

## Chapter 4: The Program to Fulfil Basic Human Aspirations

We saw in the previous chapter that the basic human aspirations are happiness and prosperity in continuity. In this chapter, we will explore how this happiness and prosperity can be ensured.

### ***Basic Requirements for Fulfilment of Human Aspirations***

To find out what our happiness and prosperity depend on, let's start with a very simple exercise. Let's make a list of everything we want today and see what these wants or aspirations in turn depend on.

Below is a sample list. Now, you should go ahead and make your own list! Yours might be longer or shorter, it may have different things than the one we have below:

#### List of wants

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• A big Car</li><li>• Happiness</li><li>• A great house</li><li>• Big Bike</li><li>• Lot of money</li><li>• Clean city</li><li>• Peaceful society</li><li>• Respect</li><li>• Better mobile</li><li>• Good friends</li><li>• A nice music system</li><li>• Peaceful life</li><li>• Be loved</li><li>• Peace of mind</li><li>• Be a good person</li><li>• Do social work</li><li>• Have respect</li><li>• Satisfaction</li></ul> | <ul style="list-style-type: none"><li>• Take care of my parents</li><li>• A good laptop</li><li>• Get a top MBA</li><li>• Own a big house</li><li>• Not get angry</li><li>• Knowledge</li><li>• To be a well known person</li><li>• Become a politician</li><li>• Roam the world</li><li>• Have great food</li><li>• Be healthy</li><li>• Protect Nature</li><li>• Get good marks</li><li>• A digital camera</li><li>• A good guitar</li><li>• Read a lot of books</li><li>• Understand the purpose of life</li><li>• Peace of mind</li></ul> |
|---|---|

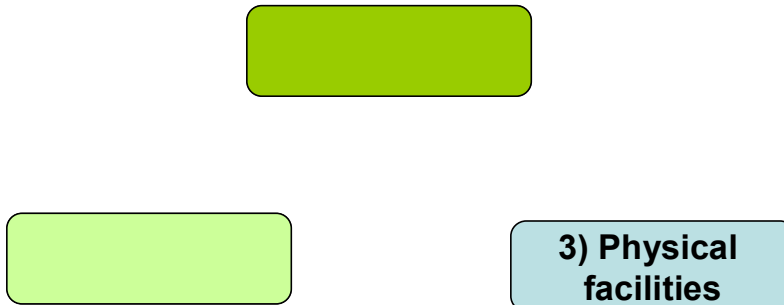
Now let us underline the items that are to do with something physical. For example: a guitar is a physical thing, while happiness is not a physical thing. Similarly, a big house is a physical thing, while the need to do social work is not something physical in nature.

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### List of wants

- [A big Car](#)
  - Happiness
  - [A great house](#)
  - [Big Bike](#)
  - [Lot of money](#)
  - Clean city
  - Peaceful society
  - Respect
  - [Better mobile](#)
  - Good friends
  - [A nice music system](#)
  - Peaceful life
  - Be loved
  - Peace of mind
  - Be a good person
  - Do social work
  - Have respect
  - Satisfaction
- Take care of my parents
  - [A good laptop](#)
  - Get a top MBA
  - [Own a big house](#)
  - Not get angry
  - Knowledge
  - To be a well known person
  - Become a politician
  - Roam the world
  - [Have great food](#)
  - Be healthy
  - Protect Nature
  - Get good marks
  - [A digital camera](#)
  - [A good guitar](#)
  - Read a lot of books
  - Understand the purpose of life
  - Peace of mind

We see that some of our desires or wants are to do with physical things. We call these 'physical facilities'. Let us write this down below:



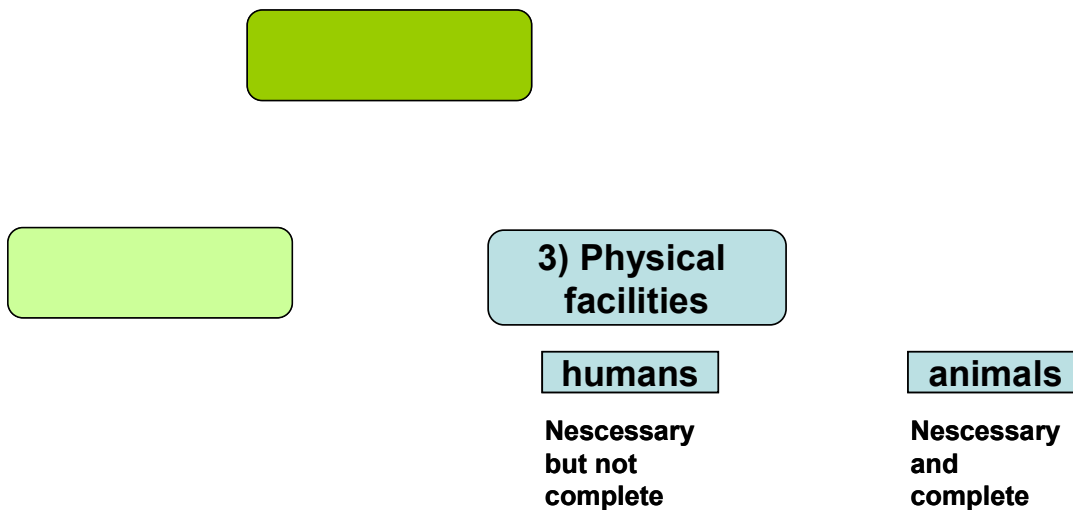
Now, here is a set of proposals:

**“Physical facilities are necessary for human beings”**

**“Physical facilities are necessary for human beings and they are *necessary* for animals.”**

**“Physical facilities are necessary and complete for animals, while they are *necessary but not complete* for humans”**

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It is easy to verify this:

**For animals:** We see that animals need physical things to survive, mainly to take care of their body. You can verify this for yourself. Take a cow for example. A cow will look for food when it is hungry. Once it gets the grass or fodder, it eats it, sits around to chew at leisure. Hence, we can see that as long as animals have physical things, they are largely fine. They don't desire other things like knowledge, or a peaceful animal society or getting a good MBA! This is the case with humans, so let us look into how we humans fare.

**For humans:** Now let's take the human being. Let's take you. Let's say you are hungry. What do you do? You would look for some food, perhaps, some tasty food. Once you have had your fill, do you just sit around and relax? The answer is an emphatic "No"! We all have other needs, other plans, perhaps we think of going to a movie, or reading a book, or go to college, or watch some TV, or spend time with family and friends, the list is endless. Thus, it is easy to see that while physical facilities are necessary for us human beings, they are *not complete by themselves* to fulfil our needs. Our needs are more than just physical facilities; we need physical facilities, but the need does not end there.

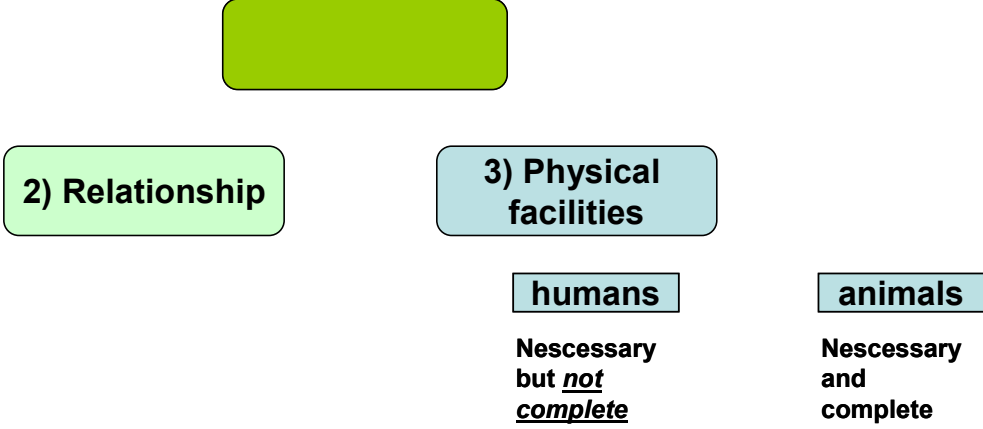
Hence, we can say for animals – "Physical facilities are necessary and complete";  
For humans – "Physical facilities are necessary but not complete"

Here is another proposal:

**"Besides physical facilities, we want relationship".**

By relationship, we mean the relationship we have with other people, or human beings: father, mother, brothers and sisters, our friends, our teachers; we desire good relationships with all of them. When we have a problem in these relationships, it troubles us, we are bothered by it. So let's write down relationship as well:

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## 2) Relationship

## 3) Physical facilities

### humans

Necessary  
but *not*  
*complete*

### animals

Necessary  
and  
complete

So we have identified two categories of our needs so far:

- **Relationship and**
- **Physical facilities.**

Now let us see how we want to be in relationship and what we want from physical facilities.

### In Relationship

**Mutual fulfilment:** We want to have mutually fulfilling relationships. [You can verify this for yourself]. If there is a problem in relationship, we feel uneasy, it bothers us. Even if we are interacting with someone, and something we said or did offends them, it makes us uneasy; i.e. we want mutual fulfilment in relationship. Both us and the person we interact with, need to feel fulfilled, need to feel satisfied from the interaction. You can check this in your daily life as well. For example, let's say you had an argument with a friend in the morning. You find that the uneasy feeling stays with you for a long time, even after you have stopped speaking to your friend and have physically moved away from them. You may keep thinking about it, may get angry or frustrated, perhaps you wonder what may have gone wrong and how it could have been avoided or perhaps you wonder how you should not commit the same mistake the next time, but, it *stays with you*. On the other hand, had there been no such problem with your friend, you are fine, you don't have any issues, and if you had a great time with him, then too it stays with you, as a good feeling or a good memory. Thus, mutual fulfilment in human relationships is something we want, we aspire for.

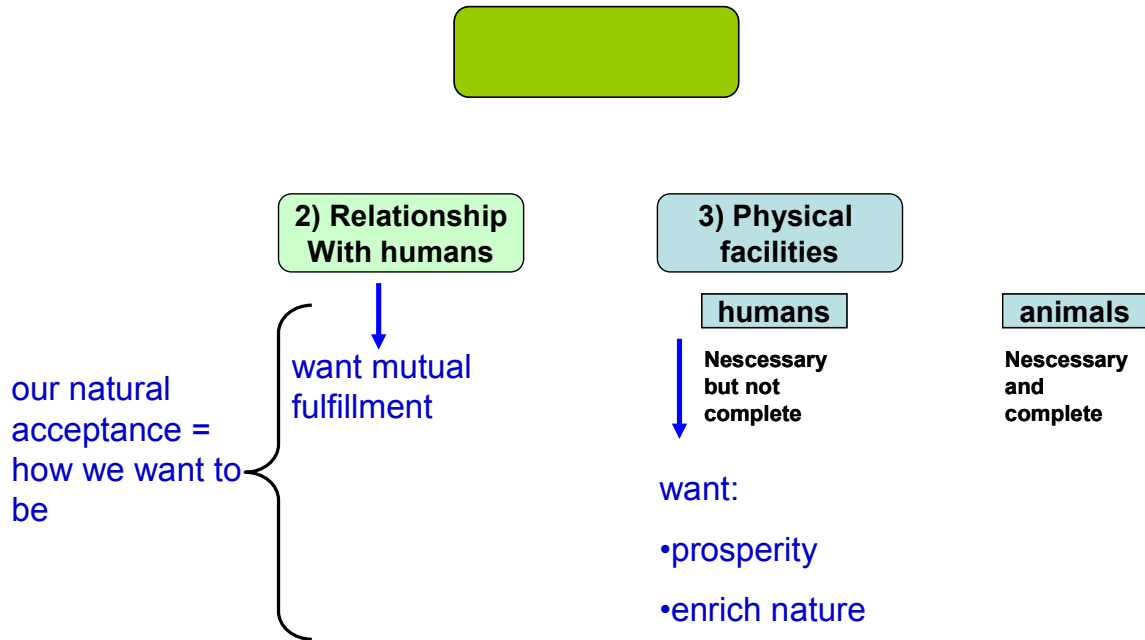
### From Physical Facilities

**Prosperity in us, enrichment in nature :** Let's ask ourselves, "Do I want to live with a sense of prosperity or with a sense of deprivation?" The answer is, I want to live with a sense of prosperity. We studied prosperity in the previous chapter. Let us have a quick overview again. Prosperity means the feeling of having or being able to have more physical facilities than is needed. (We had drawn a distinction between *prosperity* and *wealth*, wherein we saw that just having wealth is not sufficient for prosperity. For ensuring feeling of prosperity, identification of need for physical facilities is also essential, over and above having wealth. Further, feeling of prosperity will lead to sharing with the other, becoming an aid by enriching the other. Deprivation will lead to exploiting the other. This is a simple test of prosperity).

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As we interact with nature for our various physical needs, we can either exploit nature or enrich it. Let us ask ourselves “What is most naturally acceptable to me? Do I want to protect and enrich nature, or do I want to exploit it?” The answer is the same for each one of us - we have a spontaneous expectation to enrich nature. We may not know how to go about it, but if we ask ourselves this question, if we ask it deep within, the answer is, given the choice, we want to live in harmony with nature.

Let us put down what we have found out so far:



### ***What Is Our State Today?***

Now that we have found out how we want to be in relationship, and what we want from physical facilities, let us explore into how we fare on these two fronts today; what is our state today?

#### **In Relationships**

Ask yourself this question:

*“Am I able to have such fulfilling relationships all the time today”?*

What is the answer? Our answer is

“Sometimes I have good relationships, sometimes I don’t. Or perhaps, mostly I have good relationships, and sometimes I don’t.” or vice-versa.

We can see this in our interactions with our family and even outside the family. Sometimes it goes well, sometimes it does not. We can see this at the level of society as well. There are also larger issues like wars, fights and killing, which are extreme forms of problems in human relationships.

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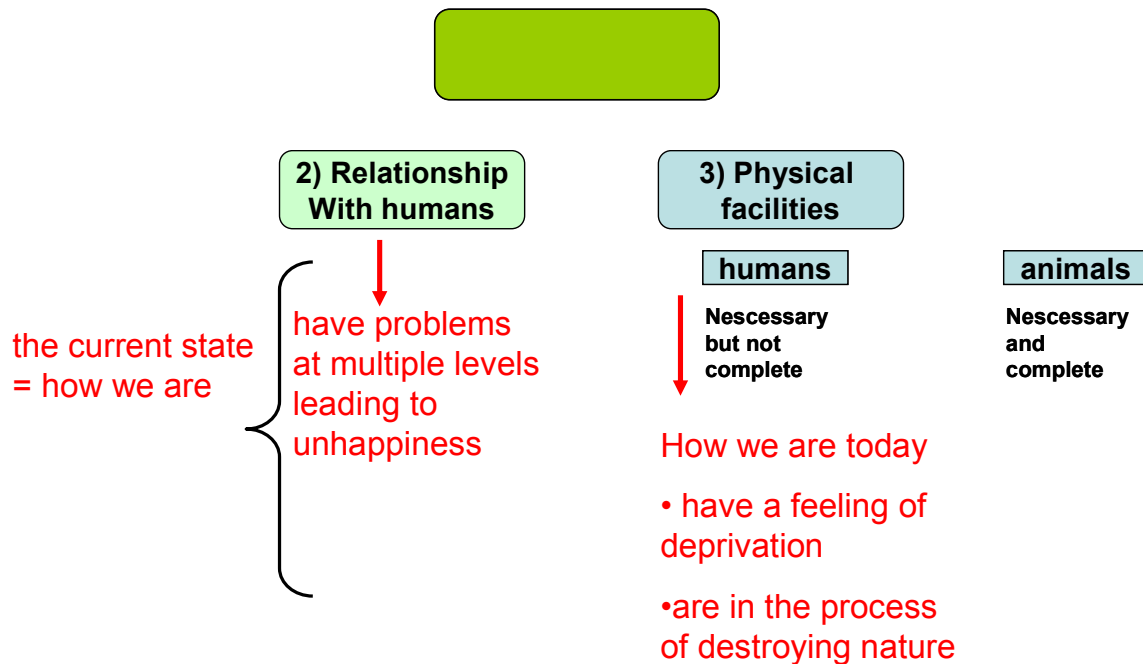
Have you wondered why this is so?

**With physical facilities:**

Let us ask ourselves these questions:

“Do I feel prosperous? Do I find that I have a feeling of wanting to share what I have? Am I satisfied with my wealth today? Or do I want more? How much is this “more”?”

From thinking over these questions and our response to them, it becomes clear, and increasingly so, that while we may have wealth, we are not able to feel prosperous.

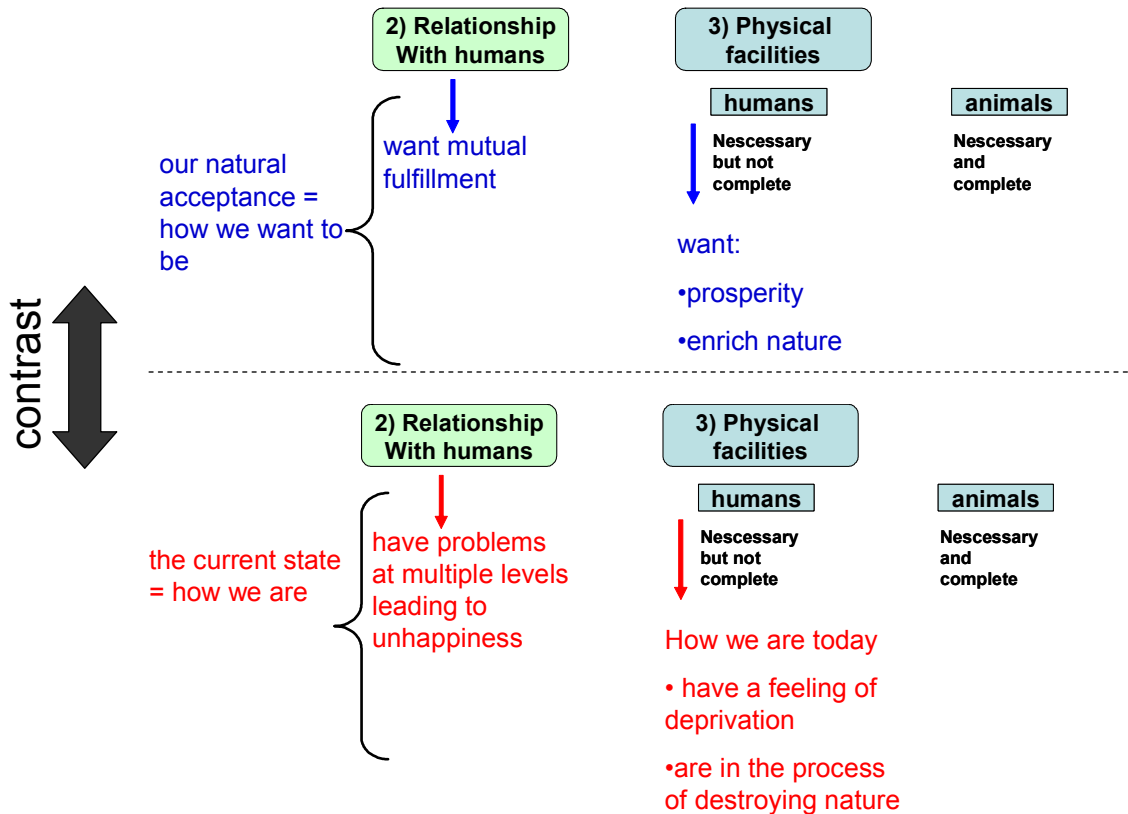


We thus seem to have quite a problem in our hands on both these fronts:

- Relationship with humans:
  - We are unable to have fulfilling relationships all the time: in family, outside family, and as a society – in the world at large
- Physical Facilities:
  - We want to *feel* prosperous, but end up working only for accumulation of wealth.
  - We want to enrich nature, but are exploiting it, destroying it.

Let us look into the reasons for these problems we seem to have in the next section.

## Why Are We in This State? – Living with Wrong Assumptions



Look at the figure above. Can you see the difference between what we really want to be and what we actually are? Isn't it an irony? We want something, but we have ended up having something totally different. Let us investigate into this and see how we can resolve this issue. This is a significant point for us, since our basic desire is happiness and prosperity and its continuity, but on investigation, we find that our current state is quite unlike it! This has to be dealt with utmost seriousness! Let us look into this.

### In Relationships

What could be the possible reason for the issues we have in relationships?

Let's ask the question in another way:

“Do I understand human relationships? Do I know what the other person's expectations from me are”?

The answer is,

*“I mostly don't, OR*

*“I am not sure about this” OR*

*“It depends, It changes from time to time, etc”.*

This seems to be our problem. We seem to be interacting with a lot of people, we keep getting ourselves into trouble in our relationships, but we don't seem to understand the first thing about relationships- The expectations! It may seem like a trivial thing, but it is very important.

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Problems in relationships can really disturb a person's state of mind to a very large extent. We live a significant portion of our lives in relationships. For example: If you had a tiff with your father or your brother, it can stay with you and bother you for a very long time, so much so, that till the issue is resolved, you may not be able to do anything else! This issue is basically because we *assume* something about relationships, and then we go on to live them on the basis of this assumption. But if our *assumption* is false, then we end up in problems. For example, we may assume, that we can become close to someone by being authoritative with them or taking decisions for them. While we may try and boss over the person, it is not going to lead to mutual fulfilment.

### **From Physical Facilities**

Again, we can see here that we have *assumed* that accumulation of wealth is the only thing we need and the rest shall be taken care of. As we have seen, this is an incorrect assumption. Having wealth is *necessary*, but not *sufficient* for prosperity.

We have also made numerous assumptions about our interactions with nature, that we can exploit nature, that nature is present solely for our consumption and so on and so forth. It is easy to see today, with the widespread havoc we are causing in nature, that this assumption is incorrect.

### **We can make some additional observations here:**

*Question 1:* "Is the unhappiness in my family today more due to lack of [3] Physical facilities, or due to lack of [2] Relationship?"

- Each one of us can explore into this. This exercise is worth doing. Find this out. We generally start thinking about physical facilities and assume that if we have physical facilities, life will be completely ok. But just think, that if we have physical facilities but lack relationship, what will happen in the family? And if we have relationship in the family but lack physical facilities, what would be the state of the family? If we have relationship, we can earn together for the family, but if the relationship is not there, we will think of taking away the share of the other. Think, why the families are breaking today- due to lack of physical facilities or fulfilment in relationship?

When you explore on these issues you will get the answer as : [2] Relationship. It is clear that when we are talking of a 'rich' person, the problems are certainly more due to lack of relationship than due to physical facilities. If we ponder over this for some time, it will also become clear that even for a 'poor' person, the problems are more due to lack of relationship than due to physical facilities.

*Question 2:* "How much time am I spending today working to ensure [2] Relationship, and how much time do I spend working for, or preparing to get [3] Physical facilities?"

- The *Answer is:* we spend more time for [3] Physical facilities than for [2] Relationship! It becomes clear that we are not spending enough time in trying to ensure relationship, whereas the problems are more due to lack of fulfilment in relationship than due to lack of physical facilities! In other words, most of the problems are elsewhere, and we are trying to work at some other place in the hope that the problem will be solved!

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**From the above, it is easy to make the following inferences:**

- We largely operate on the basis of assumptions today. These assumptions can be right, or they can be wrong, and we are mostly unaware of our own assumptions!
- Since we are not even aware that we have assumptions, we have obviously not verified these assumptions for ourselves. We haven't checked if our own assumptions are naturally acceptable to us. As a result most of our interactions with people and with physical facilities lead to problems.

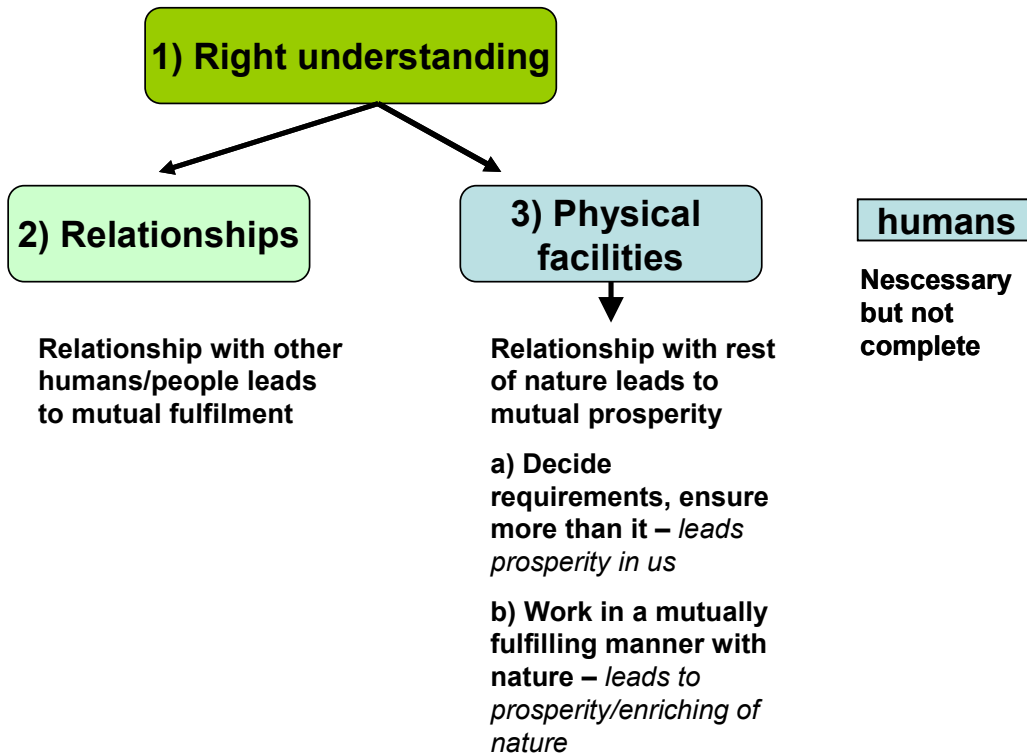
***What Is the Solution?- The Need for Right Understanding***

We have made a significant observation in the previous discussion: *“As long as we live with wrong assumptions we shall continue to have the problems in ourselves and have problems in relationship, not feel happy or prosperous and will exploit nature”*.

In order to resolve the issues in human relationships, we need to *understand* them first, and this would come from *‘right understanding’* of relationship.

Similarly, in order to be prosperous and to enrich nature, we need to have the *‘right understanding’*. The *‘right understanding’* will enable us to work out our requirements for physical facilities and hence correctly distinguish the difference between *wealth* and *prosperity*. With nature as well, we need to understand the harmony in nature, and how we can complement this harmony.

There is need for us to have the *‘right understanding’* so we can be sure of our own selves, our relationships and our need for physical facilities.



Here are a few questions:

*Question 1:* Does having [3] Physical facilities ensure [2] Relationship and [1] Right understanding?

*Answer:* No (3) does not ensure (2) & (1)!

*Question 2:* Are all the three: Right Understanding, Relationship and Physical facilities required, or can we do away with one of them?

*Answer:* All three are needed. We can't do away with any one of them. We can't say-

- "I need only Right Understanding, and there is no need for Relationships or Physical facilities" & neither can we say
- "Relationships are enough. No need for the other two!" nor can we say something such as "Physical facilities are sufficient. I can do without [1] & [2]"

It becomes clear that as human beings, all three are needed for us!

*Question 3:* Given that [1] Right Understanding and [2] Relationship are important to us, are we investigating into them?

*Answer:* We are mostly not paying attention to [1] & [2] and seem to be focusing largely on [3] most of the time.

*Question 4:* If all three are needed, what is the priority?

*Answer:* We need to work for [1] Right understanding as the basis on which we can work for [2] Relationships, and then [3] Physical facilities!

Today, we can see that there are two kinds of people in the world:

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- 1) Those that *do not have* physical facilities/wealth and feel unhappy and deprived
  - Thus, such people can be said to be ‘materially deficient, unhappy and deprived’ or ‘Sadhan Viheen **D**ukhi **D**aridra’
  - The short form for this can be written as: **SVDD!**
- 2) Those that *have* physical facilities/wealth and feel unhappy and deprived!
  - Thus, such people can be said to be ‘materially affluent, but unhappy and deprived’ or ‘Sadhan **S**ampann **D**ukhi **D**aridra’
  - The short form for this can be written as: **SSDD!**

Check, where do you stand- at 1) or 2)

Both these are states we don’t want to be in! We want to move from this to (verify this)

- 3) Having physical facilities and feeling happy and prosperous.
  - Such people can be said to be materially affluent, happy and prosperous or ‘Sadhan **S**ampann **S**ukhi **S**amridh’
  - The short form for this can be written as: **SSSS!**

To ensure that we are of the 3<sup>rd</sup> category as described above, we need the right understanding!

Thus, we can conclude the following: We need to work for all three, and this is the order in which we have to work is

- 1) Right Understanding
- 2) Relationship
- 3) Physical facilities

Working with this order, we are able to ensure mutual fulfilment with human beings and mutual prosperity with the rest of nature.

**Right understanding + Relationship = Mutual fulfilment**  
**Right understanding + Physical facilities = Mutual prosperity**

### ***Our Program: Understand and Live in Harmony at All levels of Living***

The need for right understanding has become quite clear to us from the previous discussion. Let us now explore into what this ‘right understanding’ is. Remember, the need for right understanding is tied to our need for happiness.

In order to find out what this right understanding is, we need to find out the various situations or states we live in, on which our happiness depends. Why is this needed? The answer is simple. If we ignore any of these states or situations, if we have incomplete understanding of any state or situation we live in, then we risk becoming unhappy and uncertain in that state or level. In order to ensure happiness and its continuity, we need to make sure we cover all states and situations we live in.

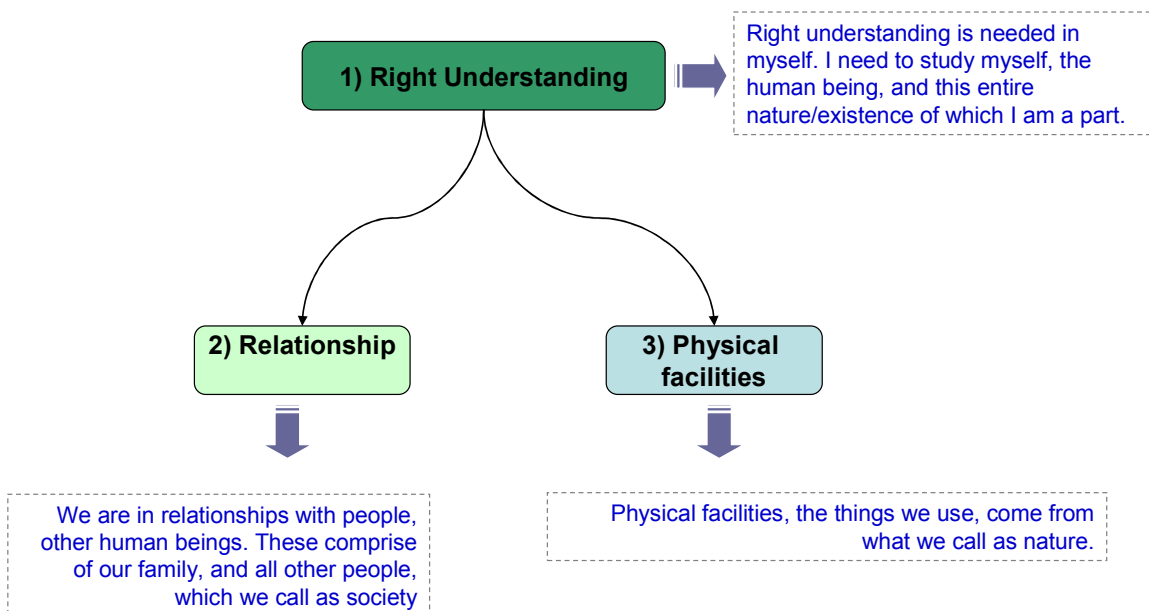
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As humans there are several situations we live in. There are many aspects or levels to our living. It is an increasing expanse that starts with ourselves and expands to include things around us; namely, the people we live with on a daily basis i.e. our family, the larger society we live in, the nature we are dependent on, and then everything else, which we can call as 'existence' (existence means all that exists). Some of these we are aware of and of some we are not. Some of these we give significance to and to some we do not. But regardless of our attitude and awareness, we are in this 'totality' and live with this 'totality'.

Let us see if we can find out the expanse of our living from the point we discussed earlier, which is, our need for

- 1) Right Understanding
- 2) Relationship
- 3) Physical Facilities

It becomes clear to us that our state of happiness or unhappiness depends on the above three aspects. If we have the '*right understanding*', then we can be happy in ourselves, have fulfilling relationships with humans and have mutual prosperity with nature. If we do not have the right understanding, then we have problems in these levels. Thus, our happiness depends on these levels. We can represent this as below:



Thus, we can see from the above that:

- 1) Where do we need the Right Understanding? We need this in ourselves. Hence we have to study ourselves.

**Conclusion: We have to study ourselves**

- 2) In order to ensure Relationship, we have to study and understand people and our relationship with them i.e. we have to understand family and society.

**Conclusion: We have to study Family & we have to study Society**

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- 3) In order to ensure right use of physical facilities, we have to study nature, and our relationship with it. We also have to understand what we call as Existence: or, everything that exists.

**Conclusion: We have to study Nature/Existence**

These can be called as the ‘levels of our living’. We live in all these ‘levels’. Let us list them down and explore them:

1. *living in myself*
2. *living in family*
3. *living in society*
4. *living in nature/existence*

Thus, we can see that there are four ‘levels’ in which we live. At this juncture, you can ask yourself this question:

- “*Do I live at all these levels, or can one of them be dismissed or ignored?*”

You can also ask yourself:

- “*Is there anything more than this that I live with?*”

We find that as humans we live within these four levels and none of them can be dismissed or taken away. Also, nothing more can be added to these and together they comprise of everything we live with.

Let us now explore these different levels of our living:

### ***1) Living in Myself***

We all have desires, thoughts, beliefs, imagination and choices. This is the first level of our living. Before expressing ourselves in relations, we think, and whatever we receive from the other, it again passes through our internal processes. We refer to this as (our) self. This inner world (or ‘myself’) co-exists with the body and together we refer to this as a ‘human being’.

Most of the time, we see that we are busy in ourselves – making some plans, thinking about doing something, etc. We have to start with ourselves and study ourselves. This means to put effort to understand our own desires, our wants, and our behaviour. So far, we have ended up assuming things without really investigating into ourselves. We have read a lot of books, we have gone through years of silent and subtle conditioning about who we are, what we want and how we should behave, what work we should do, in short ‘how to live!’ We have to begin ‘knowing’ ourselves and test our beliefs by passing them through our own natural acceptance.

### ***2) Living in Family***

All of us are born to our parents and this is the family we are born to. This is the first web of relationships for each one of us and subsequently we live in more relationships that include our siblings, our friends and classmates, teachers and others. These are the people we live with on a daily basis, and we call this ‘family’

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How I see myself, decides how I see the other and my relationship with another human, another person. If I can understand myself better and clearer, I am able to see the other clearer and better. And this understanding becomes the basis of my relationship with the other. When we understand ourselves, we can understand the other and this forms the basis of the relationship, harmony with the other. In order to ensure harmony in family and society, we need to understand the expectations in human relationships and whether they can be fulfilled.

### ***3) Living in Society***

Our family is part of a larger group of people we live with where there are interdependencies around food, clothing, housing, services, health, education, justice etc. We live as a part of this human system. This is our society.

As we understand ourselves and our relationship with others in family, we also understand the other in society, and are able to fulfil our relationship with them.

### ***4) Living in Nature/ Existence***

We are on this earth: with the grass, plants and trees, birds, animals and other humans surrounding us and we live in this large eco system that we call nature. Regardless of where we are, our village, town or city is within this eco-system or natural habitat. Our planet is surrounded by a larger system of planetary bodies and that includes the moon, the sun and the infinite star and planetary systems that surround us. Our earth is a part of the solar system that co-exists with all that there is in this entire 'existence'. And there is all that space between planets, even between you and the book right now! All these things and space we together call existence. 'Existence' means all that exists.

When we understand nature/existence, we are able to engage with it in a relationship that leads to mutual fulfilment.

### ***Our State Today***

Today, if we look into it we can see that these levels of living are full of conflicts, opposition and contradictions. We are unable to be at peace with ourselves. Most times, we are under stress, unhappy about something or the other and are worrying about things. We are increasingly having more diseases, are unable to live properly in relationships in the family and are disturbing and destroying the very planet we live on. In short, we are unable to live harmoniously in every aspect of our living!

We can thus see that our state of happiness or unhappiness can be affected by any one of these levels. We may be okay within ourselves, but if the relationships in family are not okay, then we get disturbed. Similarly there may not be problems in ourselves or in family, but if there are problems in society, it disturbs us. We can also see that even if we are fine at the rest of the levels, if there are issues at the level of nature, it bothers us and we are disturbed by it and want to do something about it.

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Since there is conflict/contradiction in our thoughts or living at most of these levels of existence, we are unable to naturally accept our own thoughts and living. These problems are basically because of a lack of understanding. We do not even understand ourselves properly! What we need, how much of it do we need, what we value – we have not understood this properly.

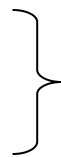
**Thus, in order to have happiness and ensure its continuity, we need to ensure harmony in all states/situations we live in, which means we need to understand all these four levels of our living! If we ignore any of these levels, the continuity of happiness at that level cannot be ensured!!**

***Thus, right understanding means understanding the harmony at all these four levels of our living!***

We can thus write down our program as:

**Our Program:**

**To understand and  
To live  
in harmony**



**at all 4 levels of  
our living**

**Levels of our Living**

- 1) In myself**
- 2) In Family**
- 3) In Society**
- 4) In Nature/Existence**

When we investigate into each of these levels, we shall find that there is a harmony, a synergy that exists between and at each one of these levels. There is a relationship between us and the totality and this needs to be understood – this leads to assurance in us.

***We will further see that this harmony already exists; we don't have to create it. We only have to understand it to be in harmony.***

We can now complete the information in the content of Self Exploration (chapter 2):

**Desire: What is my basic aspiration?  
- Continuous happiness and prosperity**

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**Program: What is the process of fulfilling this basic aspiration?**

**- Understanding and being in harmony at all levels of my living**

*(in myself, in family, society and nature/existence)*

**Our Natural Acceptance for Harmony at All Levels of Our Living**

In order to understand the harmony at the various levels, we shall take aid of our own natural acceptance. We shall investigate into ourselves. We shall pass the proposals being put forth here through ourselves, and when we look deep within ourselves, without referring to scriptures, instruments, or others, we shall find that our natural acceptance, our spontaneous acceptance is to live in harmony at all these levels of our living. We are not satisfied with anything less than this.

The various levels of living together describe our complete state/situation. Further, each one of us wants to live without conflicts or contradictions in all these levels. Ask yourself the following:

*Do I want conflict/ contradiction within myself?*

*Do I want conflict or contradiction in family?*

*Do I want conflict or contradiction in society?*

*Do I want conflict or contradiction with nature/existence?*

The answer is an easy and instantaneous No!

Each and every one of us naturally accepts only to

*be in harmony within ourselves*

*live with harmony in family*

*live with harmony in society*

*live with harmony in nature/existence*

Harmony is what we all naturally and most easily accept. It is what we seek, deep within. We can note that in essence there are three choices before us:

- 1) Do I *desire* conflict /contradiction in any aspect of my life? Or,
- 2) Do I desire to only avoid conflict /contradiction in any aspect of my life? Or,
- 3) Do I *desire* harmony/ synergy in every aspect of my life?

Which option is naturally acceptable to you? Our fundamental nature is to accept 3) Harmony /synergy in all aspects of our lives and we will not settle for anything less. Merely *avoiding conflict* is not sufficient for us (option 2 above). It is clear to us that we definitely do not want option 1 above! This is a very important insight into ourselves!

***We do not accept conflict/contradiction,***

***We do not want to merely avoid conflict/contradiction.***

***We desire harmony/synergy in all levels of our living.***

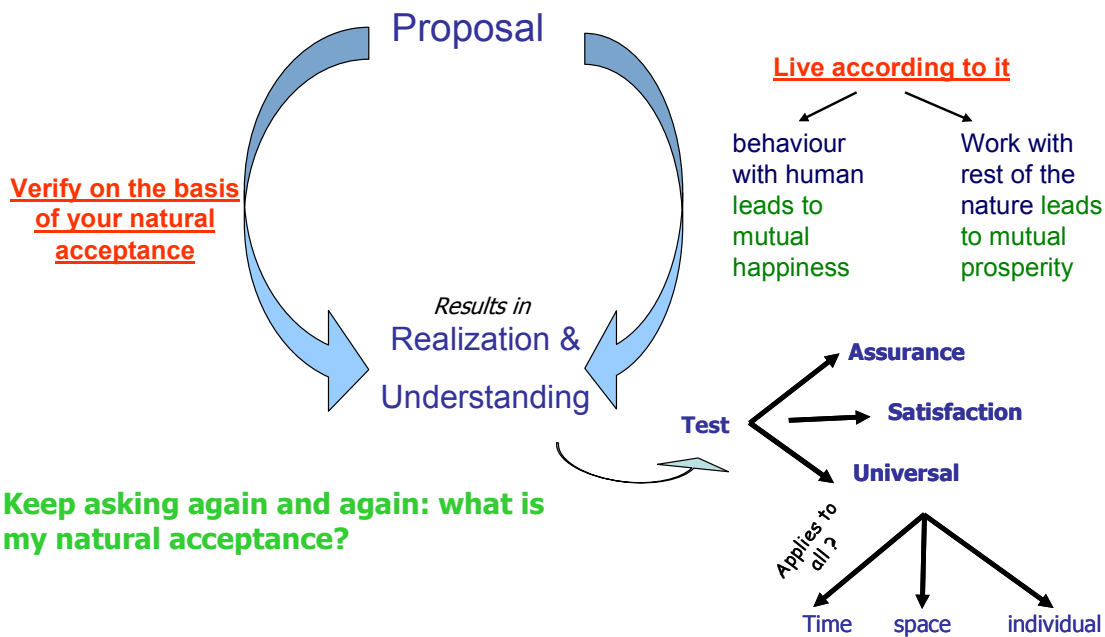
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We can start exploring into this harmony in ourselves by seeing what is naturally acceptable to us. Natural Acceptance is a way for us to get in touch with what is *intrinsic* in us, what is *invariant* in us, what is natural to us

*Our natural Acceptance is only for Harmony.  
Or in other words  
We only like situations that are harmonious.*

Let us revisit the process of verifying on the basis of Natural Acceptance:



This natural acceptance is present in each one of us, regardless of what country or culture we come from, and is regardless of our age or our gender. Natural Acceptance is a human trait and all humans have this. It is intact and invariant in each one of us. It is not disturbed by our preconditioning or beliefs, however strong they are – natural acceptance is always the same, unchanging.

Each one of us can thus see that we want to

*understand and live in harmony within ourselves  
understand and live in harmony in family  
understand and live in harmony in society  
understand and live in harmony in nature/existence*

**This is our program; this is what we ultimately want.**

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If I am able to “see” this harmony for myself, if I am able to understand it, then I am comfortable in myself. When I am able to see that nature/existence is in harmony, every unit in existence is in harmony with every other unit then, I realize that I can also be in harmony with every other unit.

All the contradiction around us today is because at some level or the other, we fail to see the harmony in nature/existence, and end up assuming something otherwise. This leads to problems for us. *Today, through many channels, we are trained to believe, we are encouraged to believe that “things are in perennial contradiction”. Now if you grow up with these notions then you are carrying things that are not acceptable to yourself i.e. you may believe that nature/existence, and everything in it and around us is in contradiction, but this belief you have contradicts with your own natural acceptance and causes a problem right at that instant!*

**Thus, on investigation, if we find that there is harmony in existence and we only need to understand it, then we too can be in harmony.**

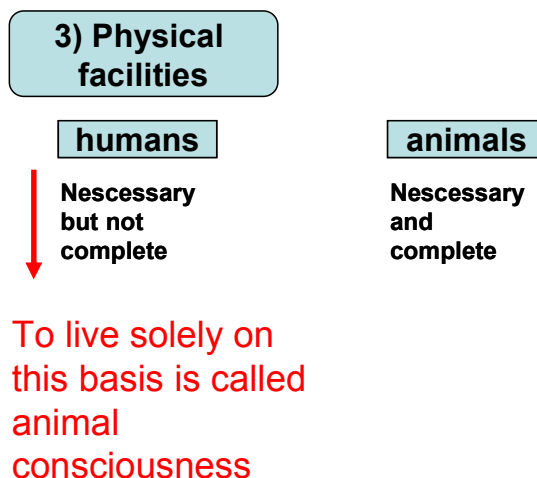
Now that we have observed our program as

“understanding and living in harmony at all levels of our living”

we shall explore the harmony at each of these levels in the forthcoming chapters. This is our journey to ‘right understanding’, our happiness and prosperity! It is going to be a fascinating journey!

### ***Human and Animal Consciousness***

We can make one more observation here. Let us go back to our discussion on physical facilities, relationship and right understanding:

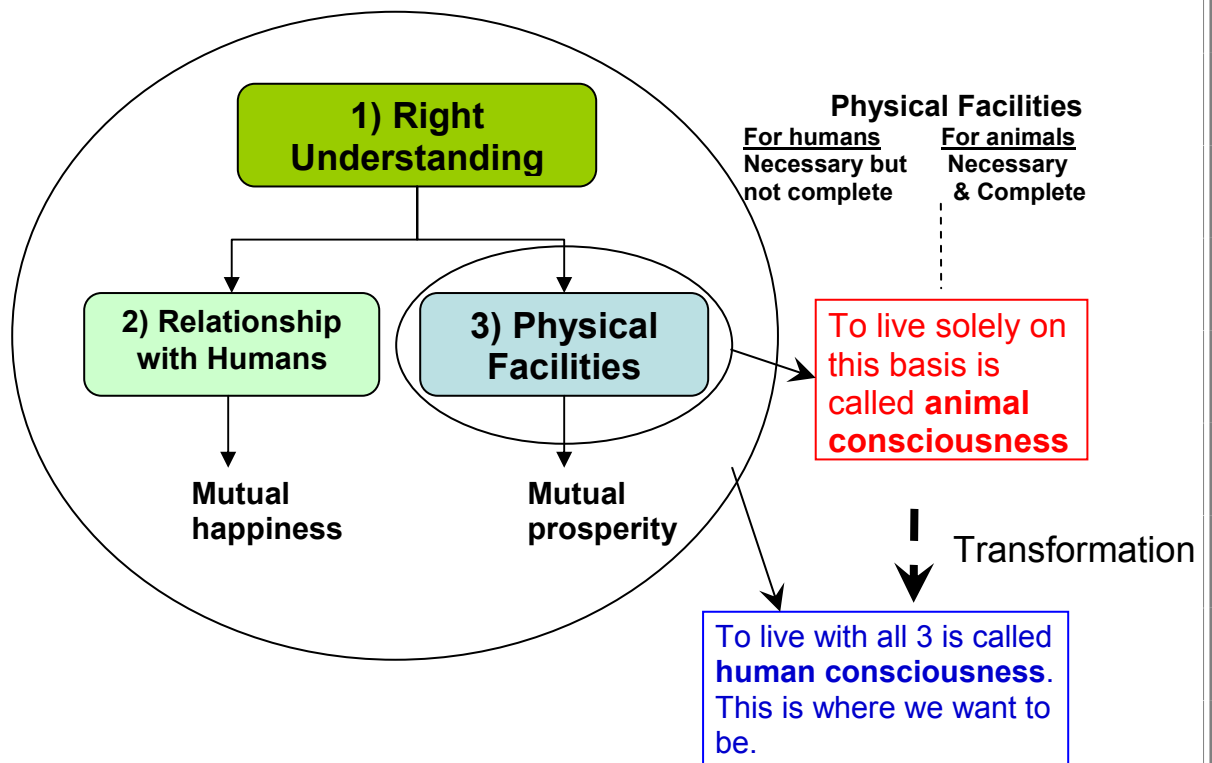


To live solely on the basis of [3] Physical facilities can also be called as living in animal consciousness. We say this because, animals are anyway doing this. If we observe a cow or a

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goat, they are continuously occupied in getting some physical input from the environment. If we see ourselves today, we are also more or less doing the same thing! The only difference is, we do it with more sophistication, i.e. we end up packaging our food, or make fancy gadgets but at the end of the day, physical facilities are all that we are working for.

However, we are not satisfied merely by living at this level and hence we need to work towards having the right understanding. Living with all three: [1] Right understanding, [2] Relationship and [3] Physical facilities is called human consciousness.



*To develop from animal consciousness to human consciousness is the transformation. It is a qualitative improvement in consciousness. Value education is about enabling this transformation in the human being.*

We will explore into right understanding, at each level of our living, in the following chapters.

## Summary

- The needs of the human being can be seen to consist of the need for 1) right understanding, 2) relationship and 3) physical facilities in the right order.

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- While we desire prosperity for ourselves and prosperity for nature, we are unable to ensure this today. What is happening in actuality is quite the contrary, with nature getting steadily depleted and disturbed – while we continue to feel deprived.
- We desire mutual fulfilment in our relationships today but are unable to have this or are unable to ensure its continuity.
- This is because we are largely operating on the basis of assumptions, which maybe right or wrong – leading to uncertainty in ourselves, and in our relationship with people and our interactions with nature.
- Right understanding is essential for the fulfilment of relationship and for right identification of physical facilities. We have to ensure right understanding. Today, we are largely pre-occupied with accumulation of physical facilities and tend to ignore the need for relationship and right understanding.
- We need to have the right understanding; we need to understand the harmony at all levels of our living – in ourselves, in family, society and nature/existence. This is our program: to fulfil our basic desire of continuous happiness and prosperity.
- Animals are primarily concerned with survival for which they need to consume (physical facilities). The need for right understanding and relationship is what distinguishes a human being from an animal.
- Fulfilment of relationships based on right understanding leads to mutual happiness. Fulfilment of need for physical facilities through nature-fulfilling production activities, (both identified on the basis of right understanding) leads to mutual prosperity.
- To live only for physical facilities is called ‘animal consciousness’, while to live with all three: right understanding, relationship and physical facilities leading to mutual happiness and mutual prosperity is called ‘human consciousness’.