



# UHV-I

## Session 5

### Fulfilment of Aspirations at the Individual level

Distinguishing between the needs of Self and Body

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# Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

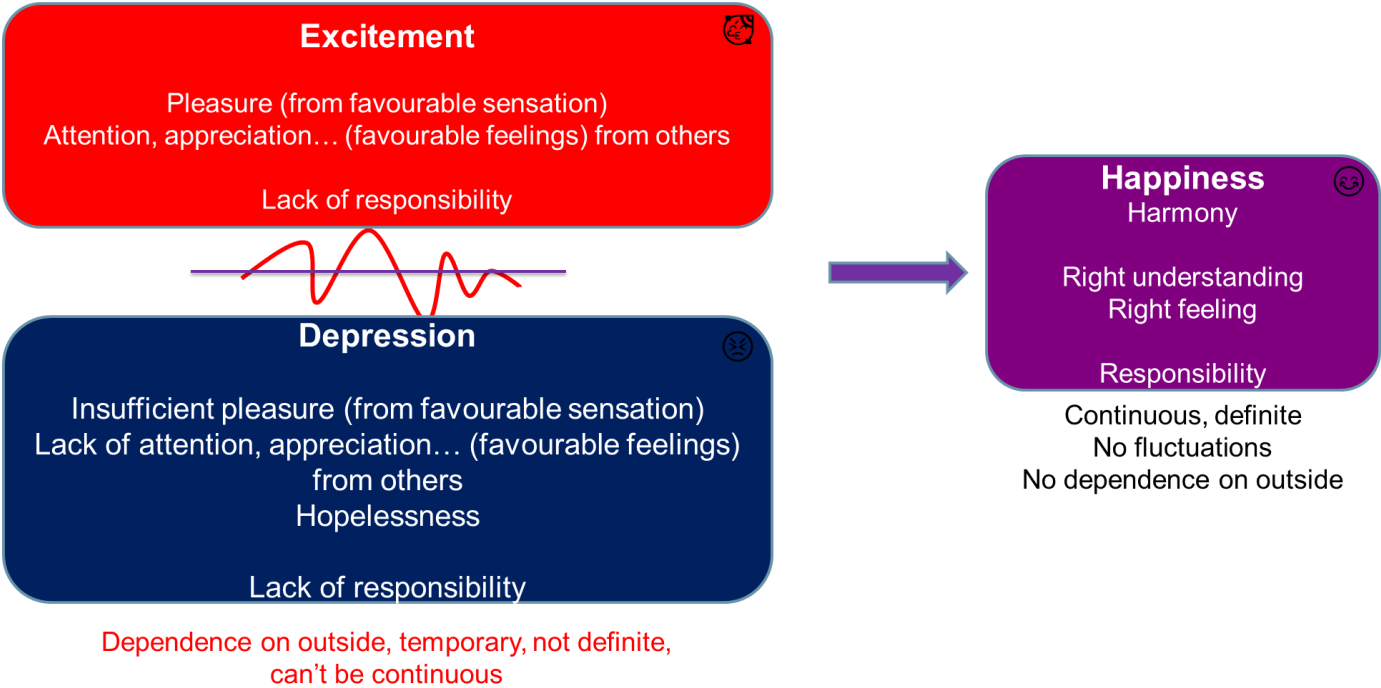
Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

# Home Assignment

4.1 List out all the programs you make during a day to make you happy. Find out if the happiness you derived from these programs is definite and continuous, or is it indefinite or short lived. Identify those programs that result in continuous happiness.

4.2 Observe the frequency of the fluctuation (change) of your feelings between excitement and depression (feeling low) during the day. Find out the reason for these fluctuations. Write down your conclusion from this exercise



## 4.3 Take your list of aspirations and concerns.

Classify the aspirations into four categories:

1. Aspirations at the individual level. e.g., you aspire to be happy within, to be healthy
2. Aspirations at the level of family. e.g., you aspire to be comfortable with everyone in your family and you want them to be assured of you
3. Aspirations at the level of society. e.g., You aspire for a good job
4. Aspirations at the level of nature. e.g., You aspire for natural resources to be readily available

Classify the concerns also into these four categories:

1. Concerns at the individual level. e.g., you want to get rid of anger, tension, frustration and peer pressure
2. Concerns at the level of family. e.g., you want to overcome the pressure to conform to their norms
3. Concerns at the level of society. e.g., you wish that the domination, exploitation, differentiation and terrorism is resolved
4. Concerns at the level of nature. e.g., you'd like the pollution levels to reduce

In the next session, we will discuss the aspirations and concerns at the individual level.





# UHV-I

## Session 5

### Fulfilment of Aspirations at the Individual level

Distinguishing between the needs of Self and Body

# Understanding Human Being

For fulfilment of our aspirations and resolution of concerns at the Individual level, we need to understand the individual, i.e., human being

When we understand ourselves, we are able to make out our needs clearly  
And the definite program to fulfil our needs

Is human being merely the body or something more than that?



When we explore, we will see that there are two realities, the self and the body

Let us try to understand them clearly

Human Being  
मानव

Self (I)  
मैं

← Co-existence  
सहअस्तित्व →

Body  
शरीर

Who needs food?

Who needs respect?

Who needs clothes?

Who feels happy or sad?



Human Being मानव		Self (I) मैं	← <b>Co-existence</b> सहअस्तित्व →	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)	<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)		
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर	<b>Temporary</b> सामयिक		
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)	<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)		



- Are these needs of different types or of same type?
- Are both types of needs important / Do we want fulfillment of both types of needs?
- Are we working to fulfill both types of needs?
- What is the priority between the needs of the Self (I) & the needs of the Body?



Human Being मानव		Self (I) मैं	← Co-existence सहअस्तित्व →	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)	<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)		
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<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)	<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)		
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव	<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु		

## Can you see that

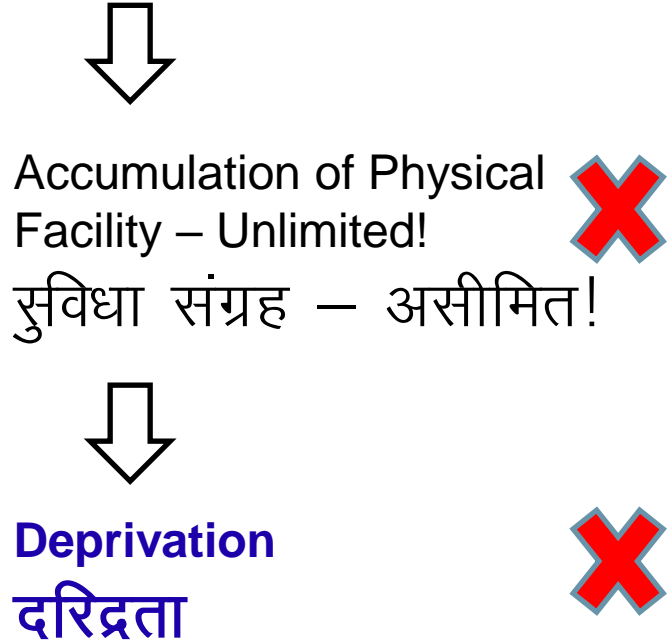
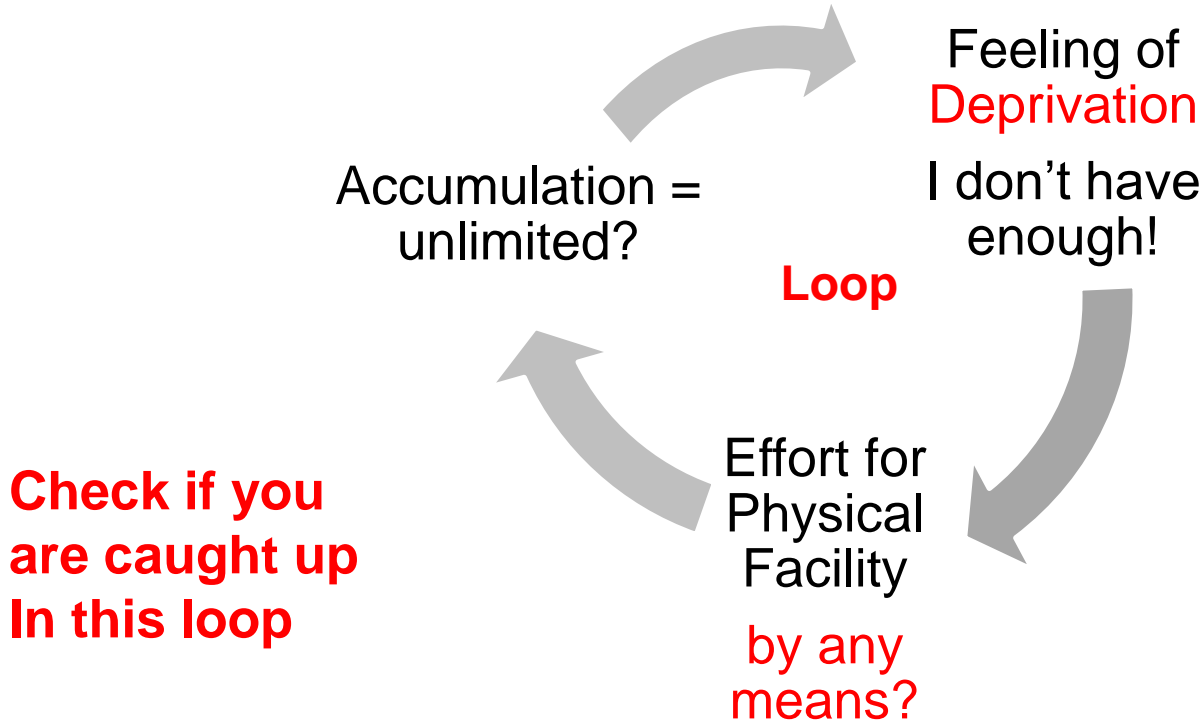
Both type of needs have to be understood separately

Both type of needs have to be fulfilled separately

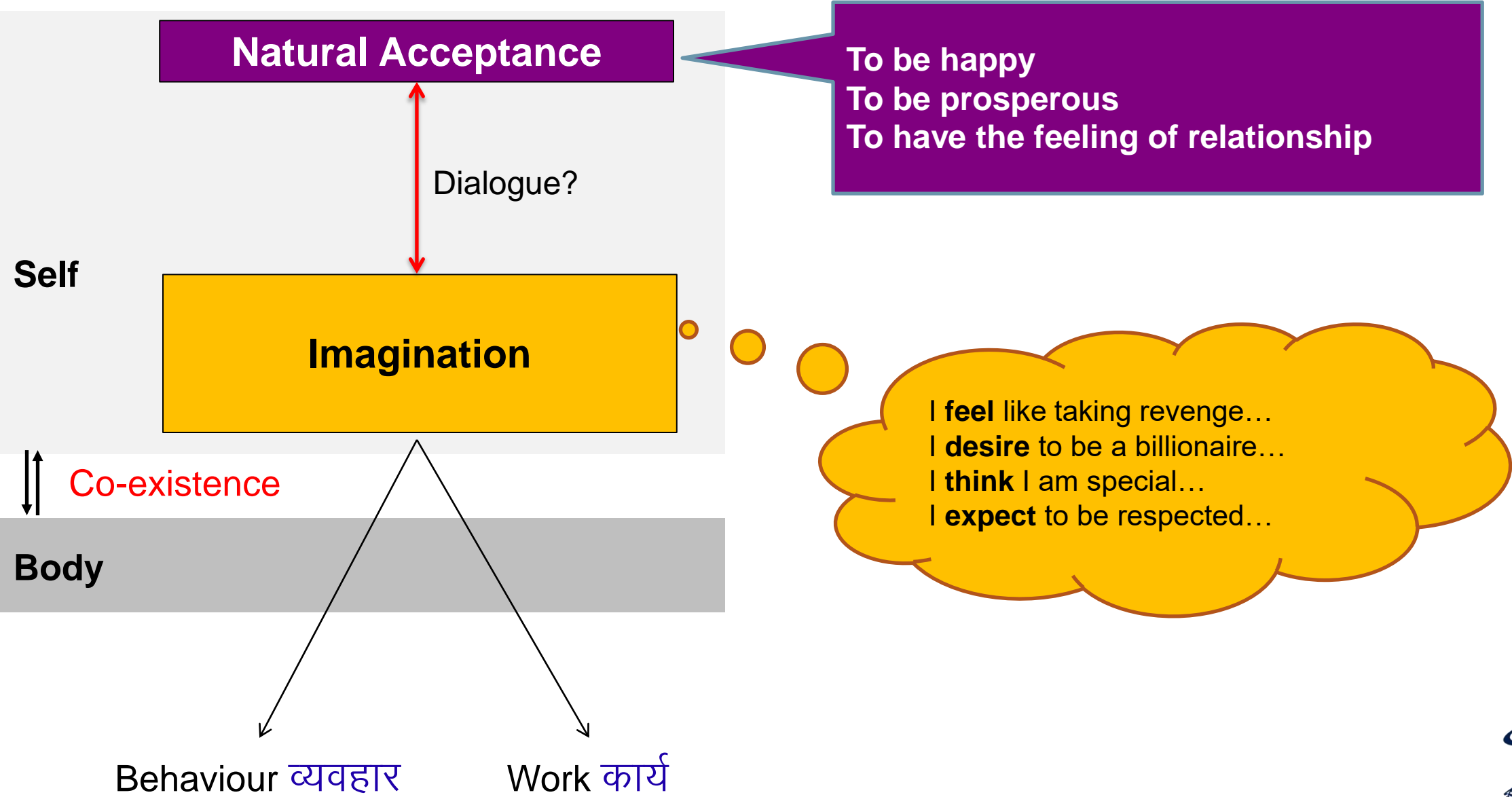
When we mix up the two, we are in trouble!

Check if this happens when we mix up the two

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे—भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



# Understanding the Self



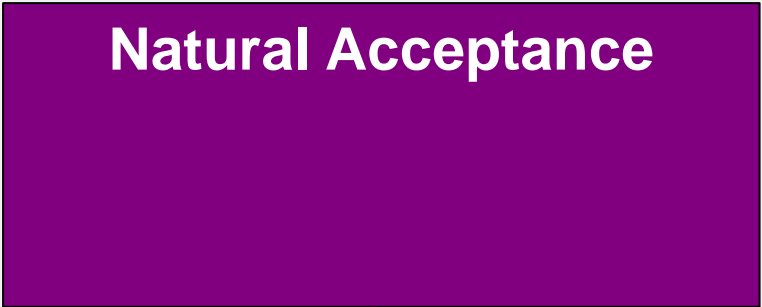


# Dialogue Within

My basic aspiration  
is here

**My Desired State**

**My Intention**



Dialogue?  
Guiding?

All my aspirations  
and concerns are  
here

**My Current State**

**My Competence**



# Harmony in the Self

## INTENTION

What I really  
want to be  
Desired State

Natural Acceptance

This part is definite, un-corrupted, pure,  
innate in every Self!

We may or may not be aware of it

We have the potential to be aware of it, and  
to take guidance from it!

Dialogue?

Guiding?

## COMPETENCE

What I am  
Current State

Imagination

Our feeling, imagination  
may keep fluctuating

When our feeling,  
imagination is guided by  
our Natural Acceptance,  
we are in harmony within...  
we are happy!

**Human being is the co-existence of the Self and the Body**

**Every Self is endowed with the faculty of “Natural Acceptance”**

The Body needs physical facility – this need is temporary (required from time to time)

It is fulfilled by physio chemical things from rest of nature

Happiness is the need of the Self (i.e., my basic aspiration) – It is required all the time

It is fulfilled by right understanding and right feeling in the Self

(It can not be fulfilled by physical facility; it can not be fulfilled in continuity by getting feelings from others; if we assume the human being to be the Body, we get caught in a loop of trying to get continuous happiness from outside and keep on accumulating physical facility)

**There is imagination going on in the Self. When the imagination is in line with the natural acceptance, the Self is in harmony, happiness**

In UHV-II, we will discuss this in more detail!





# Home Assignment

# Home Assignment

**5.1.** Could you see that you have two types of needs:

- A continuous need (like the need for respect) – need of the Self
- A temporary need, which is required from time to time (like the need for food) – need of the Body

**5.2.** Look into your list of aspirations. Classify it into 2 categories – aspirations related to the Body (like food) and aspirations related to the Self (like name and fame). Which aspirations are prominent – aspirations related to the Self or aspirations related to the Body? Reflect on how you are trying to fulfil the needs related to the Self. What is your takeaway from this exploration?

**5.3.** Can you see you have an inherent faculty of natural acceptance? Is it always for harmony, for relationship?

**5.4.** Can you see that something is going on in your imagination? Can you see that when you have a feeling that is naturally acceptable to you, you are in harmony, happy?

**5.5.** Is the program for fulfilment of your aspirations and resolution of your concerns at the individual level clearer through this exploration? Discuss the program with your batchmates





# Questions?



