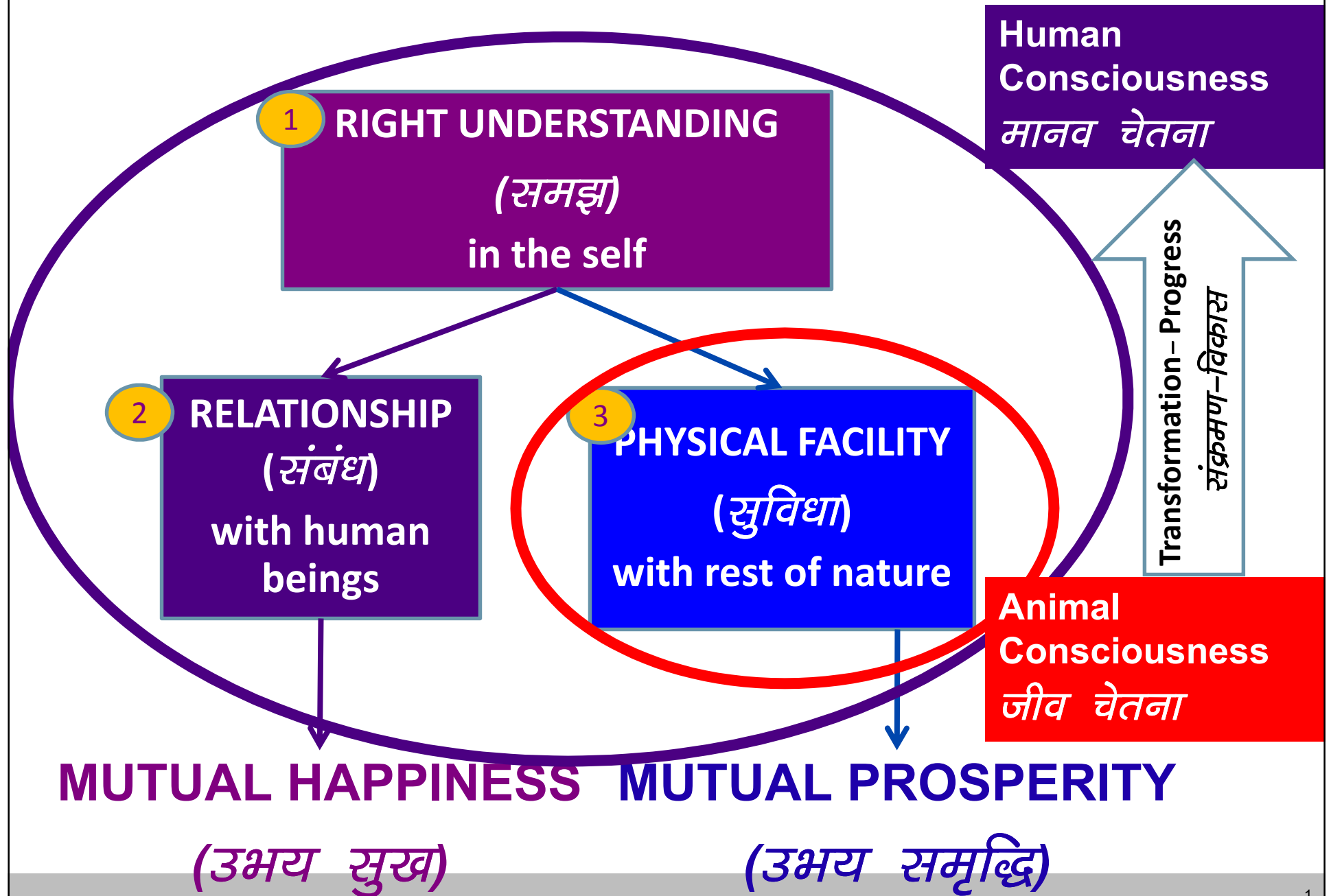


# Basic Human Aspiration: Continuity of Happiness & Prosperity



## What is this Workshop

1. It is a process of dialogue – between me and you, to begin with
2. It soon becomes a dialog within your own Self...

### What I am

जैसा मैं हूँ

Desire, Thought,  
Expectation...



### What is Naturally Acceptable to Me

जैसा होना मुझे सहज स्वीकार्य है

Natural Acceptance

Harmony संगीत

Contradiction अंतर्विरोध

Relationship  
Opposition

Relationship

## Acceptance, What I Am, Tendency

## Natural Acceptance

**Under the given circumstances,  
what one ends up accepting**

Natural Acceptance (swabhav)  
Preconditioning, Peer pressure,  
Sensation (dabhav, prabhav)

E.g.  
Relationship,  
opposition, compromise

Food for nurturing,  
sometimes only for taste

Mobile for communication/sharing,  
sometimes for respect, show-off

**Given all the choice, what is  
acceptable naturally**

Natural Acceptance (swabhav)

E.g.  
Relationship

Food for nurturing

Mobile for communication, sharing

## Natural Acceptance

About meaning (sarthakta), Purpose or **what to do as a human being**.  
Leads to harmony (happiness) within, continuity is desirable, possible

For Relationship	[Mutual fulfillment, complimentarity]
For Harmony	[Nature is by way of harmony, mutual enrichment]
For Co-existence	[Essence of Existence is Co-existence]

1. Assurance (Ashwasti) – I am clear this is what I want to do
2. Satisfaction (Tripti) – I am sure that this will lead to harmony
3. Universal (Sarvbhaum) – It is same for all

Not about How to Do

## Tendency, What I Am

**Under the given circumstances,  
what one ends up accepting**

Natural Acceptance (स्वभाव)

Preconditioning, Peer pressure,  
Sensation (प्रभाव, दबाव)

E.g.

Relationship,  
opposition, compromise

Food for nurturing,  
sometimes only for taste

Mobile for communication,  
sometimes for respect, show-off

## Natural Acceptance

**Given all the choice, what is  
acceptable naturally**

Natural Acceptance (स्वभाव)

E.g.

Relationship

Food for nurturing

Mobile for communication, sharing

## Tendency, What I Am

**Under the given circumstances,  
what one ends up accepting**

Natural Acceptance (स्वभाव)

Preconditioning, Peer pressure,  
Sensation (प्रभाव, दबाव)

May change, depends on other,  
the situation, circumstances...  
different for different people

## Natural Acceptance

**Given all the choice, what is  
acceptable naturally**

Natural Acceptance (स्वभाव)

Leads to harmony (happiness)  
within

Does not change with time

Does not change with place

Does not change with person

Uncorrupted by preconditioning

We can directly see it, refer to it.

We can observe our state

- When we live according to it
- When we live in contradiction to it

## Tendency, What I Am

**Under the given circumstances, what one ends up accepting**

Natural Acceptance (स्वभाव)

Preconditioning, Peer pressure, Sensation (प्रभाव, दबाव)

May change, depends on other, the situation, circumstances... different for different people

## Natural Acceptance

**Given all the choice, what is acceptable naturally**

Natural Acceptance (स्वभाव)

1. **Innate, Intact**

Does not change with time  
Does not change with place  
Does not change with person

**Uncorrupted by preconditioning**

We can directly see it, refer to it.

We can observe our state

- When we live according to it
- When we live in contradiction to it

## Tendency, What I Am

**Under the given circumstances,  
what one ends up accepting**

Natural Acceptance (स्वभाव)

Preconditioning, Peer pressure,  
Sensation (प्रभाव, दबाव)

May change, depends on other,  
the situation, circumstances...  
different for different people

## Natural Acceptance

**Given all the choice, what is  
acceptable naturally**

Natural Acceptance (स्वभाव)

1. Innate, Intact
2. Invariant

Does not change with time

Does not change with place

Does not change with person

Uncorrupted by preconditioning

We can directly see it, refer to it.

We can observe our state

- When we live according to it
- When we live in contradiction to it



## Tendency, What I Am

**Under the given circumstances,  
what one ends up accepting**

Natural Acceptance (स्वभाव)

Preconditioning, Peer pressure,  
Sensation (प्रभाव, दबाव)

May change, depends on other,  
the situation, circumstances...  
different for different people

## Natural Acceptance

**Given all the choice, what is  
acceptable naturally**

Natural Acceptance (स्वभाव)

1. Innate, Intact
2. Invariant
3. **Universal**

Does not change with time

Does not change with place

Does not change with person

Uncorrupted by preconditioning

We can directly see it, refer to it.

We can observe our state

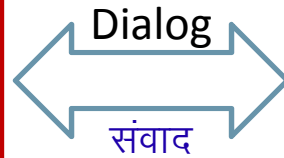
- When we live according to it
- When we live in contradiction to it

# Self-exploration, Self-investigation – Within My Self

## What I am

जैसा मैं हूँ

Desire, Thought...



## What is Naturally Acceptable

जैसा होना मुझे सहज स्वीकार्य है

Natural Acceptance

Split Personality  
-Schizophrenia

~~Sometimes relationship~~

Relationship

~~Sometimes opposition~~

Harmony संगीत

→ Happiness सुख → Swatantrata स्वतंत्रता

Contradiction अंतर्विरोध → Unhappiness दुख → Partantrata परतंत्रता

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 लिये बाध्य होना

# Exploring What is Naturally Acceptable

**What I am**  **What is Naturally Acceptable**

As an Individual  
In Family  
In Society  
In Nature/Existence

जैसा मैं हूँ

जैसा होना मुझे सहज स्वीकार्य है

Sometimes relationship

Relationship

Sometimes opposition

Trust in Relationship

Sometimes Trust

Sometimes Mistrust

Nurturing the Body

Nurturing

Taste & not nurturing

...

...

My Natural Acceptance सहज स्वीकृति

My Innateness स्वत्व

## Practical (Home Work)

What is your level of awareness about your self, about your Natural Acceptance?

What % of the time you are in harmony (and what % You are in contradiction)?

In that sense, what % of your personality is integrated (and what % is split)?

Disharmony → Tension → Frustration → Depression → Suicide

Swatantrata = Swa (Self) + Tantra (vyavastha, harmony) + Ta (to be)  
= Self in harmony, to be in harmony within  
= Self ka vyavastha purvak hona

## Process of Self-exploration, Self-investigation

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self
2. It is a process of dialog between what I am (जैसा मैं हूँ) and my Natural Acceptance or what I really want to be (जैसा होना मुझे सहज स्वीकार्य है = स्वत्व)
3. It is a process of Self-exploration, Self-investigation → Self-evolution
4. It is a process of knowing oneself and through the self, knowing Nature and the entire existence
5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship
6. It is a process of knowing Human Conduct (मानवीय आचरण) and living according to it
7. It is a process of living in harmony within, living in harmony with others...living in harmony with entire existence

स्वत्व → स्वतंत्रता → स्वराज्य

## Scope of this Workshop

Knowing your Natural Acceptance  
What you really want to be

स्वत्व



Living in accordance with your Natural Acceptance  
Living in harmony within

स्वतंत्रता



Living in harmony with others... with the entire existence

स्वराज्य

## Conscience, Science & Sense of Living

**Conscience** – Meaning (sarthakta)  
Purpose, Goal, Innate, Basic Desire

**What to Do** as a Human

**Relationship:** Contemplation of Participation (swabhav, sambandh)

**Vyavastha:** Understanding of Self-organisation (vyavastha),

**Co-existence:** Realisation of Coexistence (sah-astitva)

**Science** – Thought, Feeling of Coexistence, **How to Do**

**Sense** – Behaviour, Work, Participation in Human Order with the  
thought & feeling of Coexistence

# Self-Exploration, Self-investigation

## 1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Objective, Purpose

What do I want to achieve?

b. Program (करना) – Process of achieving the desire, action

How do I achieve it ?

## 2. Process of Self Exploration

a. Whatever is stated is a **Proposal** (**Do not assume it to be true**)

**Verify** it on your own right

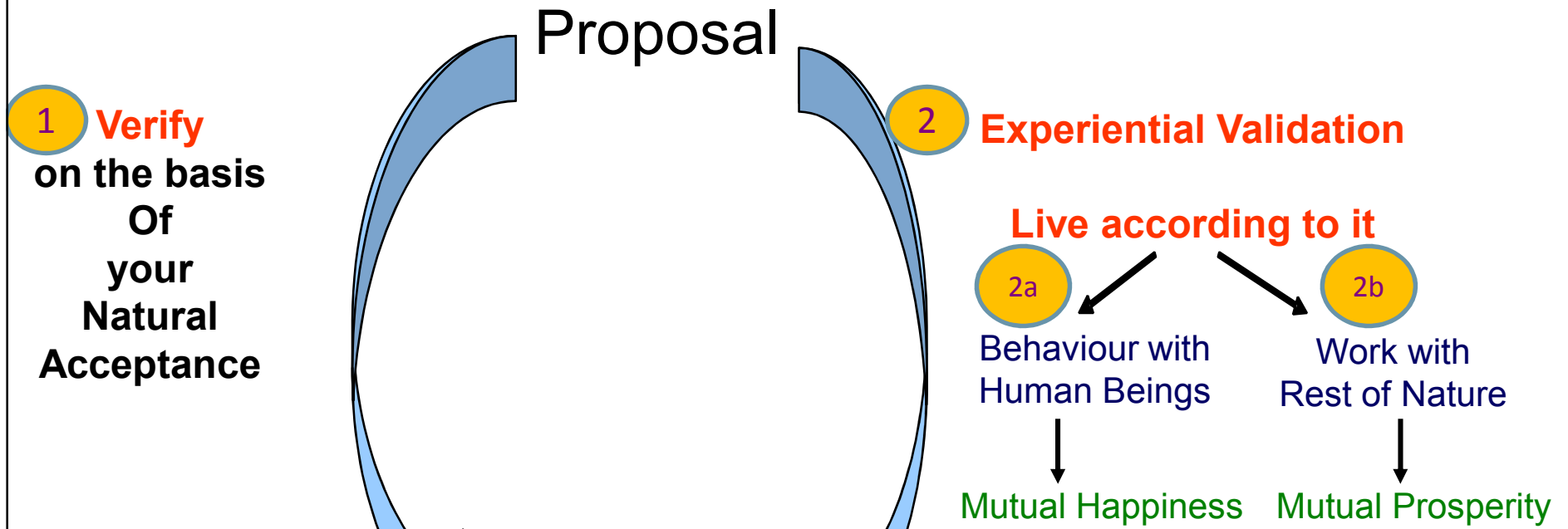
b. Self-verification



# Process of Self-verification

Whatever is stated is a **Proposal** (**Do not assume it to be true**)

**Verify** it on your own right



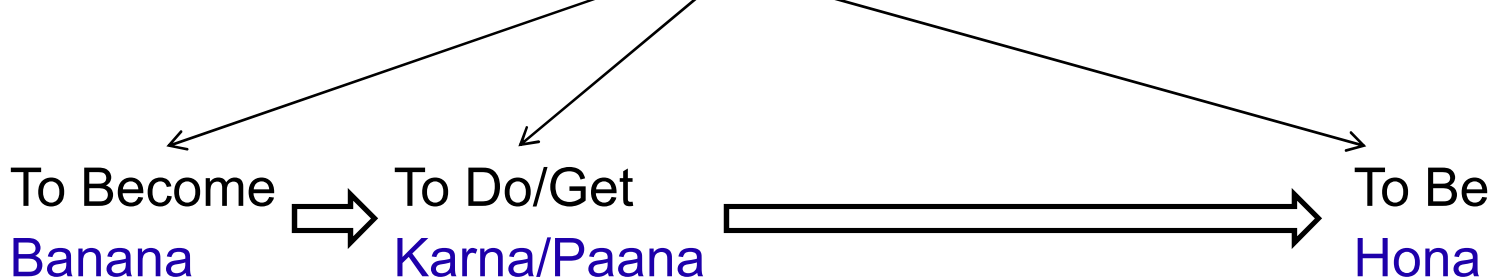
**Which process is Naturally Acceptable to you?**

**A process of self-exploration on your own right, leading to understanding in your self  
or**

**A process of do's & don'ts, in which you assume what is said, without verification**

# Basic Human Goal or just a Step?

Desire (चाहना) – Aim, Objective, Purpose



Doctor	Service, Money, Respect...	Happy & Prosperous
Engineer	Make Things, Money, Respect ...	Happy & Prosperous
IIT Engineer	Make Things, Money++, Respect++...	Happy & Prosperous
Farmer	Grow Things, Money, Respect...	Happy & Prosperous
Thief	Get Things, Money, Respect...	Happy & Prosperous
.....		

Steps toward Goal

**Not the Goal**

Basic Human Goal

Desire, Aim, Objective, Purpose

Teacher by Chance, Teacher by Choice...

# Self-Exploration, Self-investigation

## 1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Objective, Purpose – Happiness, Prosperity → Continuity

What do I want to achieve?

b. Program (करना) – Process of achieving the desire, action

How do I achieve it ?

## 2. Process of Self Exploration

a. Whatever is stated is a **Proposal** (**Do not assume it to be true**)

**Verify** it on your own right

b. Self-verification

## Self Verification

Self Verification of a Proposal = Clarity that the proposal is correct, and it is related to my happiness/prosperity

Understanding

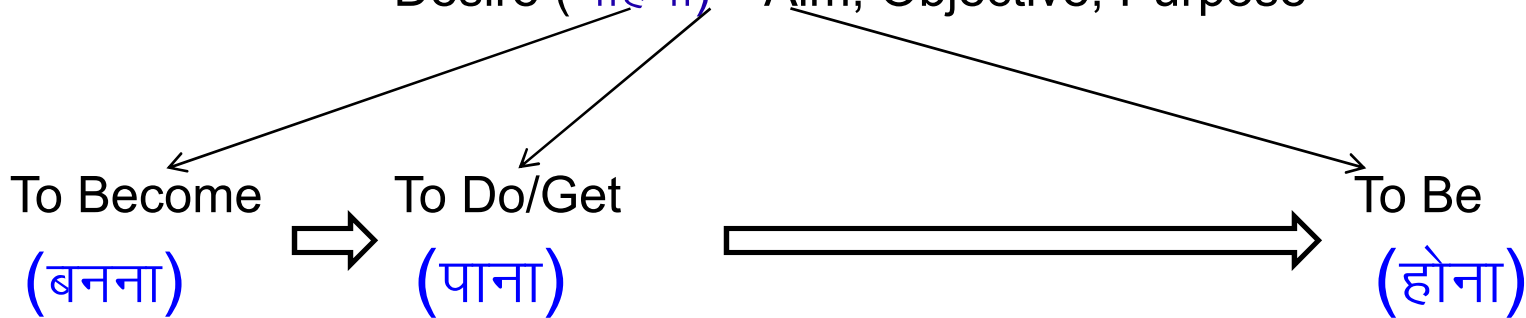
Definite

Information

Something I have heard, something I remember. I also have alternate information. But I have no definite way of sorting out which one is true, so I act according to one information or the other, depending on circumstances, other

# Desire (चाहना) – Aim, Objective, Purpose

Desire (चाहना) – Aim, Objective, Purpose



Doctor	Service, Money, Respect...	Happy & Prosperous
Engineer	Make Things, Money, Respect ...	Happy & Prosperous
IIT Engineer	Make Things, Money++, Respect++...	Happy & Prosperous
Farmer	Grow Things, Money, Respect...	Happy & Prosperous

.....

Steps toward Goal <b>Not the Goal</b>	Basic Human Goal Desire, Aim, Objective, Purpose
--	---

Teacher by Chance, Teacher by Choice...

# Notions about Happiness: Accumulation of Physical Facility

? RIGHT UNDERSTANDING  
(समझा)  
in the self

? (सुविधा)  
→ दूसरे से सम्मान  
→ आस्वादन

1 (सुविधा)  
→ संवेदना  
→ आस्वादन

For animals:  
necessary &  
complete

For human beings:  
necessary but  
not complete

UNHAPPINESS (Mutual)

दुख (उभय)

DEPRIVATION (Mutual)

दरिद्रता (उभय)

## Notions about Happiness

Physical Facility

Right utilisation (sadupyog)

Sensation

Only purpose is to keep body healthy

Excitement

Harmony, Not Excitement

Domination

Co-existence, Complimentarity

Fulfillment of All Desires

Fulfillment of Right Desires

## Happiness

The state or situation, in which I live,  
if there is harmony / synergy in it,  
then it is Naturally Acceptable to me to be in that state / situation

To be in a state / situation which is Naturally Acceptable is Happiness



To be in in a state of Harmony / Synergy is Happiness



Happiness = To be in Harmony

## Unhappiness

The state or situation, in which I live,  
if there is **disharmony / contradiction** in it,  
then it is **not Naturally Acceptable** to me to be in that state / situation

**To be forced** to be in a state / situation which is not Naturally Acceptable is **Unhappiness**



To be forced to be in a state of **Disharmony / Contradiction** is **Unhappiness**



**Unhappiness = Disharmony**



## To be forced...

One may be forced by:

1. Situation (outside)
2. Other person (outside)
3. One's own Preconditioning (inside)

## Happiness

The state or situation, in which I live,  
if there is harmony / synergy in it,  
then it is Naturally Acceptable to me to be in that state / situation

To be in a state / situation which is Naturally Acceptable is Happiness



To be in a state of Harmony / Synergy is Happiness



Happiness = To be in Harmony

## Continuity of Happiness

State / Situation in which I live or Expanse of my Being:

1. As an Individual
2. As a member of a Family
3. As a member of Society
4. As an unit in Nature/Existence

**Continuity of Happiness = Harmony at all levels of my Being. i.e.**

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

# Continuity of Happiness

**Happiness = To Be in Harmony**

**Expanse of my Being:**

1. As an Individual
2. In Family
3. In Society
4. In Nature/Existence

**Continuity of Happiness = Harmony at all levels of my Being. i.e.**

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

# Program for Continuity of Happiness

## To understand the Harmony at all levels of my Being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

**Scope of Understanding**

## To live in Harmony at all levels of my Being

1. As an Individual
2. In Family
3. In Society
4. In Nature/Existence

**Scope of Living**

## Our Program

### To facilitate understanding of the Harmony at all levels of my Being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

**Proposals**

### To understand & to live in Harmony at all levels of my Being

1. As an Individual
2. In Family
3. In Society
4. In Nature/Existence

- 1 **Verify the proposals  
on the basis of your  
NATURAL ACCEPTANCE**
- 2 **Experiential validation  
by LIVING ACCORDINGLY**

**Realization/Understanding**

## Sum Up

Basic Human Aspiration = Happiness & Prosperity → Continuity

Happiness = To be in a state of harmony

Expanse of my Being = 4 levels

(Individual, Family, Society, Nature/Existence)

Continuity of Happiness = Harmony at all 4 levels of my Being

(Individual, Family, Society, Nature/Existence)

Program for Continuity of Happiness = Understanding the Harmony & Living in Harmony... at all 4 levels of my Being

1. As an Individual (between What I am and My Natural Acceptance)
2. In Family
3. In Society
4. In Nature/Existence

Process of Understanding = Self-exploration, Self-investigation

The Purpose of this Workshop/Course is to Initiate the Process of Self-exploration, Self-investigation in You

# Purpose of Workshop – To Initiate Self-exploration in You

## 1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Purpose – Happiness, Prosperity → Continuity

b. Program (करना) – Process of achieving the desire, action

Happiness = To be in Harmony



To understand Harmony & to live in harmony at all 4 levels:

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

## 2. Process of Self Exploration Self-verification

Whatever is said is a Proposal (Do not accept it to be true)  
Verify it on your own right

