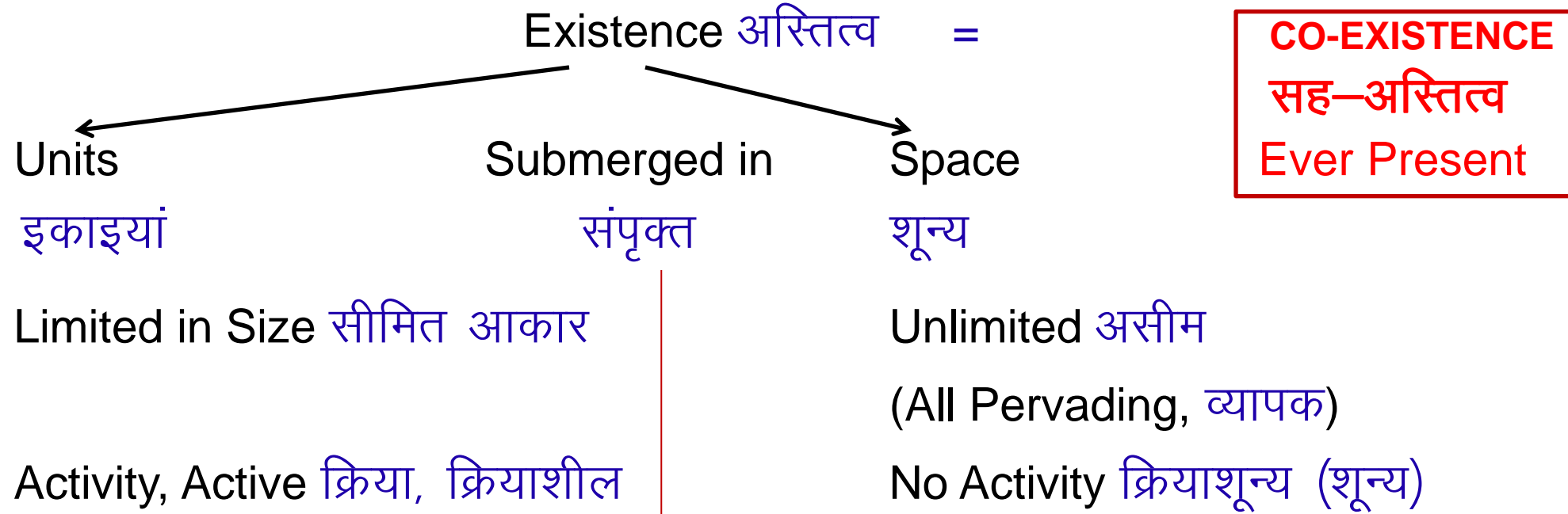




Lecture 22

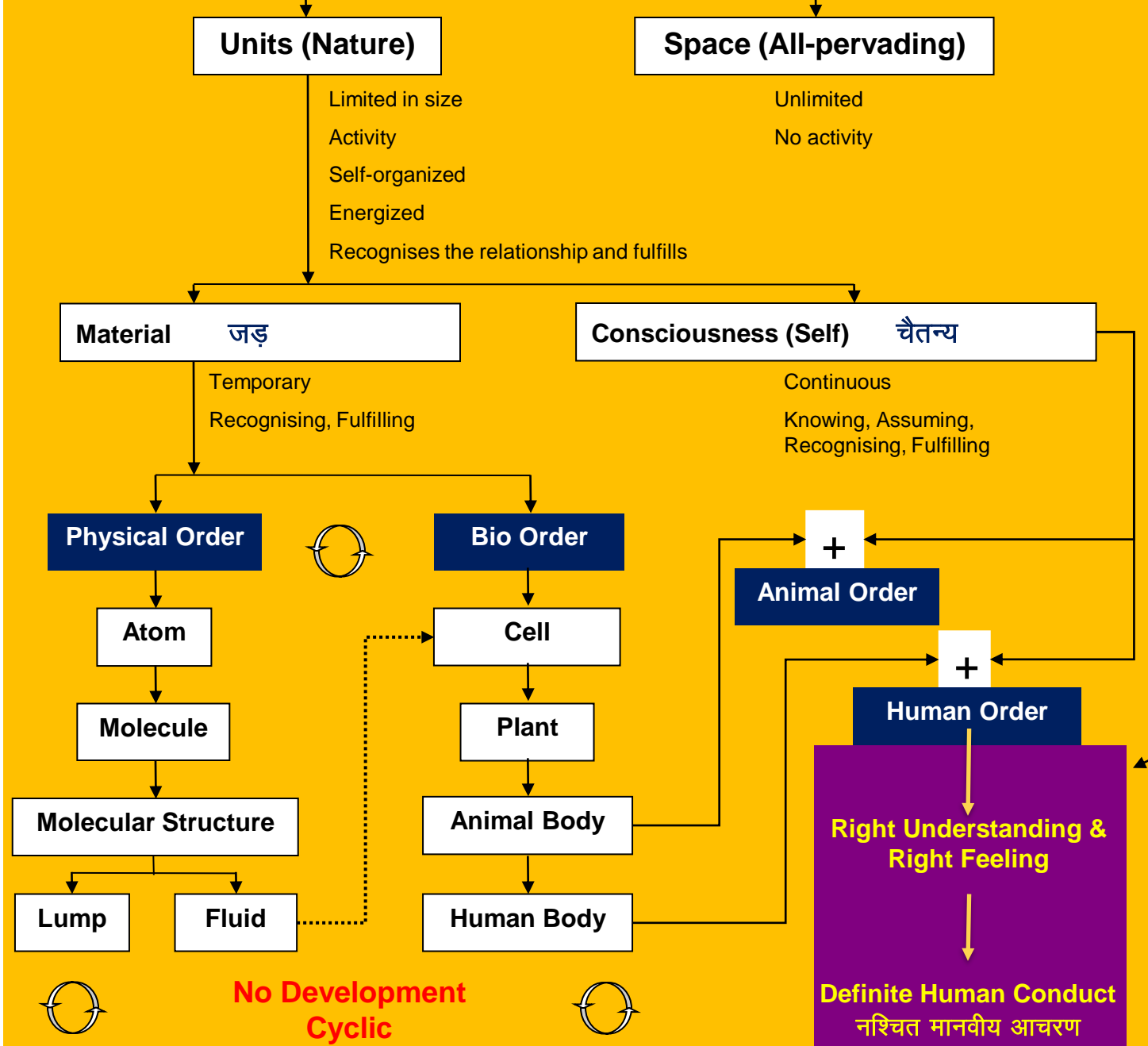
The Holistic Perception of Harmony in Existence

Harmony in Existence अस्तित्व में व्यवस्था



1. Energised in Space (शून्य के सह-अस्तित्व में ऊर्जित है)
2. Self organised in Space (शून्य के सह-अस्तित्व में नियंत्रित है, स्वयं में व्यवस्था है)
3. Recognises it's relationship,
Fulfills its relationship with every other Unit in Space
(शून्य के सह-अस्तित्व में परस्परता को पहचानती है, निर्वाह करती है
बड़ी व्यवस्था में भागीदार है, समग्र व्यवस्था में भागीदार है)

Existence (= Co-existence = Units submerged in Space)



This is already in harmony

Only this part is remaining
And it has to happen in the
Self by the Self

Development
Linear – Not Cyclic

Now we can see that...

Happiness is an indicator, a feedback, that we

- have understood harmony and
 - live in harmony
- } at all 4 levels of our being

Unhappiness is an indicator, a feedback, that we

- have not understood harmony and
 - do not live in harmony
- } at one or more of the 4 levels of our being

Our role is to make the effort for excellence

- to understand harmony and
 - to live in harmony
- ↓
- Continuous happiness
- } at all levels of our being
1. In the Self, as an Individual
 2. In Family
 3. In Society
 4. In Nature/Existence

Existence is Co-existence

Human Being is by virtue of Co-existence; embedded in Co-existence

All the Human Being needs to do is

1. To understand Co-existence and
2. To live in Co-existence

Program for Human Being (Human Role in Existence)

Human beings have two important things to do:

1. To understand the co-existence

1.1. To understand co-existence –

Knowledge

(ज्ञान)

1.2. To ensure the feeling, thought of co-existence –

Resolution

(समाधान)

2. To live in co-existence

2.1. To live in co-existence with human-beings

–family to world family –

Undivided Society

(अखंड समाज)

2.2. To live in co-existence in nature

–family order to world family order –

Universal Human Order

(सार्वभौम व्यवस्था)

By these two being ensured by human beings, the result will be Undivided Society and Universal Human Order on Earth, in which Harmony and peace are very natural outcomes (and there is every provision in Existence for it)

Deluded Self: Imagination on basis of Sensation & Preconditioning

Self verification on the basis of Natural Acceptance

सहज स्वीकृति के आधार पर जांच कर

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

Preconditioning

1 मान्यता

Body शरीर

Behaviour व्यवहार

Work कार्य

Other दूसरा

Human मानव

Rest of Nature
मनुष्येतर प्रकृति

2 Sensation
संवेदना

3

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

Space शून्य

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

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

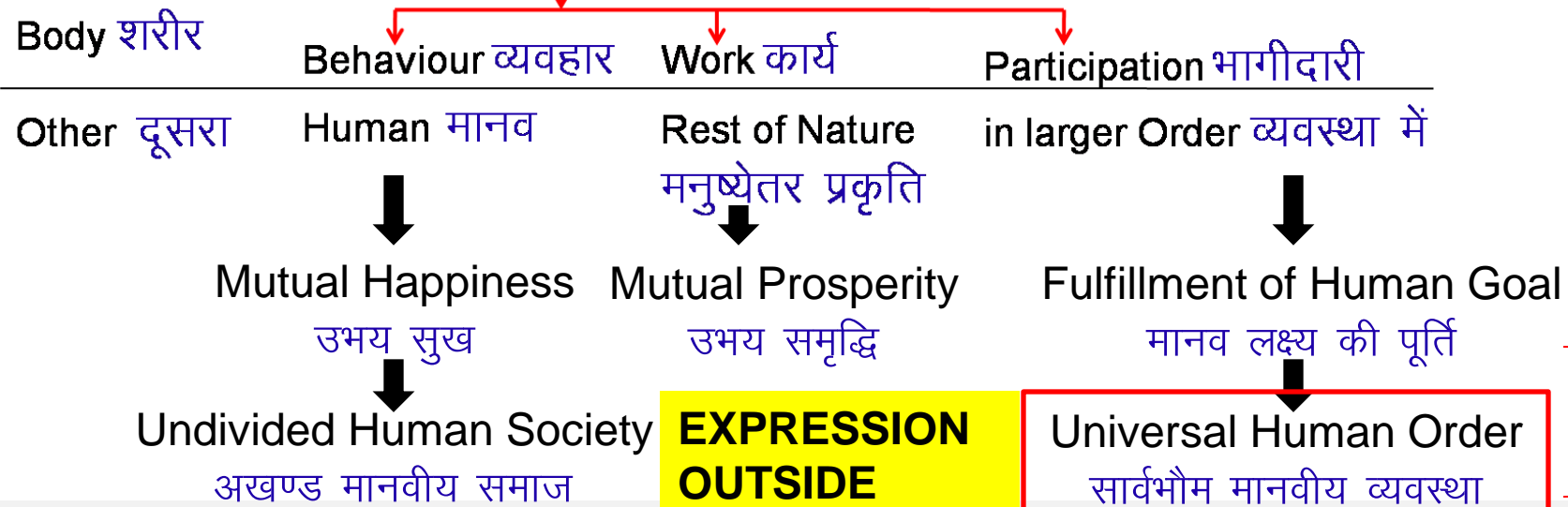
Human मानव

Rest of Nature
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

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

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

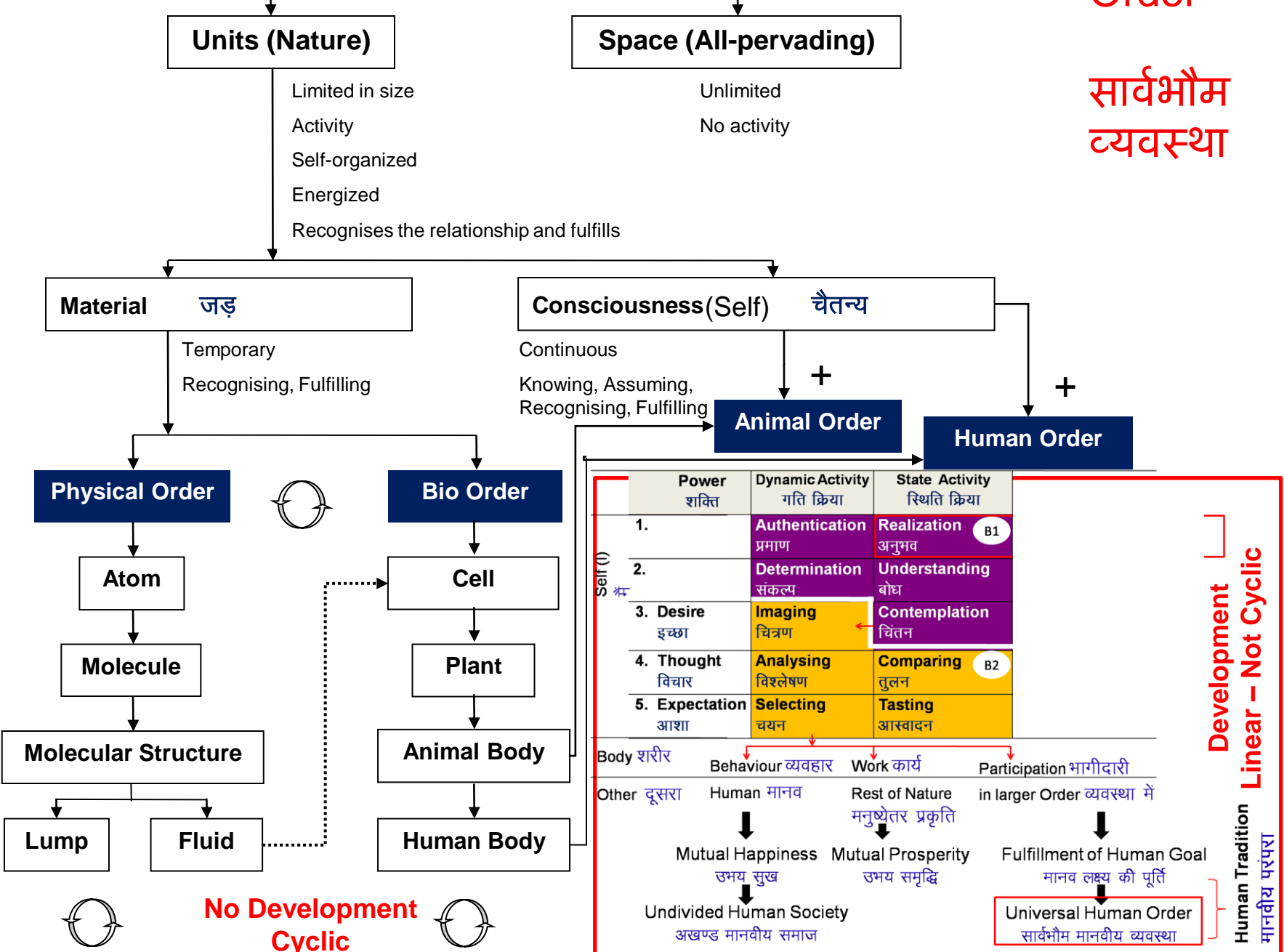


Human Tradition
मानवीय परंपरा

Existence (= Co-existence = Units submerged in Space)

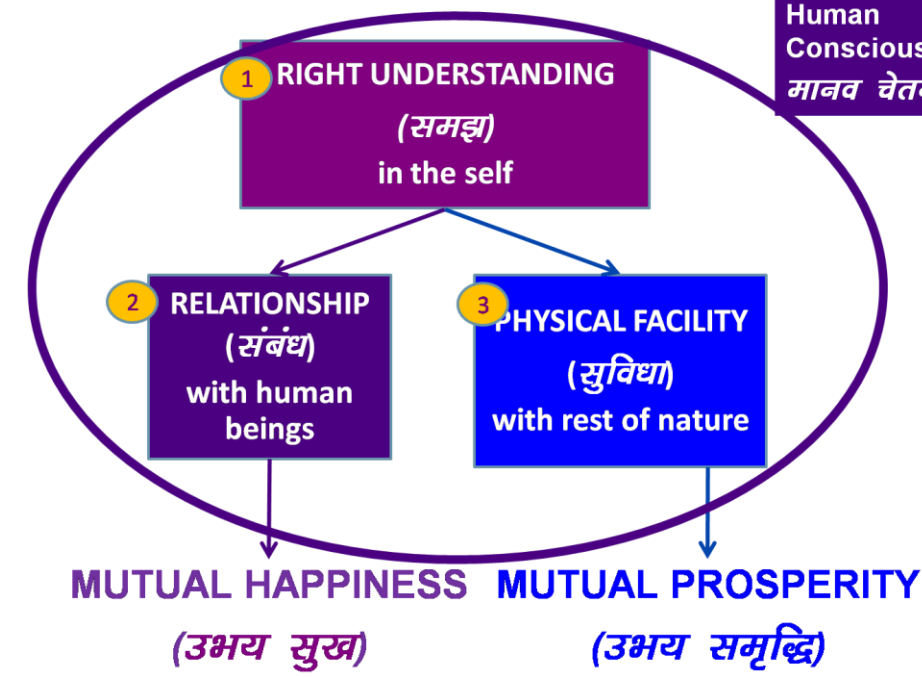
Universal
Order

सार्वभौम
व्यवस्था



Holistic Development (विकास) = Transformation (संक्रमण)

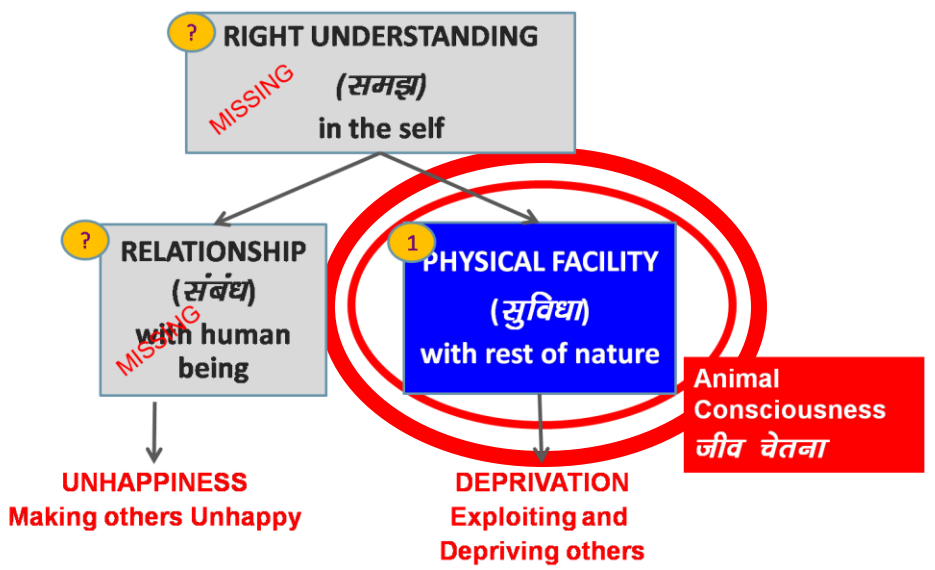
Human
Consciousness
मानव चेतना



Transformation - Progress
संक्रमण - विकास

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

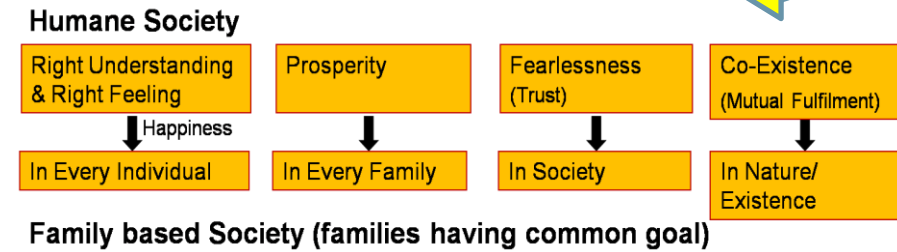
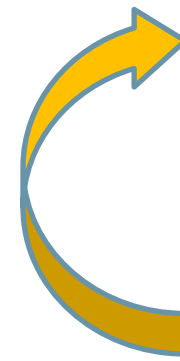
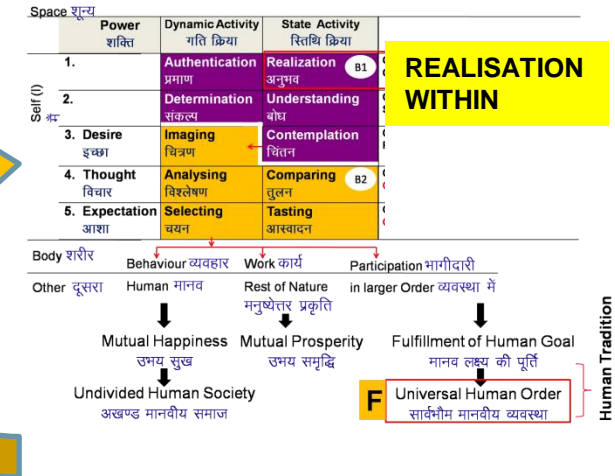
Holistic Development is ensuring of all 3



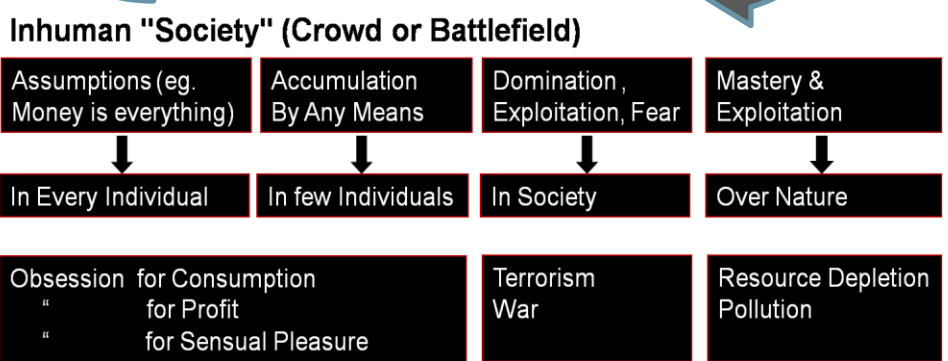
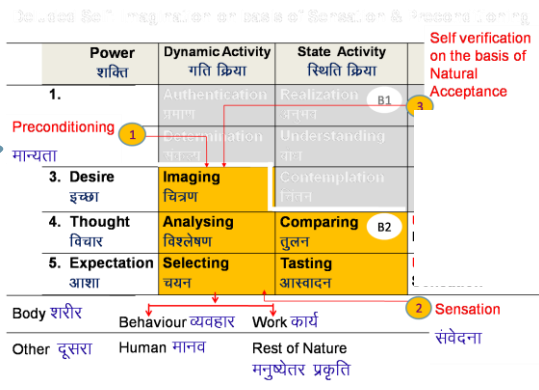
Role of Human Being

1. Realise the co-existence
2. Ensure universal human order

Realisation of Co-existence & The expression of Universal Human Order



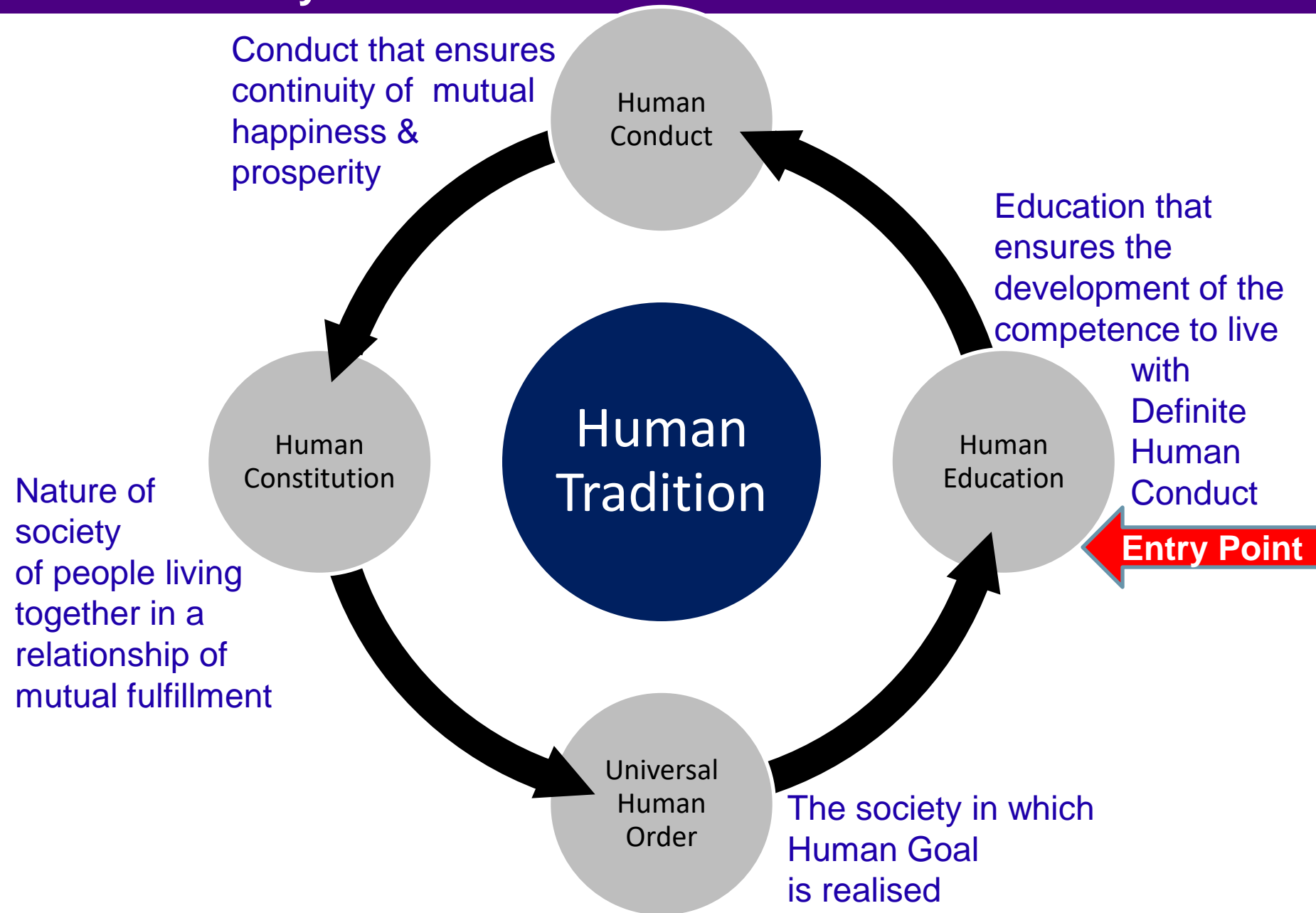
Transformation - Progress
संक्रमण - विकास



Individual based (having different or opposing goals)

Societal Transformation Through Personal Transformation

Universal Human Order: Dynamics





Sum Up

सार संक्षेप

Value of a unit is its participation in the larger order

(larger order = larger, harmonious system)

e.g. Value of pen is that it helps to write
(participation in education)

Value of water is that it quenches thirst
(participation in health)

Similarly,

Value of your activities (desire, thought, expectation..) is participation in the harmony within you (in the Self).

Value of your body is participation in your activities as a human being.

Your value in the family is your participation in the harmony in the family.

Your value in the society is your participation in the harmony in the society.

Your value in the nature is your participation in the harmony in the nature.

Your value in the existence is your participation in the co-existence.

So far, we have tried to co-explore the universal values of a human being.

Level. Name	Relationship	Details
4b. Existence	Co-existence	Co-existence Potential for human being to realise
4a. Nature	Mutual Fulfillment 4 orders	Harmony, relationship Potential for human being to be in harmony
3. Society	Right Understanding and Right Feeling, Prosperity, Fearlessness (Trust), Co-existence	Human-Nature relationship Potential, through participation of individuals and families in various societal systems
2. Family	Feeling of Co-existence Trust, Respect ... Love	Human-Human relationship Potential for right feeling in the Self – mutual happiness
1b. Individual Human Being	Co-existence of Self and Body	Self-Body relationship Potential for feeling of self-regulation
1a. Self	Continuous Happiness = Happiness, Peace, Satisfaction, Bliss...	Will to live with continuous happiness Potential for right understanding, right feeling and right thought
Universal Human Values		↓ Mutually fulfilling behavior, work and participation...

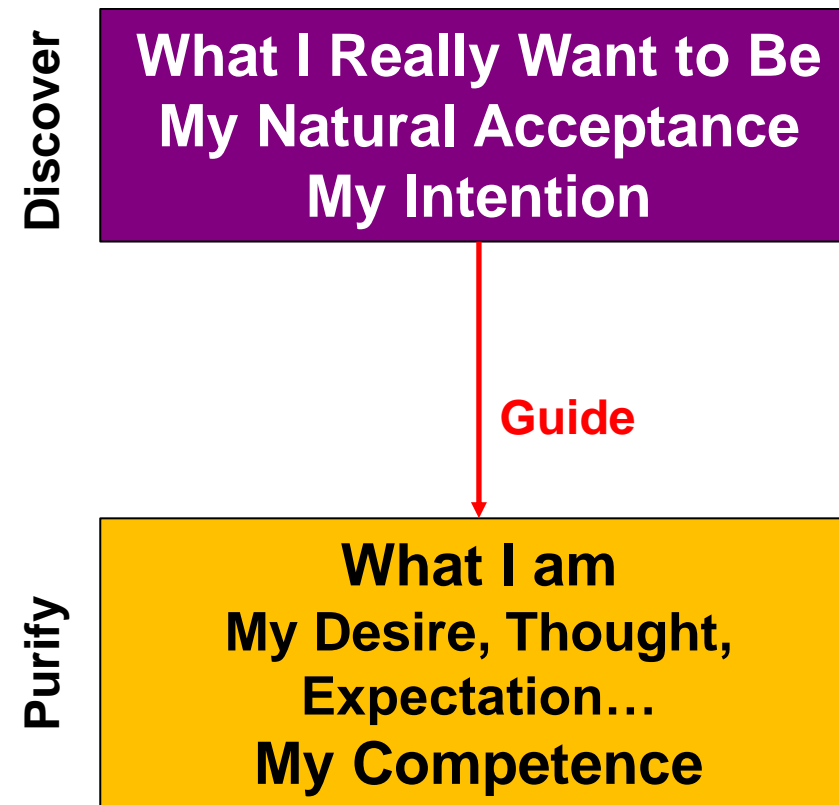


Program of Action

Program of Action (Individual)

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

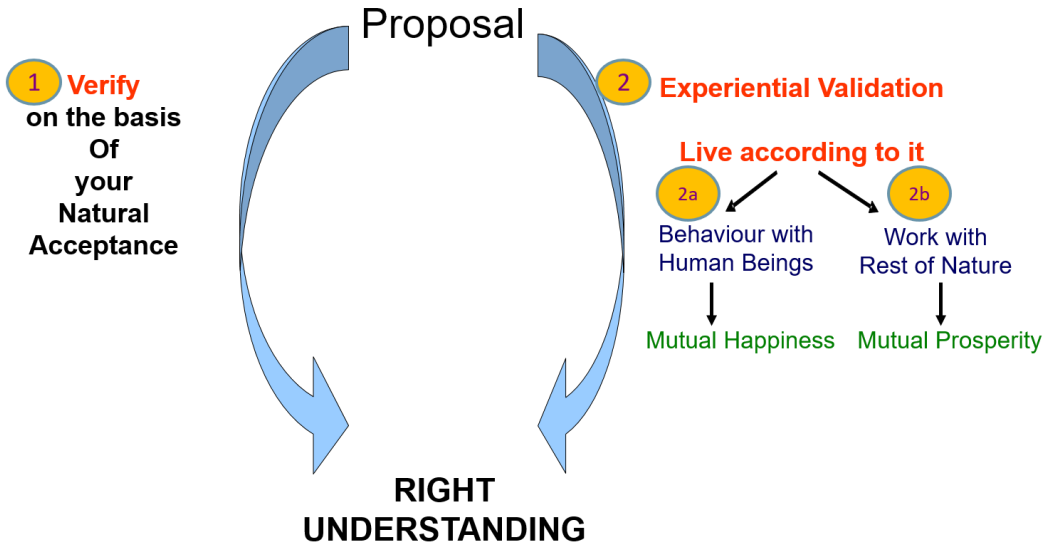
- 1. Self-exploration –**
Verify the proposals on your own right
→ right understanding (of harmony)
→ feeling and thought of harmony
→ harmonious behaviour, work and participation in larger order
- 2. Self-awareness – Be aware of your desire, thought and expectation**
– **every moment**
- 3. Self-evaluation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



Program of Action (Individual) – 1: Develop Right Understanding

Process of Self-exploration

Whatever is stated is a **Proposal** (**Do not assume it to be true/ false**)
Verify it on your own right



1. Self-exploration

Verify the proposals
 (on your own right)

↓
 Right understanding of
 harmony at all levels

↓
 Feeling and thought
 of harmony

↓
 Harmonious behaviour, work
 and participation in larger
 order

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	Self verification on the basis of Natural Acceptance
1. Authentication मान्यता	Realization साक्षात्करण	B1	3
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	1
4. Thought विचार	Analysing विरलेषण	Comparing तुलन	B2
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	2

Preconditioning
 1. Authentication
 2. Sensation
 3. Desire
 4. Thought
 5. Expectation

Unguided Senses, Health, Profit
 Unguided Sensation

Sensation सेवेदना

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	1 Participation in Larger Order, Relationship व्यवस्था में भागीदारी
4. Thought विचार	Analysing विरलेषण	Comparing तुलन	B2 Co-existence, Harmony, Justice Guided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation

Self (I) श्रु

Program of Action (Individual) – 2: Purification of Sanskar

- 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

Sanskar =

Acceptances derived out of
 Σ [Desire + Thought + Expectation]
from all time

+

Acceptances born out of Right Understanding*

* Right Understanding of a reality includes contemplation of its relationship or participation in the larger order, understanding of the harmony and realisation of co-existence in existence of that particular reality.

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

Self-evolution

Human Consciousness

Self-exploration
Self-verification

Human Consciousness

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

3 Sensation संवेदना

Space शून्य

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

3 Sensation संवेदना

Transformation / Development

Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1. Authentication प्रमाण	Realization अनुभव	Realization अनुभव (B1)	Self verification on the basis of Natural Acceptance
Preconditioning मान्यता (1)	Determination संकल्प	Understanding बोध	सहज स्वीकृति के आधार पर जांच कर
3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार	Analysing विश्लेषण	Comparing तुलना (B2)	Unguided Senses, Health, Profit
5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Unguided Sensation

2 Sensation संवेदना

- 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

Self (I) मैं

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

1 Sensation संवेदना

Program of Action (at the level of Society)

1. People's Education Program : for adults

10 yrs	1
Next 10 yrs	10
100 yrs	1000 cr

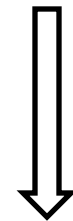


People with Right Understanding & Right Feelings
- Parents - Policy Makers
- Teachers ...

Course in Academic Curriculum
Socially Relevant Projects
Conducive Environment

2. Education-*Sanskar* Program : for children

20-50 yrs

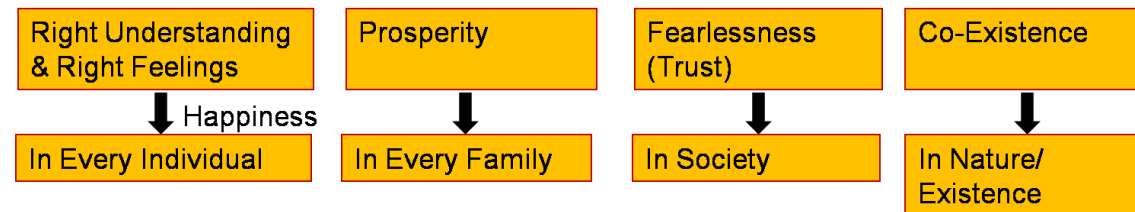


People with Right Understanding & Right Feelings
- People with definite Human conduct, the competence
to participate in Universal Human Order

3. Undivided Society, Universal Human Order Program

10-20 yrs

Fulfilment of Human Goal



Family – Family cluster – Village – Village cluster ... Nation ... World Family



Self Reflection



Key Points

Lecture 22: The Holistic Perception of Harmony in Existence



FAQs for Lecture 22

The Holistic Perception of Harmony in Existence

Question(s):

- How do we go about ensuring right understanding? Is Meditation helpful in this? What is Meditation?

Response

- Let us first try to understand what meditation is, and then we can see how it may be useful in ensuring right understanding:

FAQ: Meditation (Paying Attention): To See The Reality As It Is

Paying attention (focus on some reality)

Process of paying attention

To see the reality as it is (5 aspects of reality)

Purpose of paying attention

- Form, property can be seen by the self through the body

- To see the other 3 aspects viz. natural characteristic, innateness, co-existence you have to look within & **every self has the potential to see these directly**



Realisation of Co-existence



Feeling of Love



Expression of Love, i.e. Living with Compassion



Outcome of paying attention

If the purpose of meditation is clear & the object of attention is within (B1), it can lead to awakening to contemplation, understanding and eventually realisation

If the object of attention is outside or it is B2, it does not yield any significant results, however elaborate the process of meditation may be. One continues to live at the level of B2

FAQ: Meditation: To See The Reality As It Is

Example: 4 steps in Vipassana Meditation

1. Kaya Focus on body
2. Vedana " sensation
3. Sanskar " sanskar (B2)
4. Dhamma " underlying laws (Co-existence)

Example: Ashtang Yoga

1. Yam laws of how we relate to the external world
2. Niyam laws of how we relate to ourselves, the inner world
3. Asan balancing of the body parts and organs
4. Pranayam balancing of breathing, the life force energies
5. Pratyaharapaying attention to one's self, Withdrawal of senses from their external objects
6. Dharana paying attention to (Concentration of the Chitta upon) a object, a reality
7. Dhyan continuity of paying attention- Meditation
8. Samadhi direct observation of the reality- Oneness with the object of meditation (Co-existence)

FAQ: Meditation: To See The Reality As It Is

Paying attention is primary or object of attention is primary?

For example, a thief knows how to concentrate. He does pay attention to something he considers valuable

You are also concentrating on what you consider valuable. For example

- If money is important for you, you keep track of your bank balance
- If relationship is important for you, you keep track of trust

It is the object of focus that is significant and not just the method of concentration. If you can realise that you are significant, then you will pay attention to your Self(I)

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

So essentially we are talking about meditation every moment. Living with awareness, of reality as it is, every moment

Question(s):

- They say “live in the present”... is that the way to right understanding?

Response

From \$Sunil Kumar Patidar Medi-Caps Universi... to All panelists: 07:17 AM

As per my past experience when I do practises of every moment awareness, I start to decreases my command on outside world like less interest in family, friends, society, money and other activities. My question is that how to balance outer and inner world simultaneously. because both are important.

Living in the Present

- Regret of Past
- Fear of Future
- Opposition for Present

We tend to recall past when the present is not engrossing and

- some happy event (to draw happiness) or
- there is some regret

We tend to to be engrossed in the present when

- we are in harmony within and
- making effort for harmony outside

Living in the Ever Present

- Evaluating Past on the basis of co-existence (no regret)
- Planning Future on the basis of co-existence (fearlessness)
- Living Now on the basis of co-existence (mutual fulfillment with units)

We tend to think of the future when the present is not engrossing and

- we want to plan for the future course of action or
- when there is an apprehension / uncertainty about the future

We are not engrossed in the present when

- we are in dis-harmony within

From \$Dr Shiv Kumar Goel WR Volunteer to All panelists:

07:06 AM

Through meditation , I many times see how I have come on earth and how I was related with my father mother and neighbour andeven in organization and in a particular city.....I found there is some work which I have to complete and it takes me in deep thinking

From NAHID AKHTAR NSB ENGINEERING SERVICES/SHOKUNI... to All panelists and attendees:

happiness by reminding of our tour and travel is permanent or temporary? is it ensure continuity of happiness?

From \$Dr. Adelaid WR Volunteer to All panelists:

07:27 AM

Some people suddenly think of turning 180 degrees after a talk and remain in that direction thereafter and are able to guide others too. Do accumulated assumptions get updated suddenly with one impact?

From \$Sunil Kumar Patidar Medi-Caps University, Indore to All panelists:

From energy conservation principal, the self (activity) has some kind of energy and after death will convert into some another form. is it true?

From \$Vinodsinh Patil WR Volunteer to All panelists and attendees:

Namaste, Have the Plants (bio order) feelings? In the past, I had heard a speech that Plants have feelings, it's proved by one of the Scientists who got Nobel Prize...

From \$Sunil Kumar Patidar Medi-Caps University, Indore to All panelists:

space is nothing but witness who are constantly present with us from childhood to till date. and during day it is conscious at some extent. during dream and deep sleep, it experience. is it the space?

From ##Dr. Dr Rishi Raj Jhunjunwala Business School, Ayodhya Ayodhya to All panelists:

rightly observed, firstly jyotish observed and analyse the time, with respect to five elements present in the existence, called panchang, the base of jyotish, still is the only widely accepted concept of time

basically jyotish is the science of study of time and space, which analyse and creates the logic the expansion of creation and destruction on basis of frequency and its manifestation called devta

From \$Mrs. Nidhi Chirag Sachade Sanjivani College of Engineering Kopergaon ... to All panelists:

I have questions to ask relevant to self realisation... can it happen with some simple practice like which was discussed in one of the session- sahaj Yoga... if we surrender to nature can it help us to reach that state... sometimes I feel some things are difficult for me to grasp... of what we have been discussing... I then have fear whether I will be able to understand this much...but then I want to... like sant kabir had it... it was there in his living... why it is not coming to my living all the time.. the word I liked was BODH... when I will get this BODH...

From # Dr. Sundar Raj Perumall Visakhapatnam to All panelists:

Apart from the theory , we also want to know what all practices have been tried, what have worked, what practices have not helped, so that we need not do the trial and error methods again.

From # Dr. Sundar Raj Perumall Visakhapatnam to All panelists:

we are now clearly on jnana yog. definitely not on bhakti yog. but we used to have an anchor like God or guru. but now we are not God fearing people as we are trying to understanding reality in a more clear way. so now that we don't have an anchor we would like to know what other practices we can do to stay on the path apart from excercise 123

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