

# Lecture 8

## 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

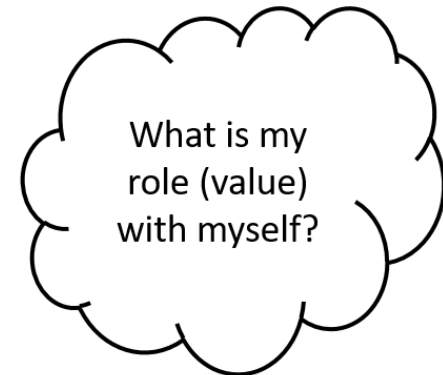
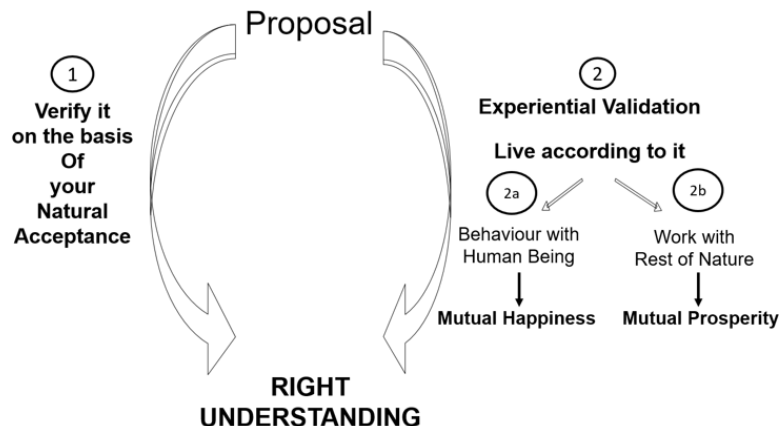
Harmony in Nature/Existence

## 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  
**Ekkuo**

Self  
**eSa**

Co-existence  
**IgvfLrRo**

Body  
**“kjhj**

<b>Need</b> vko';drk	<b>Happiness (e.g. Respect)</b> Iq[k ¼tSlS lEeku½	<b>Physical Facility (e.g. Food)</b> Iqfo/kk ¼tSlS Hkkstu½
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>In Quantity</b> ek=k esa	<b>Qualitative (is Feeling)</b> xq.kkRed ¼Hkko gS½	<b>Quantitative (Required in Limited Quantity)</b> Ekk=kRed ¼lhfer ek=k esa½
<b>Fulfilled By</b> iwfrZ ds fy,	<b>Right Understanding &amp; Right Feeling</b> Igh le>] Igh Hkko	<b>Physio-chemical Things</b> HkkSfrd&jklk;fud oLrq
<b>Activity</b> fØ;k	<b>Desire, Thought, Expectation...</b> bPNk] fopkj] vk”kk---	<b>Eating, Walking...</b> [kkuk] pyuk---
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> tkuuk] ekuuk] igpkuuk] fuokZg djuk	<b>Recognising, Fulfilling</b> igpkuuk] fuokZg djuk

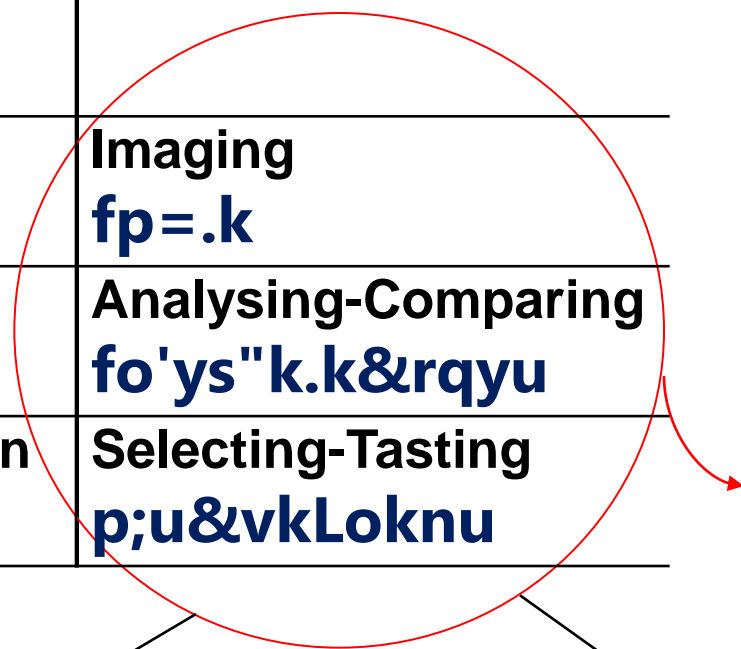
↓  
**Consciousness pSrU;**

↓  
**Material tM+**

# Activities of Self eSa dh fdz;k,a

Self eSa

Power "kfDr	Activity fØz;k
1.	
2.	
3. Desire bPNk	Imaging fp=.k
4. Thought fopkj	Analysing-Comparing fo'ys"k.k&rqu
5. Expectation vk'kk	Selecting-Tasting p;u&vkLoknu



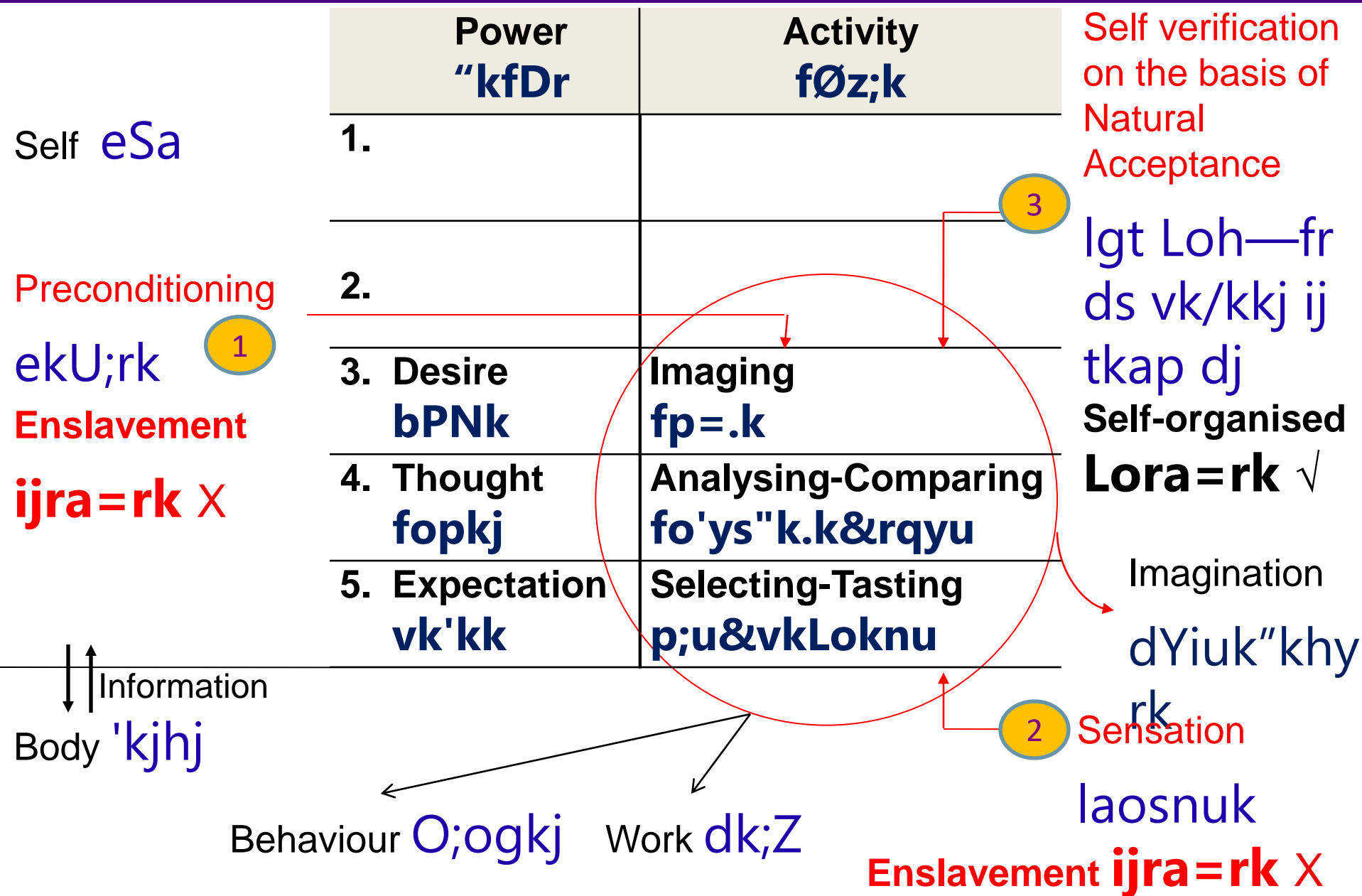
Imagination  
dYiuk''khyrk

Information  
↓↑  
Body 'kjhj

Behaviour O;ogkj

Work dk;Z

# Source of Motivations for our Desires - Its Implications



# 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

# **Some Details of The Self**

# Deluded Self: Imagination on basis of Sensation & Preconditioning

Power “kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
1.	Authentication Áek.k	Realization vuqHko	B1
3. Desire bPNk	Imaging fp=.k	Contemplation fparu	
4. Thought fopkj	Analysing fo'ys" k.k	Comparing rqyu	B2
5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	

Self verification on the basis of Natural Acceptance

Igt Loh—fr ds vkËkkj ij tkap dj

Unguided Senses, Health, Profit

Unguided Sensation

Preconditioning  
ekU;rk

1

3

B2

2

Body 'kjhj

Behaviour O;ogkj Work dk;Z

Sensation

Other  
nwljk

Human ekuo Rest of Nature euq";srj iz—fr

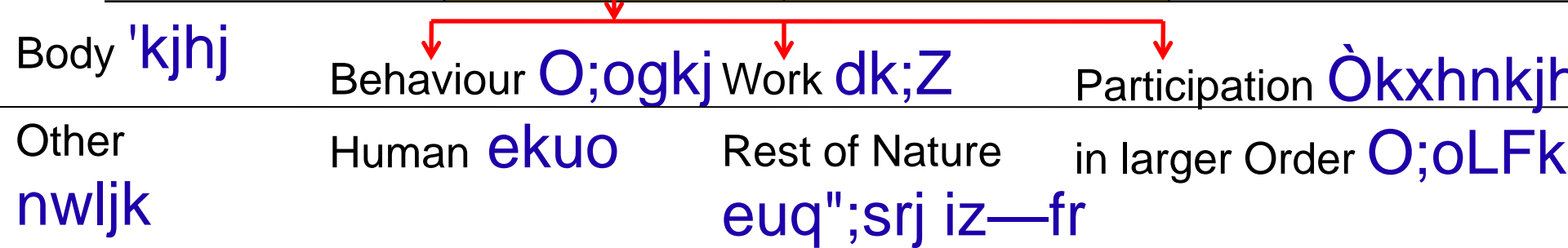
Lakosnuk



# Pure Self: Imagination on basis of Realisation, Understanding & Contemplation

Space "kwU;

	Power "kfDr	Dynamic Activity xfr fØz;k	State Activity fLFkfr fØz;k	
Self esa	1.	Authentication Áek.k	Realization vuqHko	Co-existence lg&vfLrRo B1
	2.	Determination ladYi	Understanding cks/k	Harmony in Nature O;oLFkk
	3. Desire bPNk	Imaging fp=.k	Contemplation fparu	Participation in Larger Order, Relationship O;oLFkk esa Hkkxhnhkj
	4. Thought fopkj	Analysing fo'ys"k.k	Comparing rqyu	Co-existence, Harmony, Justice Guided Senses, Health, Profit B2
	5. Expectation vk'kk	Selecting p;u	Tasting vkLoknu	Goal, Value Guided Sensation



**Sanskar =**

**Acceptances derived out of  $\sum$  [ Desire + Thought + Expectation ]  
from all time**

Presently, it is likely to be a mixture of:

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences

“What I Am” is largely our sanskar

Our perspective is a part of our sanskar

Our tendencies, habits, likes-dislikes are also a part of our sanskar

# Updating of Sanskar

**Sanskar =**

**Acceptances derived out of  $\sum$  [ Desire + Thought + Expectation ]  
from all time**

Presently, it is likely to be a mixture of :

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences

Sanskar is updated over time:

**Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t)**

As we self-explore, verify and understand, our sanskar gets updated

A conducive environment is helpful

# Self-evolution

Self-exploration  
Self-verification

# Human Consciousness

Human Consciousness

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

3 Sensation संवेदना

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन (B2)	Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Value Guided Sensation

3 Sensation संवेदना

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	
2. Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन (B2)	Unguided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Unguided Sensation

3 Sensation संवेदना

Self verification on the basis of Natural Acceptance सहज स्वीकृति के आधार पर जांच कर

# Animal Consciousness

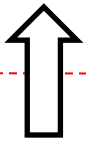
Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	
2. Determination संकल्प	Understanding बोध	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन (B2)	
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Sensation based on assumption "I am Body"

1 Sensation संवेदना

Space शून्य

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	Co-existence सह-अस्तित्व
2. Determination संकल्प	Understanding बोध	Understanding बोध	Harmony in Nature व्यवस्था
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन (B2)	Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

- Living on the basis of knowing
- Happiness by being in harmony within and harmony in all aspects of being
- Acceptance of relationship – from one to many, to all [HAPPINESS]
- Identifying need, production, right utilisation of physical facility [PROSPERITY]
- Participation in larger order, expanding harmony [SOCIETAL DEVELOPMENT]



## Transformation / Development

- Living on the basis of assuming (without knowing)
- Happiness from outside (through feeling from the other, sensual pleasure and physical facility)
- Domination and opposition in relationship [UNHAPPINESS]
- Exploitation and indulgence [DEPRIVATION]
- Exploitation in larger order, increasing disorder [DEGRADING SOCIETY]

# Realisation of Co-existence & it's expression – Universal Human Order

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ऋ	1.	<b>Authentication</b> प्रमाण	<b>Realization</b> अनुभव <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">B1</span>	<b>Co-existence</b> सह-अस्तित्व
	2.	<b>Determination</b> संकल्प	<b>Understanding</b> बोध	<b>Harmony in Nature</b> व्यवस्था
	3. <b>Desire</b> इच्छा	<b>Imaging</b> चित्रण	<b>Contemplation</b> चिंतन	<b>Participation in Larger Order, Relationship</b> व्यवस्था में भागीदारी
	4. <b>Thought</b> विचार	<b>Analysing</b> विश्लेषण	<b>Comparing</b> तुलन <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">B2</span>	<b>Co-existence, Harmony, Justice Guided Senses, Health, Profit</b>
	5. <b>Expectation</b> आशा	<b>Selecting</b> चयन	<b>Tasting</b> आस्वादन	<b>Goal, Value</b> <b>Guided Sensation</b>

**REALISATION WITHIN**

Body शरीर

Behaviour व्यवहार      Work कार्य      Participation भागीदारी

Other दूसरा

Human मानव      Rest of Nature मनुष्येतर प्रकृति      in larger Order व्यवस्था में

Mutual Happiness mHk; lq[k]      Mutual Prosperity mHk; le`f)      Fulfillment of Human Goal Ekkuo y{; dh iwfrZ

Undivided Human Society v[k.M ekuoh; lekt      **EXPRESSION OUTSIDE**      Universal Human Order lkoZHkkSe ekuoh;

Human Tradition  
**ekuoh; ijaijk**

O:ol Ekk

# Self Reflection

# Self Reflection

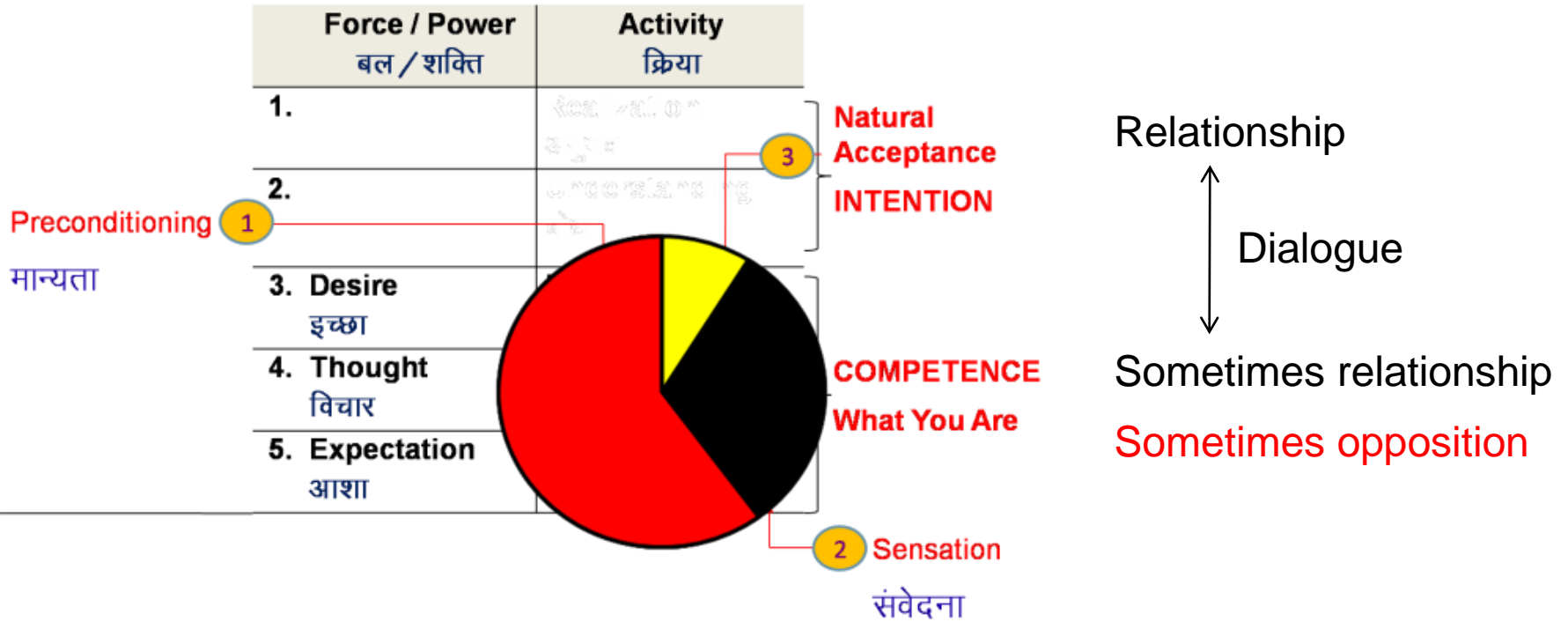
1. Are activities of desire, thought and expectation going on in you?
2. Are these going on continuously or you can stop them?
3. Make a list of your imagination (desires, thoughts & expectations)  
Then categorize them as
  - Those that are about
    - Physical facility, sensation
    - Feeling in relationship or lack of it
    - Understanding or lack of it
  - Those that are connected to
    - Need of Self
    - Need of body
  - Those that are motivated by
    - Preconditioning
    - Sensation
    - Natural Acceptance

**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

Lkq[k 3/4 laxhr esa] O;oLFkk esa thuk

Unhappiness = To be forced to be in a state of Contradiction

nq[k 3/4 varfoZjks/k esa] vO;oLFkk esa] thus ds fy, ck/;

g®uk

# Implications on Health Education & Health Services

1. Understanding the importance of the self in keeping the body healthy. Health care professionals will be able to take care of both the health of the body as well as understanding in the self

A large number of diseases are psychosomatic in nature

Many disorders are related to lack of understanding of a healthy lifestyle

2. Understanding the importance of the self and the feeling related to the self, caregivers will be able to take into account the feelings while providing care

Today many of the complaints are related to the lack of feeling

The major issue of exploitation for profit will be handled

3. One would be able to make right utilisation of physical facility

If happiness is sought through sensation alone

- continuity of happiness can not be ensured

- the body is harmed due to excessive consumption or over indulgence to get favourable sensation

Today over eating, consumption of "junk food" etc. is common

# Activities of Self eSa dh fdz;k,a

	Force / Power cy@“kfDr	Activity fØz;k	
Self eSa	1.		
	2.		
	3. Desire bPNk	Imaging fp=.k	What to Be, What to Do
	4. Thought fopkj	Analysing fo'ys" k.k	How to Be, How to Do
	5. Expectation vk'kk	Selecting/Tasting p;u@vkLoknu	Selection Outside

Body 'kjhj

Imagination  
dYiuk" khy  
rk

# 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

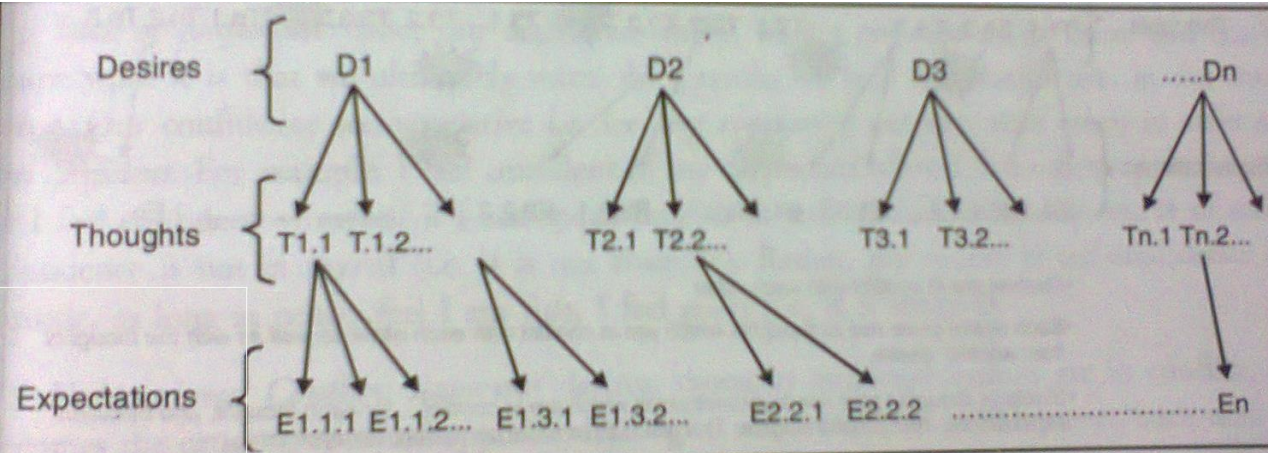
- You will become aware of what is going on in your desire, thought & expectation
- You will become aware of your natural acceptance (so you will always decide on the basis of your natural acceptance)

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

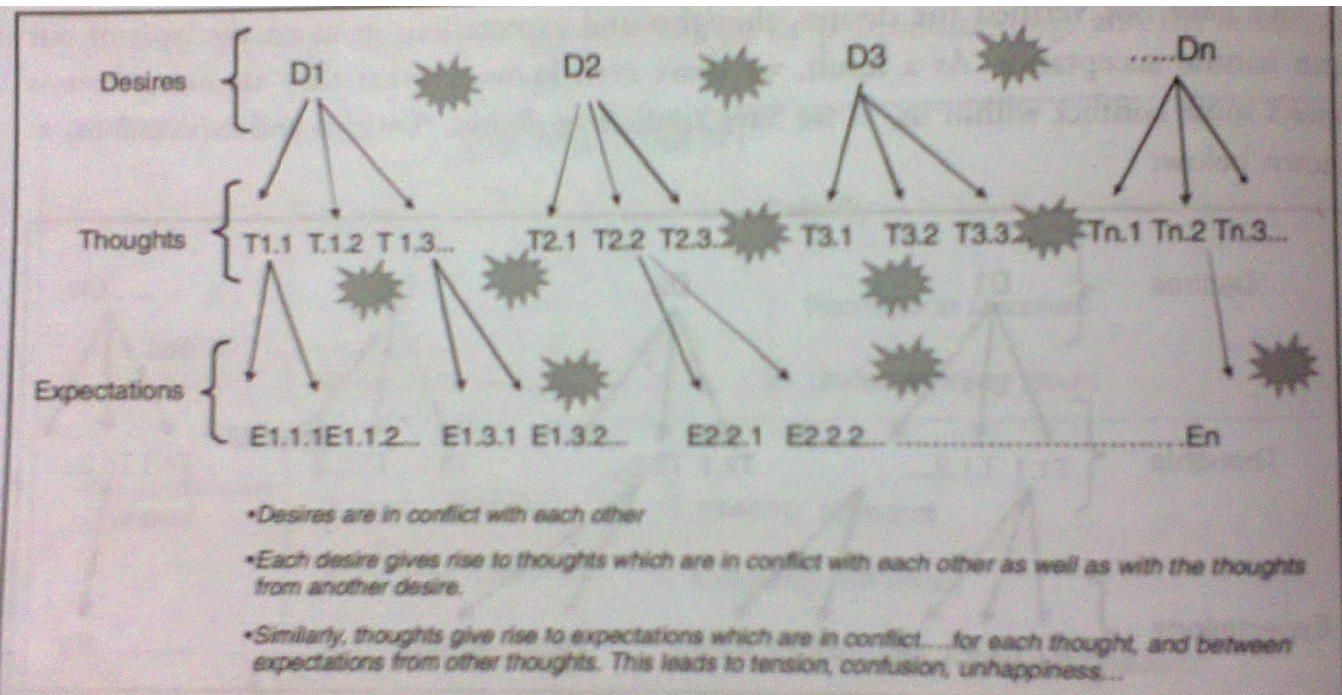
# State of Imagination (Desire, Thought and Expectation)

## Desire (Feeling), Thought and Expectation in the Self

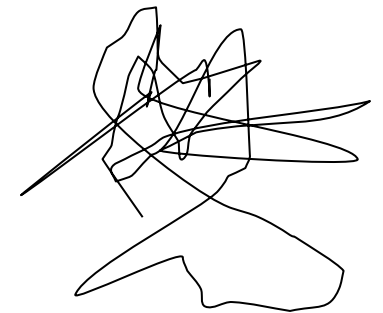
Observe the desire, thought, expectation (selection/taste) every moment.



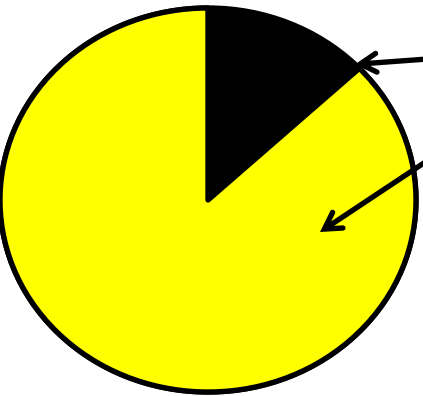
Is it like this?



or like this?

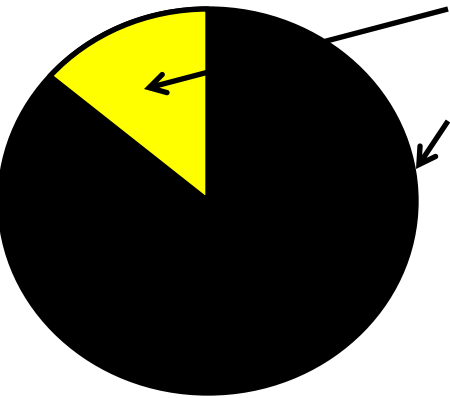


# Categorise: Need of I and Need of Body



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 ■

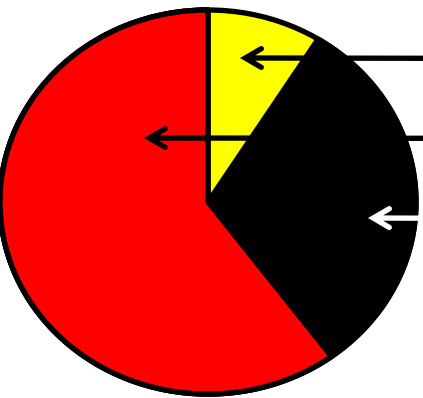
Most of the effort is for Physical facility ■

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:

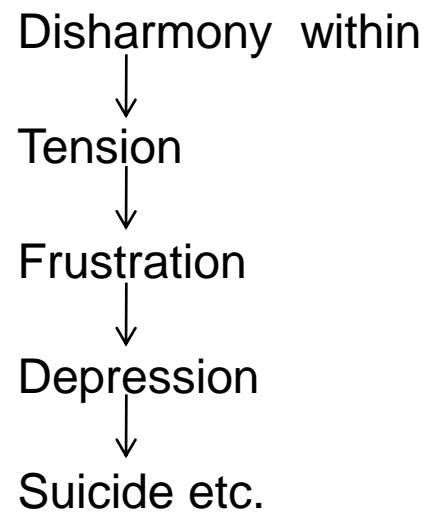
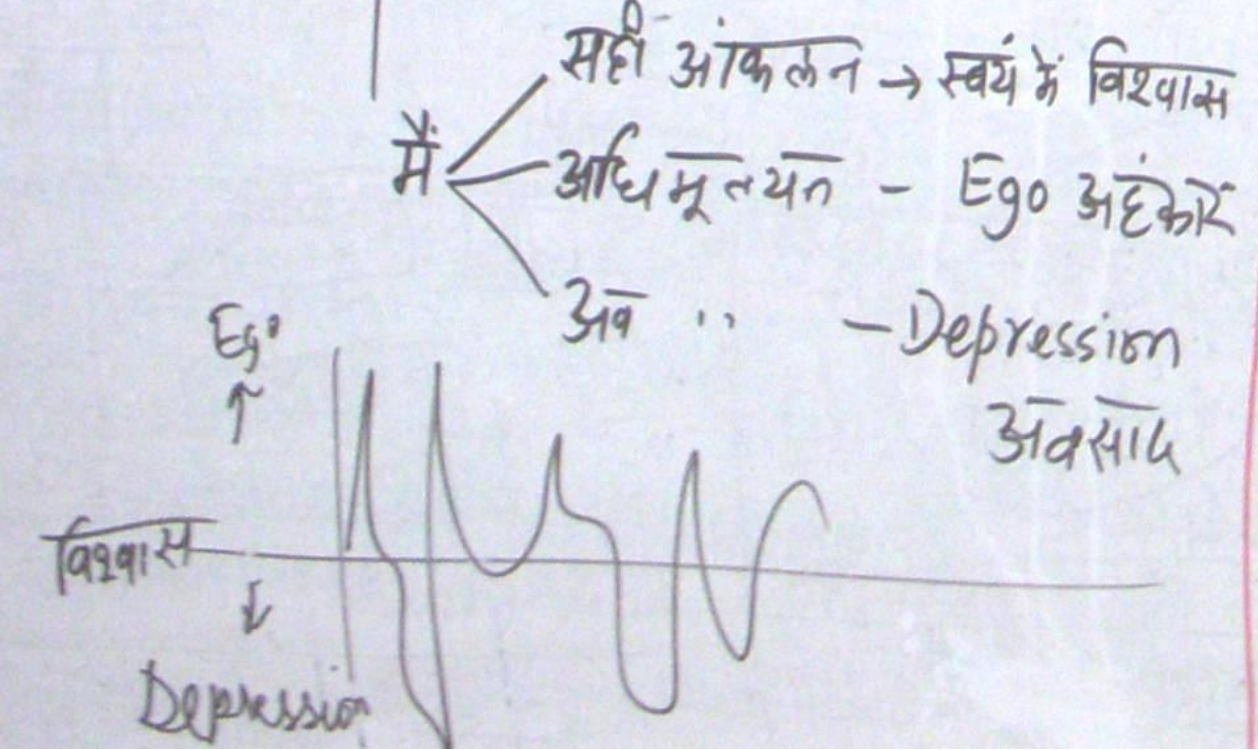
- a) Self awareness
- b) Evaluation of desire on the basis of your natural acceptance

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



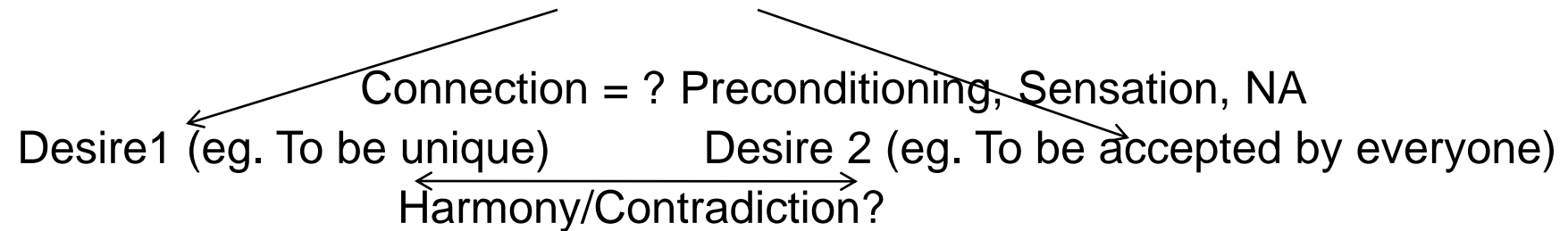
# Self Confidence, Ego & Depression

Right Evaluation	Over Evaluation	Under / Otherwise Evaluation
Self Confidence	Ego	Depression
I am self referential $\frac{1}{4}Lora=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$	The other is my reference $\frac{1}{4}ijra=rk\frac{1}{2}$
Definite Conduct	Indefinite Conduct	Indefinite Conduct



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

Basic Desire (**pkguk**) – 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

# FAQ: Self – Mind – Body – Happiness

