

Lecture 2

Basic Human Aspiration and it Fulfilment

Content of this Session

Basic human aspiration

Fulfilment of basic human aspiration

It will also give an idea about:

- The content of this course
- The process of this course
- The expected achievement from right understanding

Process

Whatever is said is a **Proposal** (**Do not assume it to be true or false**)
Verify it on Your Own Right – on the basis of our **Natural Acceptance**

It is a process of **Dialogue**

A dialogue between me and you, to start with

It soon becomes a dialogue **within your own self**

between what you are and what you really want to be
(your natural acceptance)

The purpose of this workshop is to initiate this internal dialogue

Do we want to be happy?

Do we want to be prosperous?

Do we want the continuity of
happiness and prosperity?

Desire, What We Want to Be

Do we want to be happy?

Do we want to be prosperous?

Do we want the continuity of happiness and prosperity?

State of Being, What We Are

Are we happy?

Are we prosperous?

Is there continuity of our happiness and prosperity?

Why this gap?

- between our desire and our state of being
- between what we really want to be and what we are

What are we doing to fill this gap? Is it getting filled up or getting wider?

We will explore into this

Desire

Do we want to be happy?

Do we want to be prosperous?

Do we want the continuity of happiness and prosperity?

Effort

Is our effort

- For continuity of happiness and prosperity?

- Just for accumulation of physical facility?

Have we assumed that happiness and prosperity will be ensured when we have enough physical facility?

What effort are we making, other than accumulation of physical facility?

Physical Facility is Necessary...

When an animal has lack of physical facility it becomes uncomfortable,
when it gets physical facility it becomes comfortable

Eg. When a cow gets a stomach-full of grass, it becomes comfortable,
sits and chews the cud

When a human being has lack of physical facility, he becomes
uncomfortable and unhappy

But once he gets the physical facility, he forgets about it and starts
thinking about hundred other things

(Check for yourself if you feel happy every day that you are getting
enough to eat?)

Something more is required (over and above physical facility)

Physical facility is necessary for human being

but

something more is also required

To find out what else is required (over and above physical facility)

Check: Is the unhappiness in our families

- More due to lack of physical facility or
- More due to lack of fulfillment in relationship?

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

For Human Being, Relationship is also Necessary

For human being physical facility is necessary but relationship is also necessary

On examining carefully, we find that this is a fundamental difference between animals and human being

Physical facility is necessary for animals and necessary for human being also

However,

For animals physical facility is necessary as well as adequate

For human being physical facility is necessary but not adequate

In Addition to Physical Facility, Relationship is Necessary

For human beings physical facility is necessary but relationship is also necessary

RELATIONSHIP
with human being

PHYSICAL FACILITY
With nature

For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

Although we have Recognised the need for Relationship...

We do get into arguments, opposition and fights... even in the family, with close friends, with colleagues at work... in the marketplace...

Every time we have a fight, we want to resolve it...

We say sorry, patch up and promise not to fight in future but...

Even though we don't want to, a fight does take place once again
(we want the other to improve... and the other wants us to improve...)

Is this happening?

Are incidences of reaction... not speaking to the other... arguments... debates... divorce... increasing or decreasing?

Explore your close relationships – in the family, with friends, in the workplace, in the society

In spite of our acceptance for relationship, why is it happening?

State of Relationship (in the Society)

Out of the three types of fear, which is predominant for us?

- Fear of natural calamities
- Fear of wild animals
- Fear of the inhuman behaviour of human beings

Is this on the increase or decrease?

In spite of our acceptance for relationship,
why do we have such a state of affairs in the society?

Let's check our Perspective about Relationship

Let us find out if

1. We want to live in relationship (harmony) with others or
2. We want to live in opposition with others or
3. We believe living has to be necessarily in opposition with others, ie. There is 'struggle for survival' , 'survival of the fittest' and check if we feel happy living this way?

What is our present perspective? Which view do we promote?
(at home, in the family... in schools and colleges... and in the society)

Is it the naturally acceptable view?

Right Understanding is also Essential for Human Being

For fulfilment in relationship, it is necessary to have right understanding about relationship

i.e. Right understanding is also necessary for human being

With right understanding:

- We have clarity about relationship with human being; we are able to fulfil relationship
- We also have clarity about how much physical facility we need

Right Understanding is also Essential for Human Being

**RIGHT UNDERSTANDING
in the self**

**RELATIONSHIP
with human
being**

**PHYSICAL FACILITY
with rest of nature**

**For animals:
necessary & largely
adequate**

**For human beings:
necessary but not
adequate**

Are all 3 required? Is something redundant? Is anything more required?

Are we working on all 3?

If all 3 are required, what would be the priority*?

*Working on the high priority makes it easier to deal with the lower priority

1

RIGHT UNDERSTANDING
in the self

2

RELATIONSHIP
with human
being

Feeling
- Trust
- Respect
- ...

3

PHYSICAL FACILITY
with rest of nature

**For animals:
necessary & largely
adequate**

**For human beings:
necessary but not
adequate**

Priority: Physical Facility

?
RIGHT UNDERSTANDING
in the self

?
RELATIONSHIP
with human
being

1
PHYSICAL FACILITY
with rest of nature

For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

UNHAPPINESS
Making others Unhappy

DEPRIVATION
Exploiting and
Depriving others

Since we generally don't have clarity about our physical needs...

In the society, we can observe two categories of human beings

1. Lacking physical facility, unhappy deprived
2. Having physical facility, unhappy deprived

While we want to be

3. Having physical facility, happy prosperous

Find out

- Where are we now – at 1, 2 or 3 and
- Where do we want to be?

Priority: Right Understanding, Relationship & Physical Facility

1
RIGHT UNDERSTANDING
in the self

2
RELATIONSHIP
with human
being

Feeling
- Trust
- Respect
- ...

3
PHYSICAL FACILITY
with rest of nature

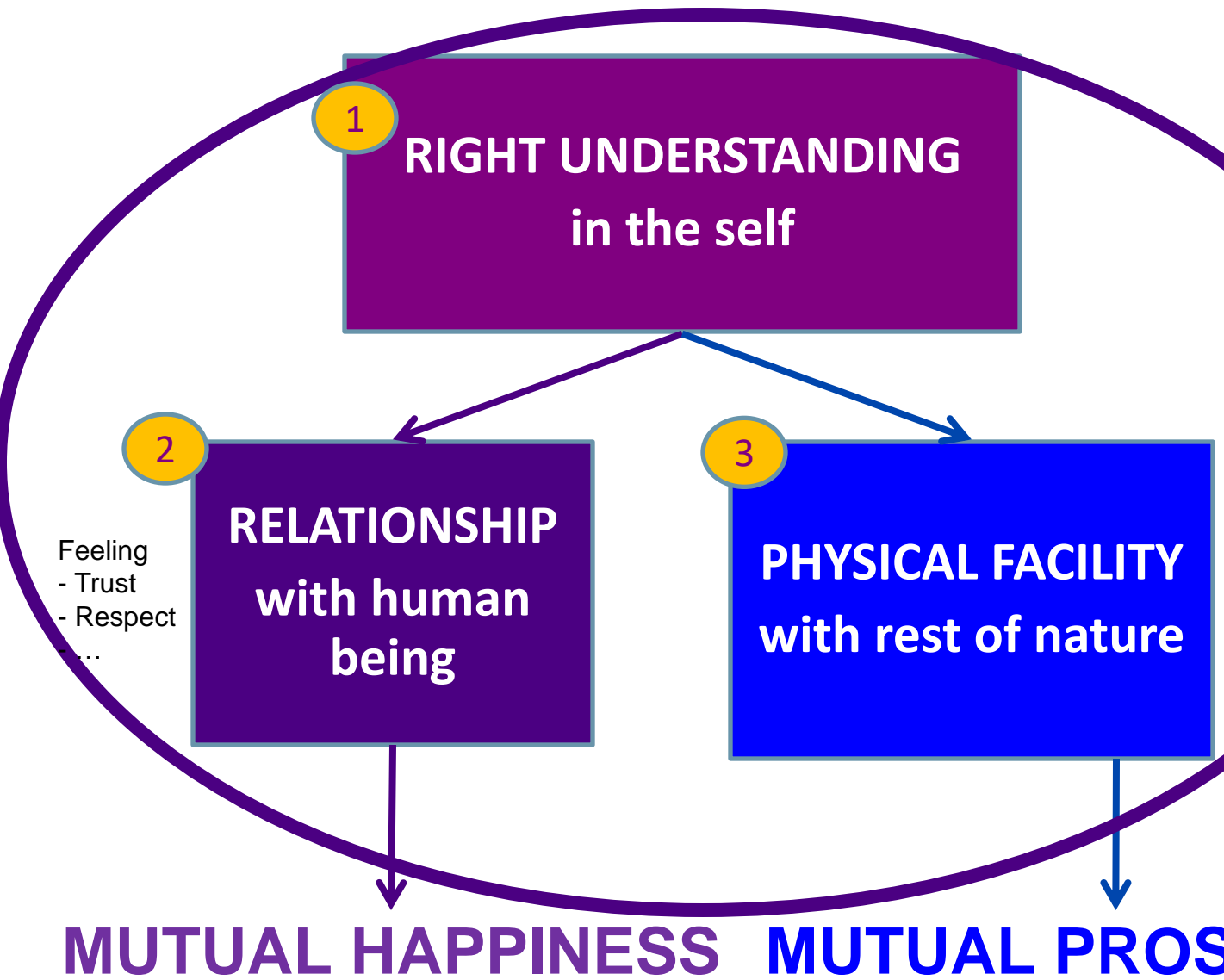
For animals:
necessary & largely
adequate

For human beings:
necessary but not
adequate

MUTUAL HAPPINESS

MUTUAL PROSPERITY

Human Consciousness ekuo psruk



If we are living with all three (right understanding, relationship and physical facility, in that priority order) then we are living with human consciousness

Human being can be fulfilled (be happy and prosperous) on the basis of these three

Animal Consciousness

?
RIGHT UNDERSTANDING
in the self

?
RELATIONSHIP
with human
being

1
PHYSICAL FACILITY
with rest of n

If our living is only for physical facility, then we are living with animal consciousness

Animals live only for physical facility and can be fulfilled by that

Human being can not be fulfilled on the basis of physical facility alone

**Animal
Consciousness**

UNHAPPINESS

Making others Unhappy

DEPRIVATION

**Exploiting and
Depriving others**

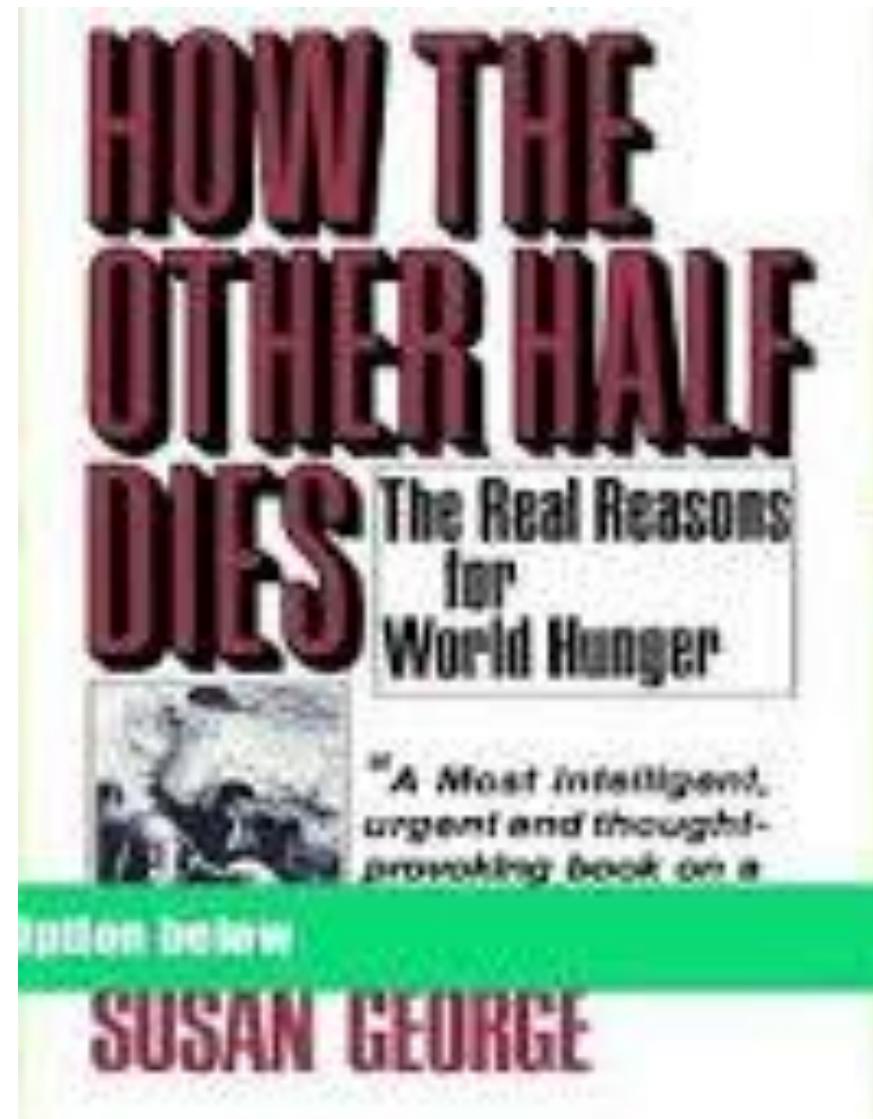
But Resources are Not the Problem!

...by the time you finish reading this book (approx. 6 hrs) 400 people would have died of hunger or diseases caused by hunger...

Contrary to popular opinion, malnutrition and starvation are not the result of over-population, of poor climate or lack of cultivatable land...

The other half is dying because the first half is not rightly utilizing the resources...

Hunger is not a scourge but a scandal



Resources are already in Plenty!

Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011)

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new **study** commissioned by the United Nations Food and Agriculture Organization (**FAO**)

Global Food Production is 6 times requirement
Global Food Wastage is 1/3rd of production
Wastage is enough to feed 1300 crore people/year

Have we understood right utilisation?
Is it a question of production?
Is it a question of distribution?
Is it a question of relationship?
Is it a question of right understanding?
It is a question of education

<http://www.un.org/apps/news/story.asp?NewsID=38344&Cr=fao&Cr1>



Transformation (ladze.k) = Holistic Development (fodkl)

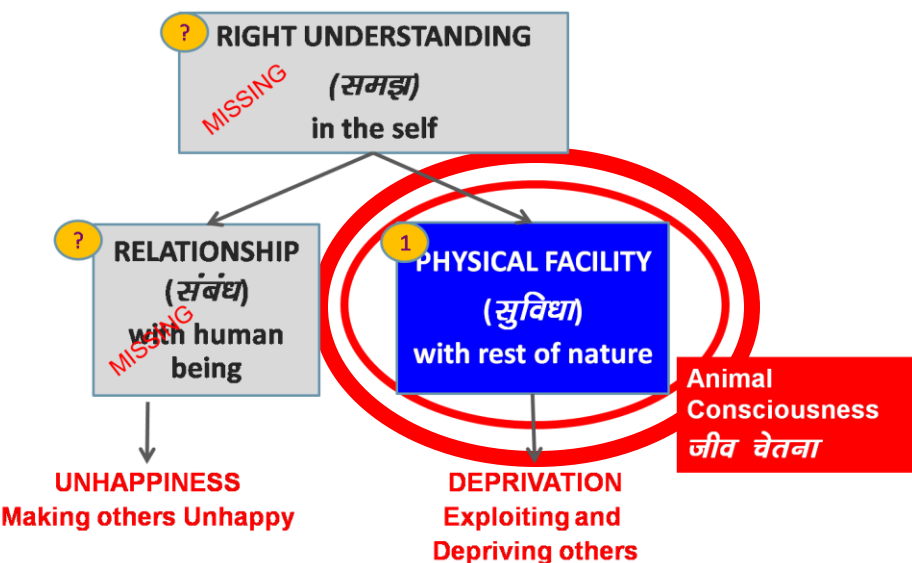
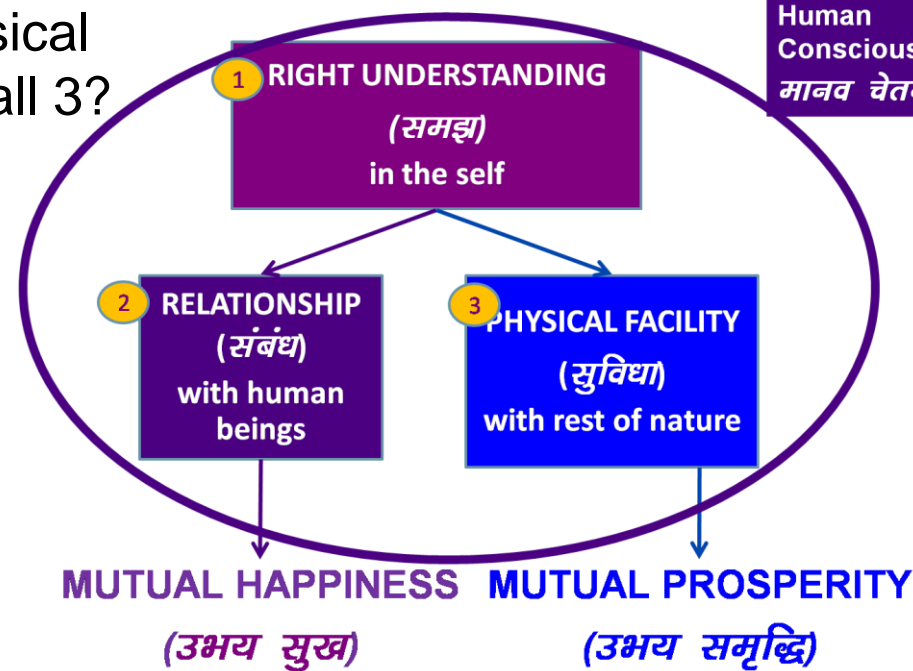
Is development just in increasing physical facility or development is ensuring of all 3?

Is this transformation desirable?

Are we making effort for it?

Do we need to make effort for it?

Human
Consciousness
मानव चेतना



Transformation & Progress
ladze.k & fodkl

We will explore into the effort required for transformation, for holistic development

Role of Education-Sanskar: To Enable Transformation

Holistic development is transformation to Human Consciousness

The role of education-sanskar is to enable this transformation by way of ensuring the development of the competence to live with human consciousness and definite human conduct

For this, it has to ensure

1. Right understanding in every child
2. The capacity to live in relationship with the other human being
3. The capacity to identify the need of physical facility and the skills & practice for sustainable production of more than what is required leading to the feeling of prosperity

Required for Transformation

1. Right understanding in every child
2. The capacity to live in relationship with the other human being
3. The capacity to identify the need of physical facility, the skills and practice for sustainable production of more than what is required leading to the feeling of prosperity

Present State

Missing

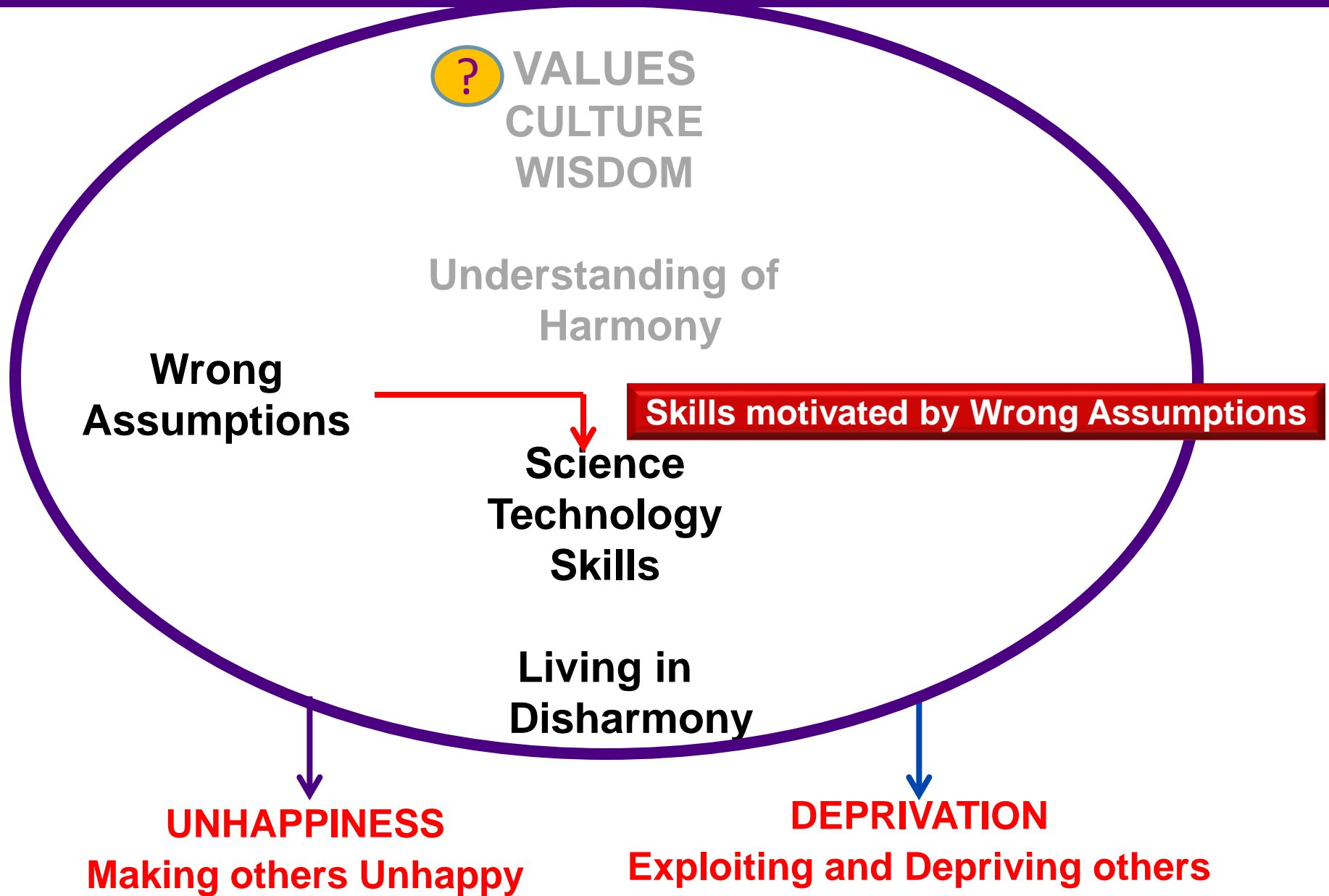
Missing

Identification of need of physical facility is missing.

The willingness to produce by way of labour is also missing.

The core feeling generated is
to accumulate more & more,
to consume more & more,
(rather than to produce more &
more...)

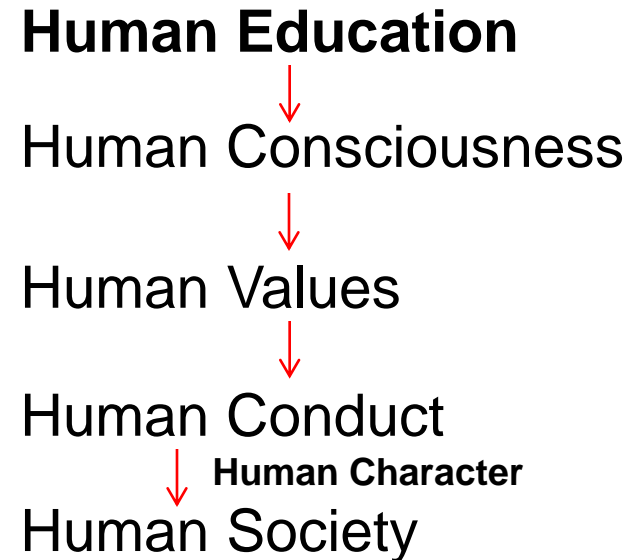
Present State



Problems = Indication of Lack of Effort for Holistic Development

Most of the problems we see around us are really only the symptoms of human beings not living with human consciousness

The basic effort is required to ensure human consciousness
(through human education)



Ultimately it will result in a human tradition,
in which the human goal is fulfilled for all,
generation after generation

Education-Sanskar required for Human Consciousness

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

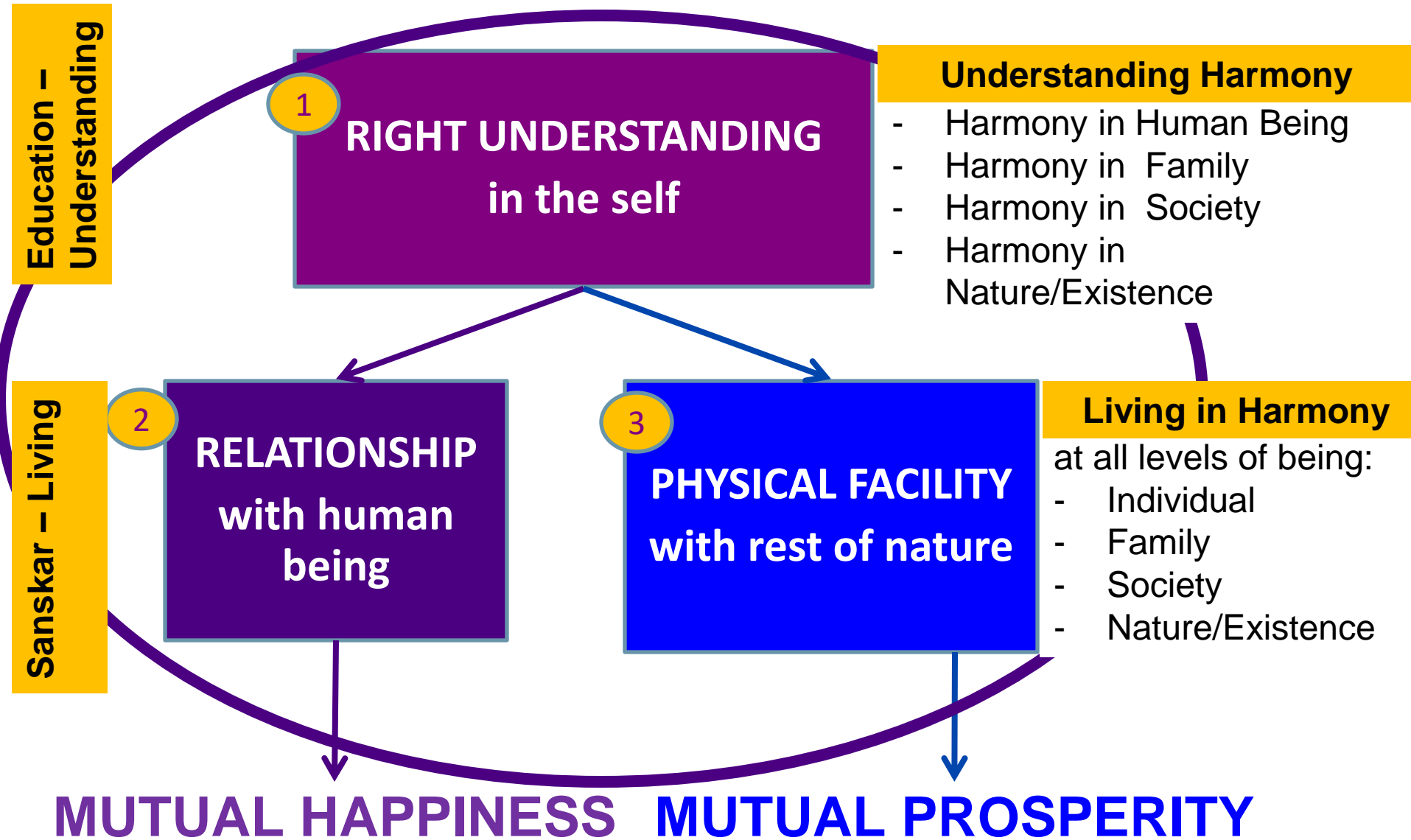
MUTUAL HAPPINESS

(mHk; lq[k)

MUTUAL PROSPERITY

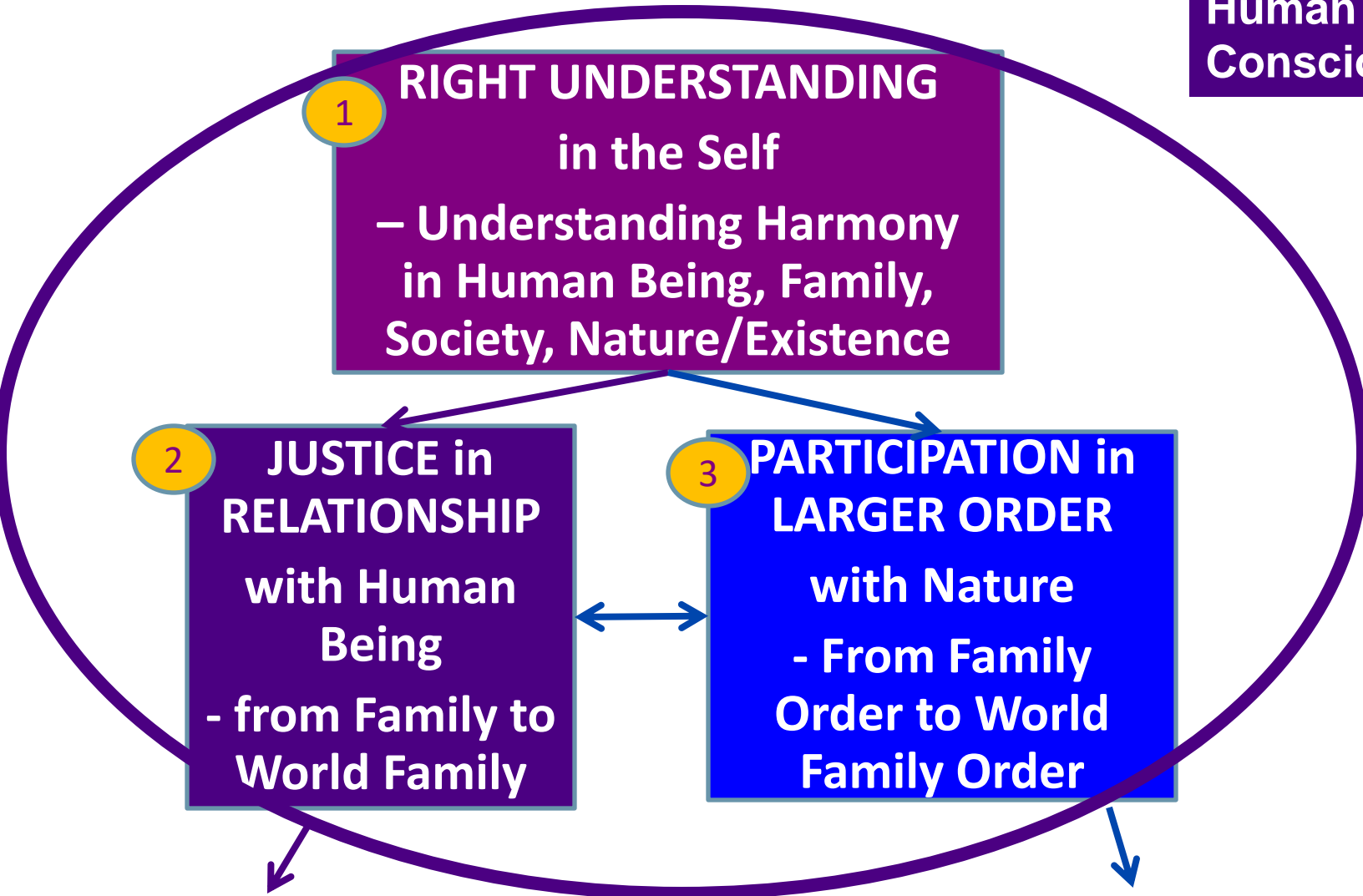
(mHk; le`f)

Human Being Living with Human Consciousness



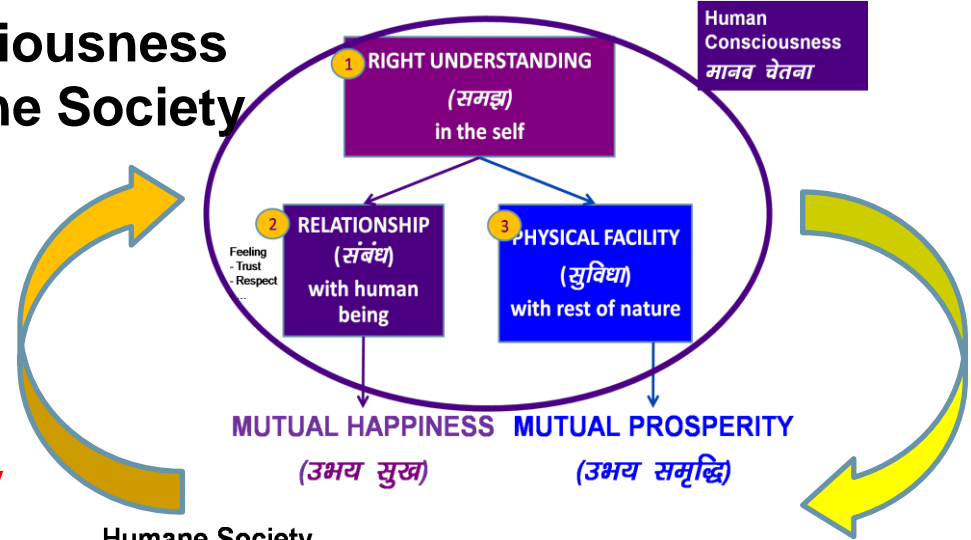
Societal implications of living with Human Consciousness

Human
Consciousness

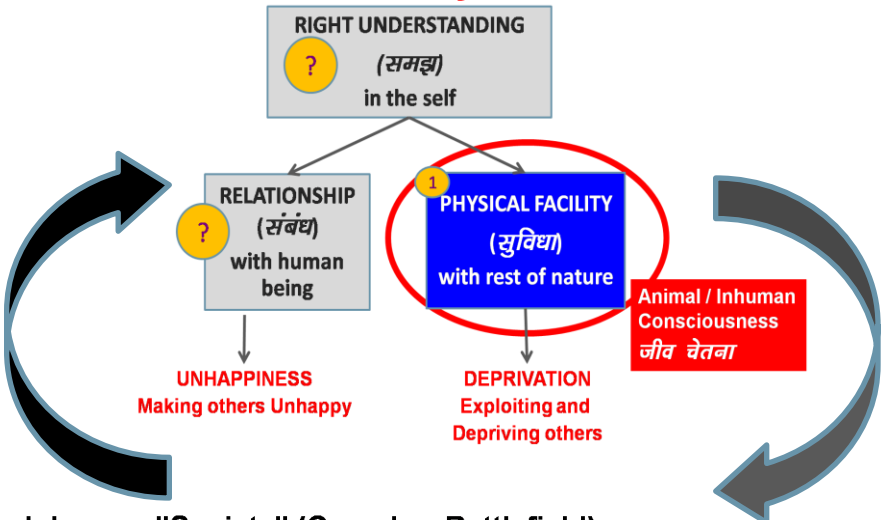


MUTUAL HAPPINESS **FULFILMENT of HUMAN GOAL**
UNDIVIDED SOCIETY **UNIVERSAL HUMAN ORDER**

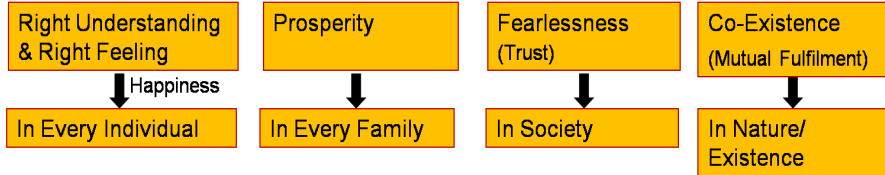
Living with Human Consciousness → Humane Family, Humane Society



Living with Animal Consciousness → Inhuman Family, Inhuman Society

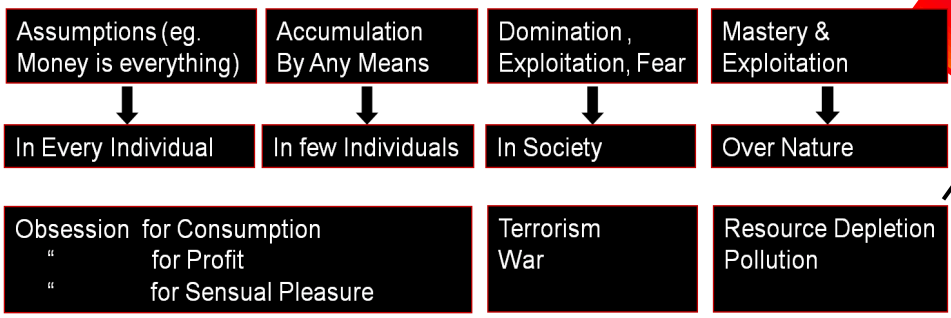


Humane Society



Family based Society (families having common goal)

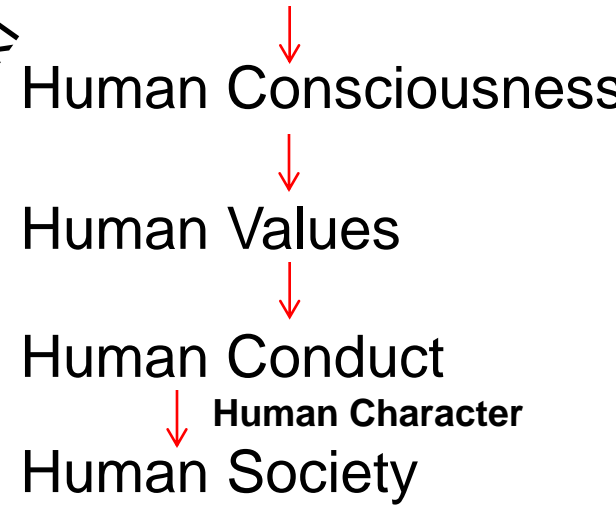
Inhuman "Society" (Crowd or Battlefield)



Individual based (having different or opposing goals)

Transformation & Progress
laØ.e.k&fodkI

Human Education



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)

Proposals

(about harmony at various levels for your self-exploration)

- Harmony in Human Being
- Harmony in Family
- Harmony in Society
- Harmony in Nature/Existence

Self-exploration, self-verification

Desired Achievement

Individual Transformation

- Right Understanding
(Understanding Harmony)
- Happiness & Prosperity
(Living in Harmony)



Societal Transformation

- Humane Society

Self Reflection

Self Reflection

Make a list of your wants, desires... 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 – 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	
--------------	--	---	--

But with a base of right understanding

Peace of mind	x	x (right feeling in oneself)	
---------------	---	------------------------------	--

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

Questions?

Animals living with
animal consciousness

they are in harmony

this is fine

Human being living with
human consciousness

they are in harmony

this is fine

Human being living with
animal consciousness

they are in disharmony

this is the
problem

**More about
Basic Human Aspiration**

Human Endeavour

Since time immemorial, human beings have been searching for answers to two fundamental questions

1. What is the basic human desire (purpose)?
2. What is the program for its fulfillment?

so that they can live a fulfilling life

The answers to both these questions have been dependent on what we think of:

- Human being (what am I, who am I)
- Nature/existence

Effort for Fulfillment

Depending upon the understanding or assumption about human being and nature/existence:

- the desire, aspiration of human being is formulated and
- a program for its fulfillment is worked out

understanding or assumption about

- Human being
- Nature/existence



- Basic human desire
- Program for fulfilment



Outcome
(fulfilment or lack of fulfilment)

The culture, civilisation
is characterized by this

In today's civilisation what do we think is the

- Basic human desire (aspiration)?
- Program for its fulfilment?

Current View

In today's civilisation what do we think about

- Human being?
- Nature/existence?

Is human being just the body?

Is human being more than body?

Is physical facility alone sufficient for fulfillment of human being?

Of course physical facility is required; but is something more, over and above physical facility, also required for fulfillment?

What is our effort for – accumulation of physical facility or something more?

We will explore further into what is required for fulfillment of human being – physical facility + something more...

What I am

My Desires, Thoughts...

My Natural Acceptance

What I Really Want to Be



My Competence

My Motivation

2. We have to find out what I am (where we are now)

3. We have to ensure this dialog and ensure harmony within (evaluate our desires vis-à-vis our natural acceptance)

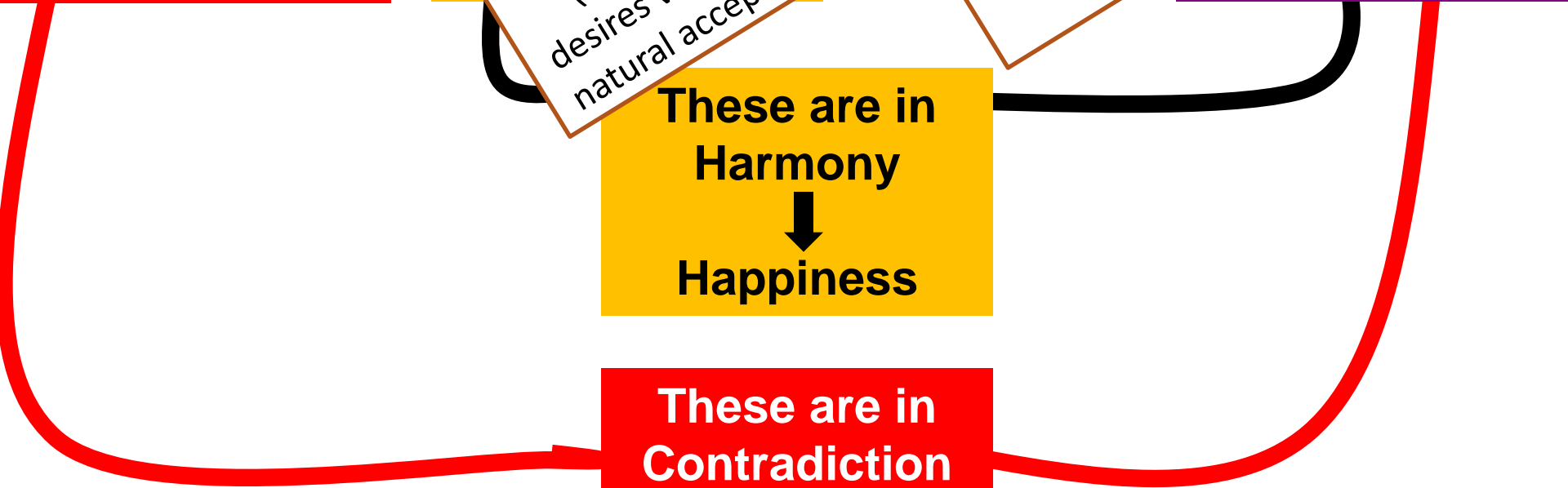
1. We have to discover our natural acceptance (where we want to reach)

Sometimes Opposition

Always Relationship

These are in Harmony
↓
Happiness

These are in Contradiction
↓
Unhappiness



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

AUTONOMY

स्वतंत्रता

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

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

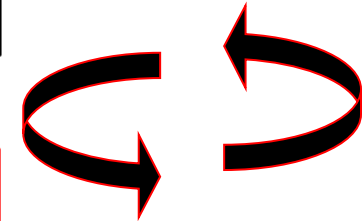
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others

Attention, appreciation...

DEPENDENCE
परतंत्रता

Temporary
Excitement



Temporary
Escape from
Unhappiness

Animal
Consciousness

Escape (Running away from unhappiness)

Over eating

Over sleeping

...

Gutka / Tobacco

Alcohol

Drugs

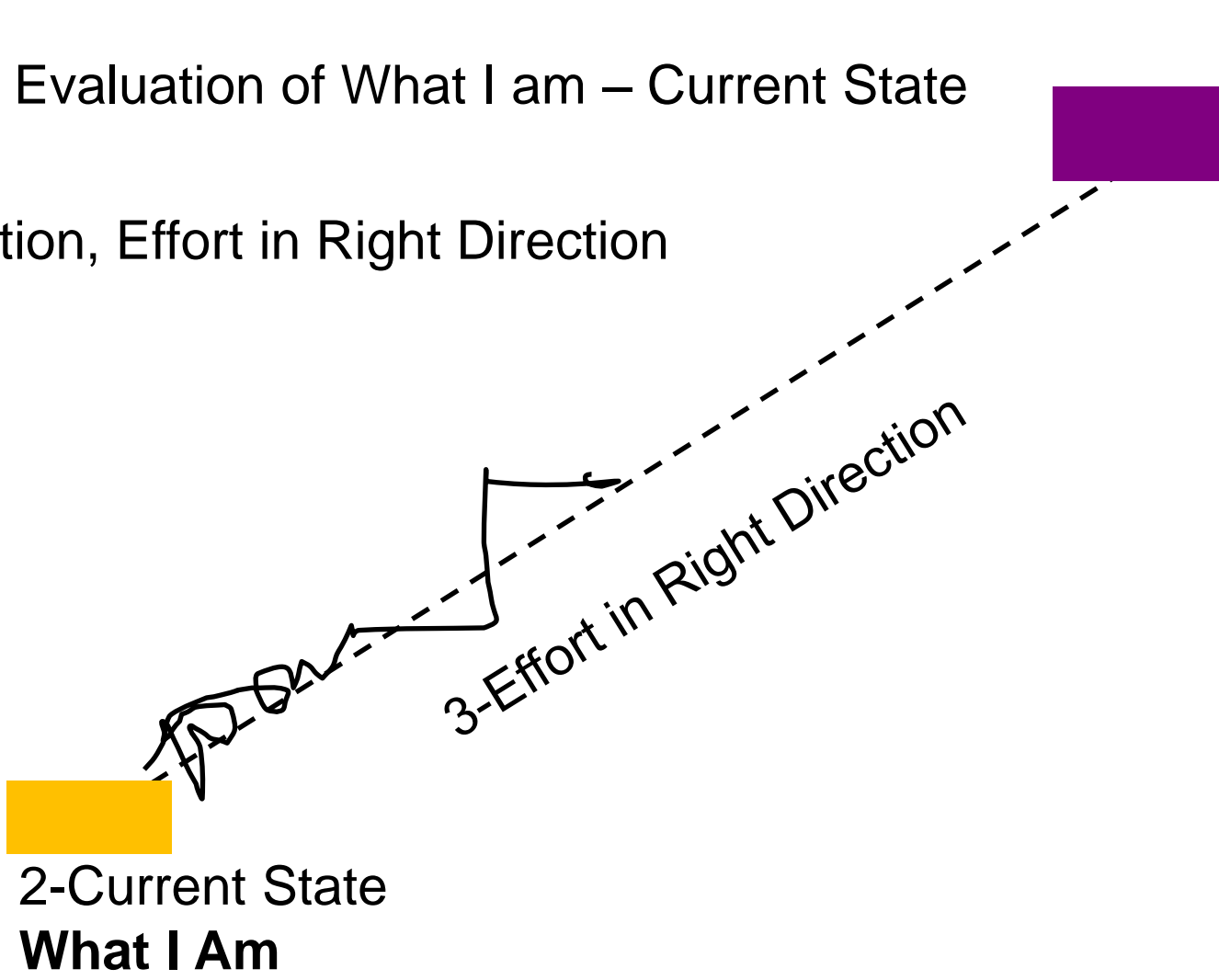
...

Effort with Clarity

#1 Clarity of our Natural Acceptance, Goal – Destination

#2 Right Evaluation of What I am – Current State

#3 Direction, Effort in Right Direction



1-Goal
Destination

**My Natural
Acceptance**

To be
happy and
prosperous
In continuity

2-Current State
What I Am