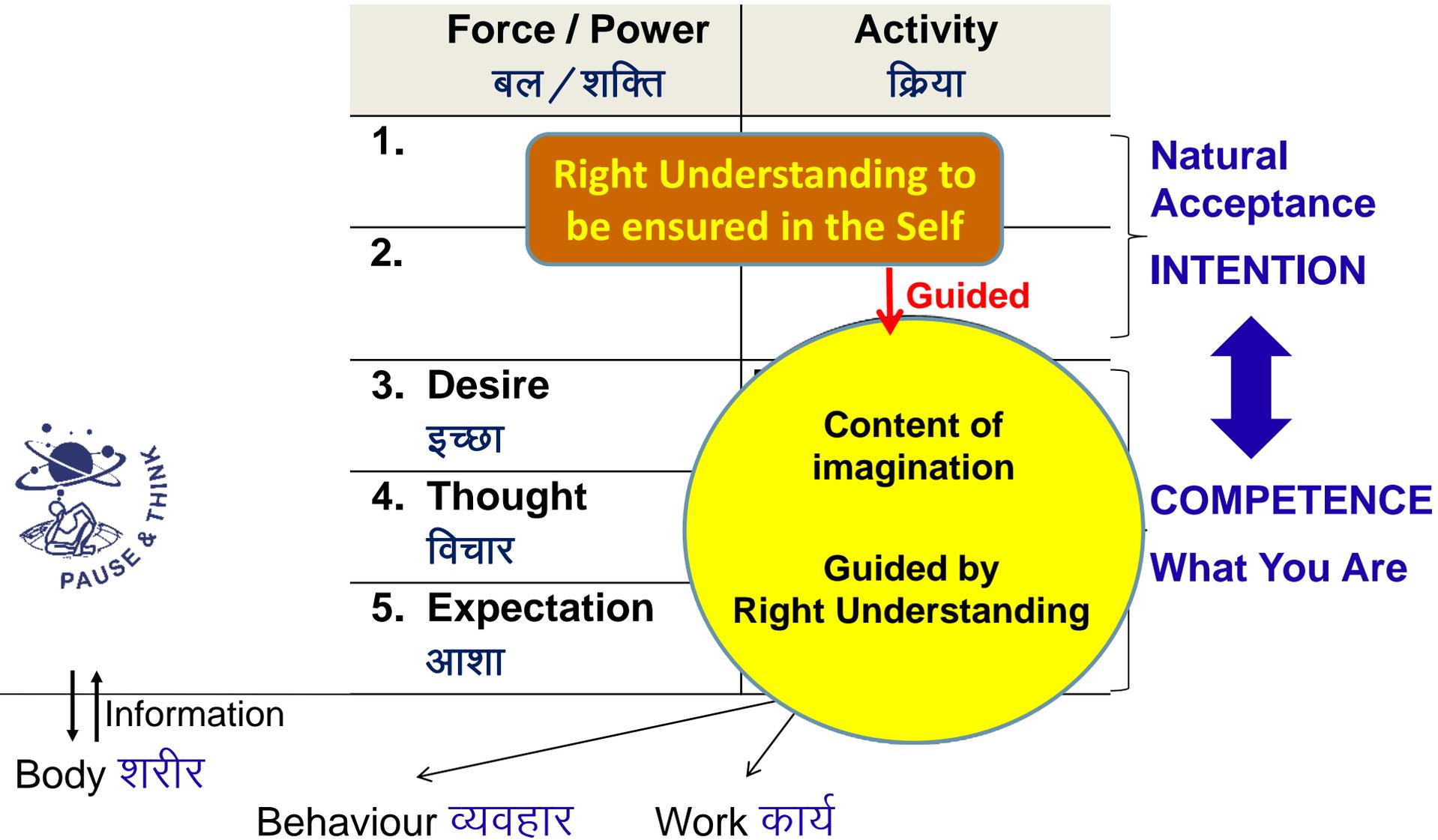
If we observe carefully, we realize that we have accumulated a lot of desires,
which are resulting in numerous thoughts and expectations

Harmony in the Self is realised when there are no contradictions in the
imagination and all imagination is in accordance with natural acceptance

State of Imagination – Random and Disorganised



Harmony in Self = D, T, E in accordance with Natural Acceptance



Happiness = To be in a state of Harmony
सुख = संगीत में, व्यवस्था में जीना

Assignment for Today...

C. The Self

1. Take the same list of your desires. Now find out what is the source of the desire:
preconditioning or sensation or natural acceptance:

Example:

S.No.	Desire	Purpose	Preconditioning	Sensation	Natural Acceptance
1	Money	a. Physical Facilities to take care of Body			√
		b. Status	√		
		c. Merry making		√	
2	Name, fame	Attention from others	√		
3	Good food	Health of Body			√
		Taste		√	
4	Car	a. To save energy of Body in transportation			√
		b. Respect in society	√		
		c. To look good		√	
5	Peace of mind	For the Self			√
6				

Sum Up

The Self has activity of Desire, Thought & Expectation, together called Imagination. This is going on continuously

Behaviour/Work is an expression/outcome of Imagination

Imagination is motivated by Preconditioning, Sensation or Natural Acceptance

Desires based on Natural Acceptance lead to harmonious thought & expectation. This is harmony in the Self . This is the state of self-organisation. This is the state of happiness. In this state, the behaviour/work is also mutually fulfilling – the conduct is definite

Desires based on preconditioning or sensation may lead to contradiction in thought & expectation. This is disharmony in the Self . This is the state of enslavement. This is the state of unhappiness. In this state, the behaviour/work may or may not be mutually fulfilling – the conduct is not definite





Self Reflection