



# UHV-I

## Session 6

# Resolution of Concerns at the Individual Level

Developing self-confidence, overcoming peer pressure...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation  
All Rights Reserved





# 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

**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





# UHV-I

## Session 6

# Resolution of Concerns at the Individual Level

Developing self-confidence, overcoming peer pressure...

# Introduction

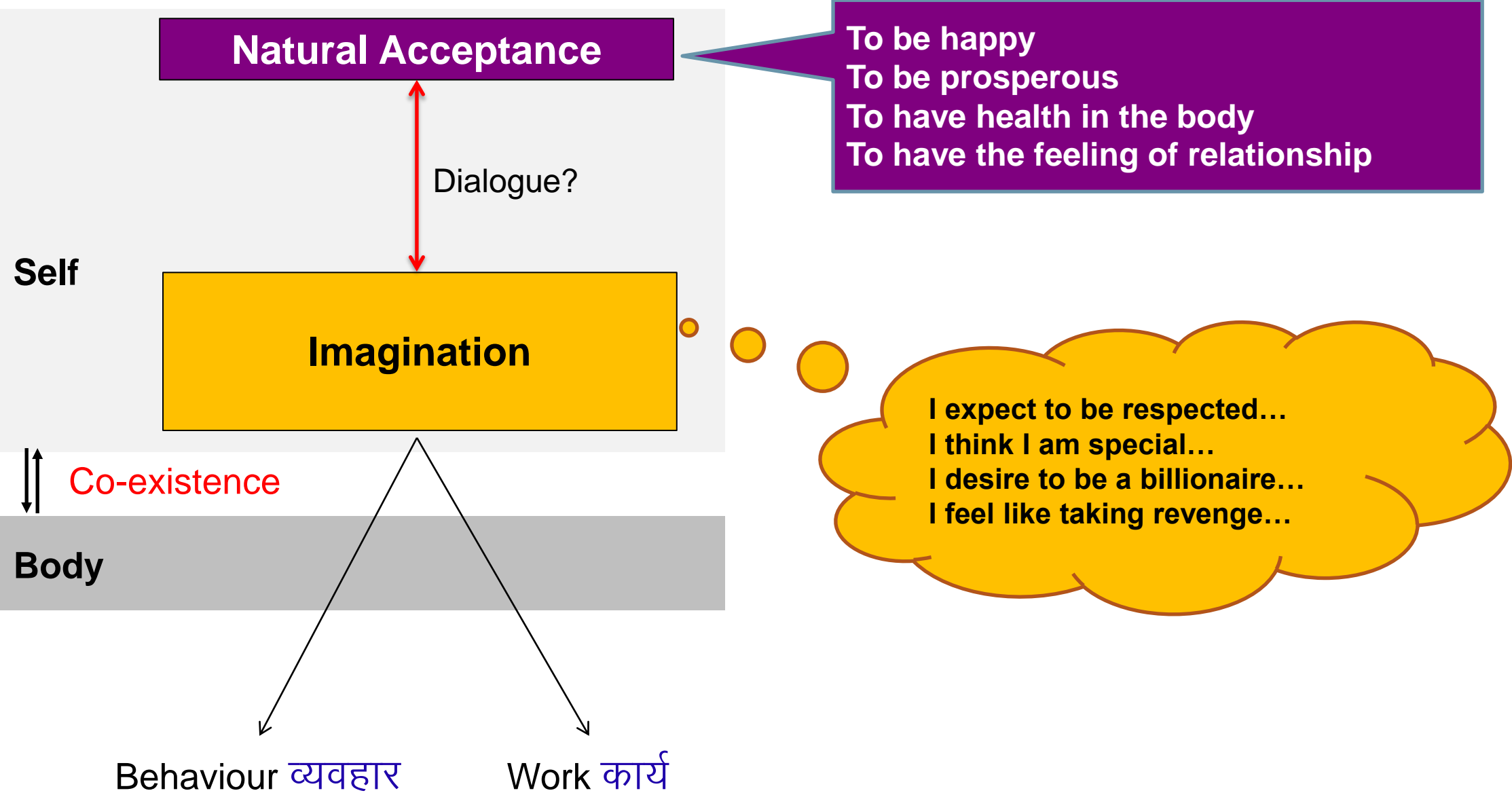
In the previous lecture, we saw that human being is the co-existence of Self and Body. When the imagination is guided by natural acceptance, it is in harmony, happiness

In this lecture, we will explore three sources of imagination

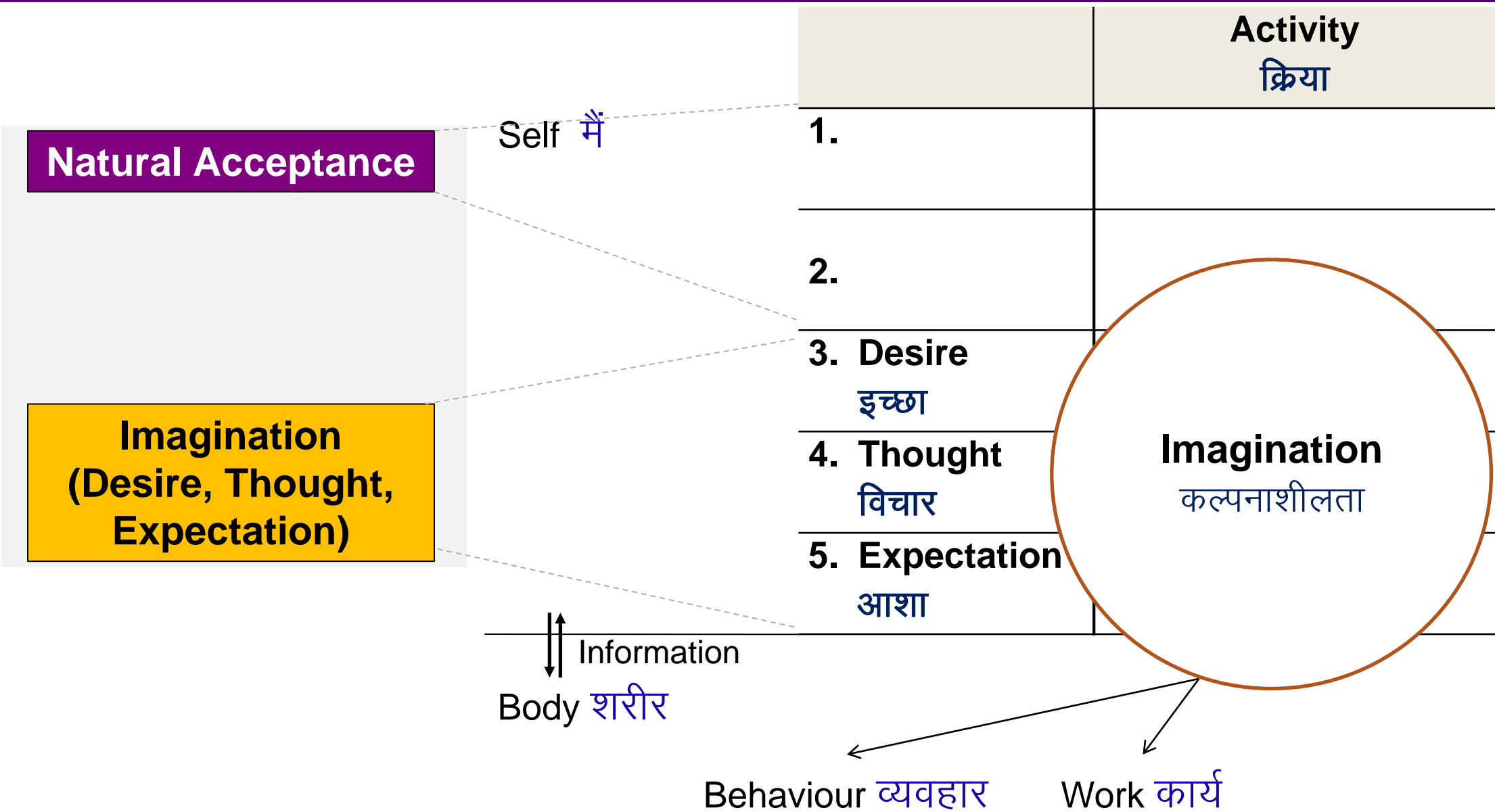
We will see that our concerns, like peer pressure, overthinking, procrastination, addiction, etc., arise when the imagination is not guided by natural acceptance

Our concerns are resolved when our imagination is in line with our natural acceptance

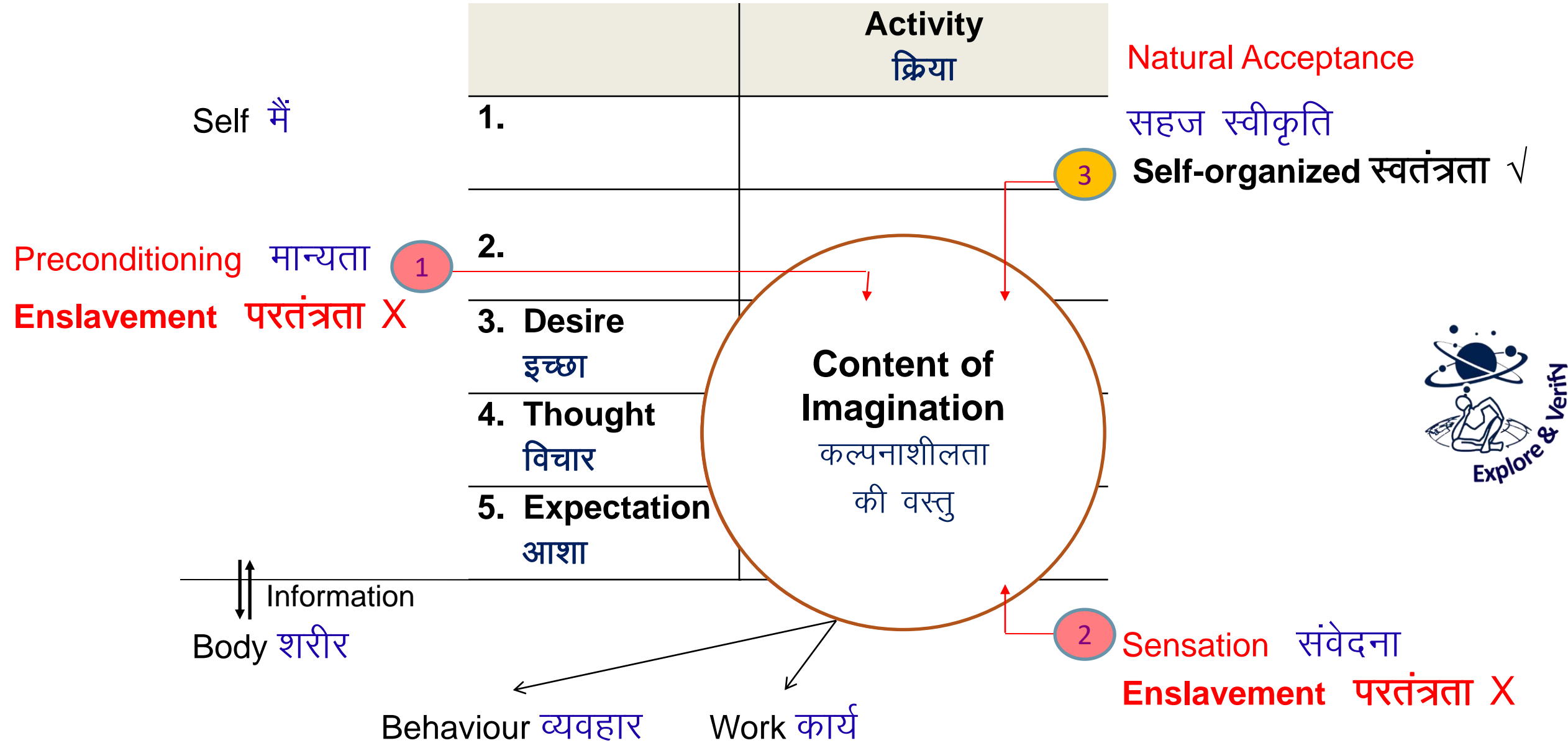
# Recalling: Activities of the Self



# Activities of the Self



# Sources of Imagination





# Examples: Preconditioning, Sensation and Natural Acceptance

Food for health

Natural Acceptance

Food for taste

Sensation

Food for show off

Preconditioning

Mobile for communication, knowledge

Natural Acceptance

Mobile for entertainment

Sensation

Mobile for status

Preconditioning

See note also

# Enslavement of Preconditionings, Sensations

- Money is everything
- Success is getting ahead of others
- Speaking in a particular language fetches respect
- Freedom is using foul language
- Exclusive clothes needed to be center of attraction
- Show-off is needed to survive in the society
- Latest gadgets are status symbols
- If I don't do like others, I will be isolated, left behind
- You have to be selfish to survive
- No one is trustworthy

The list could be much longer...

# Outcome

- Tension, peer pressure
- Anger, not much time for family

Lack of Confidence  
Social Anxiety  
Overthinking  
lack of discipline  
time management  
Overwhelmed with work stress  
stage fear  
Uncomfortable to express  
lack of guidance  
Overdo want to do many things but unable to do them  
lack of concentration

These become our concerns

# Exercise

From your list of your concerns, pick one concern

Find out the preconditioning or sensation that is underlying that concern

Then find out what is a naturally acceptable to you

We will explore if this provides a resolution for that concern

Let us take a common concern as an example



## Peer pressure

- e.g., I will be accepted by peers only if I...
- Speak in a particular language (it will fetch respect)
  - Use foul language (it is needed to fit into this circle)
  - Wear fashionable clothes (then I will be like them)
  - Eat and drink like them (so they will not think I am different)
  - Be extravagant (it is essential to keep up to their 'standard')
  - ...

Check: By living according to these preconditionings, is it definite that you will be happy?

And can it ensure the continuity of happiness?



# Resolution of Concern regarding Peer Pressure

## Paying attention to the Natural Acceptance

**Developing right understanding about human being leading to clarity about Self and Body**  
(need of Self, need of Body, sources of imagination...)

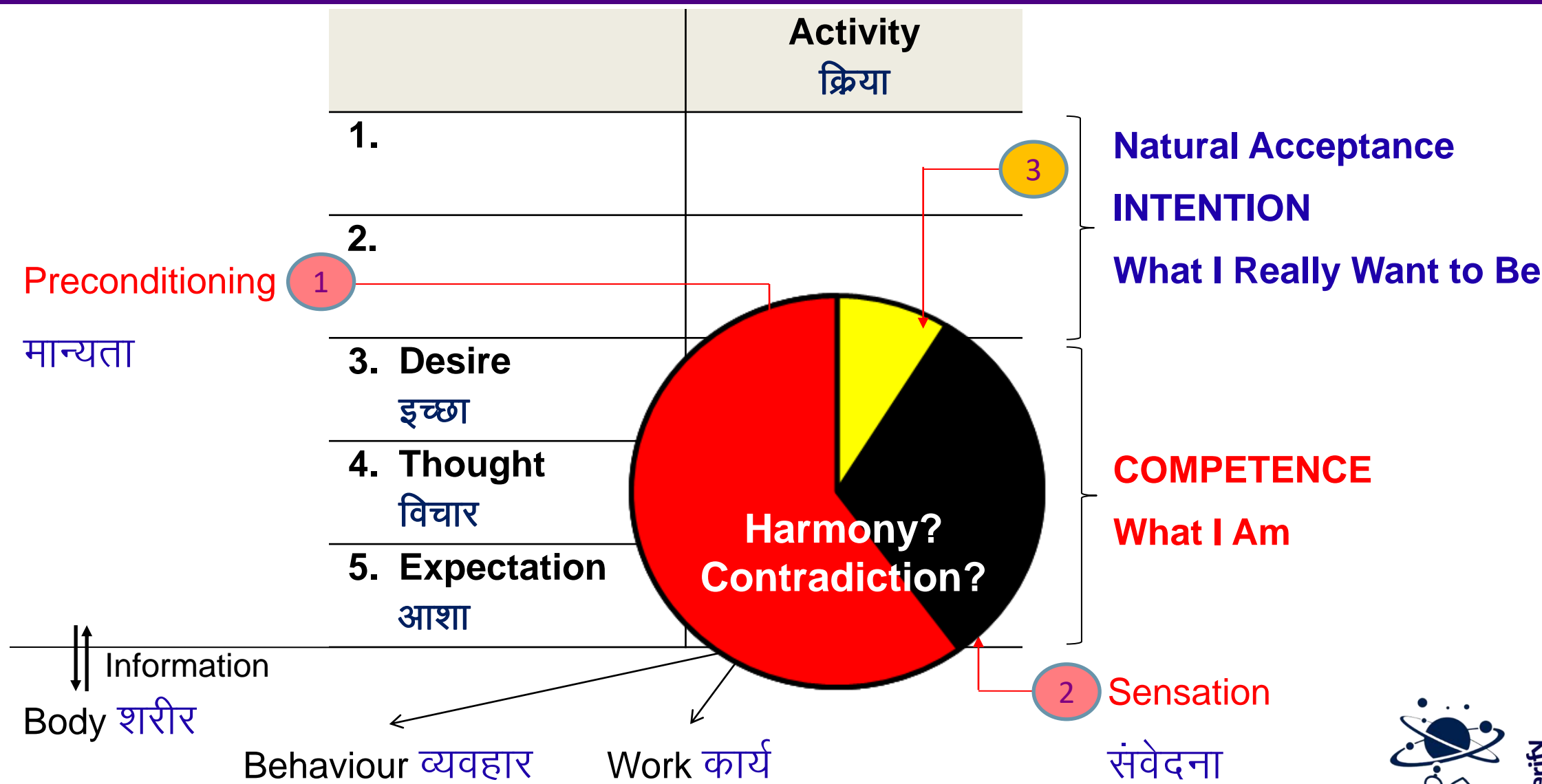
**Developing right understanding about relationship leading to right feeling**  
(trust, respect...)

With right understanding, we are able to see **trust** as the foundation of every relationship  
(and similarly we are able to ensure other feelings)

This understanding helps us come out of peer pressure (and resolve many other such concerns)

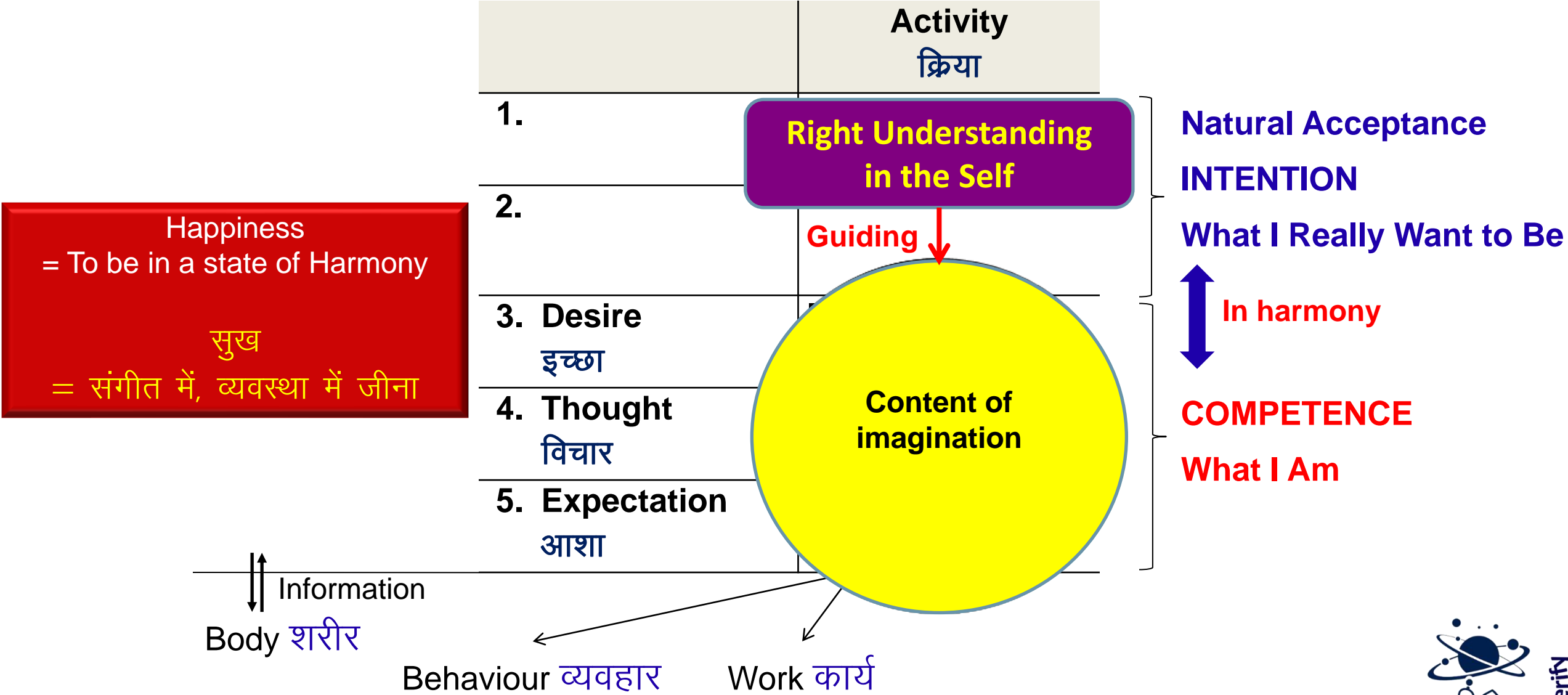
We will discuss about relationship in session 8

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

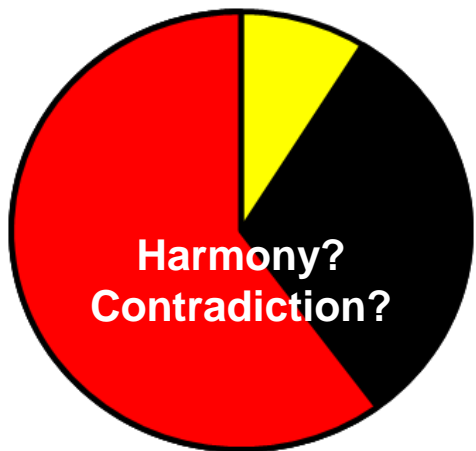




Imagination completely in line with Natural Acceptance → Complete Harmony in the Self

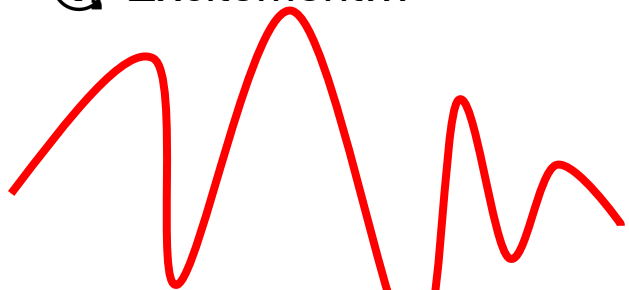


# Partial harmony in the Self

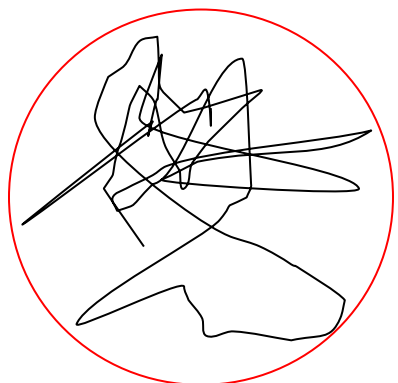


Imagination partially guided by natural acceptance  
Imagination may be disorganised, random  
Sometimes happiness, sometimes unhappiness

😊 Excitement...



☹ Depression...

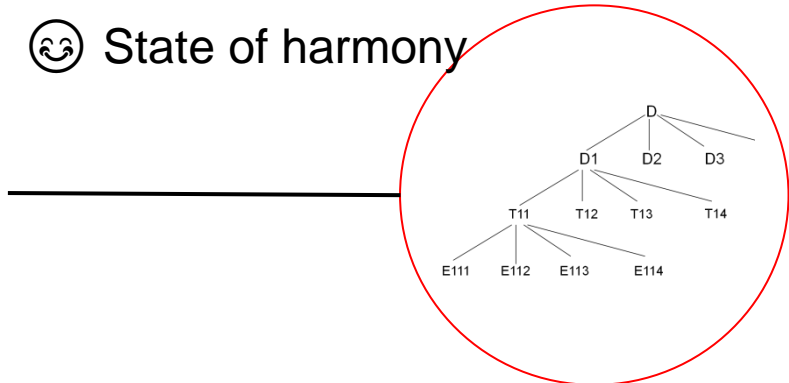


# Complete Harmony in the Self



Imagination fully guided by natural acceptance  
Imagination is fully self-organised  
Continuity of happiness

😊 State of harmony



Imagination may be motivated by preconditioning, sensation or natural acceptance

When imagination is fully guided by natural acceptance, the Self is in harmony; and there is continuity of happiness

When the imagination is coming from preconditioning or sensation, it is unclear if one is in a state of happiness or unhappiness. In such a state, one may succumb to preconditionings, get carried away by sensation, and have multiple unresolved concerns

- The state of the self is largely dictated by external influences
- One is enslaved (परतंत्र) by one's own preconditionings, sensation
- In this state, the conduct is indefinite (it may be human or inhuman)

By making effort for right understanding, one can ensure the right feeling within, be free from enslavement, be self-organized (स्वतंत्र) and be in a state of continuous happiness

In this way, our concerns get resolved naturally





# Home Assignment

## 6.1. Take your list of concerns at individual level

For each concern, find out the preconditioning or sensation that is behind that concern

Then find out what you need to understand to resolve your concerns

As we cover more content, keep exploring the possible resolution of each concern





# Questions