# Universal Human Values and Ethics
# Lecture 1

## About this Course

1. To facilitate development of a holistic perspective through a systematic study of the harmony in every aspect of living – from individual to family, society and nature/existence (Discovering the innate value of human being in every aspect of life)

2. To develop the competence and commitment to live with fulfilment in every aspect of living

3. To develop the commitment and competence for ethical behavior, work and participation in the profession
(this is essentially a natural outcome of 2, above)

Self-exploration

The content is a proposal for your self-exploration

# Word, Meaning and Reality

The words we will use have a definite meaning and point to some reality in existence.

Word → meaning (description of a part of the reality) → reality

Example:          Word = Chat          Reality = ?

Description 1: Chat is an omnivorous animal with 4 legs and a tail
Did you get the reality? Since there are many such animals, you may or may not get it right immediately

Additional description 2: Chat is a pet animal
Now you may think of dog and cat

Additional description 3: Chat likes to eat mice
Now you may be sure that we are talking about the animal "cat"
(chat is the French word for "cat")

1.  **Once you self-explore and see a reality, you know much more about it than any description that can be given.** You may be able to describe many more details

2.  **The reality is not the words**. Try describing everything about yourself! **Any reality is beyond words**

3.  **You do see through your senses, but you have the capacity to see beyond that (through the Self, by self-exploration)**

Every human being has the need and also the potential to see the entire reality

We will use words like 'happiness', 'trust', 'respect', 'harmony'…

So, please try to get to the reality being described, rather than getting stuck to the words being used (for which you may already have an associated meaning)

To be able to see the reality that the speaker is referring to

Listen

Seeking clarification

Asking questions

Discuss…

Explore within

Proposal — Listening – Self-exploration – Seeing the Reality

Proposal — Listening – Comparing with preconditioning – Agreeing / Disagreeing

Proposal — Listening – Assuming it to be True / False – Preconditioning

Proposal — Not Listening