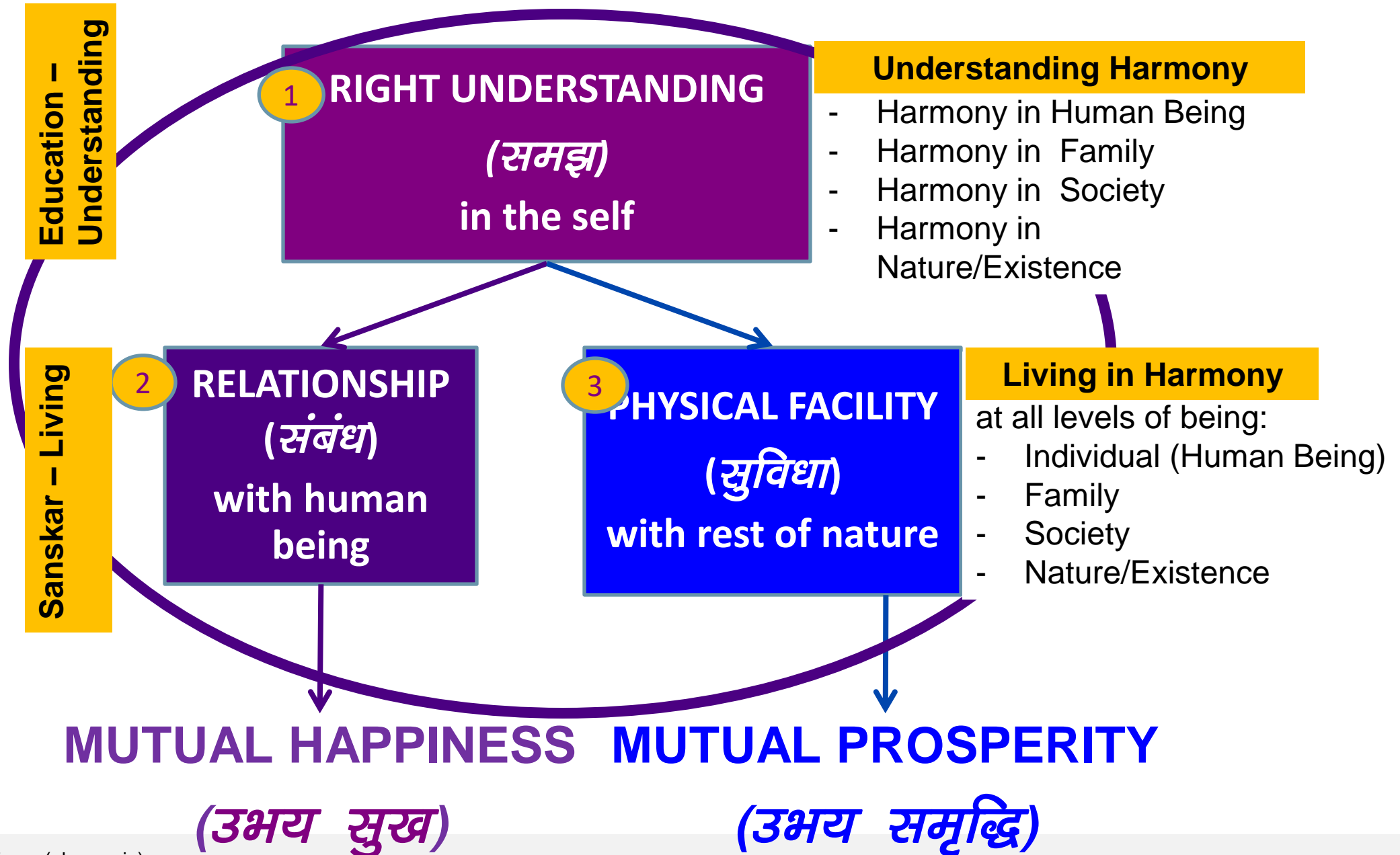




Lecture 6

Method to Fulfill the Basic Human Aspirations



Happiness

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



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

Continuity of Happiness

State / Situation in which I live
or expanse of my being:

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



Continuity of Happiness

= Harmony at all levels of being i.e.

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

To facilitate understanding of the harmony at all levels of being

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

Proposals

To understand harmony and to live in harmony at all levels of being

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

**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

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

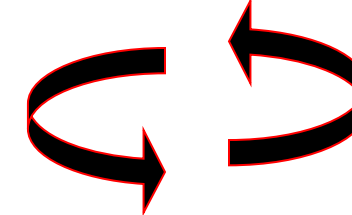
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

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



Happiness (Harmony) Within

Right Understanding

– in Self (I)

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

Right Feeling

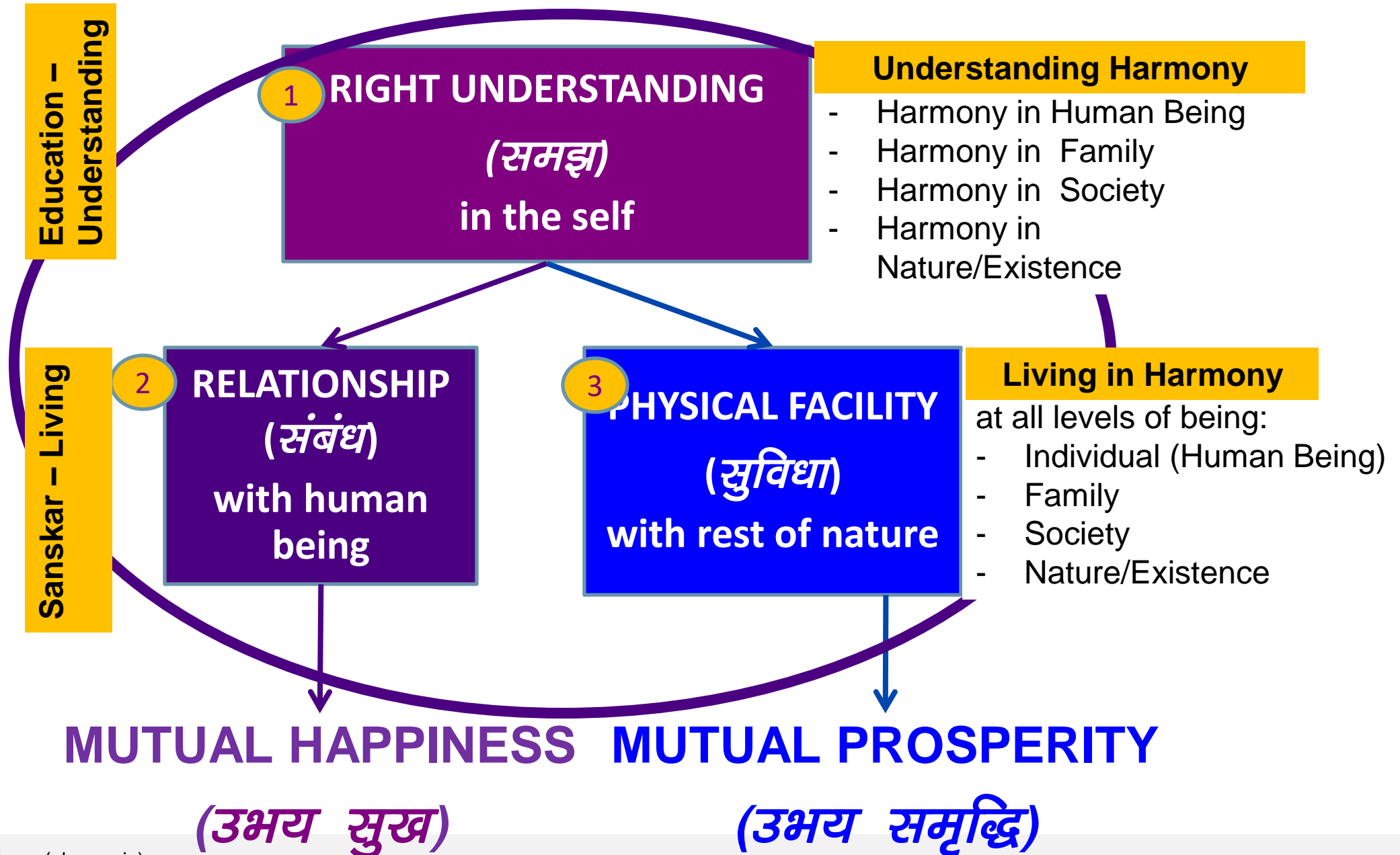
– in Self (I)

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



Key Points

Method to Fulfill the Basic Human Aspirations



Happiness

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



To be in a state of Harmony / Synergy is
Happiness



Happiness = To be in Harmony

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= Harmony at all levels of being i.e.

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

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
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Proposals

To understand harmony and to live in harmony at all levels of being

1. In the Human Being
2. In the Family
3. In the Society
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**1 Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**

**2 Experiential validation
by LIVING ACCORDINGLY**

**Right Understanding
Right Feeling**

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



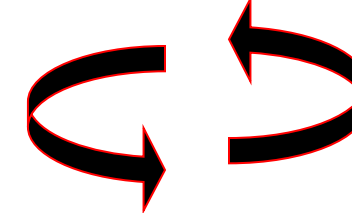
Transformation / Development

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	

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Recovering Addict



Temporary escape from unhappiness

Addict

Animal Consciousness

Escape (Running away from unhappiness)

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





FAQs for Lecture 6

Method to Fulfill the Basic Human Aspirations

Question(s) 1: Four Levels

- If ensuring harmony at one level disturbs the harmony at some other level, how can I make the program for continuity of happiness?

e.g. taking care of my baby and doing justice with my job

e.g. when I invest myself for right understanding, the family members feel angry on me, and there is disharmony in the family.

Response

- As it appears today, to manage things at one level makes it difficult at another level, as mentioned in the examples quoted. However, we are not talking about managing things, we are talking about ensuring harmony. If I am trying to understand harmony and live in harmony at one level, it will certainly help in understanding and living in harmony at other levels, at least it will not contradict. For example, if I am working for harmony at the individual level, as a human being, I will ensure right understanding and right feeling in the self. This will certainly facilitate my being in harmony at the family level because I can now ensure mutual fulfillment in my behaviour with right feelings. Similarly, I can better participate in ensuring harmony at the level of society and nature.

Balance between profession and
persona/family life

Compromise

People are migrating for work
(present day education is inadvertently setting
up a world view... this type of mindset that
village... working with land etc. is not OK, a
curse...

3 generations living together

Getting uprooted migrating from village to city
to big city to US Canada etc.

Empty houses, empty villages, fallow land... a
disturbed society (crowd)

Compromised social base / family/social
security... losing out on family... community...
culture... for some type of work

Used to have production at home... in the
village

Question(s) 1: Four Levels

- Few people in the history have said that the biggest hurdle in the development of society is family. They propounded the concept of commune. Where do we place the commune here?

Response

- There have been two experiments tried out in the history-
One says that family is a hurdle in the development of the society, therefore, get rid of the family,
the other says that family is a hurdle in the development of the individual, therefore, get rid of the family,
What we are saying is that if harmony in the family is understood properly and ensured, then family will provide the appropriate environment including education- sanskar for the development of the individual; and it will also work as the basic building block for development of the society.
In fact, what they visualised as commune was essentially a version of harmonious family of a bigger size

Question(s) 2: Four Levels

- If there is disharmony in the society, I will also be in disharmony as I am part of society. Then how can I ensure happiness in continuity? Similar with nature.

Response

- If there is harmony in the society, then certainly it will provide appropriate environment including education- sanskar for my development. However, even if this is not there, it is possible for me to work for self-development through self-exploration and if I ensure this, then I can be in a state of harmony within and happiness within in continuity. In fact, I will even become a help in the process of development of harmony in the society. But, this is going to be a much more difficult task for me than in case there is harmony in the society.

Question(s) 3: Four Levels

- How do I demarcate between family and society? e.g. my in-laws, extended family members, neighbors, friends, etc.

- I have a pet, and I treat it like a family member. Is it fine to do it as it is not a human being?

Response

- The range of family is from family (blood-relation) to world family. What matters really is my feeling of relationship (and my competence for its fulfillment), how extended it is i.e. how many people I feel related to; that will define the size of the family. Atleast we should be able to have this feeling of relationship for the members of the family (blood-relation) with three generations.

- It is fine to do it with animals too, but we must be able to do this human being as well. It should not happen that we are not able to do it for human beings in the family and we are using the pet as a substitute.

Question(s) 4: Four Levels

- Where do I put my organization or place of work here? In family or society?

- Why have we put nature and existence together at the fourth level?

Response

- If I have the feeling of relationship and competence for its fulfillment with all the members of the organisation, I will take it as a family. Otherwise I have to place it in the society, if there is a common goal; if there is a no common goal, it will be more like a crowd than society.

- When it comes to fulfillment, we have to work with nature only. At the level of existence, we only have to understand the existence as co-existence, we do not have to do anything for it, it is ever-present anyway.

Question(s) 5: Four Levels

- How can I be in harmony with the entire nature/existence? I don't even know so many things in the nature/existence.

Response

- We have to understand that there is harmony at the level of nature and existence and we have to have that feeling of harmony for every unit in nature. That is what is important. When it comes to fulfillment, we will get the necessary information about the concerned unit as and when required.