



Lecture 10

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

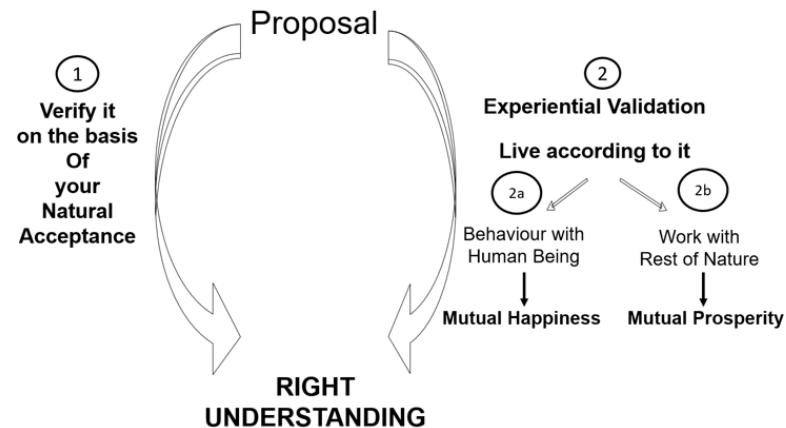
Harmony in Nature/Existence

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



This presentation is in 3 parts

Part 1 – Introduction

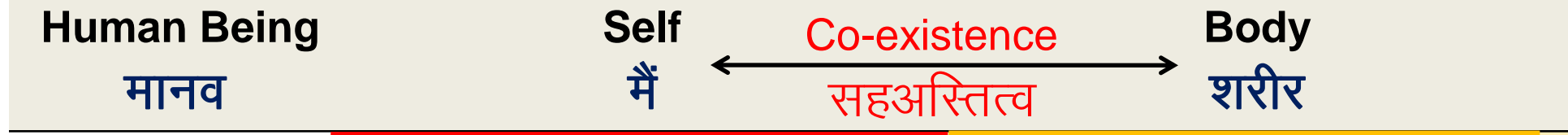
Part 2 – More details of the Self

Part 3 - Sanskar



Introduction

Part 1 of 3

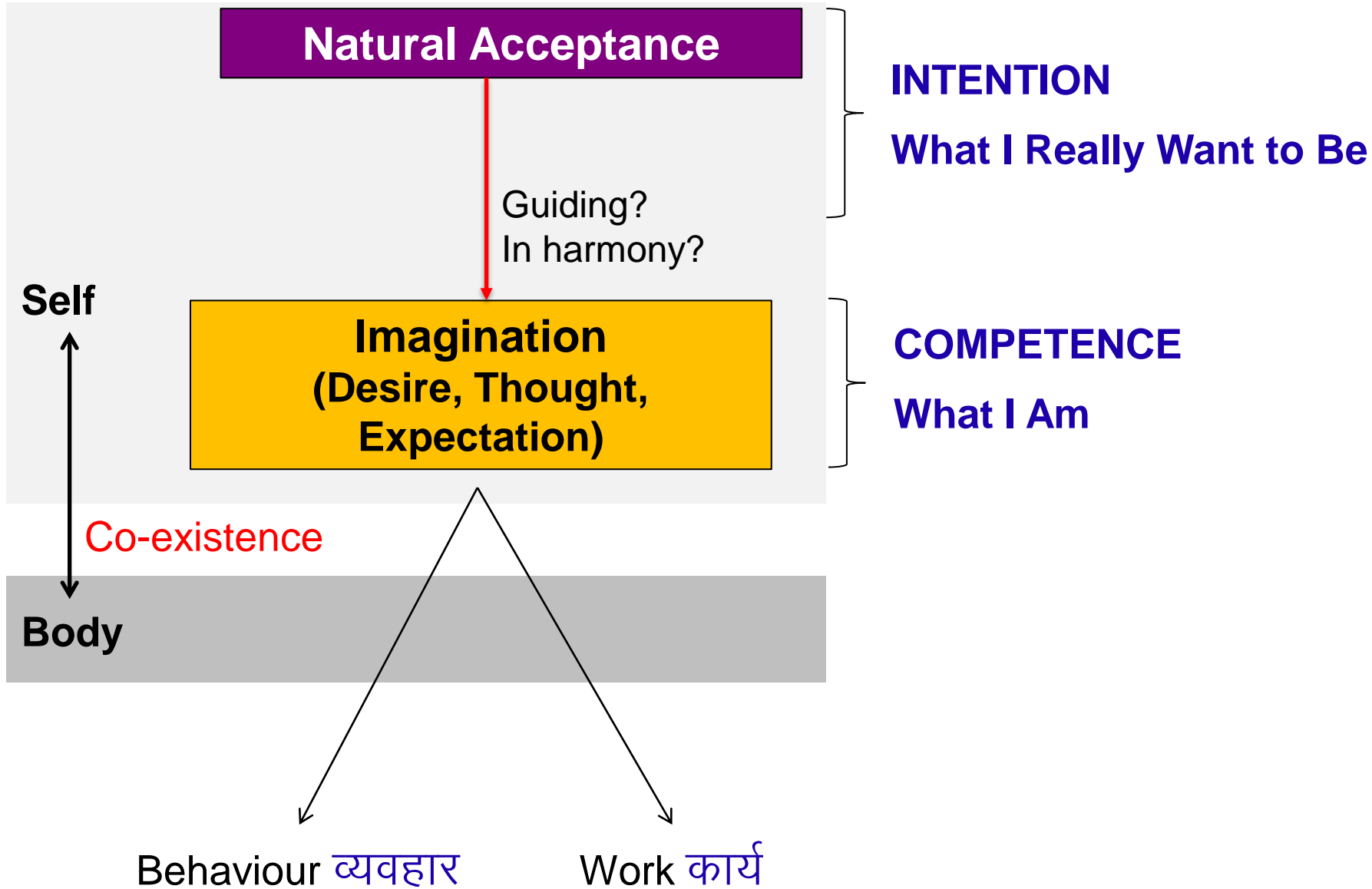


Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Imagination (Desire, Thought, Expectation)... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

↓
Material जड़

Activities of the Self




Activities of the Self मैं की क्रियाएं

Natural Acceptance

Imagination

Self मैं

	Power शक्ति	Activity क्रिया
1.		
2.		
3.	Desire इच्छा	
4.	Thought विचार	
5.	Expectation आशा	

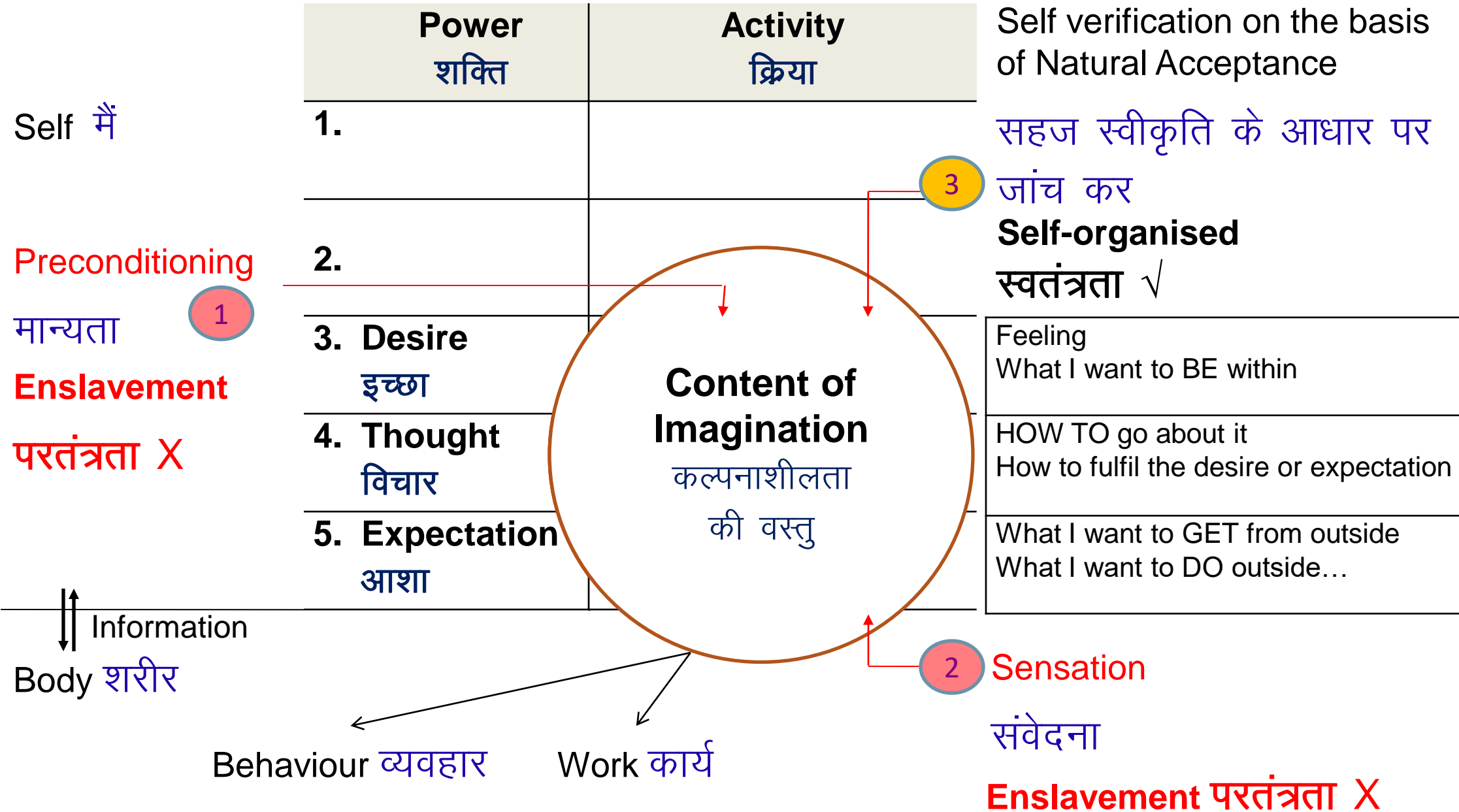
Information
Body शरीर

Behaviour व्यवहार

Work कार्य



Sources of Motivation for our Imagination and its Implications



Preconditioning, Sensation and Natural Acceptance

Preconditioning: Assuming something as valuable, will result in my happiness.

May be without knowing, may depend on something or someone outside, may keep changing.

Not sure if it leads to harmony or if it leads to contradiction

Sensation: Assuming that sensation (Sound, Touch, Sight, Taste, Smell) from outside, through the body will result in my happiness

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

Natural Acceptance: What is valuable, what I really want to be as a human being, what is my purpose

It is innate, uncorrupted by preconditioning, universal

Living by it leads to harmony (happiness) within, continuity is desirable, possible

We have a natural acceptance for:

Relationship [of mutual fulfillment, complimentarity, **not for opposition**]

Harmony [mutual enrichment, **not for exploitation**, harmony within, and harmony outside]

Co-existence [**not for struggle, conflict**]

Exercise: Preconditioning (Acceptance), Sensation or Natural Acceptance?

Feeling of respect for elders

Feeling of respect for all

To win

To get a good name

Want to make the other happy

There is struggle for survival,
survival of the fittest

Want to keep the Body healthy

Want the Body to look good

I am special, unique

I want that bike... because I like its colour,
looks...

To come first in the class

To understand what is being taught

Feeling of collaboration

Feeling of competition

...

Exercise: Preconditioning (Acceptance), Sensation or Natural Acceptance?

Feeling of respect for elders PC

Feeling of respect for all NA

To win PC

To get a good name PC

Want to make the other happy NA

There is struggle for survival PC
survival of the fittest PC

Want to keep the Body healthy NA

Want the Body to look good PC

I am special, unique PC

I want that bike... because I like its colour,
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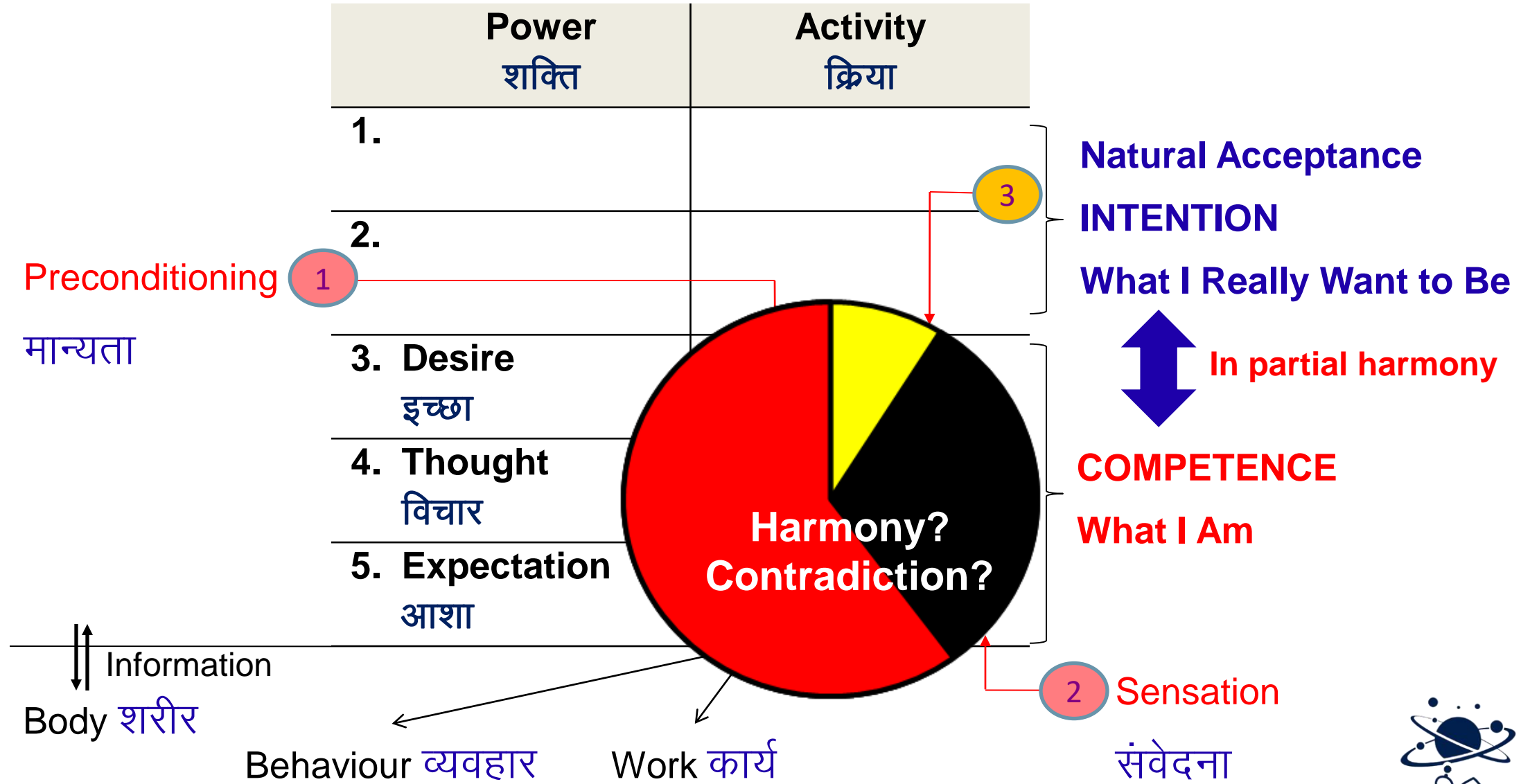
To come first in the class PC

To understand what is being taught NA

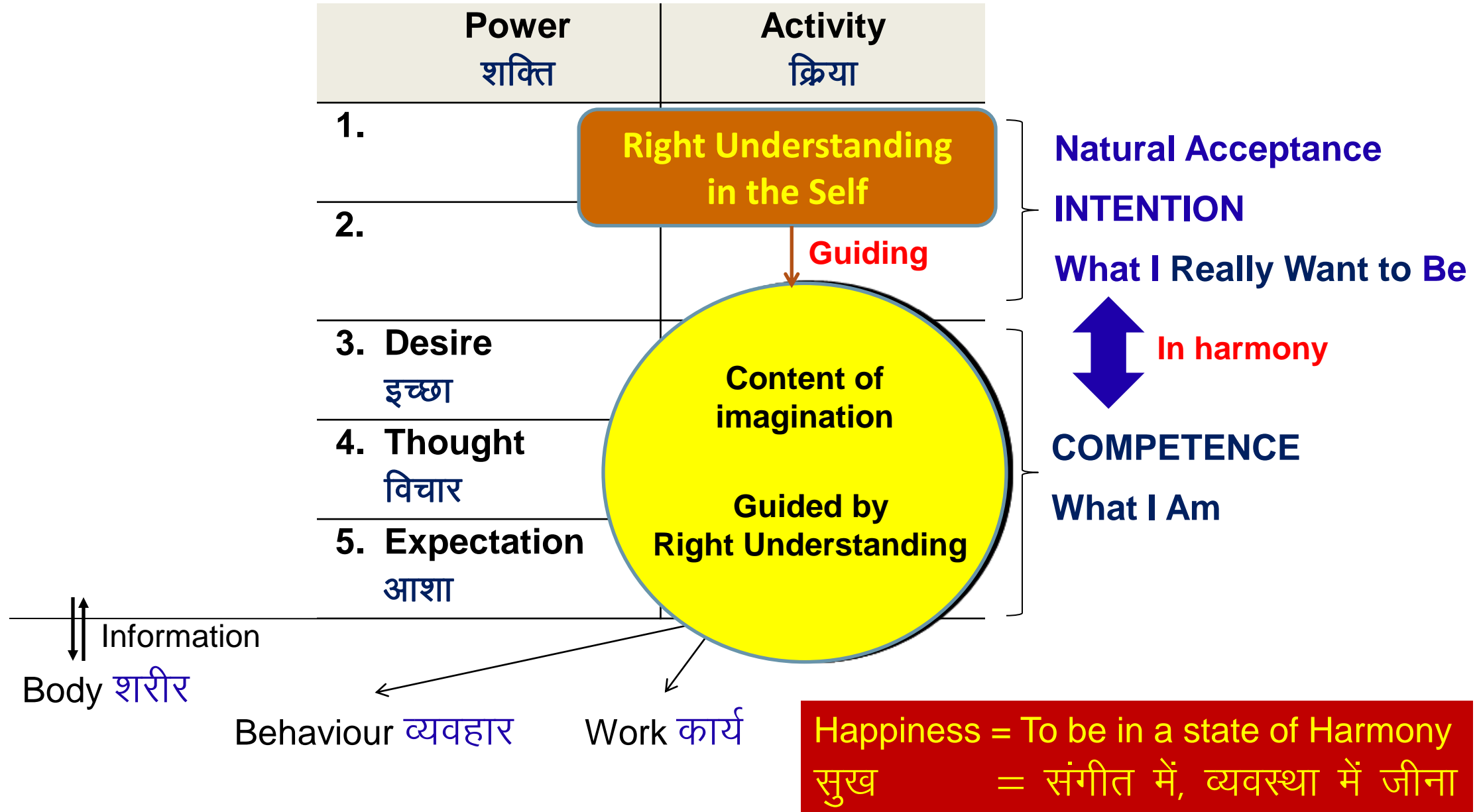
Feeling of collaboration NA

Feeling of competition PC

Imagination not completely in line with Natural Acceptance → Partial harmony in the Self



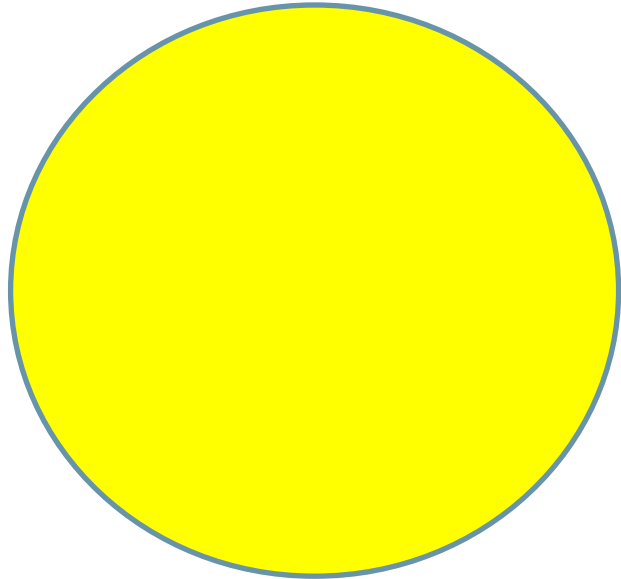
Imagination fully in line with Natural Acceptance → Harmony in the Self



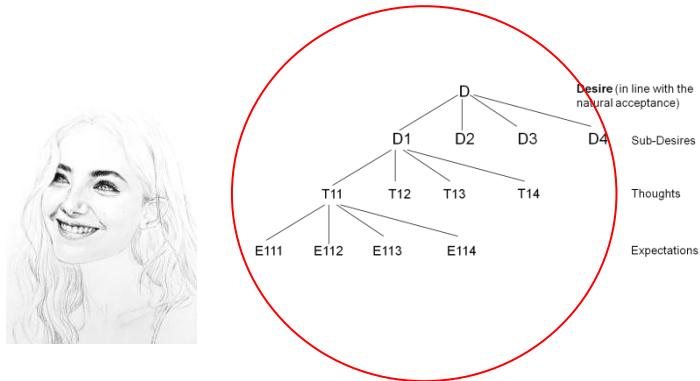
Happiness = To be in a state of Harmony
सुख = संगीत में, व्यवस्था में जीना



Self in Harmony – Happy Self



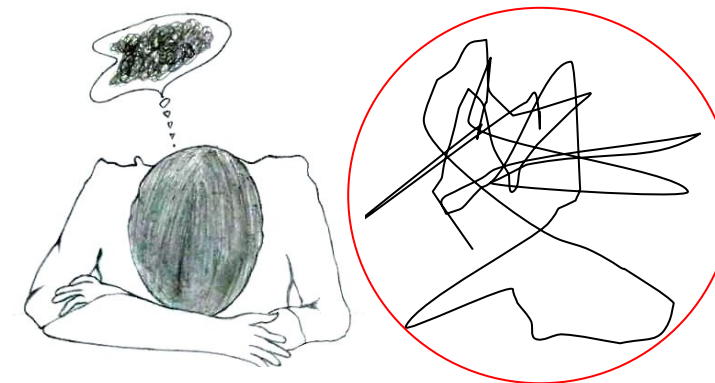
Imagination fully guided by natural acceptance, right understanding



Self in Disharmony – Unhappy Self



Imagination partially guided by natural acceptance



Imagination, which consists of desire, thought and expectation, is continuously going on in the Self

Behaviour, work are an expression of the imagination

The imagination represents our present state of being, our competence

The faculty of natural acceptance is always there in every self

It is innate, uncorrupted by preconditioning, universal (same for all)

Natural acceptance indicates “what we really want to be”, this is our intention

We have a natural acceptance for harmony...

The Self is in harmony when the imagination is in line with the natural acceptance (and therefore, there are no contradictions in the Self)

Imagination may be motivated by preconditioning, sensation or natural acceptance

When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness.

- This is the state of self-organization (स्वतंत्रता)
- This is my "intention", my "desired state", "what I really want to be"
- In this state, the conduct is definite and human

When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness.

- The state of the self is largely dictated by external influences
- This is a state of enslavement (परतंत्रता)
- This is my present "competence", my "present state", "what I am"
- In this state, the conduct is indefinite (it may be human or inhuman)

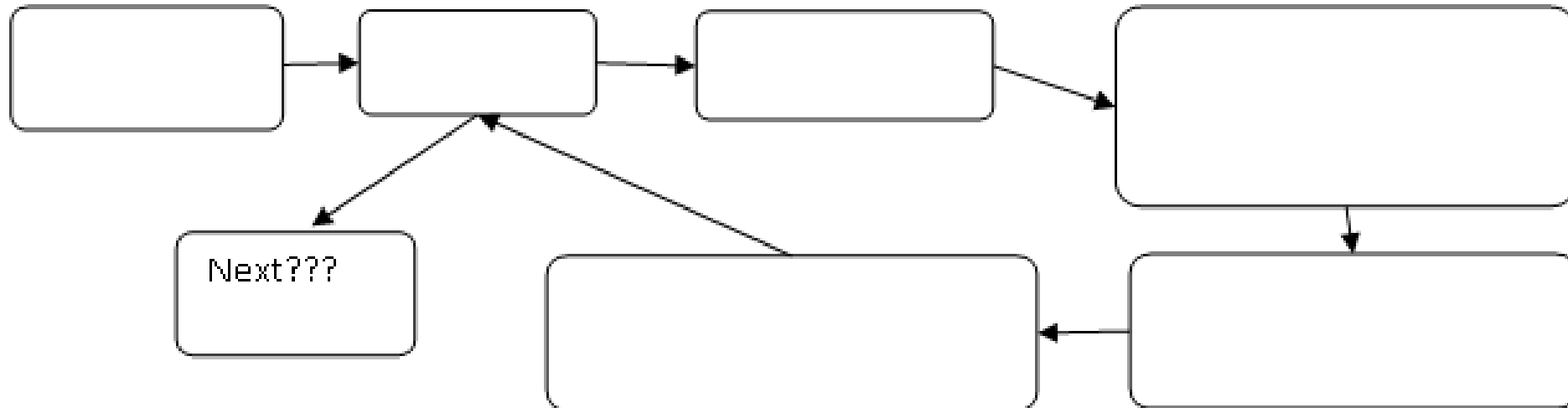


Self Reflection

Practice Session : Be aware of Your Imagination, Check if you are aware all the time...

Observe your imagination for at least 5 minutes

List down the object of your imagination at least once every minute. From this list or from directly observing your imagination, make a sequence diagram (as shown below).



Now write down your observations:

Are you able to see your imagination all of the time or only some of the time?

If you are able to see (be aware of) your imagination only some of the time, what do you think is the reason?

Are all your imaginations well connected (one imagination leads logically to another imagination) or are there sudden changes from one subject to another subject or there are gaps in between one imagination and another imagination? What is the reason for this state of imagination?

PS (cont.): Be aware of Your Imagination, Check if it is in harmony or contradiction

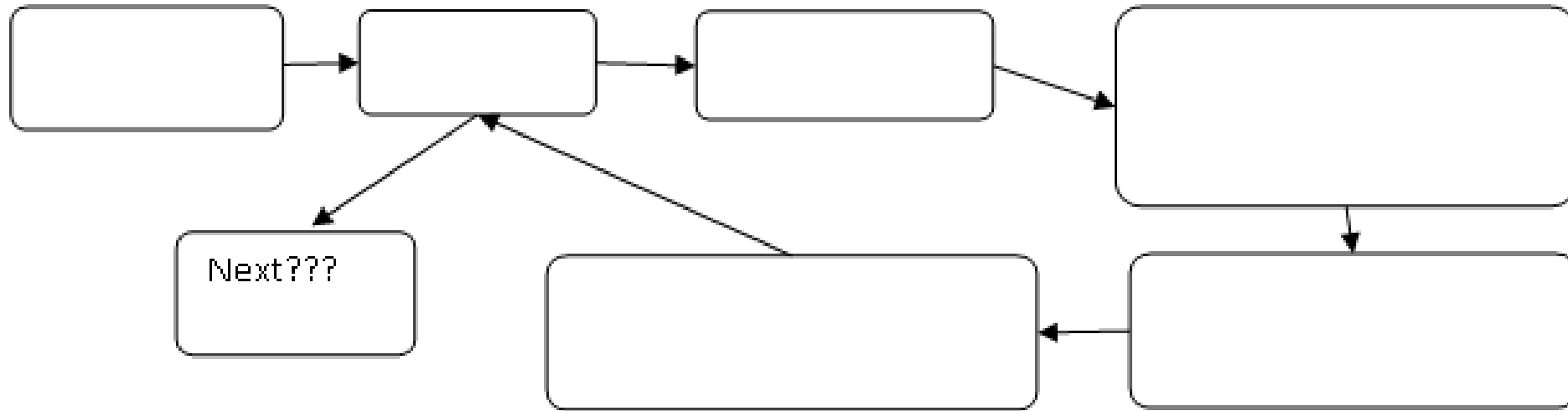
Is the imagination for relationship or opposition?

Is the imagination for harmony or struggle, exploitation?

Is the imagination in line with (in harmony with) your natural acceptance?

Are the various imaginations in harmony or contradiction with each other?

What is the motivation for each imagination? (preconditioning? sensation? natural acceptance?)





Activities of the Self in More Detail

Part 2 of 3

Activities of Self मैं की क्रियाएं

	Power शक्ति	Activity क्रिया	Content
Self मैं	1.		
	2.		
	3. Desire इच्छा	Imaging चित्रण	Feeling What I want to BE within
	4. Thought विचार	Analysing-Comparing विश्लेषण-तुलन	HOW TO go about it How to fulfil the desire or expectation
	5. Expectation आशा	Selecting-Tasting चयन-आस्वादन	What I want to GET from outside What I want to DO outside...

Information
Body शरीर

Imagination
कल्पनाशीलता

Note: We explore these and other higher activities of the Self in detail in UHV-III

Exercise: Desire or Expectation?

Big house

Degree

Want others to like me, pay attention to me

Knowledge...

Name, fame...

Job

Pleasures...

Money

Freedom...

World tour

Family

Exercise: Desire or Expectation?

Big house

(want a big house) E

(want to be the owner of a big house) D

Want others to like me, pay attention to me E

Name, fame... E

Pleasures... E

Freedom...

(self-organization, swatantrata) D

(manmani) E

Degree E

Knowledge...

(right understanding) D

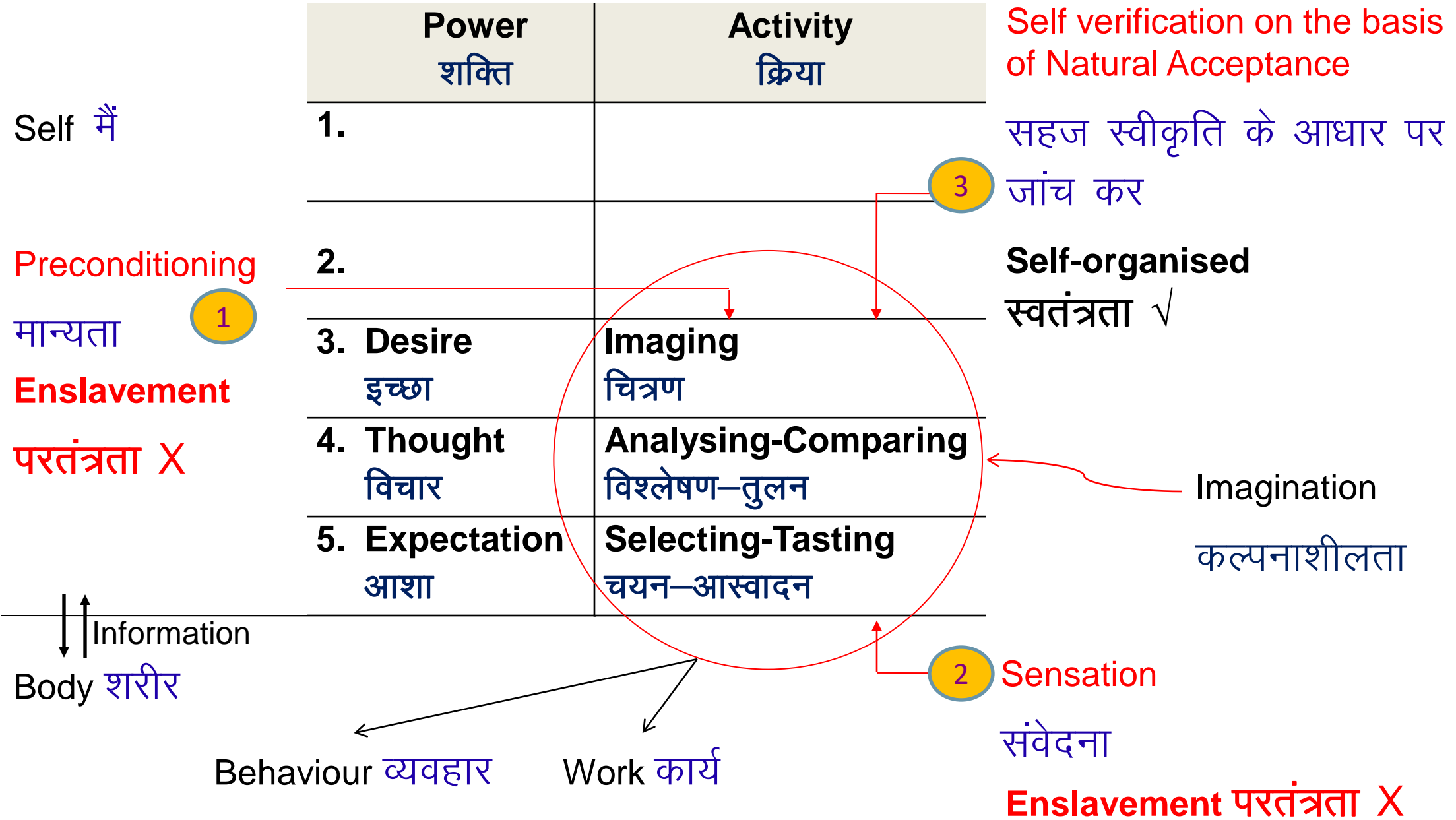
Job E

Money E

World tour E

Family E

Recalling: Source of Motivations for our Desires - Its Implications



Exercise: Check if Your Desires, Thoughts and Expectations are in Harmony

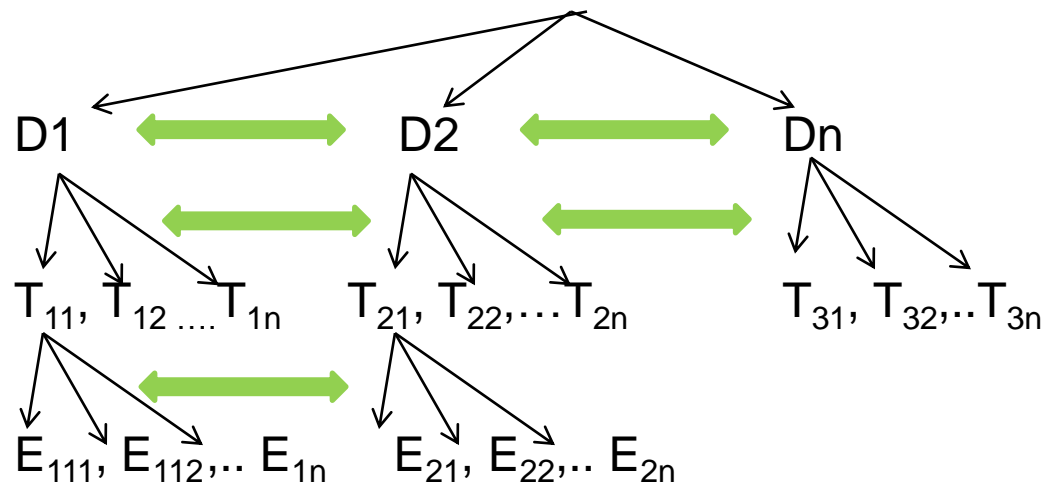
Desires, feelings are clear, and are naturally acceptable

Thoughts are about how to fulfill desires

These thoughts give rise to definite expectations

These D, T, E are in harmony...

Natural Acceptance



Desires, feelings are not clear, may not be naturally acceptable

Expectations, based on preconditioning and sensation, are predominant

Thoughts are about how to fulfill expectations

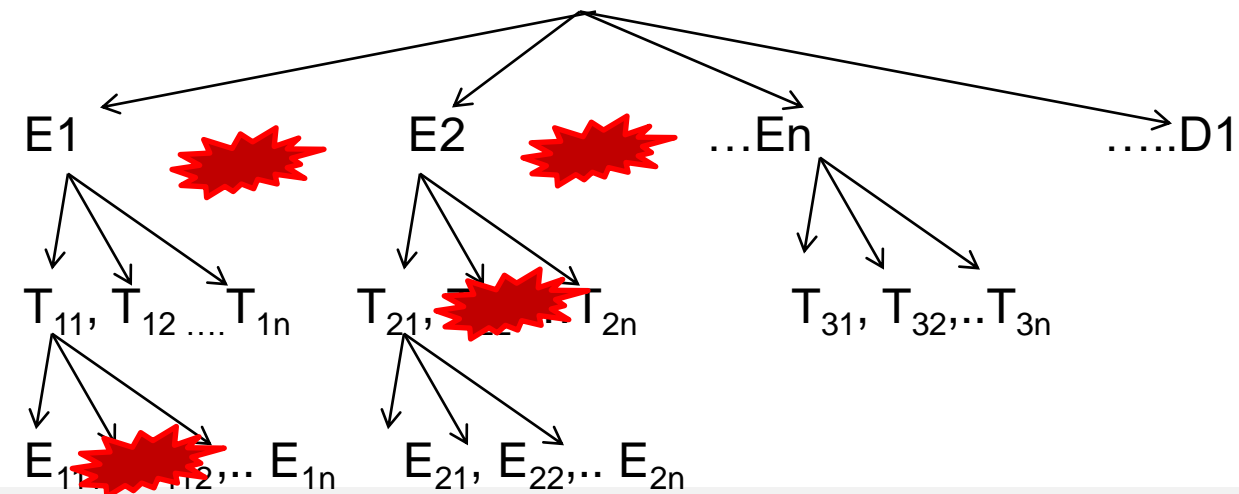
These thoughts give rise to more such expectations

These D, T, E are largely in contradiction

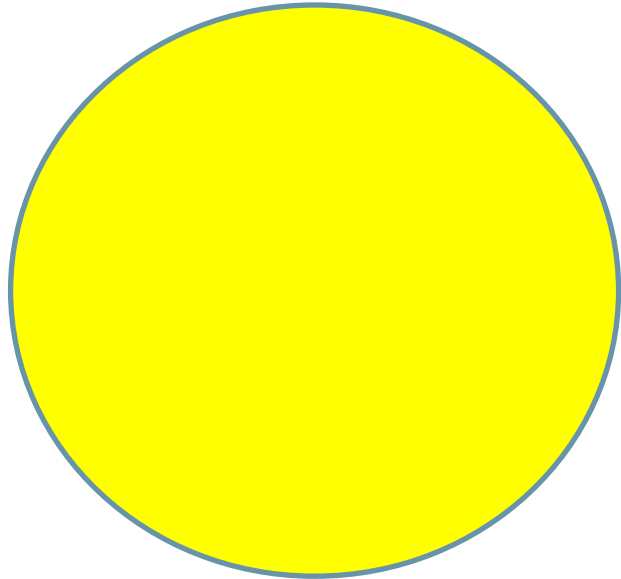
Preconditioning

Sensation

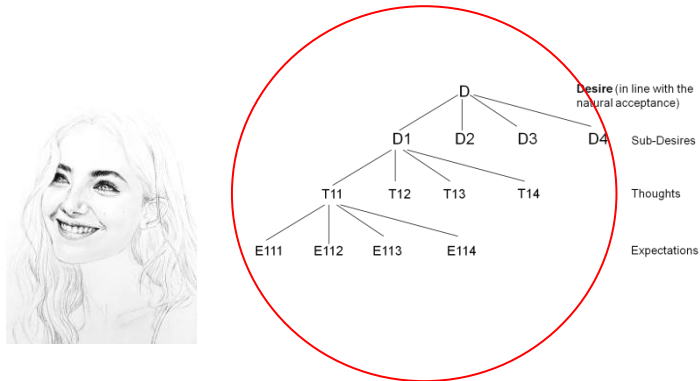
Natural Acc.



Self in Harmony – Happy Self



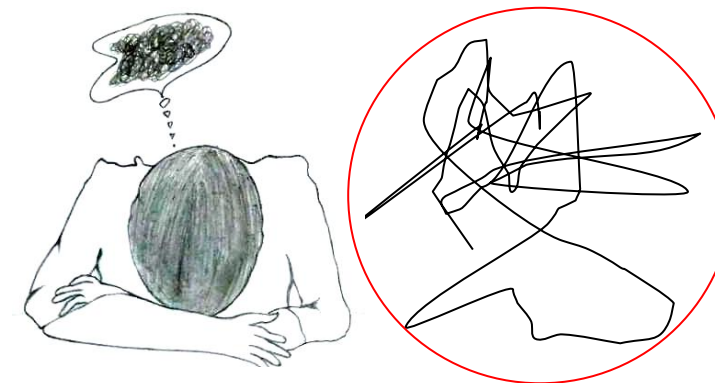
Desires, thoughts and expectations are fully guided by natural acceptance, right understanding



Self in Disharmony – Unhappy Self



Desires, thoughts and expectations are partially guided by natural acceptance





Self Reflection

Practice Session: Your Desire, Thought and Expectation

Be aware of your imagination, be aware of your desire, thought and expectation

Check:

Is it a desire? (feeling?)

Is it a thought? (analysing? comparing?)

Is it an expectation? (selecting? tasting?)

Is the thought primarily about analysing

‘what I want to be’

or

‘what I want to get or what I want to do’

Is your desire, the feeling that you have, naturally acceptable to you?

Practice Session: Source of Motivation for your Desires

Take your list of imagination. Revise it if you need to. Identify the desire for each imagination. For each desire, identify the primary source of motivation (sensation, preconditioning or natural acceptance). If there is any desire which has more than one source of motivation, split it into two or more desires. E.g. a desire for good clothes may be motivated by your natural acceptance (to protect the Body from excessive heat or cold) and also be motivated by the social preconditioning for the clothes of the latest fashion. In such a case, split the desire into two desires.

Now, write down your observations:

- What percentage (approximately) of your desires is motivated by your natural acceptance? This will give you an idea of the percentage that you are self-organised. Keep in mind that natural acceptance is about purpose and it does not change with time, place or person.
- What percentage (approximately) of your desires is motivated by sensation or preconditioning? Now you can get an idea of the percentage that you are dependent or enslaved.
- What effort is necessary to be completely self-organised (if that is your goal)?



Sanskar

Part 3 of 3

**Sanskar = Acceptances derived out of \sum [Desire + Thought + Expectation]
from all time
+ Acceptances born out of right understanding**

Our acceptances include:

- Our preconditioning, our likes and dislikes...
- Conclusions drawn from life events / experiences, our “formulas” for living
- Understanding of the human reality, of the universal, invariant existential laws / principles

Our sanskar, our acceptances may or may not be in line with our natural acceptance

The preconditioning motivating our imagination (D, T, E) is largely coming from our own sanskar, which we have accumulated over all time

We may or may not be aware of it



Sanskar is Updated from Time to Time

$$\text{Sanskar (t+1)} = \text{Sanskar (t)} + \text{Environment (t)} + \text{Self-exploration (t)}$$

Sanskar at the next moment = sanskar at the present moment +
the environment available at the present moment +
self-exploration at the present moment

If the environment is conducive to self-exploration, and we are able to do the self-exploration sincerely, we are able to resolve our preconditionings and our sanskar is further purified

If the environment is not conducive to self-exploration, and we are unable to do self-exploration, we may accumulate more of the prevailing preconditioning, further worsening our sanskar

Self-exploration has to do with referring to our natural acceptance, developing right understanding and resolving, purifying our sanskar

Since the natural acceptance of every human being is pure (for harmony), every self has the potential for completeness of right understanding and complete purification of sanskar

Exercise

Evaluate your sanskar vis-à-vis your natural acceptance

Life is a struggle for survival

Survival of the fittest

The world is our family

Tit for tat

Int ka jawab patthar se (if someone throws a brick at you, reply with a stone)

Turn the other cheek

Money is everything

Exercise

Evaluate your sanskar vis-à-vis your natural acceptance

Life is a struggle for survival PC

Survival of the fittest PC

The world is our family NA

Tit for tat PC

Int ka jawab patthar se (if someone throws a brick at you, reply with a stone) PC

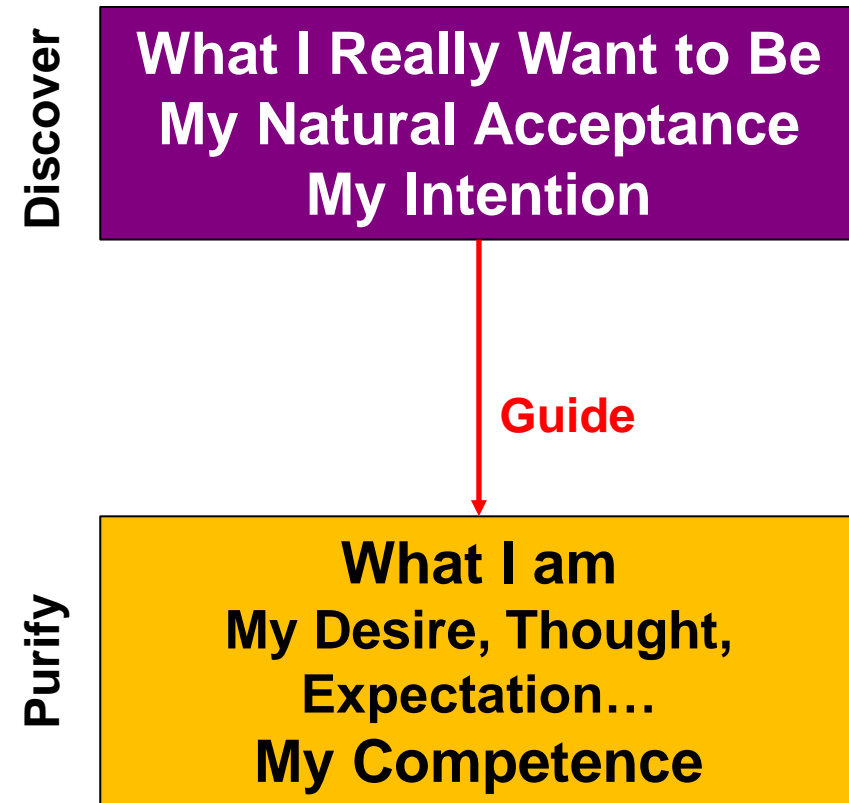
Turn the other cheek PC

Money is everything PC

Program of Action (Individual)

To **understand** harmony and to **live** in harmony
– at all levels of being (individual, family, society, nature/existence)

- 1. Self-exploration –**
Verify the proposals on your own right
→ right understanding (of harmony)
→ feeling and thought of harmony
→ harmonious behaviour, work and participation in larger order
- 2. Self-awareness – Be aware of your desire, thought and expectation**
– **every moment**
- 3. Self-evaluation – Evaluate your desire, thought and expectation**
– on the basis of your Natural Acceptance





Self Reflection



Key Points

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

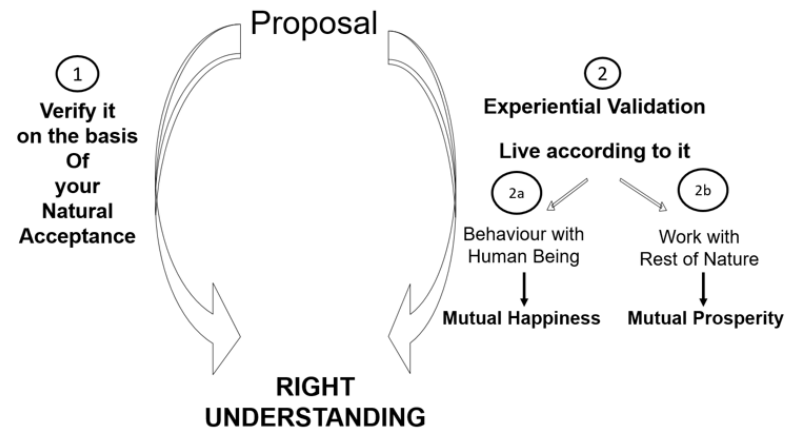
Harmony in Nature/Existence

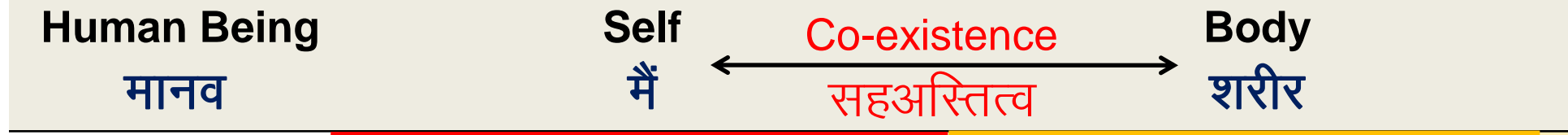
Process of Understanding

Self Exploration

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

Verify it on your own right



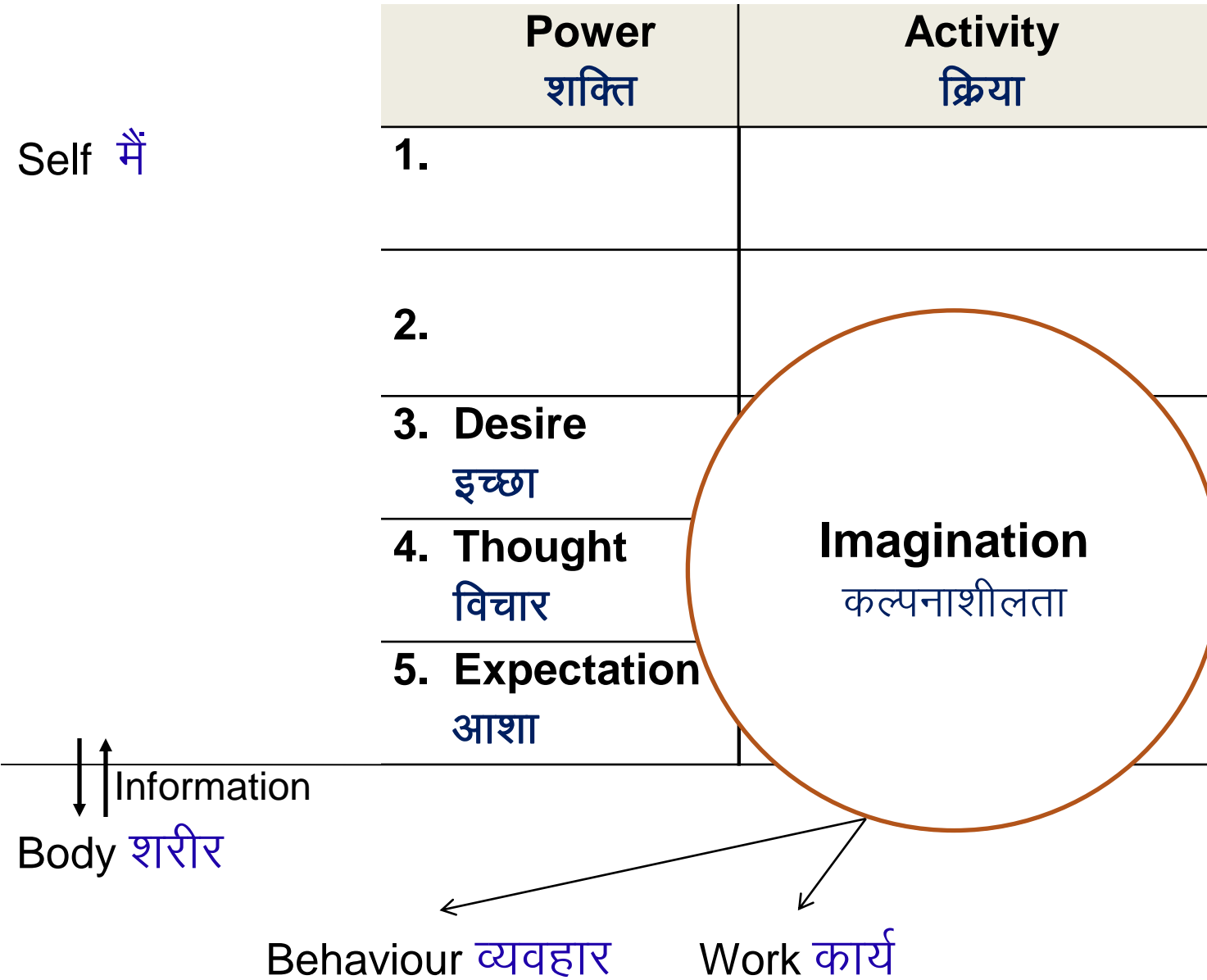


Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
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Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

↓
Material जड़

Activities of Self मैं की क्रियाएं



Activities of Self मैं की क्रियाएं

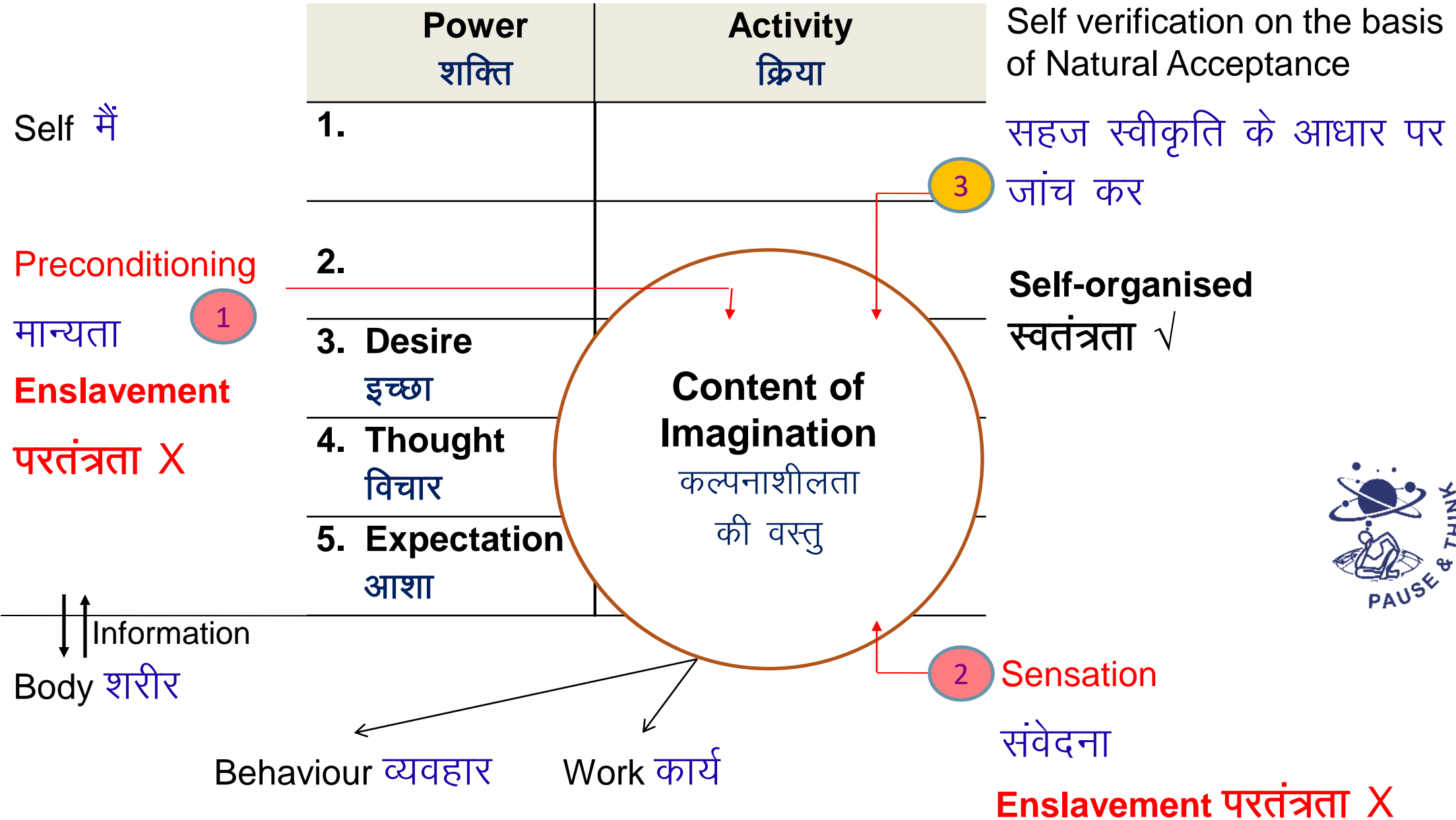
Self मैं

Power शक्ति	Activity क्रिया	Meaning
1.		
2.		
3. Desire इच्छा	Imaging चित्रण	What I want to be My feeling within
4. Thought विचार	Analysing-Comparing विश्लेषण-तुलन	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation आशा	Selecting-Tasting चयन-आस्वादन	What I have to do outside for expression of the feeling

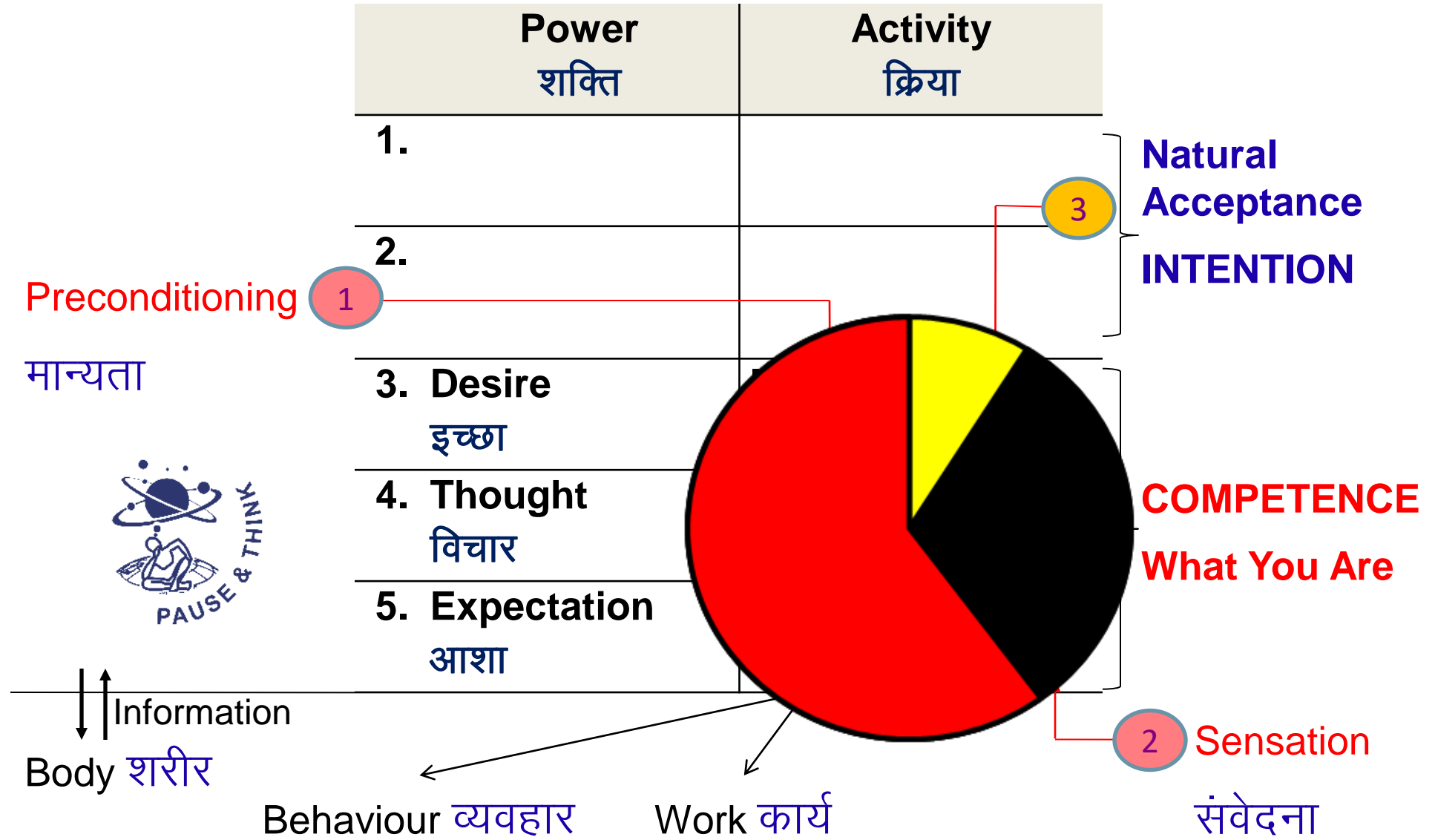
↓↑ Information
Body शरीर

Note: We explore these activities in detail in UHV-III

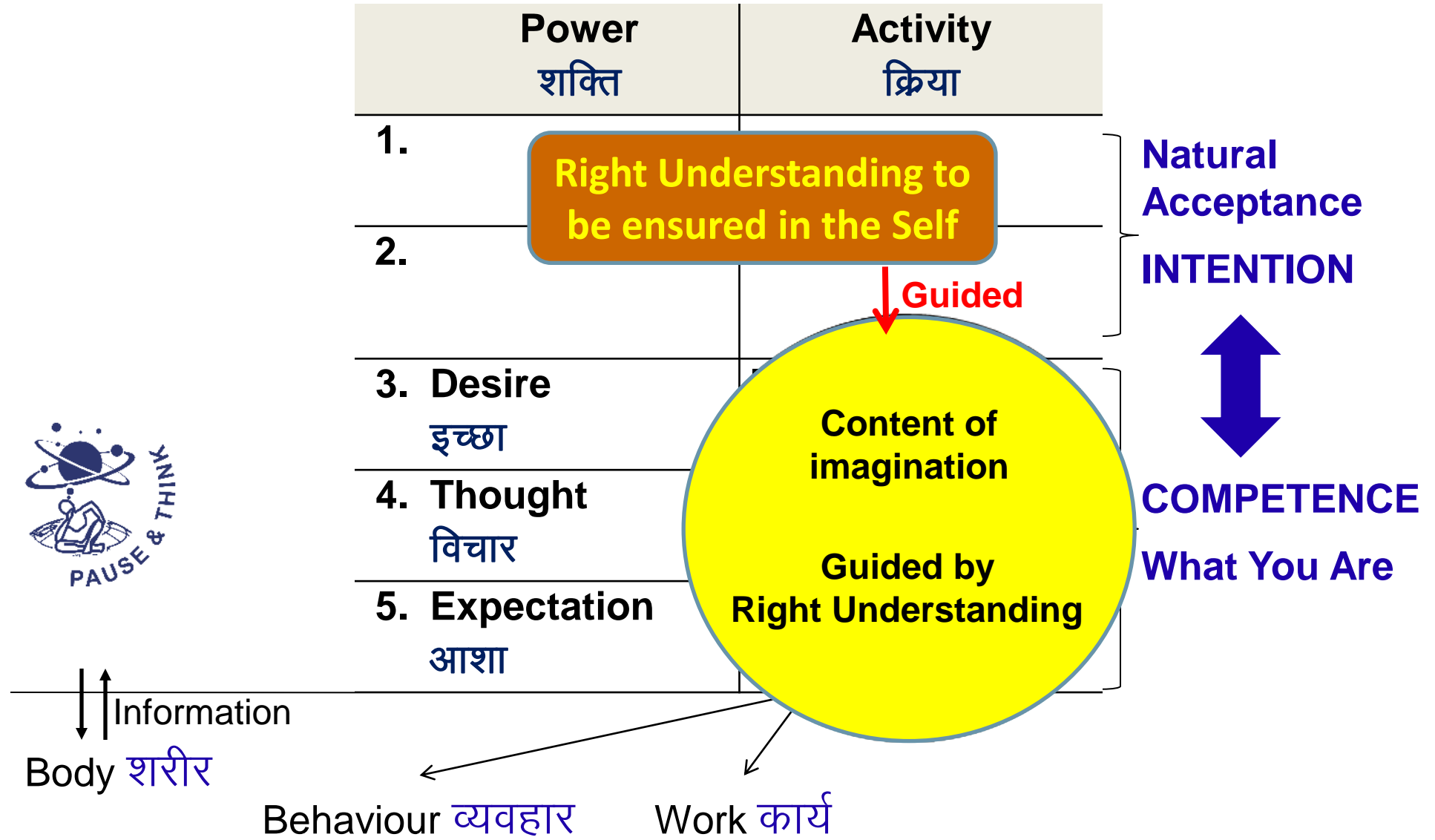
Sources of Motivation for our Imagination and its Implications



State of Imagination – Random and Disorganised



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



Happiness = To be in a state of Harmony
सुख = संगीत में, व्यवस्था में जीना

The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination
- We can begin to observe the Self by becoming aware of our
 - imagination and
 - natural acceptance
- Behaviour and work are external expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance

- When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)



FAQs for Lecture 10

Understanding Harmony in the Self

Activities of the Self

- Desire or feeling** E.g., “I want to be happy”, “I want to be the owner of a big house”
E.g., “feeling of respect”, “feeling of jealousy”
- Imaging** = “what I want to be”, its details
- Thought** = how to ensure the desire “what I want to be” or
how to ensure the expectation “what I want to get”
- Analysing** = detailing, dividing into smaller parts, generating options
- Comparing** between the options based on criteria that maximises my happiness

Expectation of “what I want to get”

(from outside the Self – physical facility, sensation or feeling from other)

Selecting = choosing an input from outside or an expression for outside

Tasting what has been selected, matching the taste with the expected taste

Note: We explore these activities in detail in UHV-III

Question(s): What is Self

- Is Self the same as the mind or the soul?

- Isn't what is being said here the same as spirituality?

Response

- The mind is a part of the Self. The activity of imagination which includes activities of desire, thought and expectation if referred to as mind. Soul has been used in different ways, sometime it is used to represent the highest activity of the self while in many cases it is used to mean self as a whole.

- We are trying to work for a system of education that makes us human. So, we are talking about humanness- what is being human.

Because human being is coexistence of self (consciousness) and body (material), hence, we have to understand the laws of material as well as the laws of consciousness. This is what we are trying to do.

Word



Meaning

(a description of some part of the reality)



Reality

Question(s): Activities of the Self

- I do think sometimes but not all the time. Like when I am asleep, I do not think. So, why do we say activities of Self are continuous?
- 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?

Response

- Do you dream while sleeping? Does dream include thinking? Now,, try to be aware of your imagination when you are awake, then slowly you can be aware of your imagination even when you are asleep, then you will be able to verify whether you are thinking while sleeping or not.
- One simple way to be aware of your self, be aware of the imagination going on in the self at this moment of time. If you are aware, it will be there in your remembrance. When you pay attention to your imagination, you are able to see it, because you already have the potential to see, you only have to exercise this potential ,

We all have the capacity to pay attention, to observe... to understand

You are already paying attention... to whatever you consider important

So, the main question is not “how to pay attention”, rather it is “what to pay attention to”
(object of attention)

One only has to see, to decide that:

I am important, Self is important

My imagination is important

Then I will pay attention to the Self and my imagination

Science of material

- You can look at it outside, you may not be

Science of consciousness

- You are part of it, you want to and do get transformed

Question(s): Activities of the Self

- What is the need to see these activities separately? How can we differentiate between desire and thought and expectation? It all seems to be one thing

Response

- If you do not observe things with fineness, everything seems to be one gross thing. However, when you look at it with subtleness, you see that it is composed of many things. Like that, imagination is composed of three different levels of activities of the self- desire, thought and expectation. As explained, desire relates to our purpose, what we want to be, our feelings, while thought is working out the details of how to fulfill this purpose and expectation is what I need to do with the world outside. Desire is at the base of thought and expectation, so, if we have to evaluate our imagination and set it right, it has to be done at the level of desire, the feeling; and this desire, this feeling can be easily verified with our natural acceptance.

Activities of Self मैं की क्रियाएं

Self मैं

Power शक्ति	Activity क्रिया	Meaning
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3. Desire इच्छा	Imaging चित्रण	What I want to be My feeling within
4. Thought विचार	Analysing-Comparing विश्लेषण-तुलन	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation आशा	Selecting-Tasting चयन-आस्वादन	What I have to do outside for expression of the feeling

Information
↓↑
Body शरीर

Imagination
कल्पनाशीलता

Note: We explore these activities in detail in UHV-III

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

Space शून्य

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self ऋ	1.	Authentication प्रमाण	Realization अनुभव	B1 Co-existence सह-अस्तित्व
	2.	Determination संकल्प	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, Consumption, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

Note: We explore these activities in detail in UHV-III

Deluded Self: Imagination on basis of Sensation & Preconditioning

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	Self verification on the basis of Natural Acceptance सहज स्वीकृति के आधार पर जांच कर
Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	Unguided Senses, Consumption, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Unguided Sensation
Body शरीर	Behaviour व्यवहार	Work कार्य	Sensation संवेदना
Other दूसरा	Human मानव	Rest of Nature मनुष्येतर प्रकृति	

Note: We explore these activities in detail in UHV-III

Question(s): Activities of the Self

- What is the difference between deciding and selecting? They seem same to me

- What is in activity 1 & 2? Why is it kept blank?

Response

- Deciding is working out the details of how to fulfill the purpose, the desire; whereas selecting has to do with what to do at the level of world outside. For example, if I have feeling of respect, then this is my desire, now, when work out the details of how to express this feeling of respect, by giving blessing, touching feet, greeting with some gift etc., it is a thought ; when this greeting is to be done with a flower bouquet, it is expectation.

- We will talk about these higher activities in detail in later course UHV III; however, we will very briefly introduce the activities of realisation and understanding as 1 and 2 towards the end of the session.

Question(s): Activities of the Self

- Isn't desire and intention the same?

- What is the meaning of competence? Is it the skill?

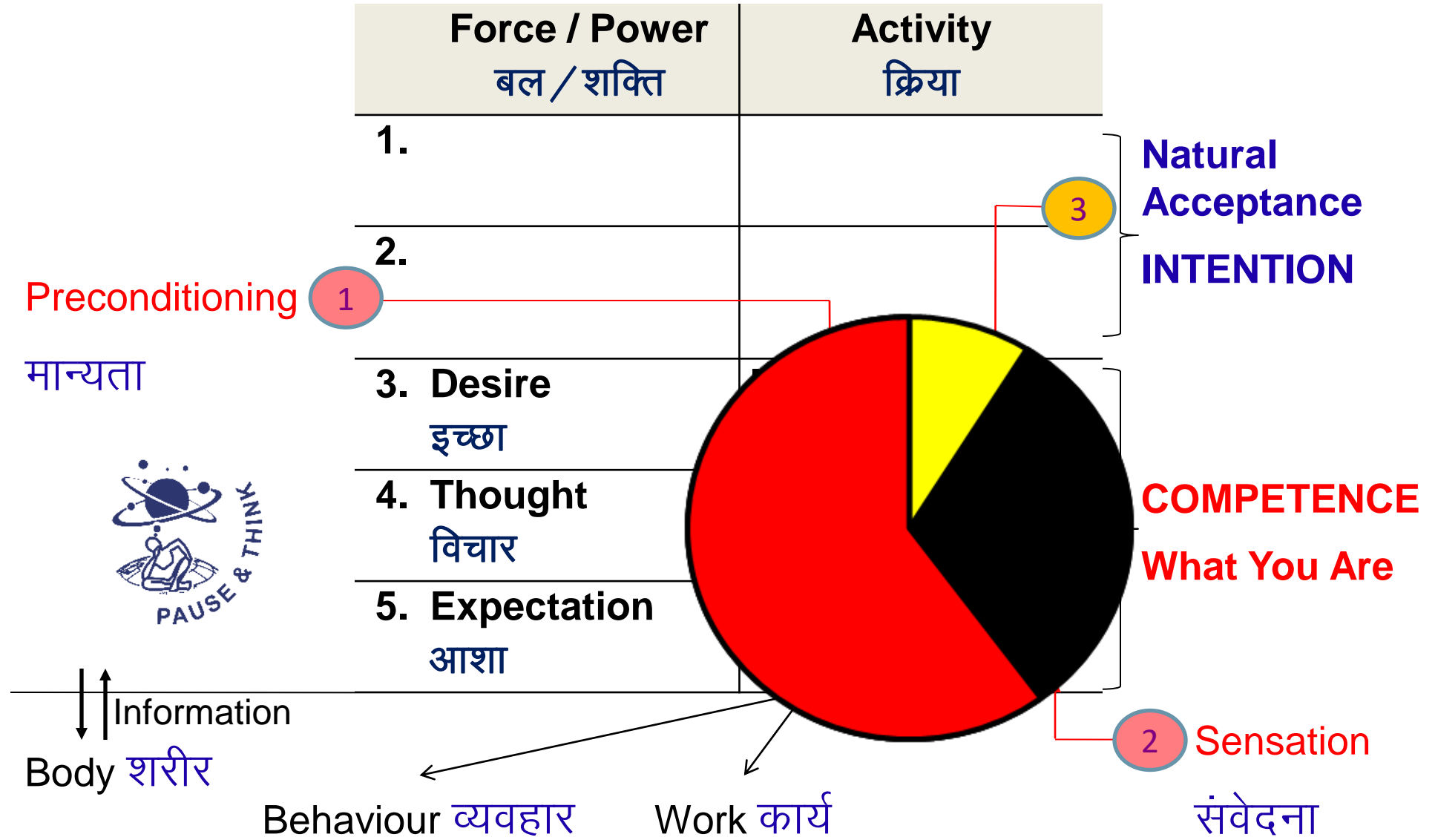
Response

- Intention has to do with the feeling which is in accordance with natural acceptance, hence is definite, while desire could any feeling, in accordance or against the natural acceptance, hence is definite. For example, intention will always be for feeling of respect while desire could be for feeling of respect or disrespect.

- The word competence is used to represent what is our state at the level of imagination-what is our desire, thought and expectation, as that will decide our behaviour with world outside as well.

- The more our imagination is in harmony, the more competent we are

State of Imagination – Random and Disorganised



Question(s): Activities of the Self

- Can you tell us something about the conscious, subconscious and super conscious mind

Response

- The sense in which these words are used in general is the following-
 1. when we are aware of what is going on in the self, it is being conscious,
 2. when we are not aware of what is going on in the self, it is being subconscious,
 3. when we are operating with higher activities of the self, like realisation and understanding, it is called super conscious,
 4. Unconscious – not aware of the world outside

Freud:

id selecting-tasting

Ego imagination based on preconditioning “I am separate from the other, in isolation”

Super ego superconscious

Question(s): Preconditioning

Response

- What is preconditioning? “resources are limited, Desires are unlimited” is that a preconditioning or reality?

(it implies that everyone is bound to be deprived!

- Preconditioning is something which is prevailing in the society which we have accepted without verification or without knowing. We are dictated by the world outside. A preconditioning may or may not correspond to a reality.
- As far as this particular preconditioning is concerned, it does not correspond to a reality because
 1. Desires, if we understand properly, are definite i.e., continuity of happiness and prosperity and the amount of physical facility required for ensuring prosperity is limited and can be identified.
 2. Availability of resources in nature and capacity to produce in human being is more than what is required.

Desires are definite

Resources are limited, but more than our needs

Therefore, everyone can be prosperous)

Need to study

1. Science of material (the world outside) – I am what I am, I don't have to change
2. Science of consciousness (the world within) – I have to see myself... then I am motivated to develop, to transform to human consciousness

Question(s): Conditioning

- Pavlov has a theory of conditioning. How does it apply to us?

Response

- If we identify ourselves as the body and therefore, if the self is influenced by the body then Pavlov theory of conditioning will hold good. However, if we can understand the self and body separately and the self has right understanding and right feeling, than self is in a self-organised state and it responds to any input from the body, and not react. Therefore, its response to the input from the body will depend upon what self finds appropriate for maintaining the health of the body rather than the conditioning which is tried to be created through the conditioning input.
- Self can even articulate that some conditioning is being created and therefore, he will be out of conditioning.

Question(s): Motivation of Imagination

- What exactly is natural acceptance? Is it same as right understanding?
- How can I be sure that my imagination is motivated by my natural acceptance?

Response

- Natural acceptance is something which is part of our being. It is innate, invariant, and uncorrupted by the preconditioning for ex. we have natural acceptance for the feeling of relationship, feeling of nurturing the body. It is the answer that we get from our conscience or the inner voice or the pure observer which is innermost part of the self.
- Right understanding is understanding the reality as it is, and this can be ensured through the process of self-exploration based on natural acceptance and experiential validation.
- If my imagination is in accordance with my natural acceptance, then I am in state of harmony within, happiness within. If not, then I am in contradiction within, unhappiness within.

Question(s): Motivation of Imagination

- The exercise on list of desires was interesting. Most of the motivation turned out to be from preconditioning and sensation. So now, I can understand the need for exploring into my natural acceptance and also to check my preconditionings. What exactly should I do for this? Any practice?

Response

- This has already been mentioned that we have to be aware of our own self every moment and it can have different steps
 1. Being aware of the imagination going on in the self, particularly the desire, the feeling
 2. Verifying whether this desire, this feeling is in naturally acceptable to me or not
 3. Whether it leads to harmony or happiness within or otherwise
 4. Verifying that the feeling of relationship, harmony and coexistence is naturally acceptable to me and not the feeling of opposition, disharmony and struggle.
 5. To ensure that the desire, the feeling is in accordance with the feeling of relationship, harmony and coexistence,

Question(s): Harmony in the Self, Happiness

- When I am reading something, I think of many other things... How can I focus on what I have to read?

Response

- Our attention keeps going to the things which we feel is important. So we have to decide what is important for me at this point of time.
- If there are many things that are important, than I will have to set up a priority among them. If I am able to do that, than my attention will be focused on the thing which is assigned the highest priority.

Question(s): Harmony in the Self, Happiness

- It is said that we have to get rid of desires to be happy. Isn't that true?

Response

- We have to have the right desire and we have to have the continuity of this right desire. We have to get rid of the wrong desire and wrong feelings. Infact they are not the real desires, real feelings but we have assumed them to be our desire, our feeling because of the prevalent beliefs in the society. Therefore we should get rid of these wrong desires, wrong feelings.
- In essence, to be happy we have to have the right desire, right feeling.
 - Truth, Understanding relationship, harmony & co-existence
 - Love, Feeling of acceptance of all, Feeling of co-existence, harmony, relationship
 - Compassion, Thought... of how to fulfil my feeling of Love...

Split personality, schizophrenia...

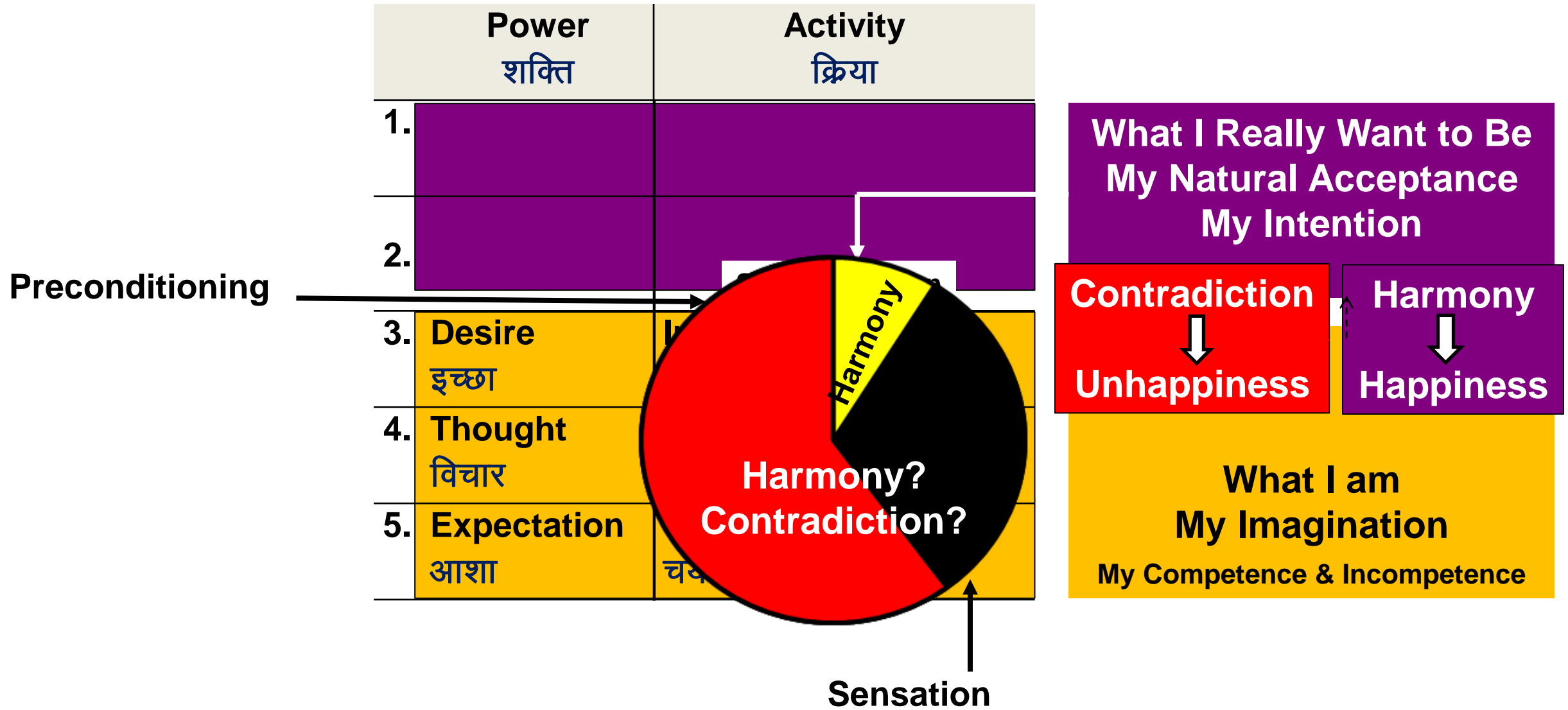
Split between NA and Imaginatioin

Presently as per science

Schizophrenia is characterized by avolition (motivation less state), hallucinations and illusions, dopamine and serotonin are two main neurotransmitter playing role. Has positive (elated) and negative phase (avolition),

Split personality is to do with disconnection with reality, just like inability to differentiate dream from reality.

Source of Motivations for our Desires - Its Implications



Question(s): Harmony in the Self, Happiness

- What is the meaning of “development of the Self”?

Response

- Development of self would mean having right understanding i.e., understanding the harmony (relationship, harmony, coexistence) at all levels of our being and feeling of harmony at all levels of our being. This will ensure the state of harmony or happiness in continuity in the self.

Self-evolution

Human Consciousness

Self-exploration
Self-verification

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	B1
Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलना	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B3

3 Sensation संवेदना

Space शून्य	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	B1	Co-existence सह-अस्तित्व
2.	Determination संकल्प	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 तुलना	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]

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	B1
Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलना	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B3

3 Sensation संवेदना

Transformation / Development

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	B1
Preconditioning मान्यता	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलना	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B3

3 Sensation संवेदना

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

- 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]

Animal Consciousness

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.	Authentication प्रमाण	Realization अनुभव	B1
2.	Determination संकल्प	Understanding बोध	
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलना	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	B3

1 Sensation संवेदना

Question(s): Harmony in the Self, Happiness

- After the last tutorial session on self-awareness, my problems have increased! I was quite happy before. Now I can see many contradictions within... I cant even sleep properly. What to do?

Response

- When we start becoming aware of our self, we are able to see that there are contradictions within and therefore unhappiness within. This was there even before, but we were not aware of it. So it appears that our unhappiness has increased.
- As a matter of fact, when we become aware of our self, our imagination, and our natural acceptance, than we are able to get rid of many contradictions that were there within and therefore there is a increase in our state of being in harmony and happiness within.

Happiness (Harmony) Within

Right Understanding

– in Self (I)

Understanding harmony at all levels of being (human being, family, society, nature/existence)

Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love

Continuous happiness

Realised (Dorji)

Human
Consciousness



Transformation / Development

Excitement (Temporary Happiness) From Outside

Sensation for Happiness

– Through Body

Sound, Touch, Form, Taste, Smell

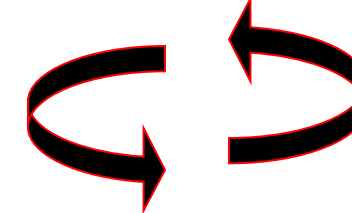
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Expression of Feeling for Happiness

– from Other

Temporary excitement

Recovering Addict



Temporary escape from unhappiness

Addict

Animal Consciousness

Escape (Running away from unhappiness)

Over eating
Over sleeping
...
Gutka
Alcohol
Drugs
...
Suicide



Question(s): Harmony in the Self, Happiness

- I can see that I can work within. But what about outside, with others. I have a desire to work also and to be with the family also. I want to fulfill both and feel that if any of those is not fulfilled, I will be unhappy. What is the way forward?

Response

- We have to understand the harmony in society and harmony in family & nature and then define a way of life, a system in the society, which ensures the fulfilment of all these harmony. Then we will be free of these contradictions.

Extra Qs.

6th sense

Intuition

Reflex action

Intellect

Cognitive ability

5 quotients

SQ Social quotient

self+body+...

IQ Intelligence quotient

self

EQ Emotional quotient

self

SQ Spiritual quotient

self

Split personality

Schizophrenia

- Can you comment about Freud's theory of motivation