

Self Reflection from Day 1

Self Reflection 1

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)	7 hrs (salary)
eating	2 hrs		2 hrs	
sleeping	8 hrs			8 hrs
other activity	4 hrs	3 hrs (worship, TV)		1 hr (bath, gym etc.)
		4 hrs	2 hrs	18 hrs

Self Reflection 1 Conclusions

Analyse your list of your desires... Find out what is needed to fulfill them:

- right understanding (clarity)
- relationship (right feeling)
- physical facility (money...)

eg.	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money			x (salary...)

But with a base of relationship & right understanding

Good friends		x	
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But with a base of right understanding

Peace of mind	x	x (right feeling in oneself)	
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CONCLUSIONS:

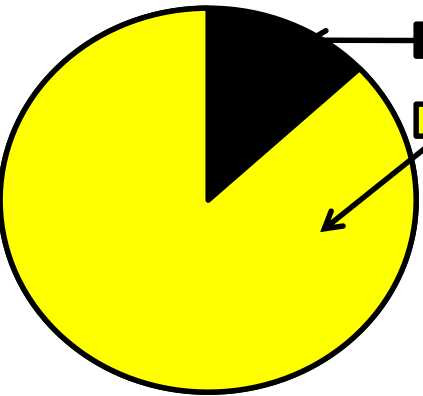
The base of right understanding is required for any desire to be fulfilled. The base of right feeling in relationship is required for any desire, where others are involved. Physical facility is required for fulfilment of the needs of the body

Self Reflection 2

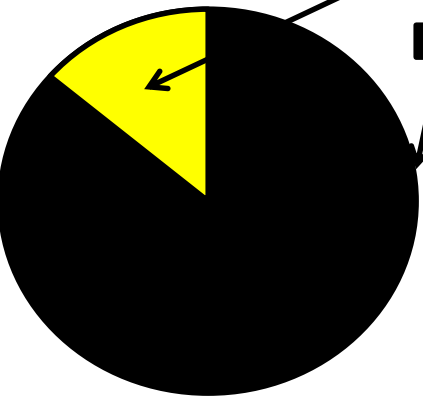
Take the list of your desires, thoughts and expectations. Find out

- 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 2 Conclusions



- Some desires are **needs** of the Body
- Most desires are needs of Self(I)



- Some effort is for Right Understanding & Relationship
- Most of the **effort** is for Physical Facility

Most of the desires are of needs of Self(I) ■

Most of the effort is for Physical facility ■

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

Is there a balance between desire and effort?

What is the effort required to balance this?

Self Reflection 3

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?

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 3 Conclusions

Human being is the co-existence of the Self and the Body

At the level of the Body, there is a lot of variety (in height, weight, looks, age etc.)

At the level of the Self, there seems to be a lot of similarity*
(particularly in natural acceptance)

When my desire is in accordance with my natural acceptance, I feel happy

When my desire is not in accordance with my natural acceptance, I don't want to continue in that state

*This similarity could be the basis of the equality, fraternity etc. that we often talk about

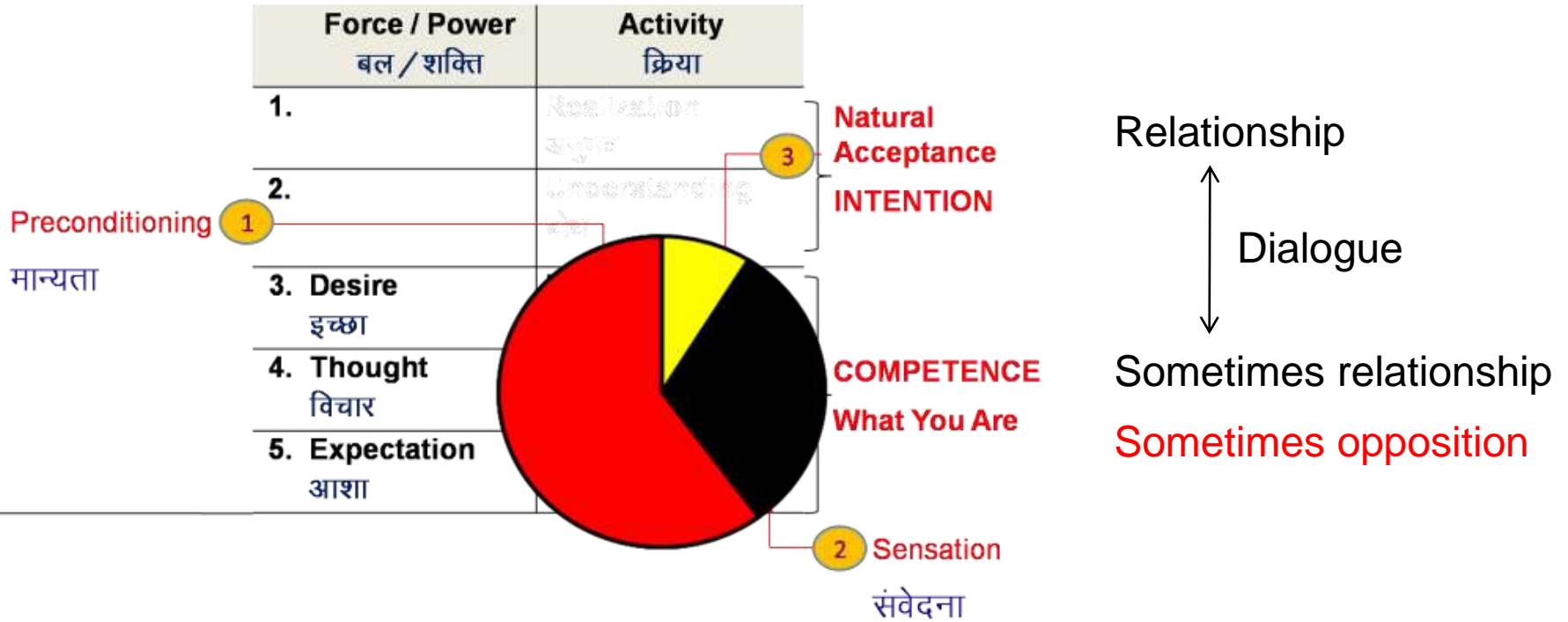
Self Reflection 4

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.

Find out how you feel when your desire is in accordance with your natural acceptance – happy or unhappy?

Do you want to continue to be in a state when you are having desires, thoughts or feelings that are not naturally acceptable to you? Are you happy or unhappy to be in such a state?

Harmony in Self = Imagination in harmony 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

Self Reflection 4 (cont.)

Is behavior important for you? (in family, teamwork in the workplace, in the interactions in the market, in the society)

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 4 (cont.)

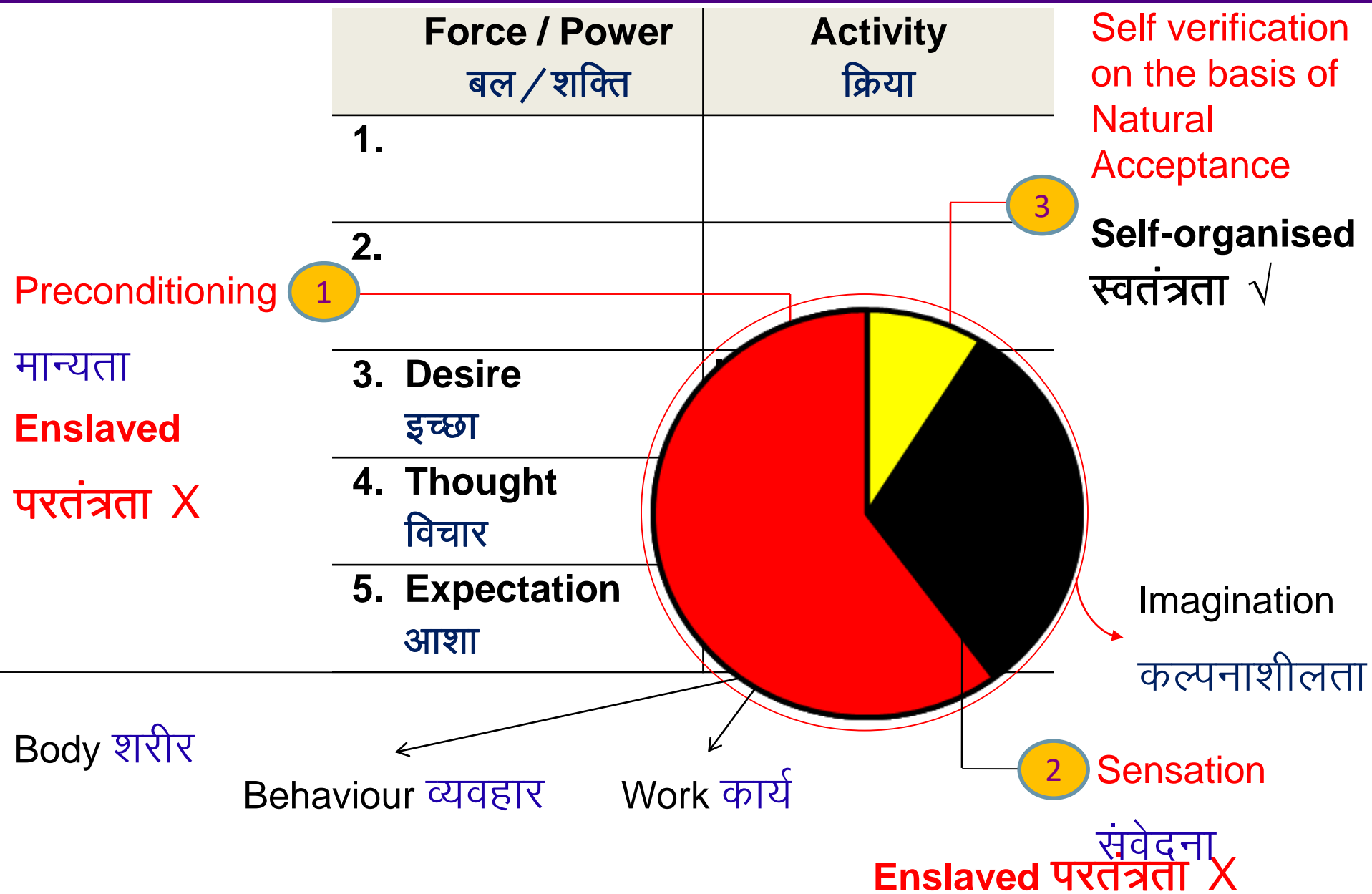
Take your list of desires and find out the source of motivation

- Preconditioning
- Sensation
- Natural Acceptance

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

What are your conclusions from this exercise?

Self Reflection 4 Conclusions



Recap

Day 1

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

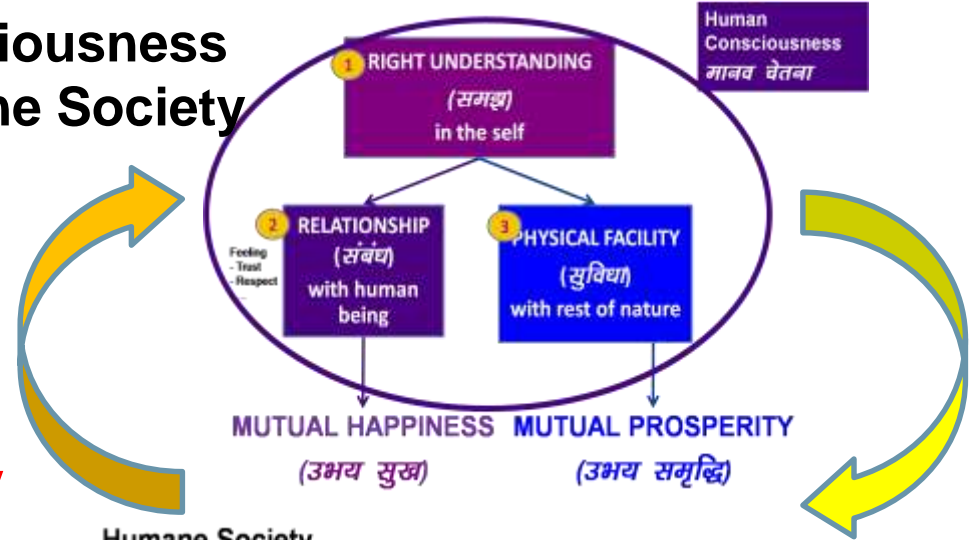
This workshop is about living, living with fulfilment...

Education is the key enabler for this transformation

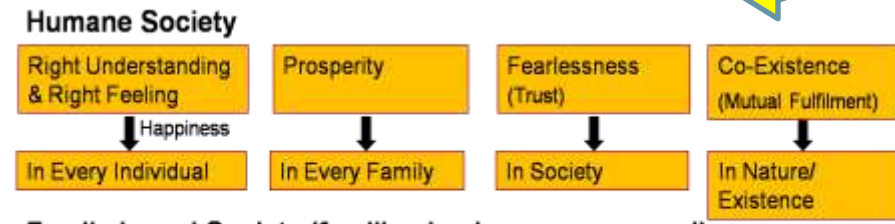
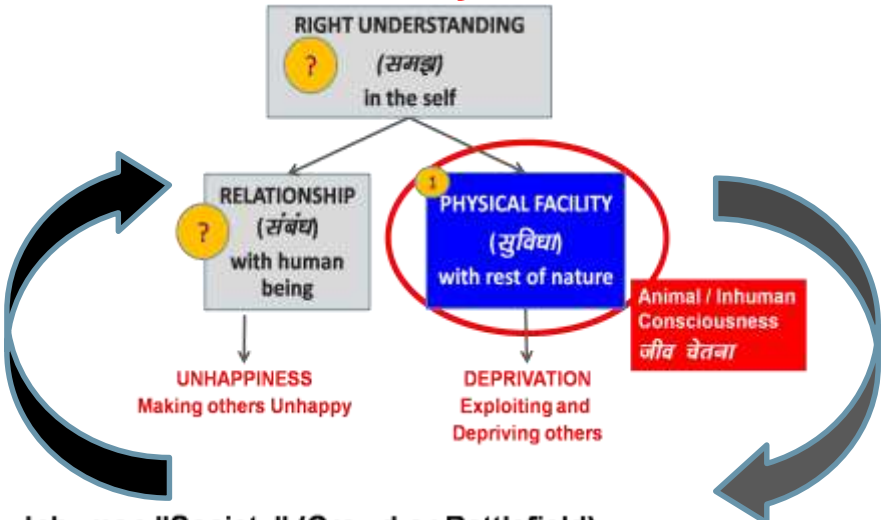


Transformation - Progress
संक्रमण - विकास

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		Terrorism War	Resource Depletion Pollution
" for Sensual Pleasure			

Individual based (having different or opposing goals)

Transformation - Progress
संक्रमण - विकास

Humane Society

Right Understanding
& Right Feeling

↓ Happiness

In Every Individual

Prosperity

↓

In Every Family

Fearlessness
(Trust)

↓

In Society

Co-Existence
(Mutual Fulfilment)

↓

In Nature/
Existence

Family based Society (families having common goal)

Inhuman "Society" (Crowd or Battlefield)

Assumptions (eg.
Money is everything)

↓

In Every Individual

Accumulation
By Any Means

↓

In few Individuals

Domination,
Exploitation, Fear

↓

In Society

Mastery &
Exploitation

↓

Over Nature

Obsession for Consumption
" for Profit
" for Sensual Pleasure

Terrorism
War

Resource Depletion
Pollution

Individual based (having different or opposing goals)

If we look at all the Problems we are Facing

Individual

Aimlessness, Confusion, Tension, Frustration, Depression, Alcoholism, Substance abuse, Obesity, Suicide...

Human Relationship

Opposition, Reaction, Anger, Strife, Court cases, Divorce...

Society

Population, Increasing gap between rich and poor, Fear, Genocide , Domination, Exploitation, Terrorism, War...

Relationship with Rest of Nature

Water, Air, Pollution, Resource Depletion, Climate change, Global warming...

What do you think: are these problems are unrelated or they are related to each other, having some basic root cause?

What is the Solution?

Individual

Aimlessness, Confusion, Tension, Frustration, Depression, Alcoholism, Substance abuse, Obesity, Suicide...

Human Relationship

Opposition, Reaction, Anger, Strife, Court cases, Divorce...

Society

Population, Increasing gap between rich and poor, Fear, Genocide, Domination, Exploitation, Terrorism, War...

Relationship with Rest of Nature

Water, Air, Pollution, Resource Depletion, Climate change, Global warming...

What do you think: are these problems are unrelated or they are related to each other, having some basic root cause?

The problem may look different at different levels

But the root cause is the same

The Root Cause is Human being Living with Animal Consciousness

? **RIGHT UNDERSTANDING**
(समझ)
in the self

? **RELATIONSHIP**
(संबंध)
with human
being

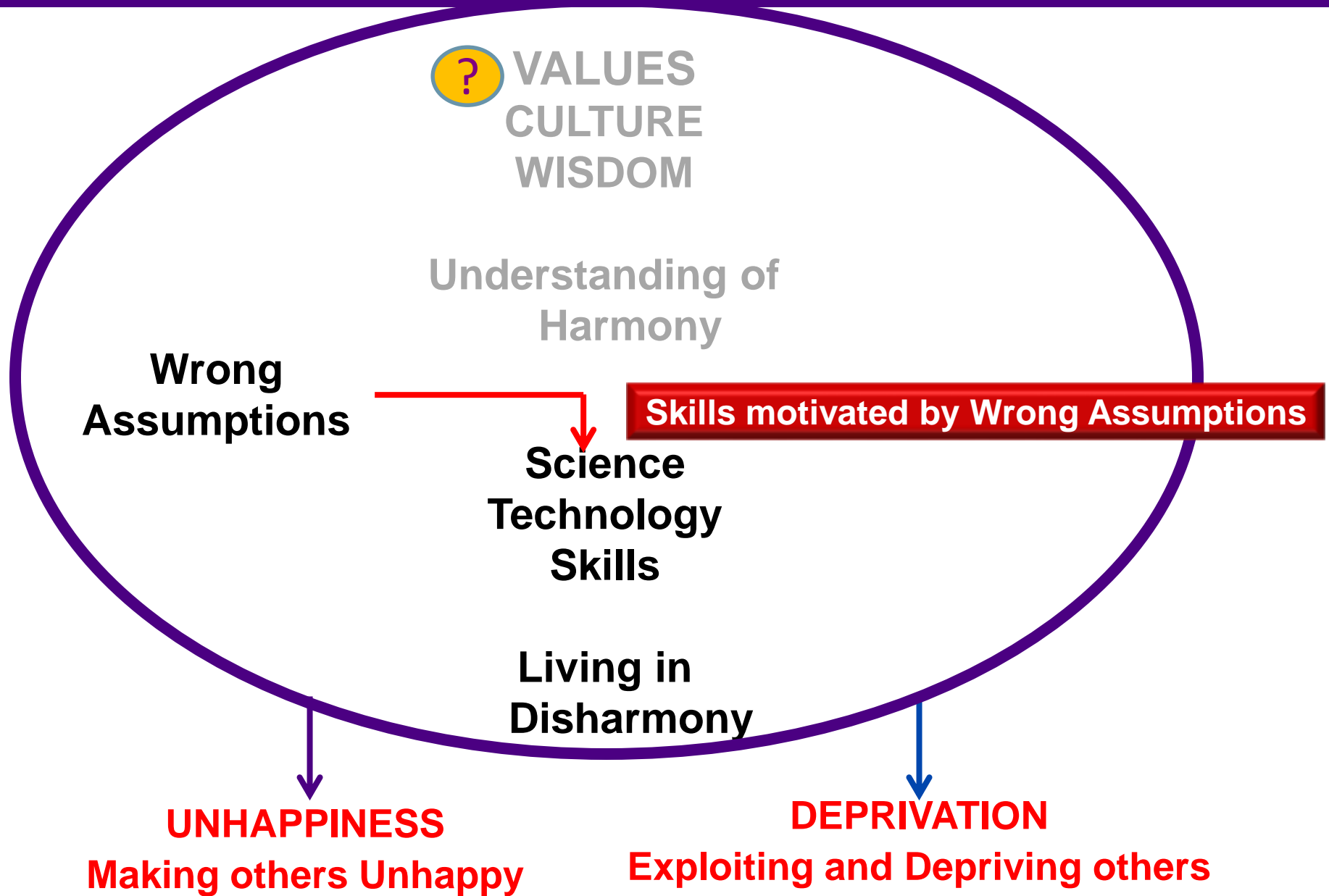
UNHAPPINESS
Making others Unhappy

1 **PHYSICAL FACILITY**
(सुविधा)
with rest of nature

DEPRIVATION
Exploiting and
Depriving others

**Animal
Consciousness**
जीव चेतना

Our Education is Skill Biased



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

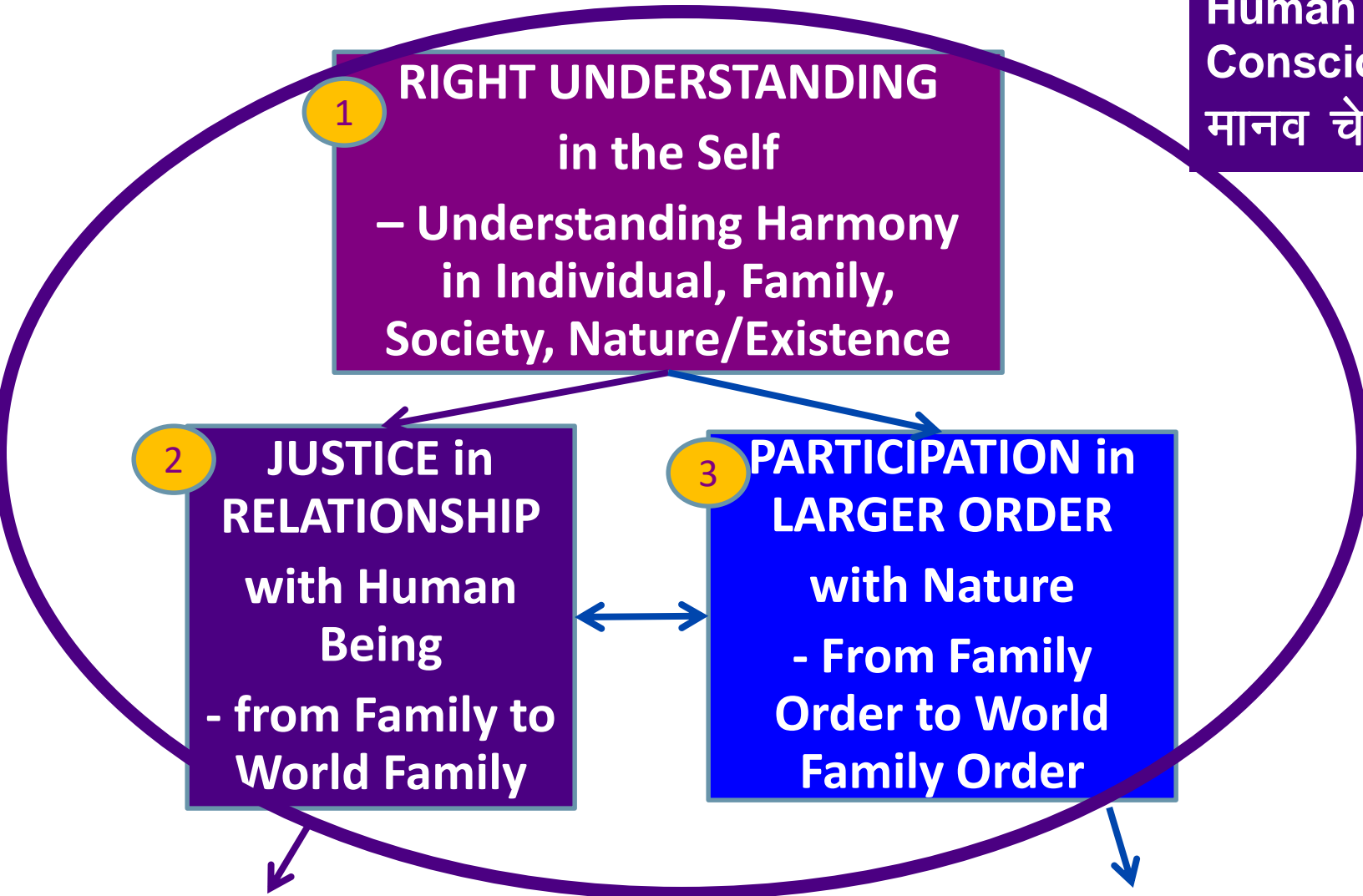
(उभय सुख)

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

Harmony in the Family

Harmony in the Society

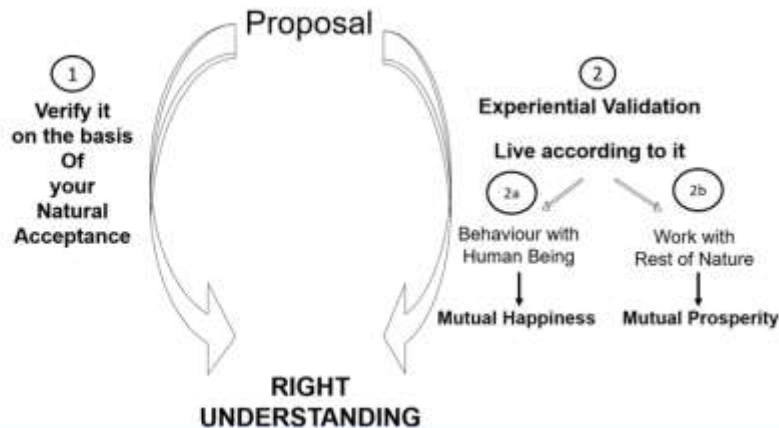
Harmony in Nature/Existence

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

1 RIGHT UNDERSTANDING

(समझ)
in the self

2 RELATIONSHIP

(संबंध)

with human
beings

3 PHYSICAL FACILITY

(सुविधा)

with rest of nature

Understanding harmony at all
levels of being:

- Human being
- Family
- Society
- Nature/existence

Feelings
- Trust
- Respect
- ...

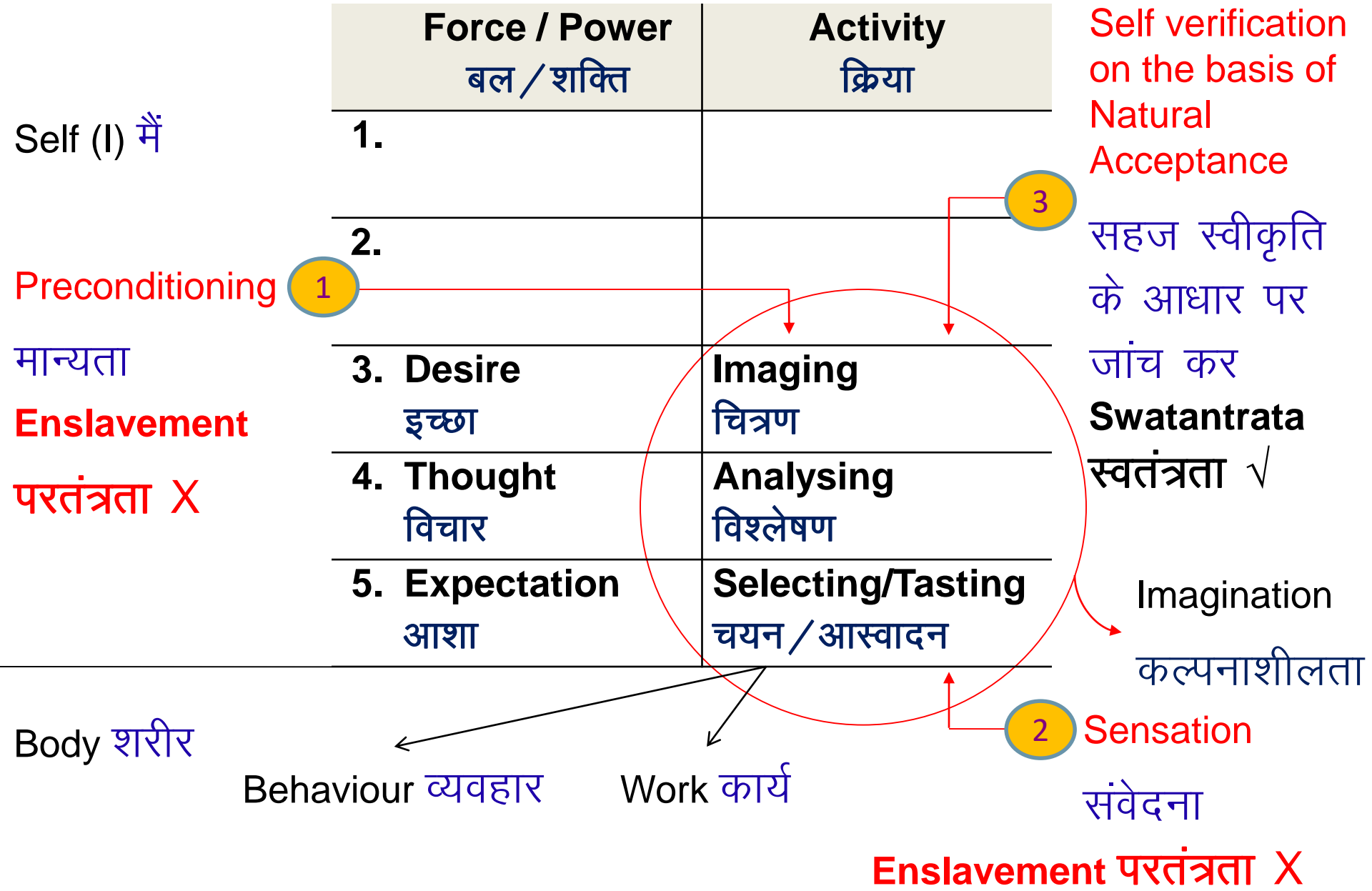
MUTUAL HAPPINESS

(उभय सुख)

MUTUAL PROSPERITY

(उभय समृद्धि)

Activities of Self (I) मैं की क्रियाएं



Enslavement परतंत्रता X

Day 1 is the Foundation for Day 2: Exploring Relationship

We had asked you to explore:

1. Is behavior important for you? (in family, teamwork in the workplace, in the interactions in the market, in the society)
2. Are you able to see that your behavior depends on your state?

If you are able to see that your behaviour depends on your state

- If you are in harmony within, your behaviour is fine
- If you are in disharmony within, you are not sure how your behaviour will be

Then you will be able to see your role in relationship

Today we will explore into human-human relationship