



# UHV-II

# A Foundation Course in Human Values and Professional Ethics

28 Lectures and 14 Practice Sessions arranged in 5 modules

# Module 1 – Introduction to Value Education (6 lectures and 3 tutorials/ practice sessions)

**Lecture 1:** Holistic Development and the Role of Education

(Right Understanding, Relationship and Physical Facility)

**Lecture 2:** Understanding Value Education

**Tutorial 1: Practice Session PS1**

**Lecture 3:** Self-exploration as the Process for Value Education

**Lecture 4:** Continuous Happiness and Prosperity – the Basic Human Aspirations

**Tutorial 2: Practice Session PS2**

**Lecture 5:** Happiness and Prosperity – Current Scenario

**Lecture 6:** Method to Fulfill the Basic Human Aspirations

**Tutorial 3: Practice Session PS3**





# Lecture 1

## Holistic Development and Role of Education

## Content of this Session

Basic human aspiration

Fulfilment of basic human aspiration

Holistic development

The role of education in holistic development

It will also give an idea about:

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

## इस सत्र की विषय-वस्तु

मानव की मूल चाहना

मानव की मूल चाहना की पूर्ति

समग्र विकास

समग्र विकास में शिक्षा की भूमिका

इस सत्र से इन तीन के बारे एक अनुमान बन पायेगा:

- शिविर/कोर्स की विषय-वस्तु
- शिविर/कोर्स की प्रक्रिया
- समझ से अपेक्षित उपलब्धि

# Process

Whatever is said is a **Proposal**

**Verify** it on Your Own Right – on the basis of your **Natural Acceptance**

**(Do not assume it to be true or false)**

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

प्रस्ताव है

जाँचें – स्वयं के अधिकार पर। अपनी सहज स्वीकृति के आधार पर।

**(मानें नहीं)**

यह संवाद की प्रक्रिया है।

यह संवाद आपके और मेरे बीच शुरू होता है, फिर आप में चलने लगता है।

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*





## Desire, What I Want to Be

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*

## State of Being, What I Am

Are we happy?

*क्या हम सुखी हैं ?*

Are we prosperous?

*क्या हम समृद्ध हैं ?*

Is there continuity of our happiness and prosperity?

*क्या हमारे सुख, समृद्धि की निरंतरता है ?*

### 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?

**What is the basic issue?**

We will explore into this



## Desire चाहना

Do we want to be happy?

*क्या हम सुखी होना चाहते हैं ?*

Do we want to be prosperous?

*क्या हम समृद्ध होना चाहते हैं ?*

Do we want the continuity of happiness and prosperity?

*क्या हम सुख, समृद्धि की निरंतरता चाहते हैं ?*

## Effort करना

Is our effort (*हमारा प्रयास*):

- To understand the true meaning of happiness and prosperity and ensure it?  
*सुख, समृद्धि को ठीक-ठीक समझने के अर्थ में है*  
or *या*
- Just for accumulation of physical facility?  
*केवल सुविधा-संग्रह के अर्थ में ?*

Have we assumed that physical facility is the basic issue?  
That happiness and prosperity will be ensured when we have enough physical facility?  
What effort are we making, other than accumulation of physical facility?

Is the gap getting filled up with our effort?  
**If the gap is not getting filled up, do we know what else we have to do?**  
Let us find out what more is required





# For Human Being, Something More is Required (over and above Physical Facility)

Physical facility is necessary for human being  
but  
something more is also required

## Let us 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?

*आपके परिवार में जो दुःख है, वह सुविधा के अभाव में ज्यादा है या संबंध का निर्वाह न होने के कारण ज्यादा है ?*

How much time and effort are we investing:

- For physical facility
- For fulfillment in relationship

*आप सुविधा जुटाने के लिए कितना समय व प्रयास लगा रहे हैं और संबंध का निर्वाह के लिए कितना समय व प्रयास लगा रहे हैं ?*

The unhappiness is more due to lack of fulfillment in relationship

Most of the time and effort is spent for physical facility

*दुःख संबंध का निर्वाह न होने के कारण ज्यादा है; परन्तु, समय व प्रयास सुविधा के लिए ज्यादा लगाया जा रहा है*

## For Human Being, Relationship is also Necessary

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

*मानव के लिए सुविधा भी आवश्यक है, परंतु संबंध भी आवश्यक है।*

If we can see this, then we can understand the difference between animals and human beings

# A Fundamental difference between Animals and Human Being

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

*ध्यान से देखें तो मानव व पशु के बीच यह एक मूलभूत अंतर है।*

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

*सुविधा पशु के लिए आवश्यक है, मनुष्य के लिए भी आवश्यक है।*

However, *परंतु,*

For animals physical facility is necessary as well as largely adequate

*पशु के लिए सुविधा आवश्यक भी है और पूर्ण भी है,*

For human being physical facility is necessary but not adequate

*मनुष्य के लिए भी सुविधा आवश्यक है पर पूर्ण नहीं है।*



## Example

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

*पशु को सुविधा का अभाव होता है, तो वह परेशान होता है, सुविधा मिल जाए तो वह आराम में आ जाता है, (जैसे पेट भर घास मिल जाए तो गाय आराम से जुगाली करती है)।*

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

*मनुष्य को सुविधा का अभाव होता है, तो वह परेशान व दुःखी होता है, परंतु सुविधा मिल जाए तो उसके बारे तो भूल ही जाता है, उसके अलावा सौ और चीजें सोचने लगता है।*



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

*(आप ही अपने में जांच कर देखें, क्या आप इस बात पर रोज खुश होते हैं कि आपको पेट भर भोजन मिल रहा है ?)*

Let's see how many of us know how many pairs of clothes we have

If there were a shortage of clothes we would be uncomfortable and unhappy

But now that we have clothes, we may have forgotten about them  
(and started thinking about a hundred other things!)

Lack of physical facility will make human being uncomfortable and unhappy  
But availability of physical facility will not ensure happiness and prosperity

Something more is required... fulfilment in relationship is also required

# In Addition to Physical Facility, Relationship is Necessary for Human Being

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

*मानव के लिए सुविधा भी आवश्यक है, परंतु संबंध भी आवश्यक है।*

**RELATIONSHIP**  
*संबंध*  
**with human being**

**PHYSICAL FACILITY**  
*सुविधा*  
**With nature**

**For animals:**  
**necessary & largely**  
**adequate**

*पशु के लिए*  
*आवश्यक*  
*एवं पूर्ण*

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

*मानव के लिए*  
*आवश्यक*  
*परंतु पूर्ण नहीं*

For human being to be fulfilled, is there anything more required?

If we recognize our aspirations, we find that we want to live in relationship with all and feel happy living in relationship, therefore relationship is necessary for human being

*मनुष्य की चाहना को पहचानें तो वह सभी के साथ संबंधपूर्वक जीना चाहता है और संबंधपूर्वक जीकर सुखी होता है, इसलिए संबंध मनुष्य के लिए आवश्यक है।*

What is naturally acceptable to you?

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

*आप ही अपने में जांच कर देखें,*

- 1. आपकी चाहना संबंधपूर्वक जीने की है या*
- 2. आपकी चाहना विरोधपूर्वक जीने की है या*
- 3. आपने मान रखा है कि जीना तो विरोधपूर्वक ही संभव है। 'struggle for survival', 'survival of the fittest' और क्या आप वैसा जीते हुए सुखी होते हैं ?*

Thus: for human being, both physical facility and relationship are necessary

*अतः मानव के लिए सुविधा व संबंध दोनों आवश्यक हैं।*



# Although we have Recognised the need for Relationship...

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

Whenever we 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... not even listening 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?



# 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

# Right Understanding is also Essential for Human Being

RIGHT UNDERSTANDING

(समझ)

in the self

RELATIONSHIP

(संबंध)

with human  
being

PHYSICAL FACILITY

(सुविधा)

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 taking care of all 3? or are we largely taking care of physical facility?  
Does physical facility ensure fulfilment in relationship? ...right understanding in the self?  
**If all 3 are required, what would be the priority\*?**

\*Working on the high priority facilitates the realisation of the lower priority



Without right understanding

1. We can't ensure fulfillment in relationship
2. We don't know how much physical facility we require  
(and regardless of how much physical facility we accumulate, we feel deprived)

Problems in the family are more due to lack of fulfillment in relationship than lack of physical facility

- Relationship is more important than physical facility

Physical facility is necessary, but not adequate



## 1 RIGHT UNDERSTANDING

(समझ)

in the self

2

## RELATIONSHIP

(संबंध)

with human  
being

Feeling  
- Trust  
- Respect  
- ...

3

## PHYSICAL FACILITY

(सुविधा)

with rest of nature

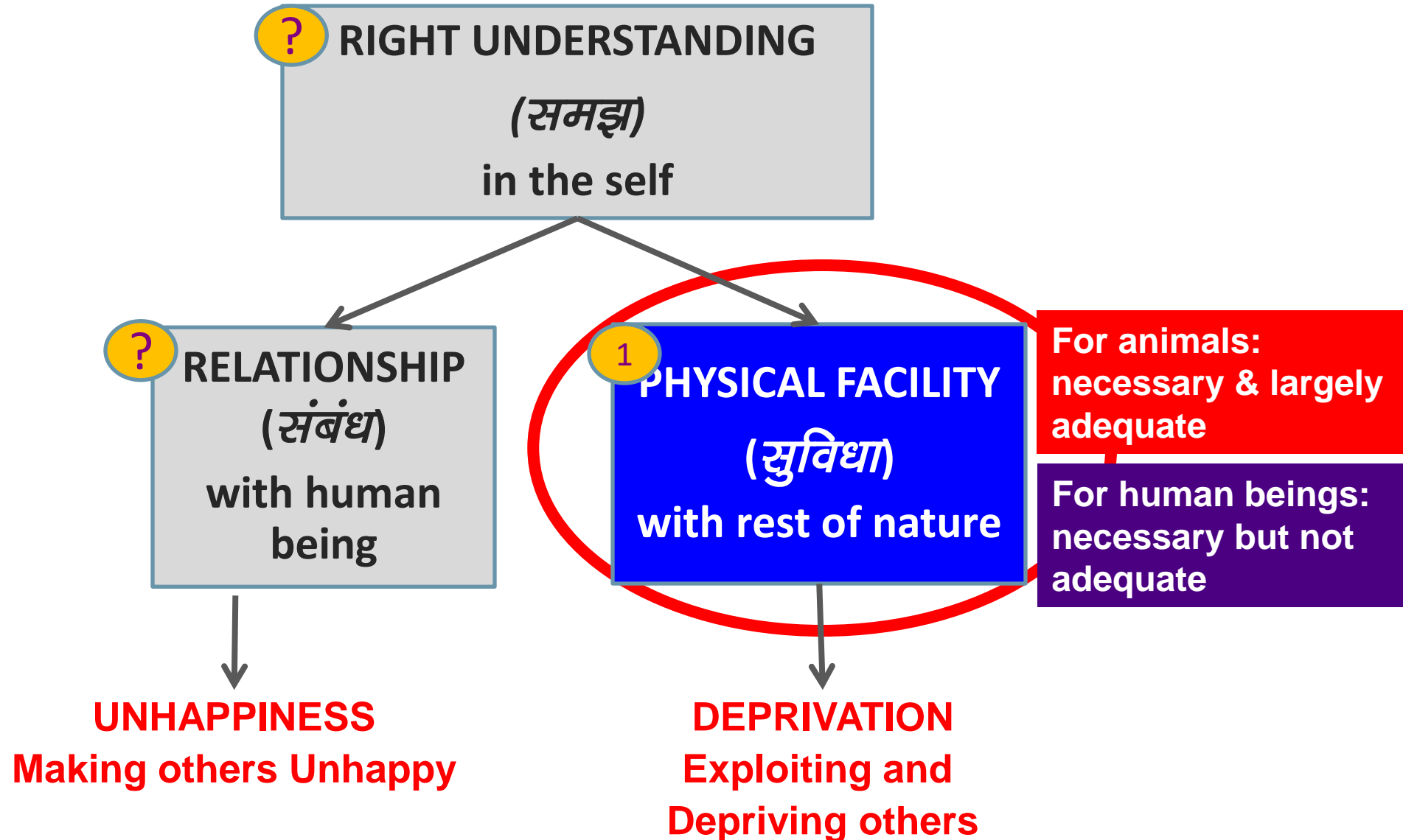
For animals:  
necessary & largely  
adequate

For human beings:  
necessary but not  
adequate

All 3 are definitely required

We can keep the priority open

Now, we can see the outcome when we are ensuring all three and  
when we are only working on physical facility



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

*इसीलिए अभी दो तरह के मनुष्य दिखाई देते हैं-*

1. Lacking physical facility, unhappy deprived (*सुविधा विहीन दुखी दरिद्र*)
2. Having physical facility, unhappy deprived (*सुविधा संपन्न दुखी दरिद्र*)

While we want to be – *जबकि हम होना चाहते हैं-*

3. Having physical facility, happy prosperous (*सुविधा संपन्न सुखी समृद्ध*)

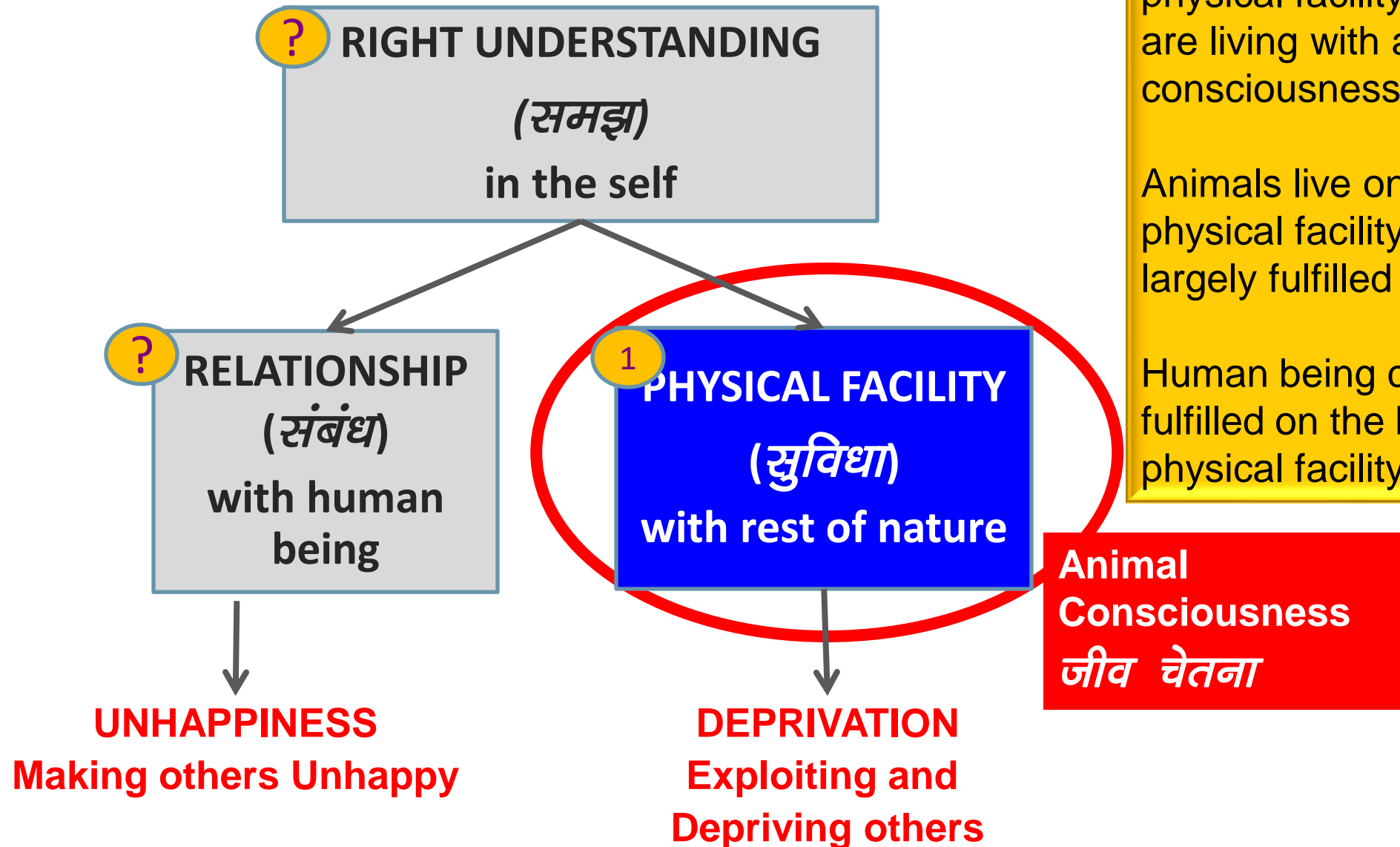
Find out

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

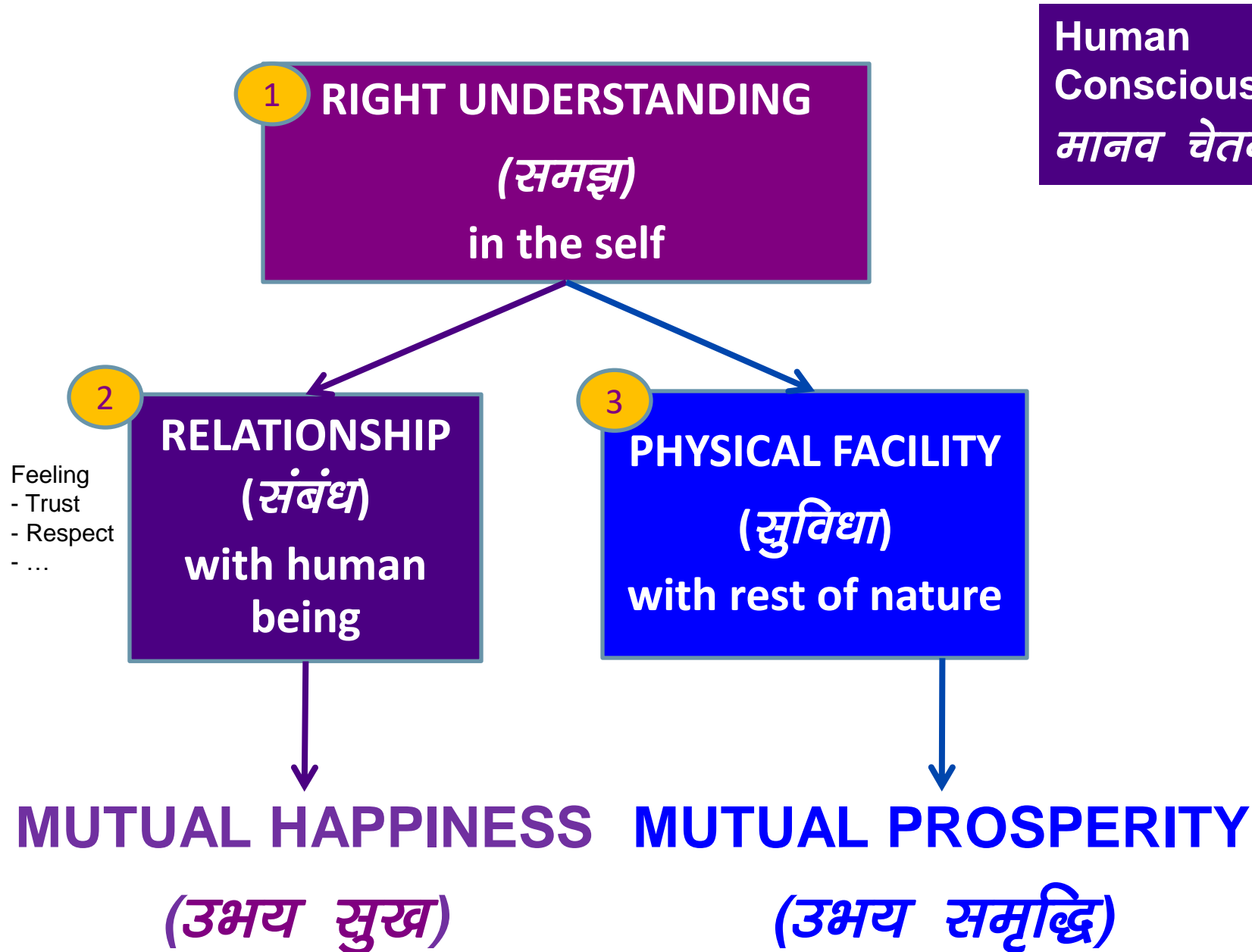
*अपने में जांच कर देखें-*

- *कहां होना चाहते हैं ?*
- *अभी हम कहां है ?- 1, 2 या 3 में और*









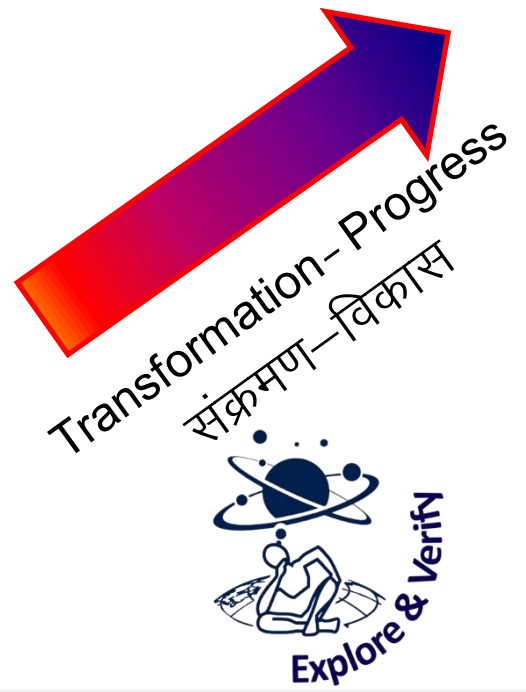
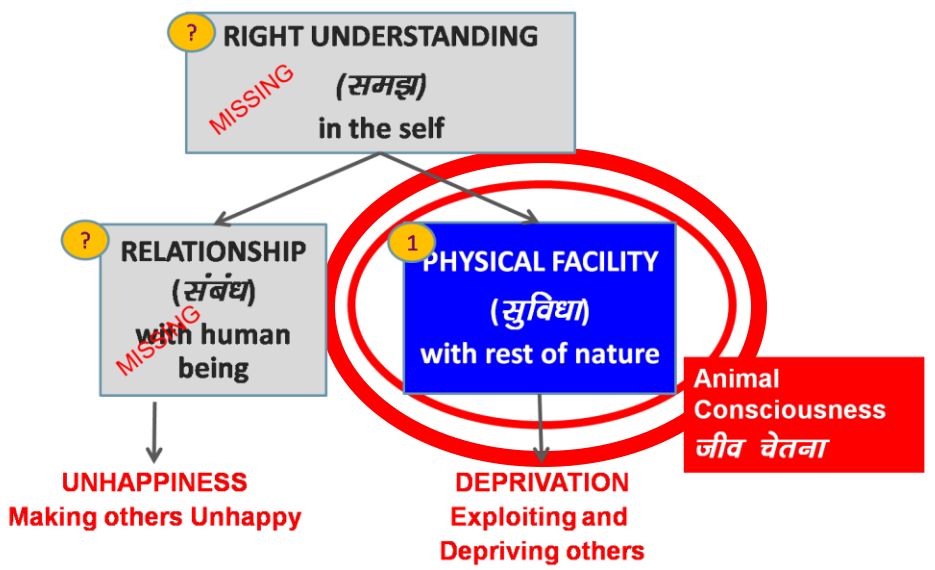
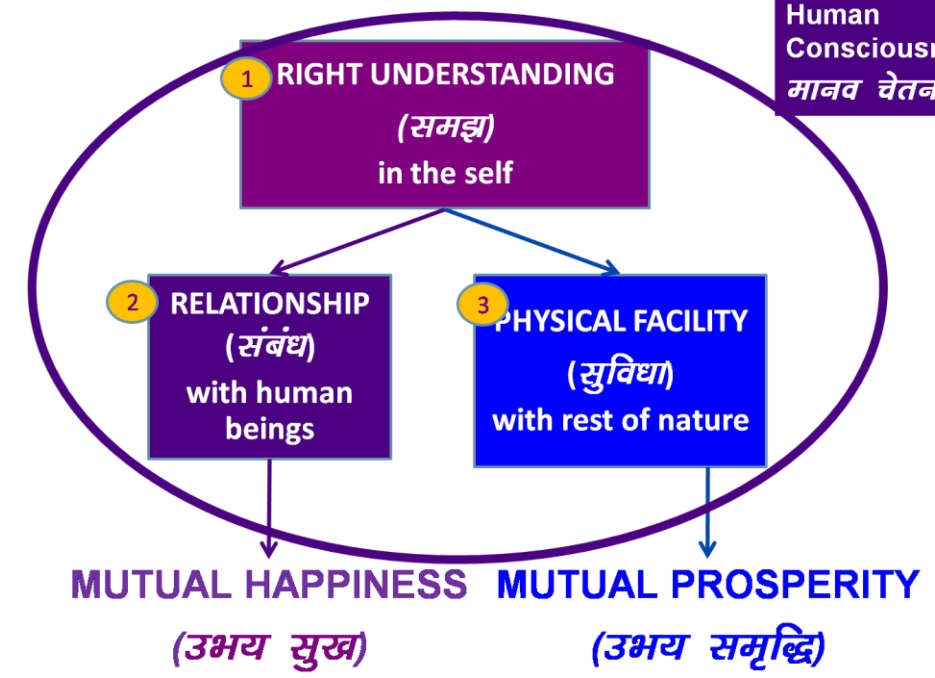
Human  
Consciousness  
मानव चेतना

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

# Holistic Development (विकास) = Transformation (संक्रमण)

Human  
Consciousness  
मानव चेतना



Physical facility alone can't ensure transformation, regardless of the extent of its increase

Holistic Development is ensuring of all 3

We will explore into the role of education in holistic development

# We are already Producing enough Food!

**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 1/3<sup>rd</sup> 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>



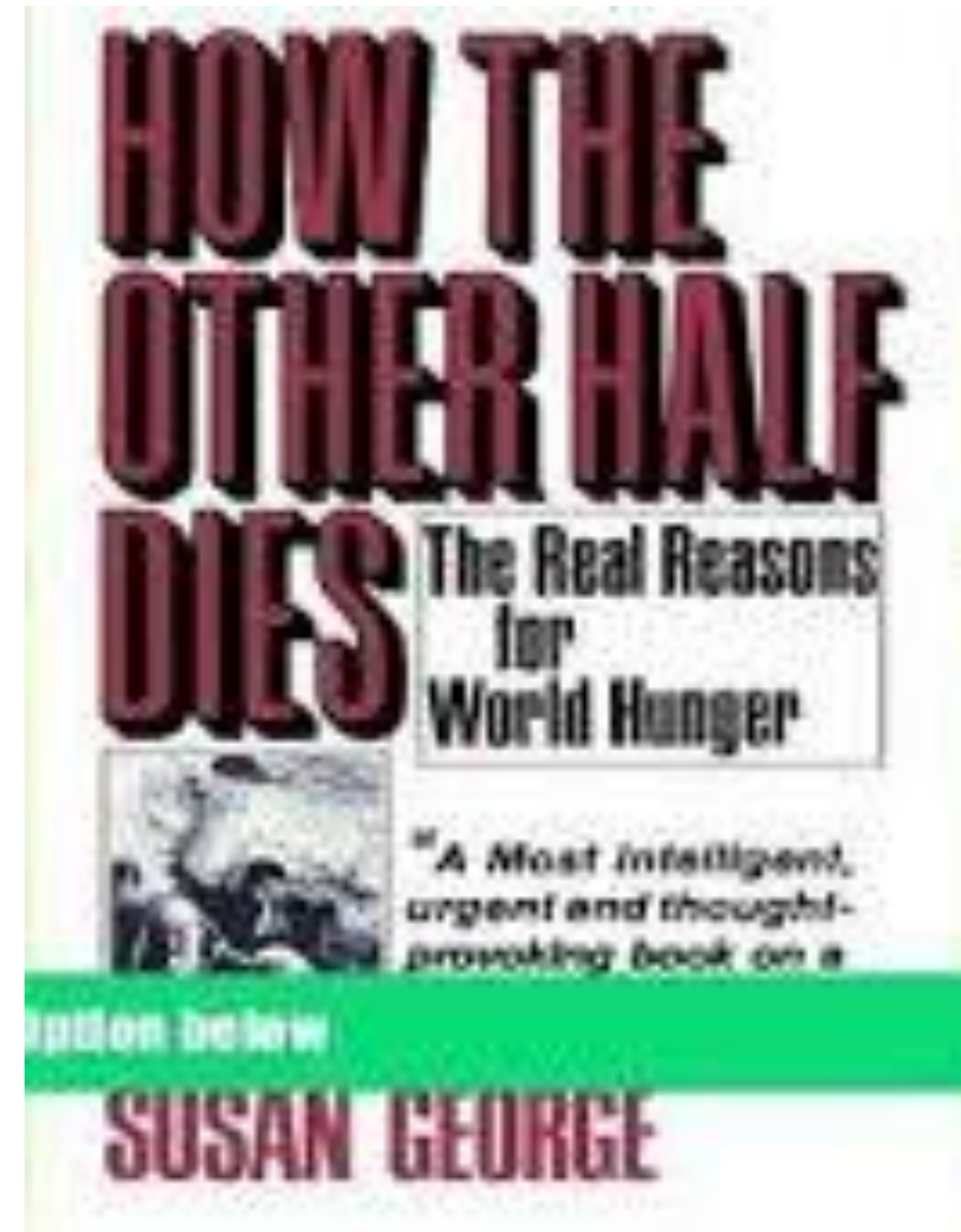
# How the Other Half Dies, Susan George, 1976 Penguin

...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  
cultivable land...

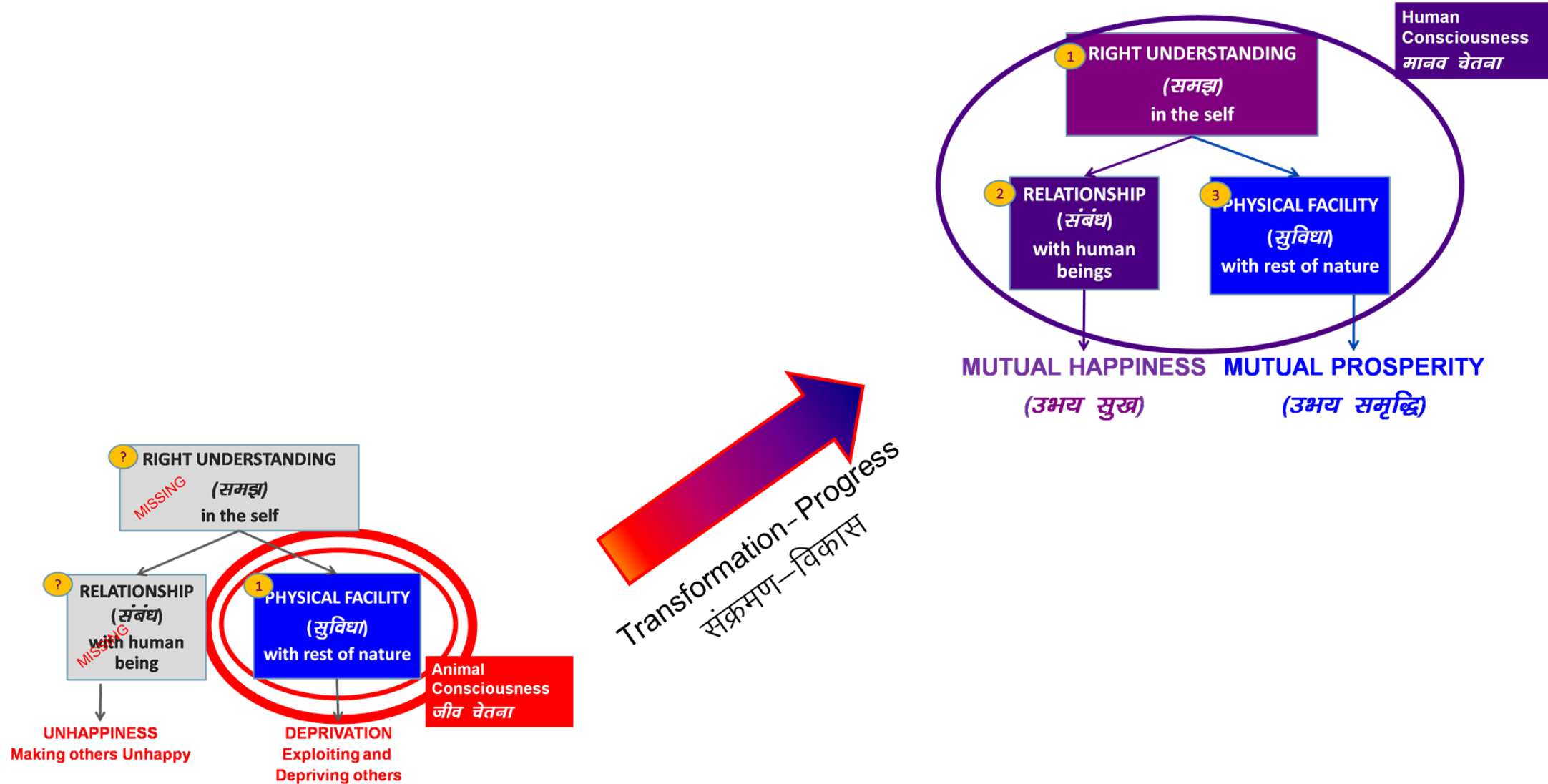
The other half is dying because the first half is not rightly  
utilizing the resources...

Hunger is not a scourge but a scandal



# Role of Education: To Enable Transformation

The role of education is to enable the transformation to Human Consciousness



## 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  
right utilisation of physical facility  
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 right utilization is also largely missing

The core feeling generated is

to accumulate more & more,

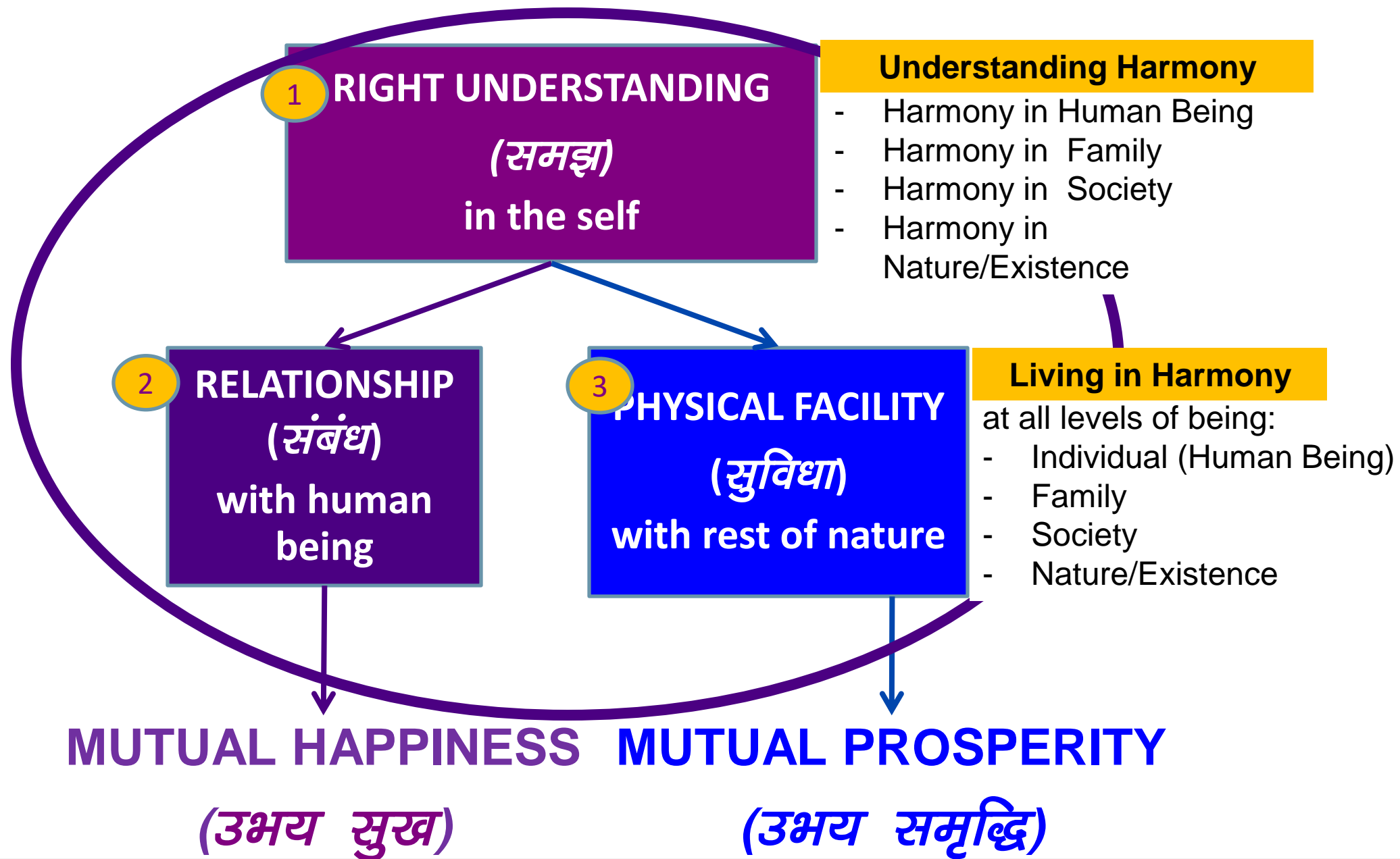
to consume more & more,

(rather than to produce what is required and utilize it rightly...)



Education –  
Understanding

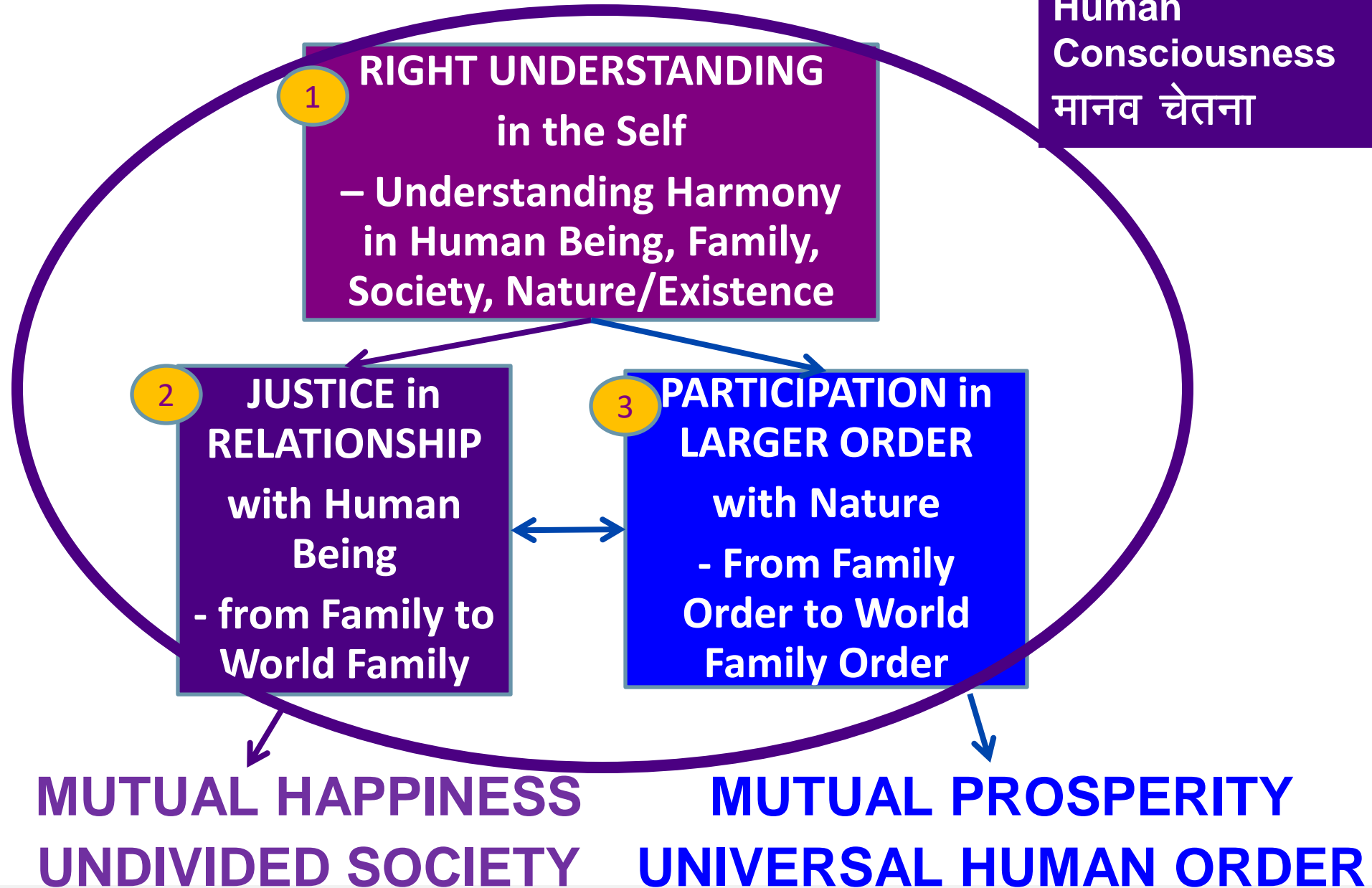
Sanskar – Living



Human  
Consciousness  
मानव चेतना

Education –  
Understanding

Sanskar – Living



# Sum Up: Holistic Development and The Role of Education

Basic aspirations of a human being are continuity of happiness and prosperity

Right understanding, relationship and physical facility, with the correct priority, are required for fulfilling the basic aspirations

Working for all three, with the correct priority, ensuring fulfilment of basic aspirations is living with human consciousness

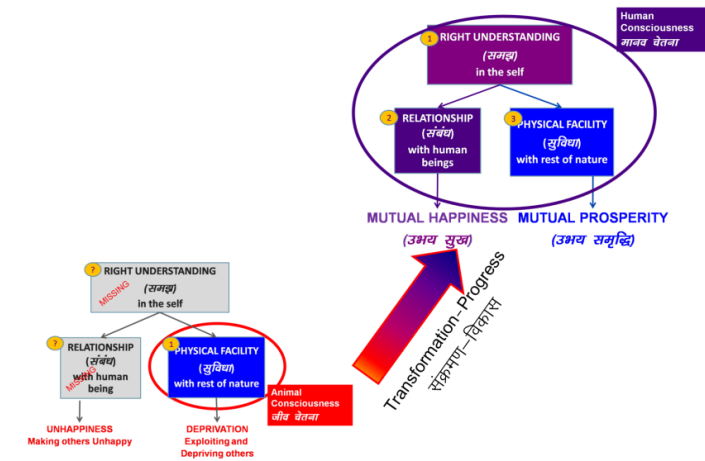
Holistic development is transformation to Human Consciousness

The role of education-sanskar is to enable this transformation

For this, the education-sanskar 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 and practice for sustainable production of more than what is required leading to the feeling of prosperity

Parents, teachers and society have the responsibility of providing such education-sanskar







# Self Reflection

# Self Reflection

Are you able to see that your basic aspirations are for continuous happiness and prosperity?

Can you see that to fulfil your basic aspirations, three things are required – 1-right understanding 2-fulfilment in relationship and 3-physical facility?

Does our education need to include content and process to include all three (1-right understanding 2-fulfilment in relationship and 3-skills to produce physical facility)? Evaluate the present education and the way forward





# Key Points

Holistic Development and the Role of Education

Right Understanding, Relationship and Physical Facility



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

प्रस्ताव है (मानें नहीं)

जाँचें – स्वयं के अधिकार पर।

अपनी सहज स्वीकृति के आधार पर।

यह संवाद की प्रक्रिया है।

यह संवाद आपके और मेरे बीच शुरू होता है, फिर आप में चलने लगता है।

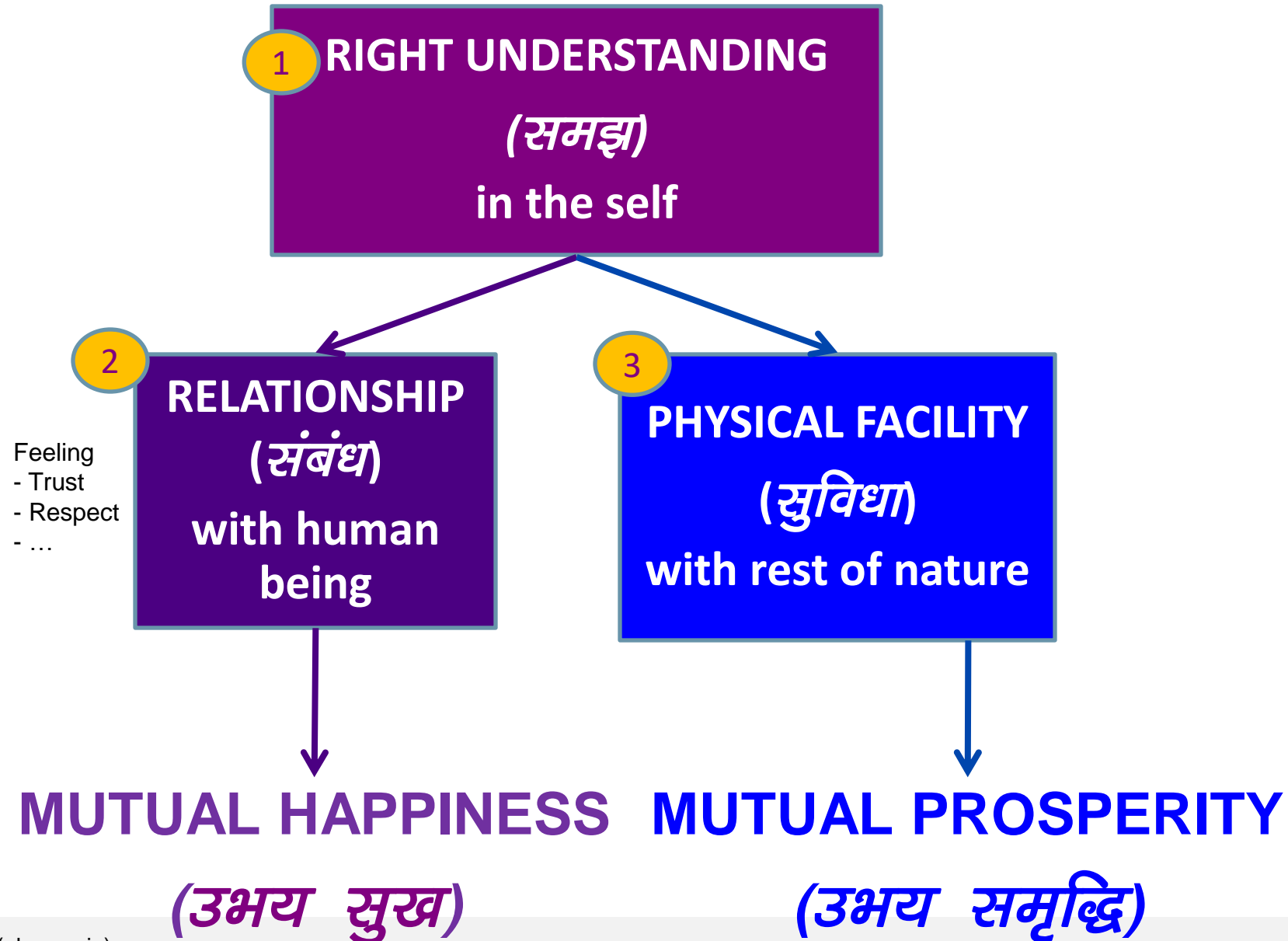
# Basic Human Aspirations

Happiness

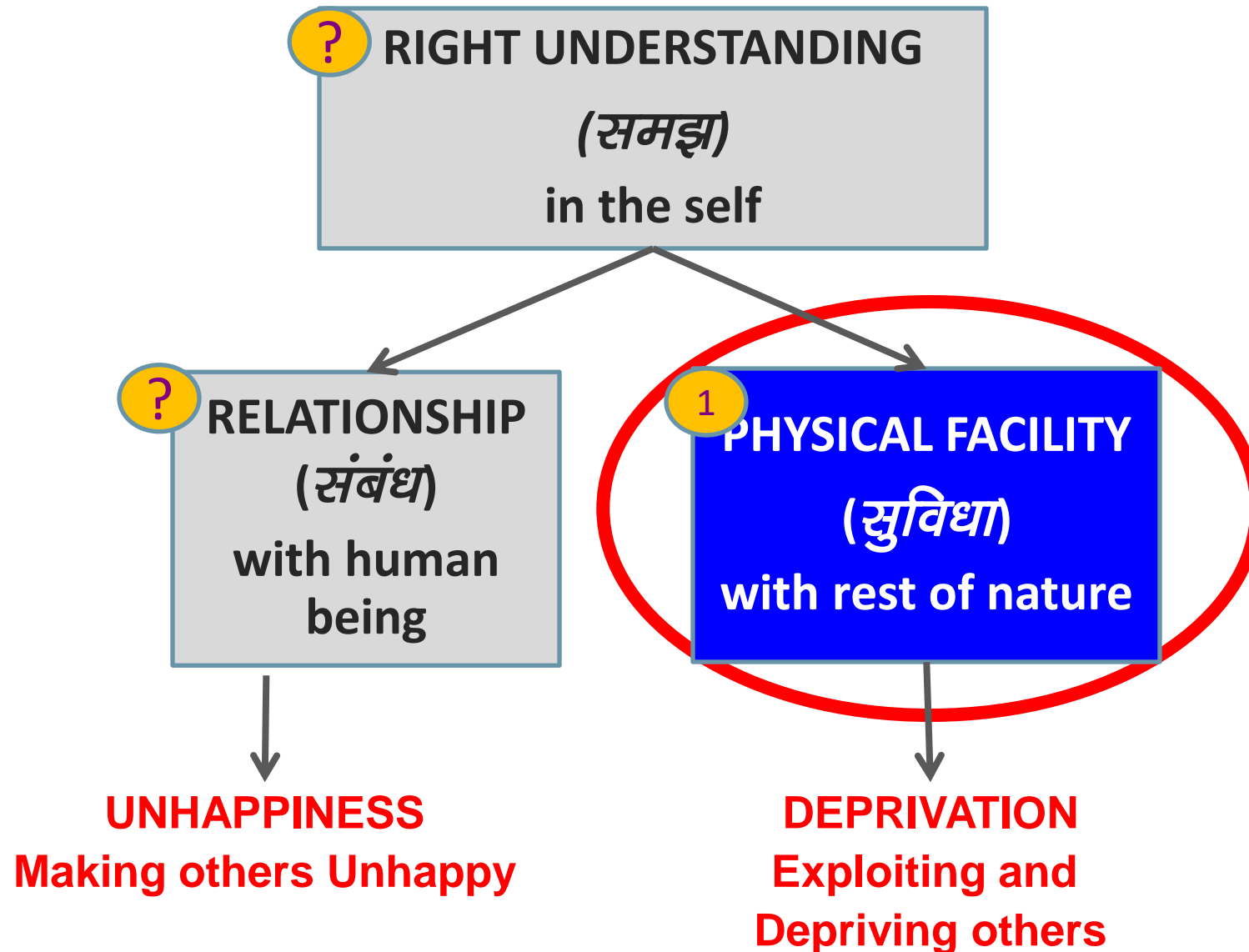
Prosperity

Continuity of Happiness and Prosperity

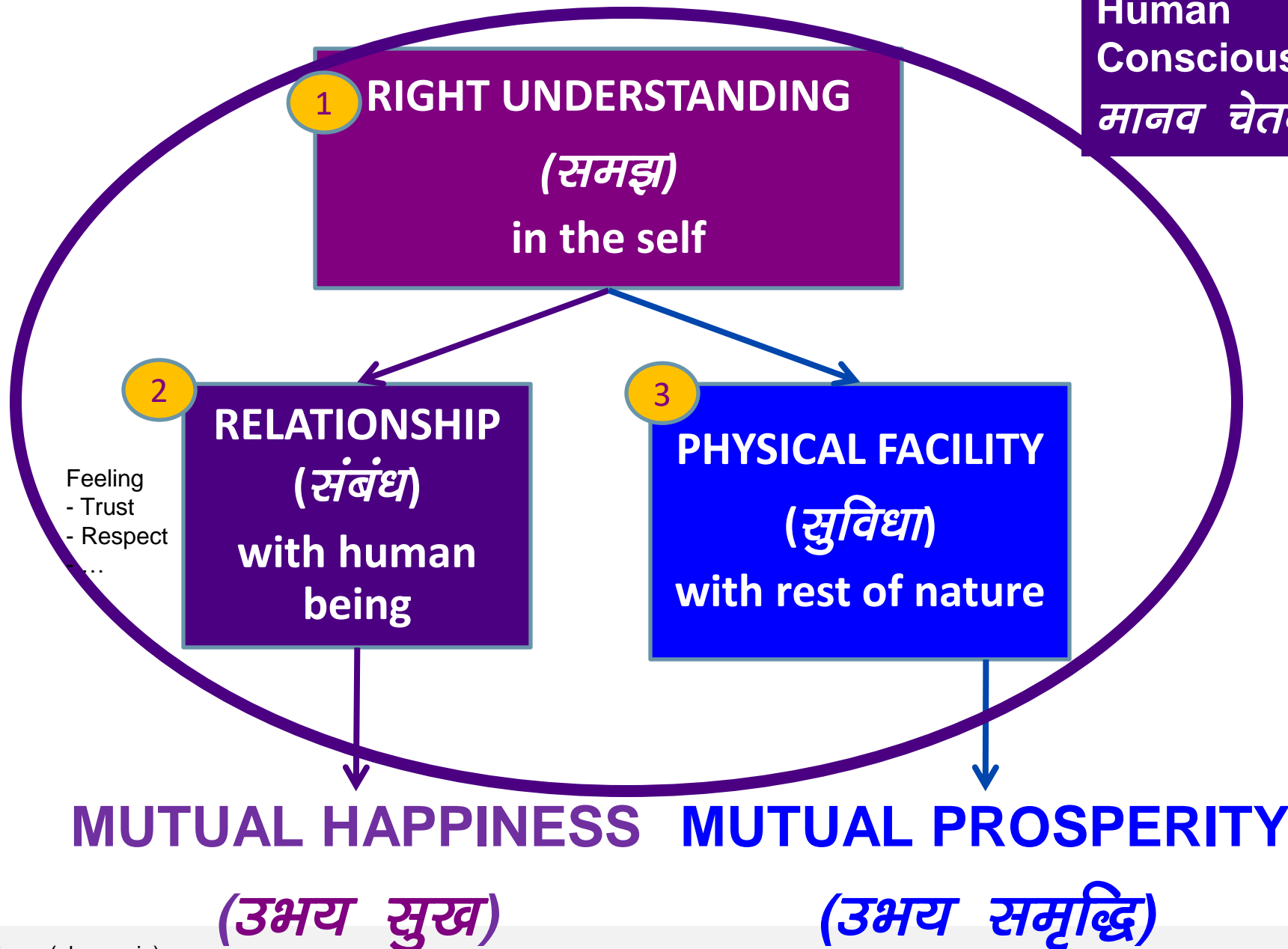
# To Fulfill Basic Human Aspirations...



# When the focus is on Physical Facility...

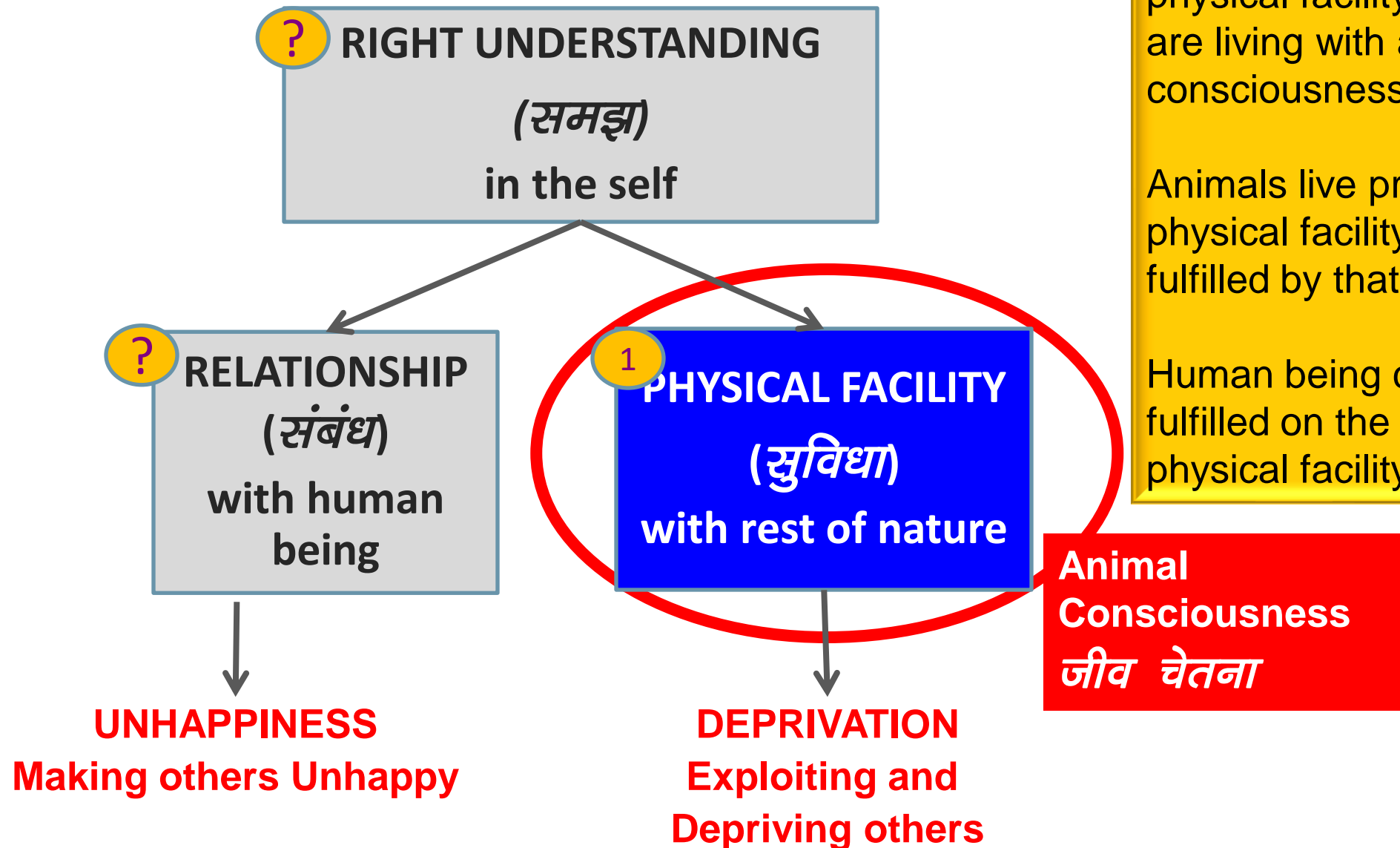


Human  
Consciousness  
मानव चेतना



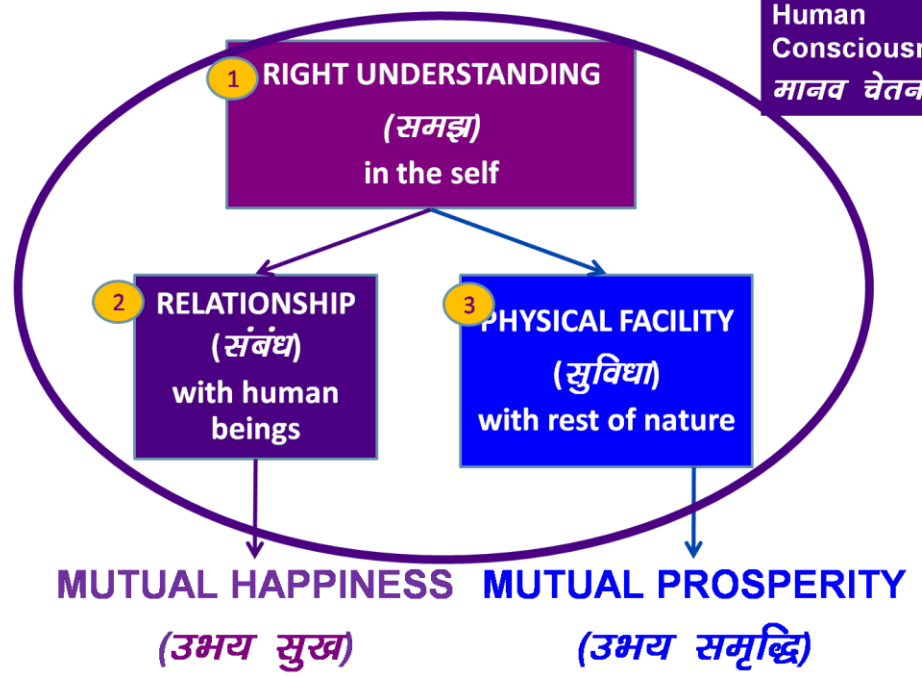
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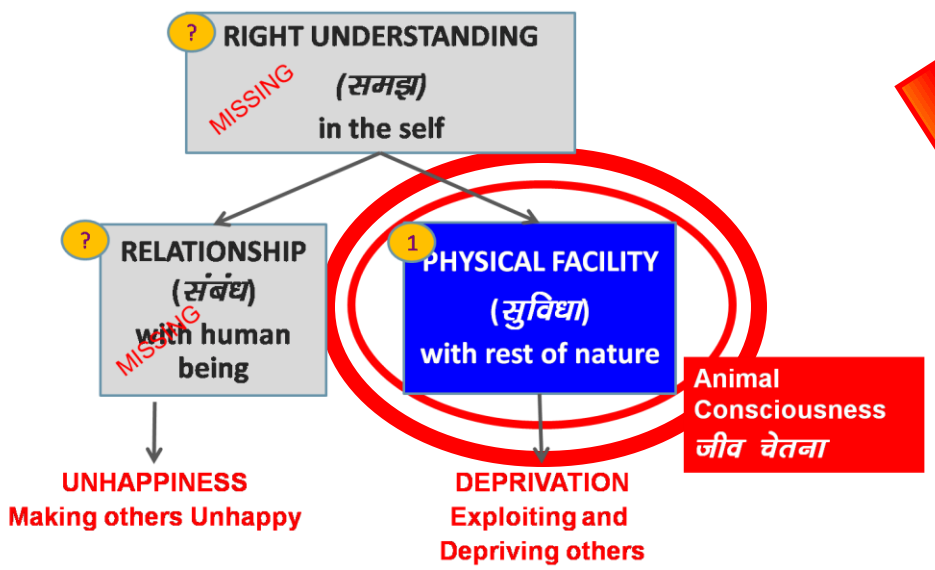


# Transformation (संक्रमण) = Holistic Development (विकास)

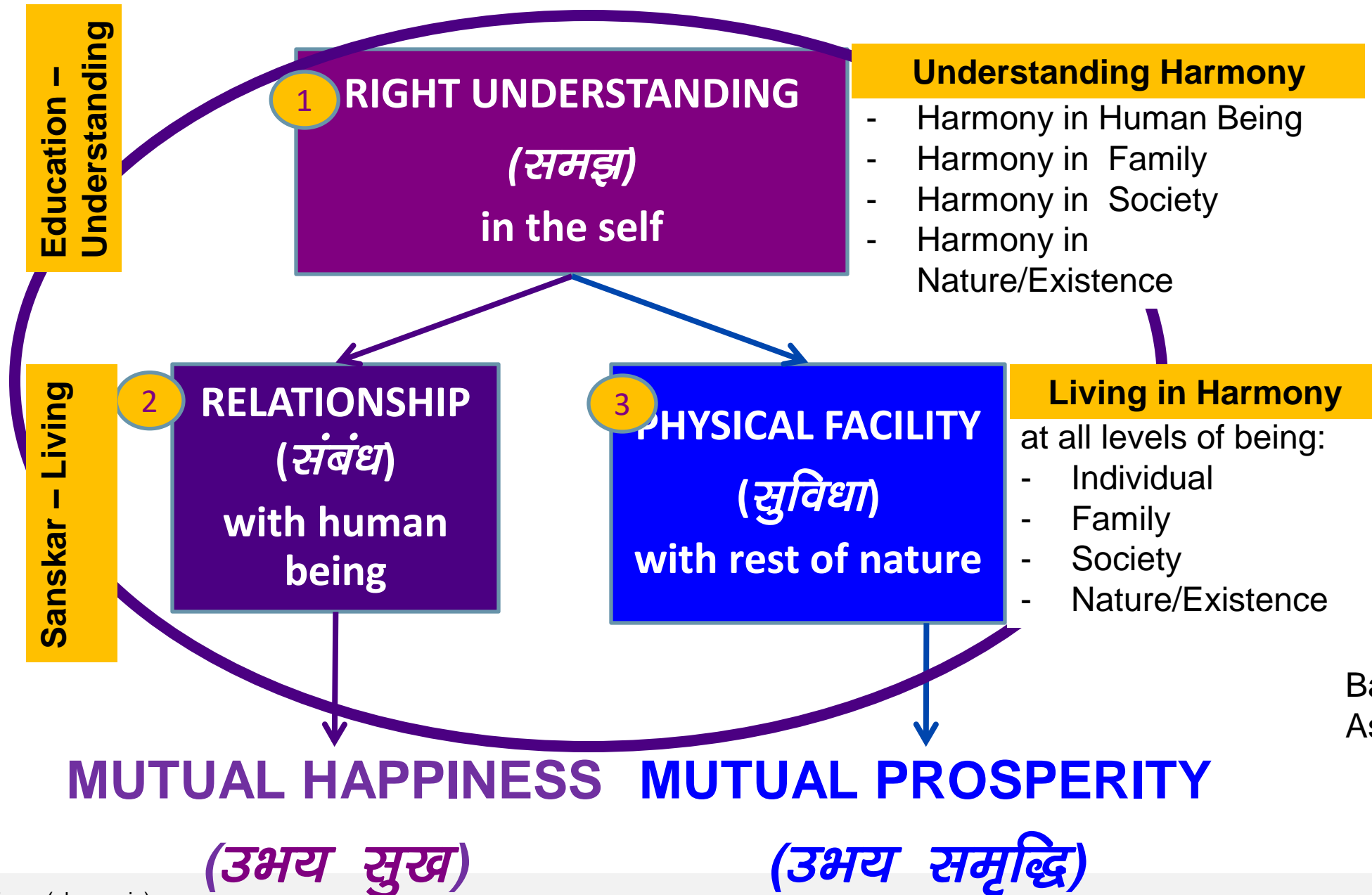
Human  
Consciousness  
मानव चेतना



Transformation - Progress  
संक्रमण - विकास







## Required for Transformation

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right utilisation of physical facility  
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 right utilization is also largely missing

The core feeling generated is

to accumulate more & more,

to consume more & more,

(rather than to produce what is required and utilize it rightly...)

## Holistic Development and the Role of Education

- Human aspirations
- Fulfilment of human aspirations through RU, Rel and PF with the correct priority
- Meaning of Holistic Development – Transformation from Animal Consciousness to Human Consciousness
- Role of Education in transformation / holistic development



# FAQs for Lecture 4

Holistic Development and the Role of Education  
Right Understanding, Relationship and Physical Facility

## Question(s) 1: Human Aspirations

## Response

How can anyone be happy CONTINUOUSLY?

Desirability

Can you show me anyone who is always happy?

Feasibility

Effort required

Aren't happiness and unhappiness both a part of life?

Are we not talking about something that is not at all possible?



## Question(s) 2: Human Aspirations

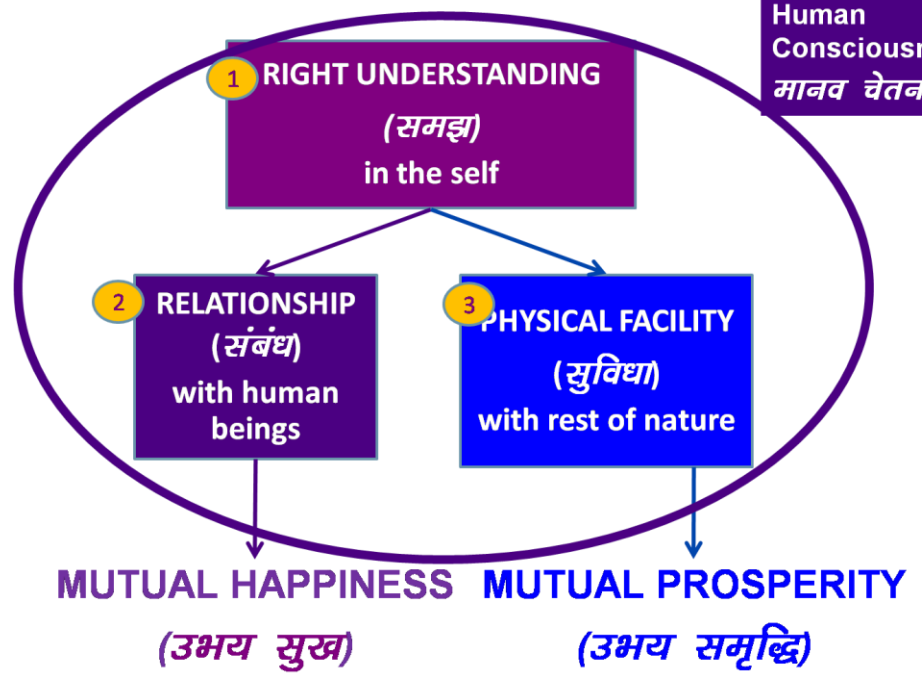
## Response

If we all become happy, development will stop, isn't it?

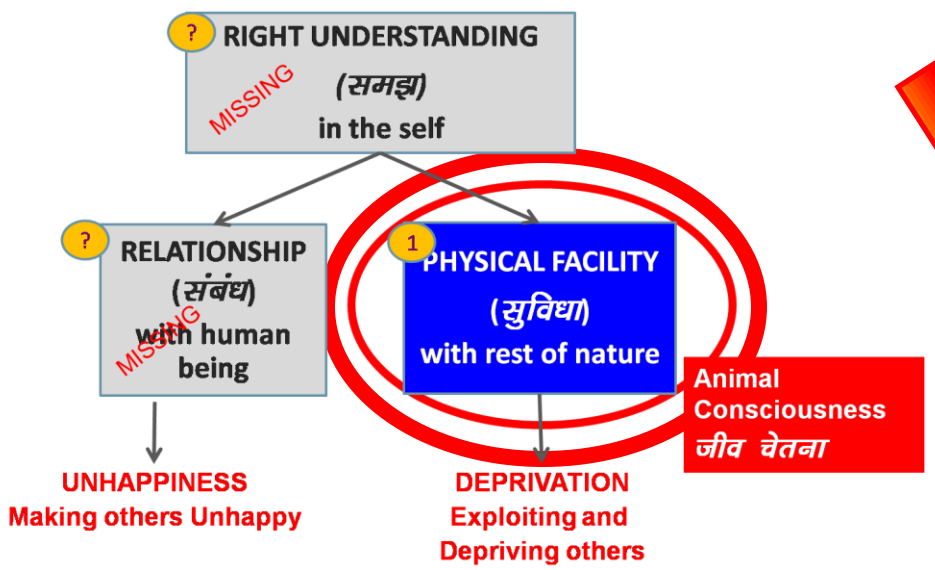
Look around – there is so much of poverty, joblessness, etc. By speaking about such an idealistic state, will we not mislead the next generation away from development; from making progress?

# Transformation (संक्रमण) = Holistic Development (विकास)

Human  
Consciousness  
मानव चेतना



Transformation - Progress  
संक्रमण - विकास





### Question(s) 3 : Need for Physical Facility

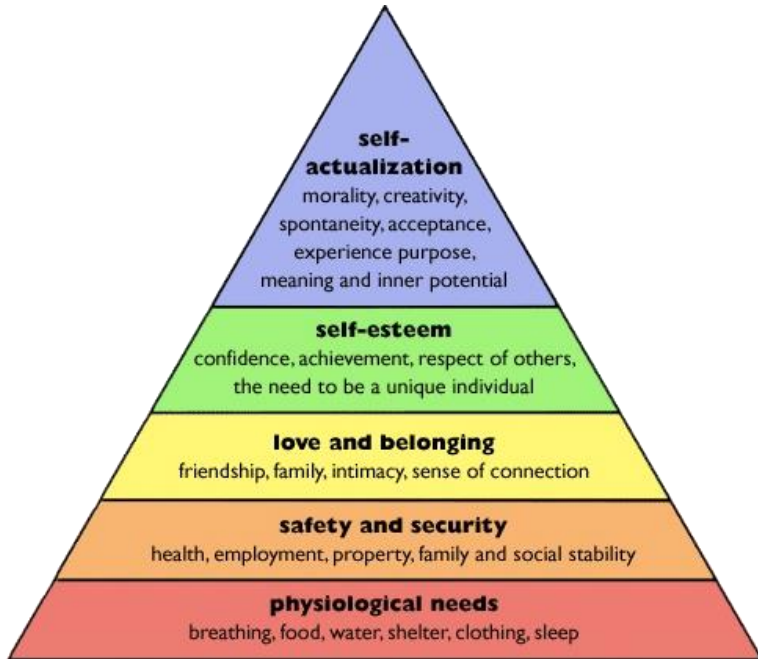
### Response

I think physical facility is most basic and important human need. Even Maslow's hierarchy of needs puts physical needs at the base. How can you say that RU is the first priority?

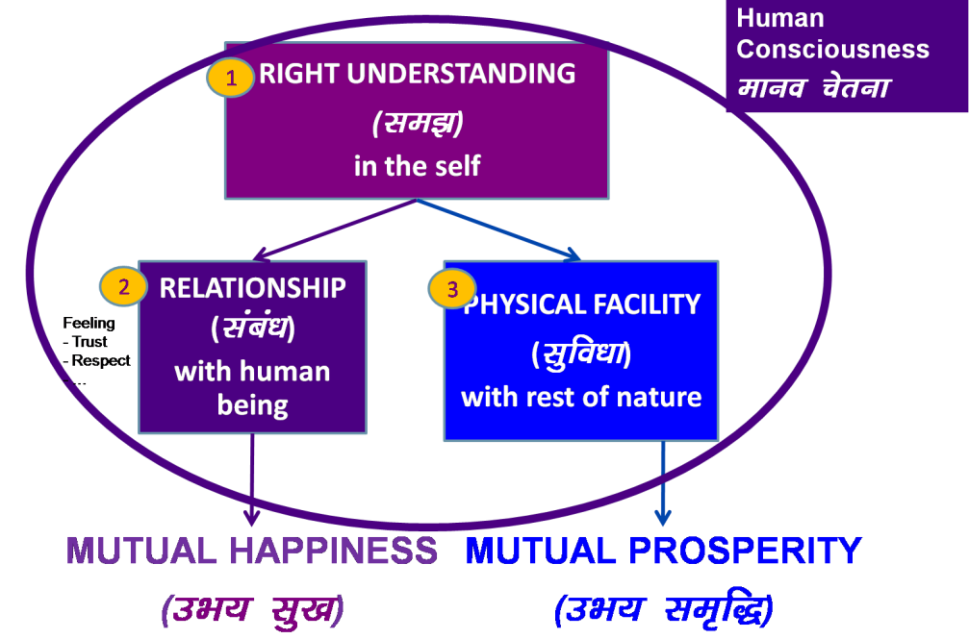
How does Maslow's hierarchy of needs fit into this?

In the theory of Maslow's need of hierarchy - Physical facility is the most basic requirement and you are saying that it is the third priority? How is it so?

# Focus on Physical Facility



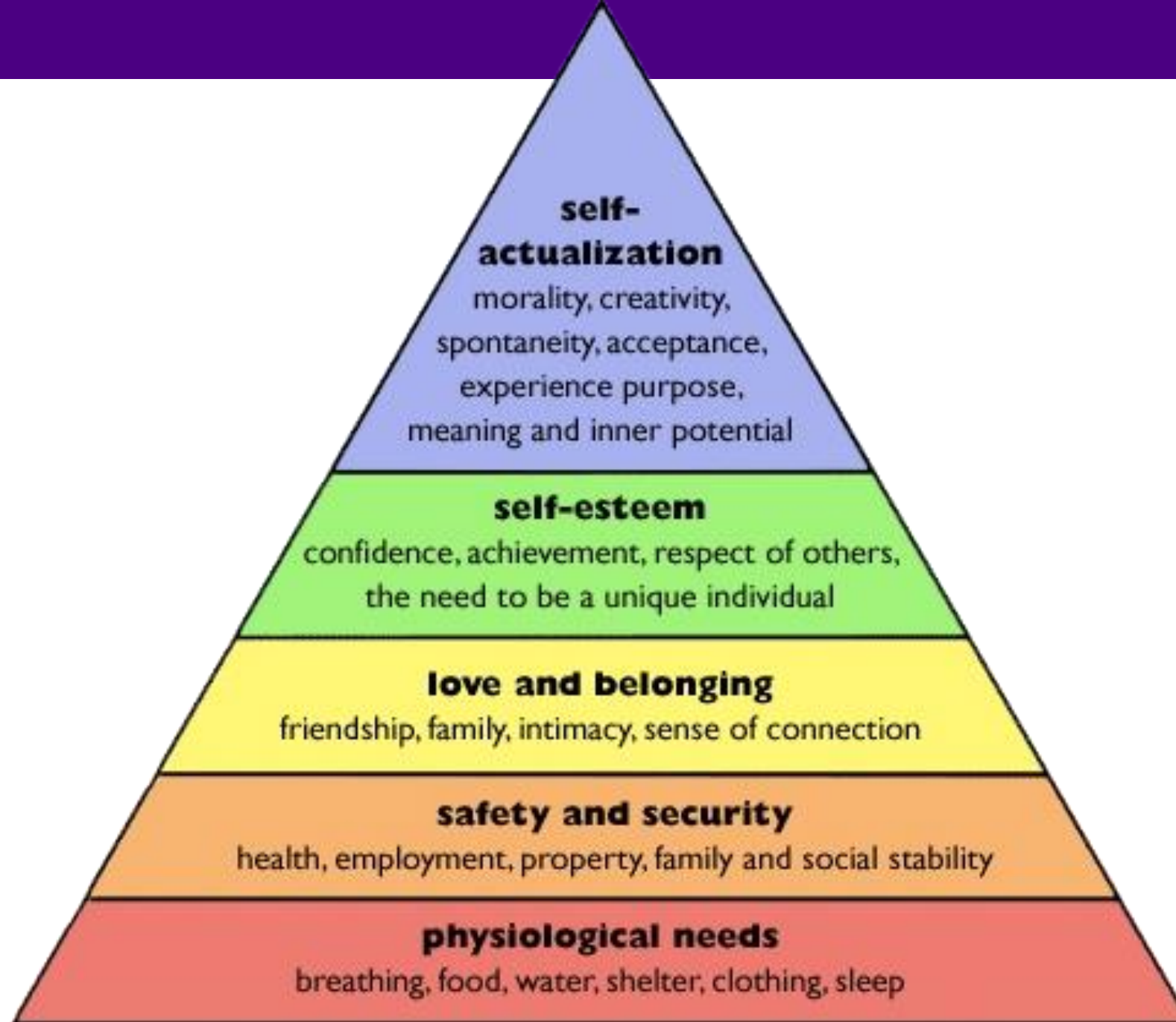
# Focus on Happiness and Prosperity



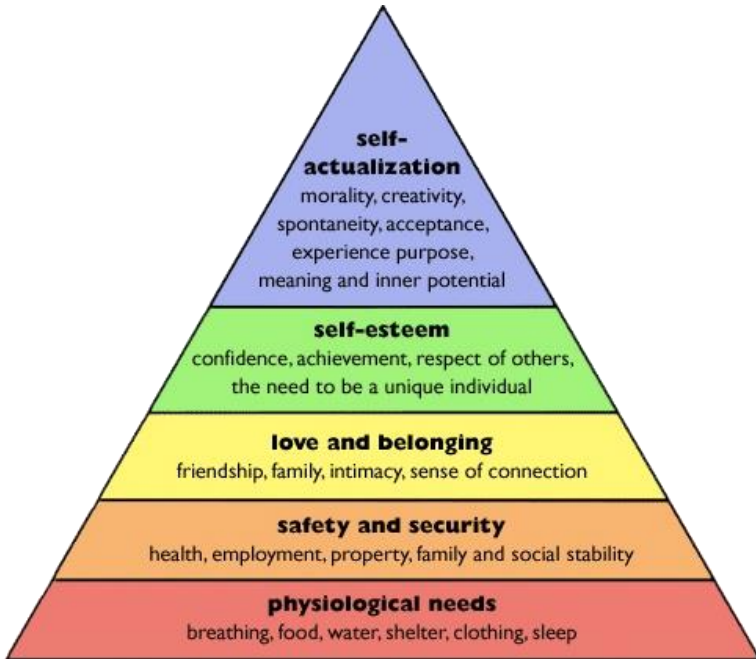
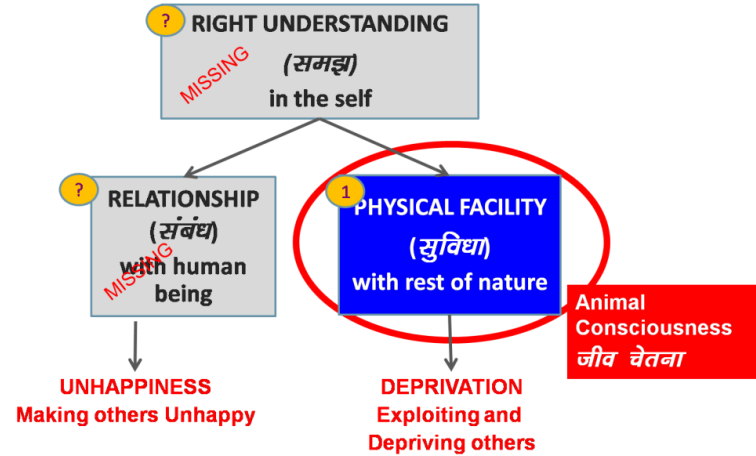
#1 Right understanding in the self

#2 Right feeling in the self, relationship with human being

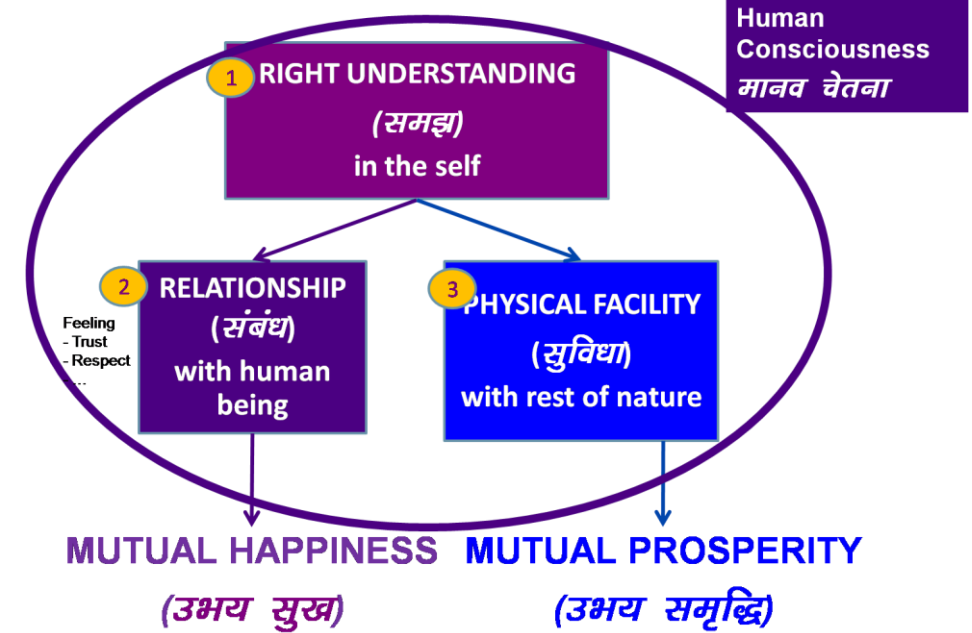
#3 Physical facility with rest of nature



# Needs: Animal Consciousness



# Needs: Human Consciousness



#1 Right understanding in the self

#2 Right feeling in the self, relationship with human being

#3 Physical facility with rest of nature

## Question(s) 4: Need for Physical facility

## Response

For a person dying of hunger, what is the first priority?

Can anyone work for right understanding when he has no physical facility? Then how can RU be first priority?

# 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 1/3<sup>rd</sup> 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>





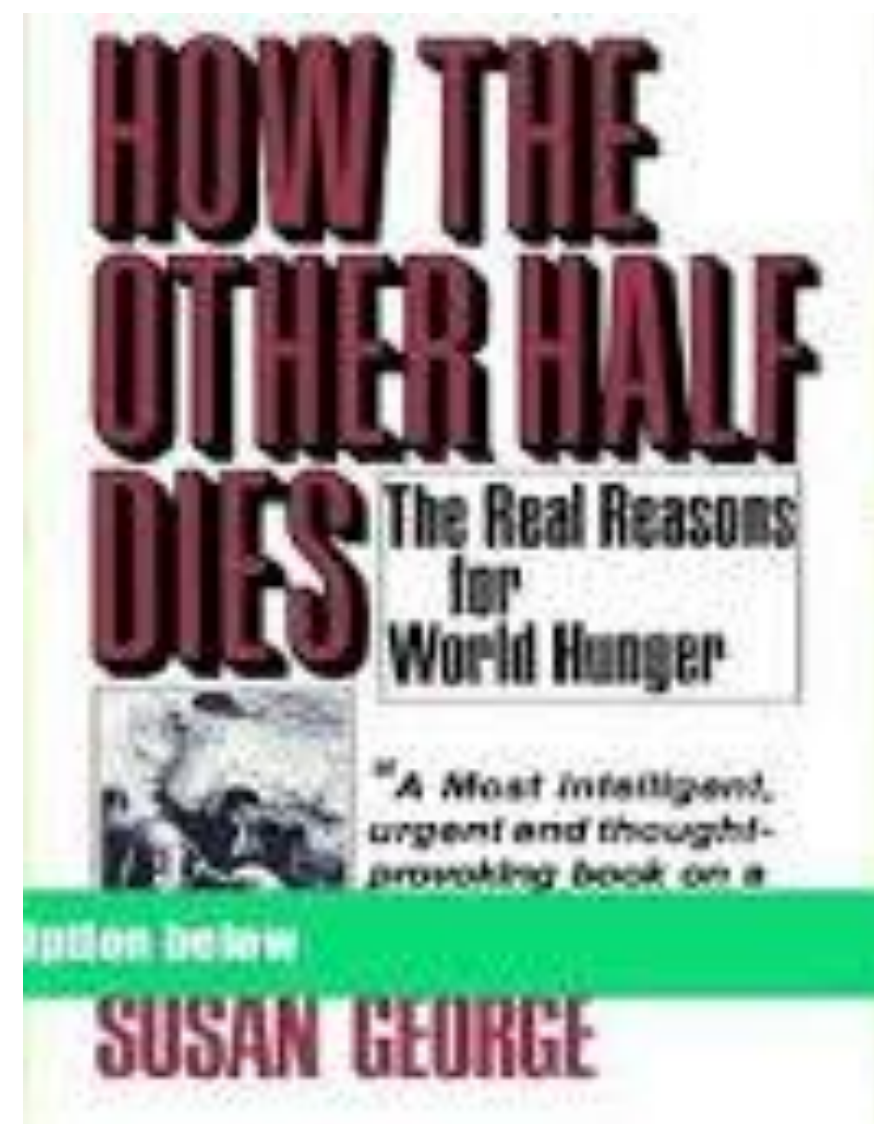
## But Resources are Not the Problem!

...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



## Question(s) 5: Other Needs

## Response

Where do we place health here in the priority as human consciousness?

Health of Self

Health of Relationship (Mutual Fulfilment)

Health of the Body... Rest of the Physical World (Mutual Enrichment)



## Question(s) 6: Comparing with Animals

## Response

Animals also need relationship. How can we say that animals need only physical facilities?

Why are we demeaning animals?

Animals have higher level of right understanding, that's why they are in harmony. Isn't it?

Why do we need to at all compare human beings with animals?

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

## Question(s) 7: Relationship

There is competition, 'struggle for survival', 'survival of the fittest' all around. Don't you agree that this is true?

In science, we have studied the theory of evolution (Darwin's theory) – struggle for survival and survival of the fittest. What is the use of talking about harmony and cooperation?

## Response

Nature – underlying design = ?  
Struggle or mutual fulfilment?

Our way of looking at things  
our feeling (which may include opposition)  
sanskar (which may be biased)  
or  
our naturally acceptable feeling  
our natural acceptance (for relationship, harmony, co-existence)

Our thoughts, actions depend on our perspective (our own creation)

There is competition, 'struggle for survival', 'survival of the fittest' all around. Don't you agree that this is true?

In science, we have studied the theory of evolution (Darwin's theory) – struggle for survival and survival of the fittest. What is the use of talking about harmony and cooperation?

Examine yourself in this example.

There are two people in a room.

Both are hungry.

The available food is sufficient for just one person.

Who will get the food – the stronger person or the weaker person?

Going by this theory, the stronger person will take the food.

But what if the strong one is the mother?

Wherever there is a feeling of relationship...

## Question(s) 8: Relationship

I feel the expectations in relationship are a major cause of unhappiness. So, if we do away with these expectations, then we will automatically become happy – and that is my right understanding. Do you agree?

I do not feel the need to be in relationship with everyone that I come across. Why do I need to be related to others whom I do not feel connected with?

## Response

2 aspects in relationship

1. Feeling in me – for all

Trust? – I can be comfortable, fearless  
(but I will evaluate the comp.)  
→ happiness

or

Mistrust? – I will be uncomfortable,  
fearful → unhappiness

2. Fulfilment of those feelings

a) Expect the fulfilment by the other – depending on, considering their competence

b) From our side, we make effort to fulfil those feelings for those in the vicinity (start from close family and slowly expand... ultimately to all? – depends on our competence...)

## Options in relationship

I continue to work for relationship without expecting immediate change in the other

I continue to work for relationship and expecting immediate change in the other

be indifferent

Live with opposition

## Question(s) 9: Role of Education

What does definite conduct mean? Will human beings not become robots like that?

## Response

Definite conduct at the level of expression, follow the norms of the society, programmed by others?

Or

Follow your own natural acceptance?

- Feeling of relationship (trust, respect...)
- Interacting with others with these feelings (understanding, feeling is definite, expression will have lot of creativity)

Will be able to appreciate different cultures, different expressions...

## Question(s) 10: Societal Implications

Undivided society sounds like a utopian society. It is an ideal state which can never be realized, so why to talk about it?

## Response

1. What is desirable (what is our natural acceptance) love... undivided society
2. How do we go about it? Make effort towards what is desirable and feasible (start with understanding (developing a holistic world view).... then feeling.... thought... action)
3. Also can check where we will end up / reach with any other option e.g. every nation trying to dominate other nations is the present direction 50% resources preparing for war... what is the result?