

Understanding 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

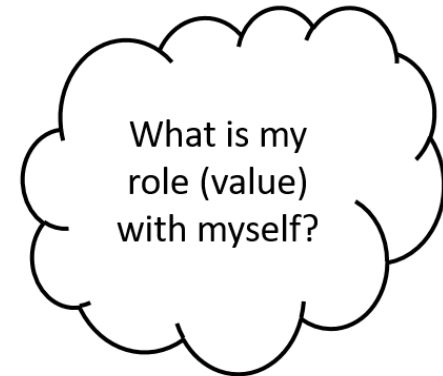
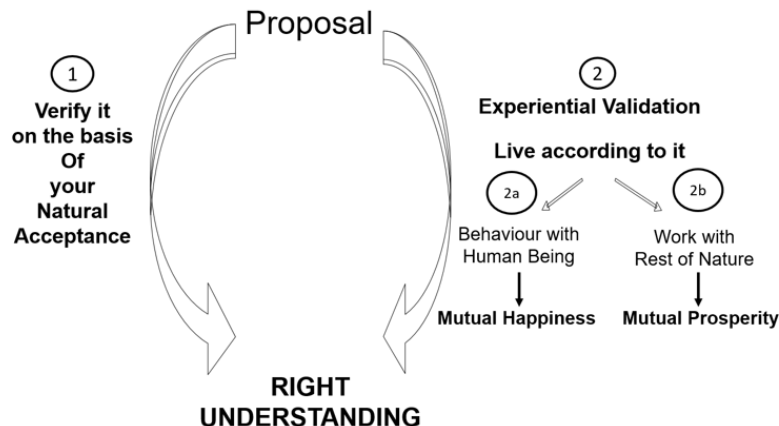
Harmony in Nature/Existence

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

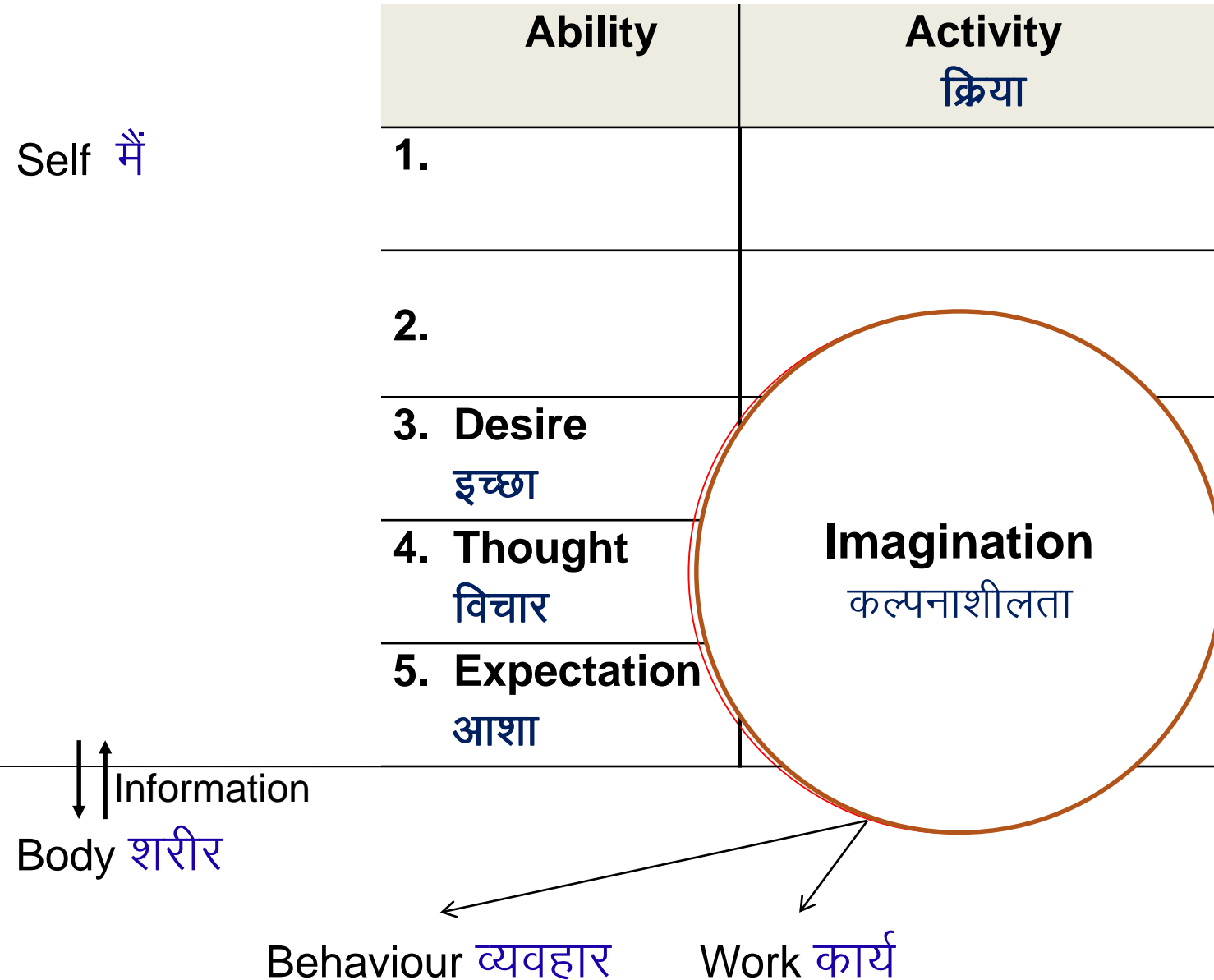
शरीर

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	Indefinite or Definite अनिश्चित या निश्चित	Definite निश्चित

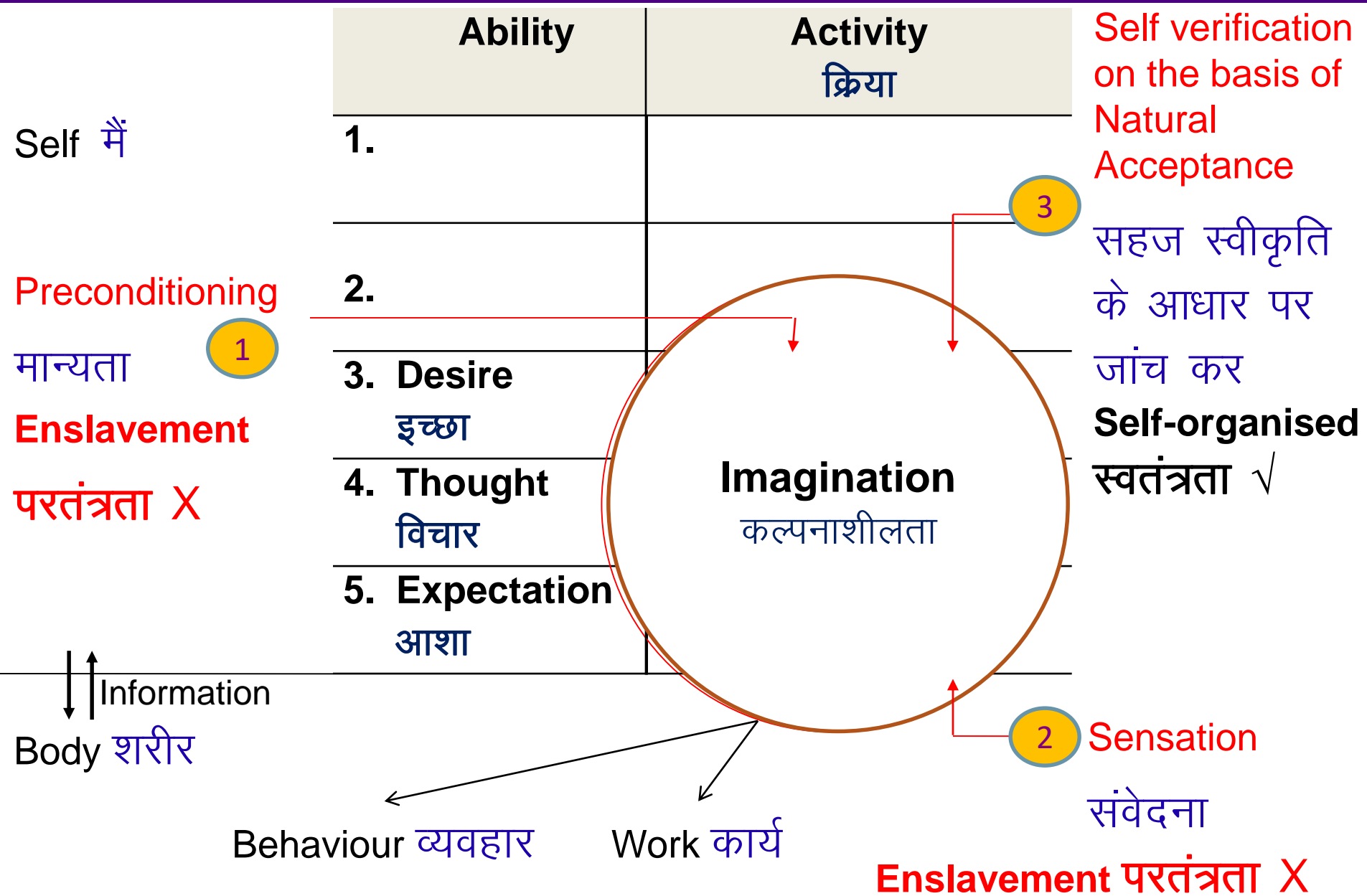
↓
Consciousness चैतन्य

↓
Material जड़

Activities of Self मैं की क्रियाएं

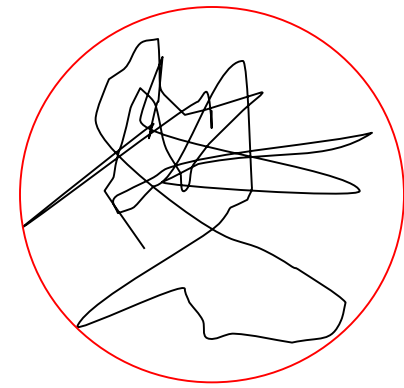


Sources of Motivation for our Imagination and its Implications



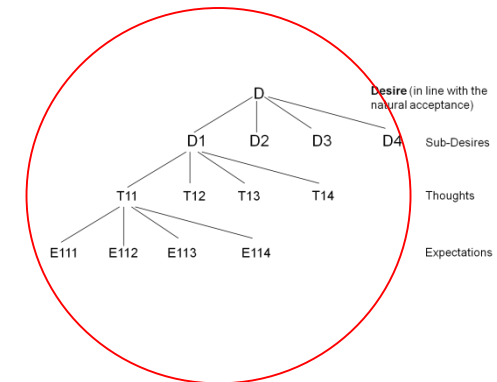
State of Imagination

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

Contradiction → unhappiness



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

Peer Pressure – Reasons

When we are living on the basis of preconditioning (without self-verification) and try to get respect from others on the basis of comparison -

- We keep accepting wrong assumptions that are based on preconditioning, because we don't have the practice of verifying things (notions) on our own right.
- Because others are doing it/ having it, so should I. (a sense of belongingness with a specific group)
- There is a pressure to be ahead of others, because we want to get respect from others and believe that it will only come, when I am ahead of others (in terms of appearance, clothes, language & expression- English, money etc)

Peer Pressure – Solutions

- Self-verification
- Understanding the need of self and body distinctly. Respect is a need of the self that cannot be fulfilled by these physical facility
- Sense of belongingness on the basis of understanding of human being
- The basis of happiness is to ensure right feelings in the self rather than just asking it from others
- Right basis of respect needs to be ensured
- Language is a means of communication
- Clothes etc are for nurturing, protection and right utilization of the body and not for getting respect through comparison/ differentiation. When we try to ensure respect on these basis, it rather leads to jealousy

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

There is harmony in the Self when all Imagination is based on Natural Acceptance. 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

Imagination based on preconditioning or sensation may be contradictory. 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

Self Reflection

1. Can you "see" yourself?
 - Find out if imagination is going on continuously or you can stop it?
 - Can you see your natural acceptance?
2. 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.
3. Is behavior important for you? (in family, teamwork in the workplace, in the interactions in the market, in the society)
4. 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)?

Self Reflection

5. Take your list of desires and find out the source of motivation
 - Preconditioning
 - Sensation
 - Natural Acceptance

Are you deciding everything on your own right or under some influence?

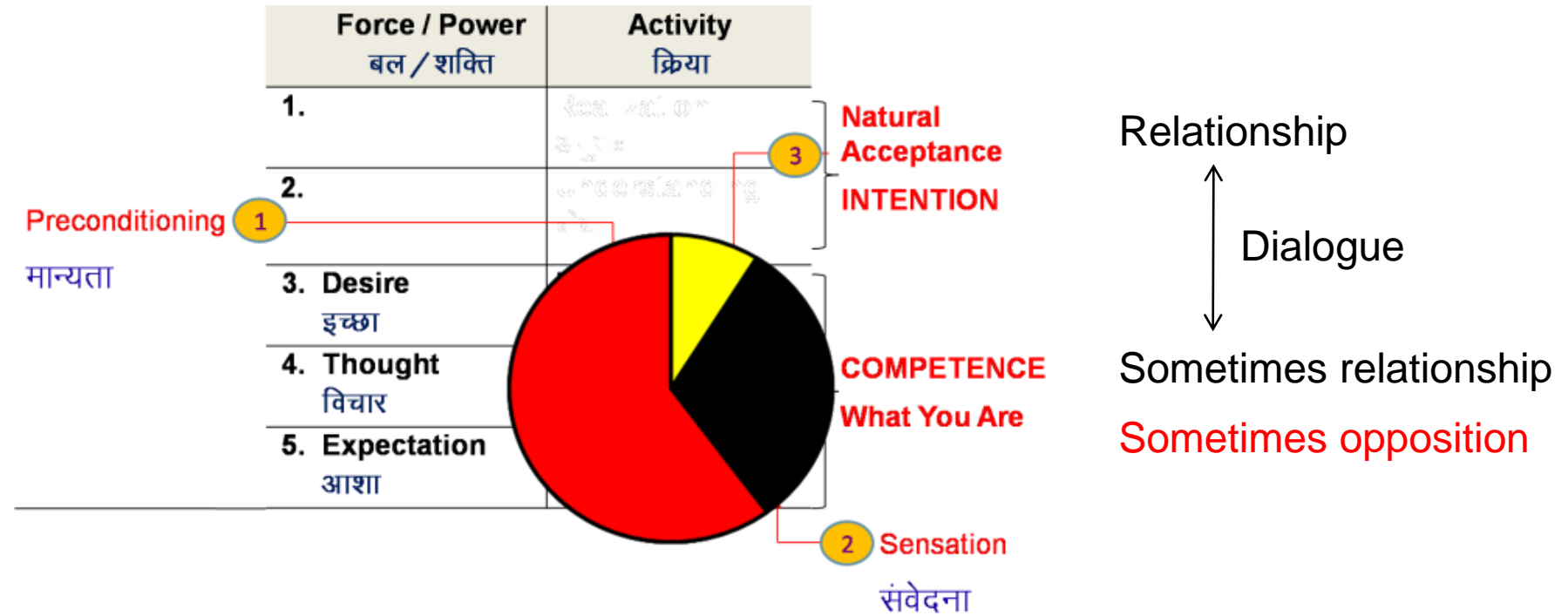
What are your conclusions from this exercise?

6. 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?

Questions?

1. How can we differentiate between desire and thought and expectation? It all seems to be one thing
2. Most of the time, we are not able to remember what is going on in our imagination. Is there some practice, like meditation to become aware of it?
3. Different people in my family have different preconditions. Can we ever be in harmony as a family?
4. After the last session, my problems have increased. In fact, I was quite happy before. Now I can see many contradictions within... What to do?
5. What is in activity 1 & 2? Why is it kept blank?

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

Unhappiness = To be forced to be in a state of Contradiction
दुख = अंतर्विरोध में, अव्यवस्था में, जीने के लिए बाध्य होना

Activities of Self मैं की क्रियाएं

Self मैं

Force / Power बल / शक्ति	Activity क्रिया	
1.		
2.		
3. Desire इच्छा	Imaging चित्रण	What to Be, What to Do
4. Thought विचार	Analysing विश्लेषण	How to Be, How to Do
5. Expectation आशा	Selecting/Tasting चयन / आस्वादन	Selection Outside

Body शरीर

Imagination
कल्पनाशीलता

Meditation: To See The Reality As It Is

Paying attention is primary or
object of attention is primary?

For example, a thief knows how to concentrate. He does pay attention to something he considers valuable

You are also concentrating on what you consider valuable. For example

- If money is important for you, you keep track of your bank balance
- If relationship is important for you, you keep track of trust

It is the object of focus that is significant and not just the method of concentration. If you can realise that you are significant, then you will pay attention to your Self

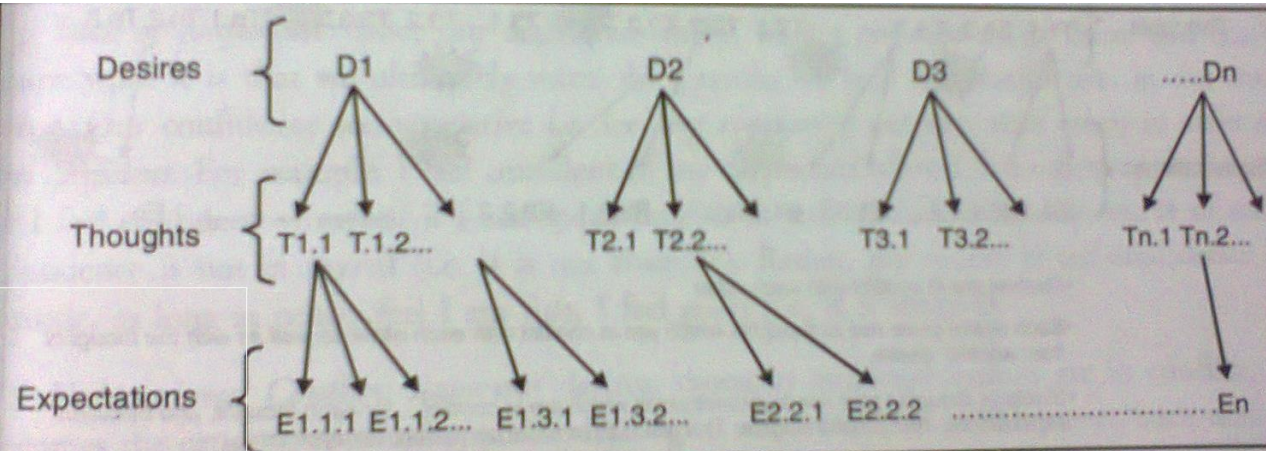
- You will become aware of what is going on in your desire, thought & expectation
- You will become aware of your natural acceptance (so you will always decide on the basis of your natural acceptance)

So essentially we are talking about meditation every moment, meditative living, living with awareness every moment

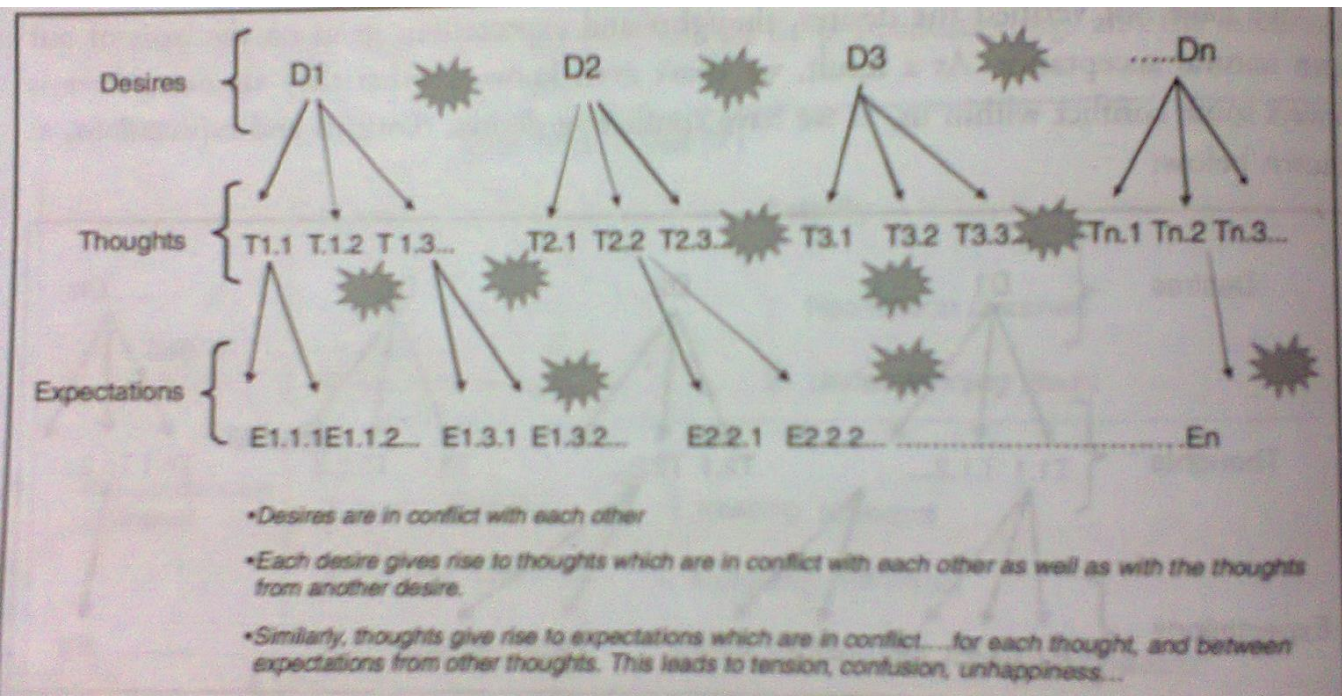
State of Imagination (Desire, Thought and Expectation)

Desire (Feeling), Thought and Expectation in the Self

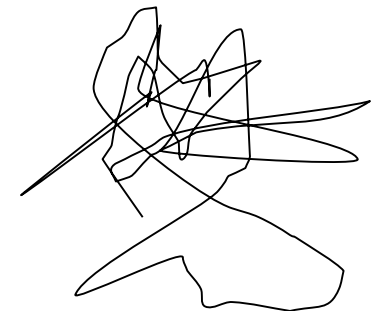
Observe the desire, thought, expectation (selection/taste) every moment.



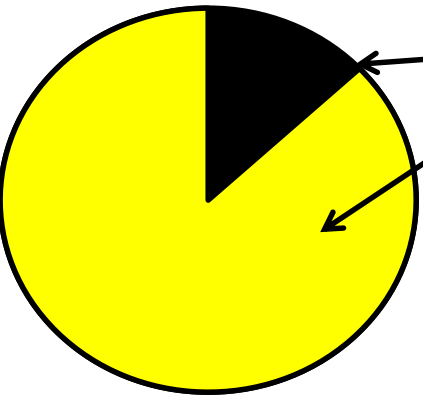
Is it like this?



or like this?

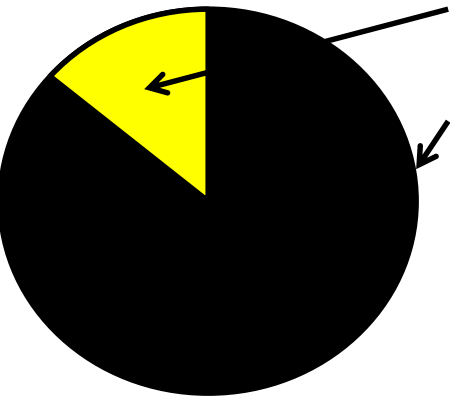


Categorise: Need of I and Need of Body



Few of the desires are **needs** of the Body ■

Most of the desires are needs of Self ■



Very little effort is for made Right Understanding & Relationship ■

Most of the **effort** is for Physical Facility ■

Most of the desires are of needs of Self ■

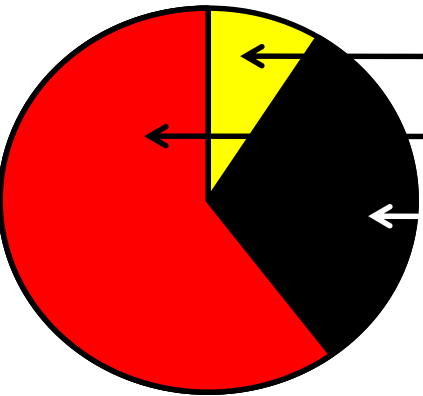
Most of the effort is for Physical facility ■

Physical Facility can fulfill only needs of the Body...

... There is a mismatch between desire and effort ...

What is the effort required to balance this?

Categorise: Preconditioning, Sensation and Natural Acceptance



Few desires are based on Natural Acceptance ■

Most of the desires are based on Preconditioning ■ and Sensation ■

If most of the Needs are based on Preconditioning or Sensation, then one is living mostly in enslavement (being dictated by other, environment)

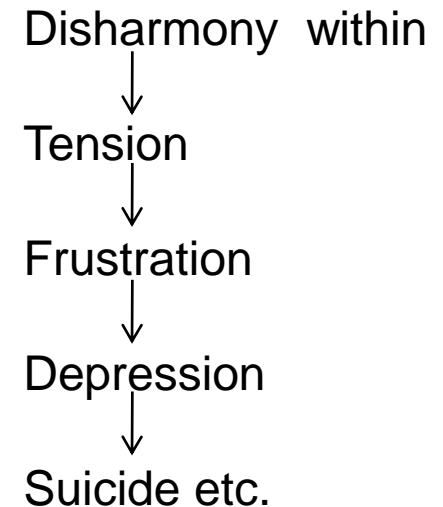
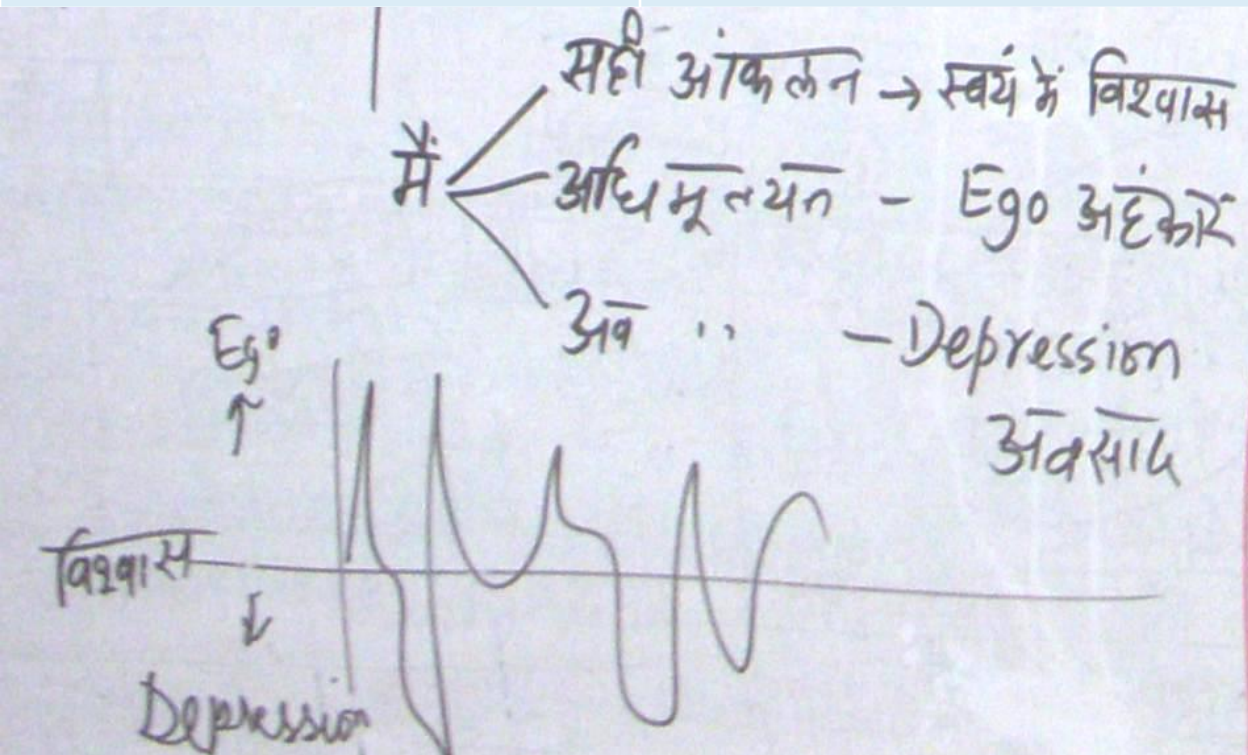
Effort required for self-organisation:

- a) Self awareness
- b) Evaluation of desire on the basis of your natural acceptance

If desire is naturally acceptable, it will become definite & continue; otherwise it will slowly become corrected or drop off

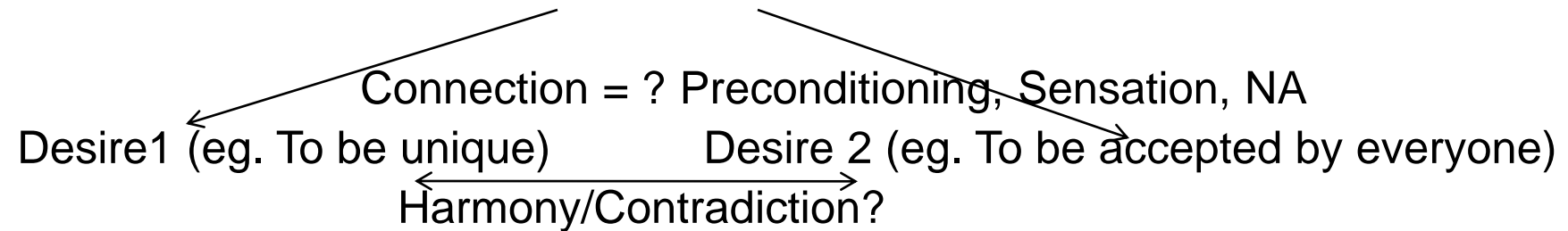
Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential (स्वतंत्रता)	The other is my reference (परतंत्रता)	The other is my reference (परतंत्रता)
Definite Conduct	Indefinite Conduct	Indefinite Conduct



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

Basic Desire (चाहना) – Happiness, Prosperity → Intact, Uncorrupted, invariant



Similarly between 2 thoughts, 2 selections

Between desire and thought, between thought and selection

The disharmony in these is unhappiness

Harmony in these is happiness

Harmony in the self = harmony within

between basic desire and sub-desires (desires are based on contemplation "What is my role/participation in existence")

Between desire and thought

Between thoughts

Between thought & selection

Between selections