



# UHV-I

## Session 4

# Program for Fulfilment of Basic Human Aspiration

Shifting from excitement to happiness...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation  
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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 3.1

Take your list of aspirations + concerns (from session 1 home assignment).

Find out what your aspiration or concern is closely related to:

- right understanding
- relationship (right feeling)
- physical facility (money, mobile, food, clothes...)

To be more clear, you may evaluate the purpose, i.e., why you want to fulfil that aspiration or resolve that concern

<u>eg. Aspiration/Concern</u>	<u>Purpose</u>	<u>Right Und</u>	<u>Relationship</u>	<u>Physical facility</u>
Money	To buy things			✓
Name, fame, attention	To relate to others		✓	
Food	For Body			✓
Latest bike	For friendship		✓	
Peace of mind	For Self	✓		
Getting rid of anger	For Self	✓		
Good health	For Body			✓

Note: for different people, the same aspiration/concern may have a different purpose

## Could you conclude...

There are 3 basic requirements of a human being

Right understanding, fulfilment in relationship and physical facility  
and not just physical facility

Our aspirations may be closely related to any of right understanding, fulfilment in relationship and physical facility

But to fulfil the basic aspiration (of happiness and prosperity in continuity), right understanding comes as the first priority

e.g., the latest bike may help you make a large circle of friends for you

But mutual happiness with friends will take place only with right understanding

Without right understanding, it may lead to competition, jealousy...

Keep exploring this for all your aspirations and concerns

**Can you see that for the fulfillment of your basic aspiration (of happiness and prosperity in continuity), right understanding is essential and comes as the first priority**

# Home Assignment 3.2

Find out how much time and effort you put in every day in these 3 areas other than for sleeping (say 8 hours)

e.g.,

<u>Effort and Time</u>	<u>Related to</u>	<u>Time</u>
Self-introspection	Right understanding	1 hr
Academics	Physical Facility	4 hrs
Eating, Exercise	Physical Facility	2 hrs
Entertainment	Physical Facility	2 hrs
Fruitful time with friends	Relationship	2 hrs
Fruitful time with family	Relationship	2 hrs
Any Other activity	...	3 hrs

Thus: Right Understanding: 1 hrs  
Relationship: 4 hrs  
Physical Facility: 8 hrs  
?? 3 hrs

Total: 16 hours (+ 8 hours for sleeping)

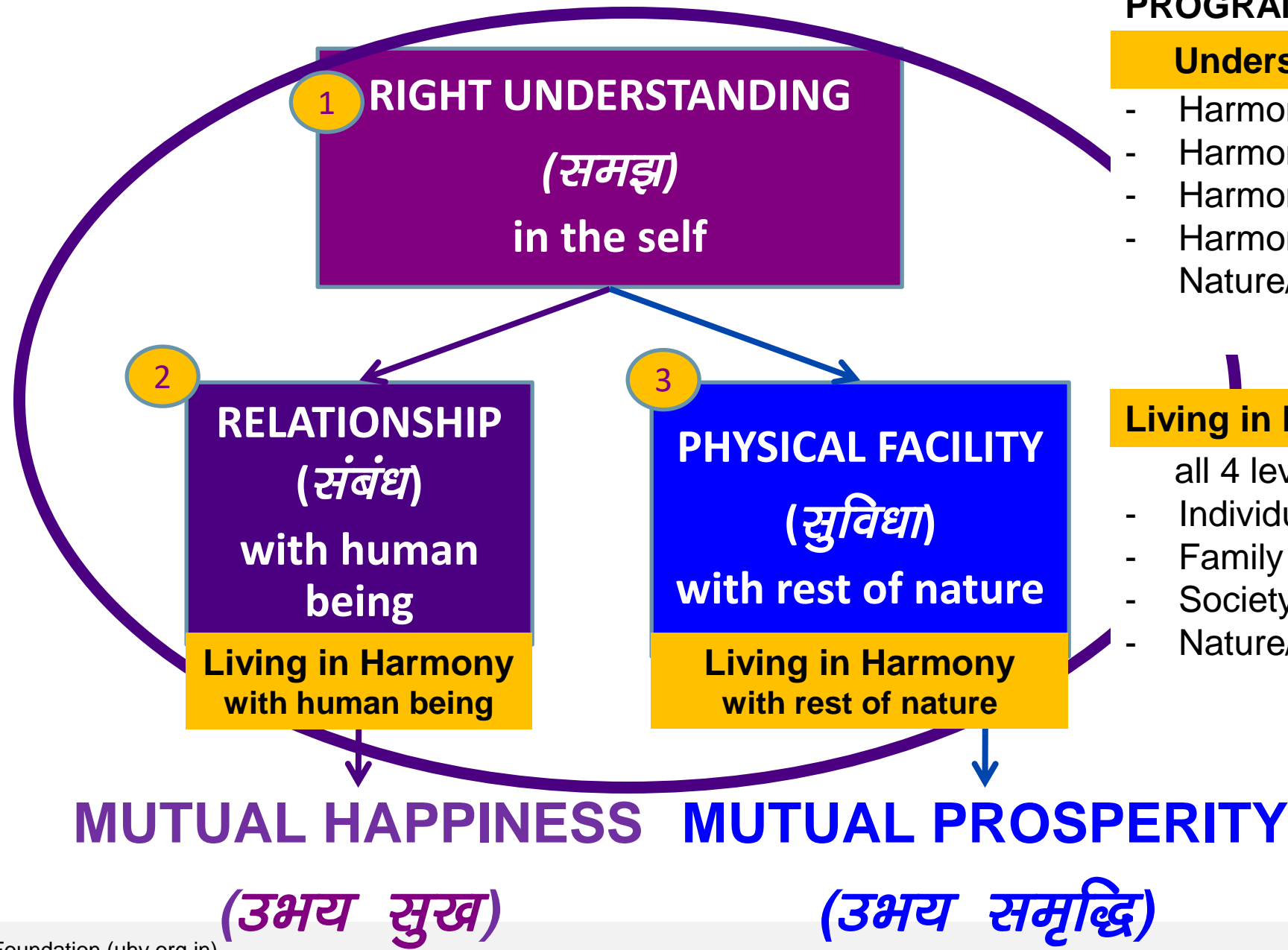
**Like this, you can make an overall assessment of how you are spending time every day, and see if it is ensuring the feeling of happiness and prosperity within you or not. If not, you may need to work on your schedule.**



# Recap: Basic Human Aspiration and Program for its Fulfilment

Education –  
Understanding

Sanskar –  
Living



## PROGRAM:

### Understanding Harmony

- Harmony in Human Being
- Harmony in Family
- Harmony in Society
- Harmony in Nature/Existence

VALUES

### Living in Harmony

- all 4 levels:
- Individual
  - Family
  - Society
  - Nature/Existence

SKILLS



# UHV-I

## Session 4

# Program for Fulfilment of Basic Human Aspiration

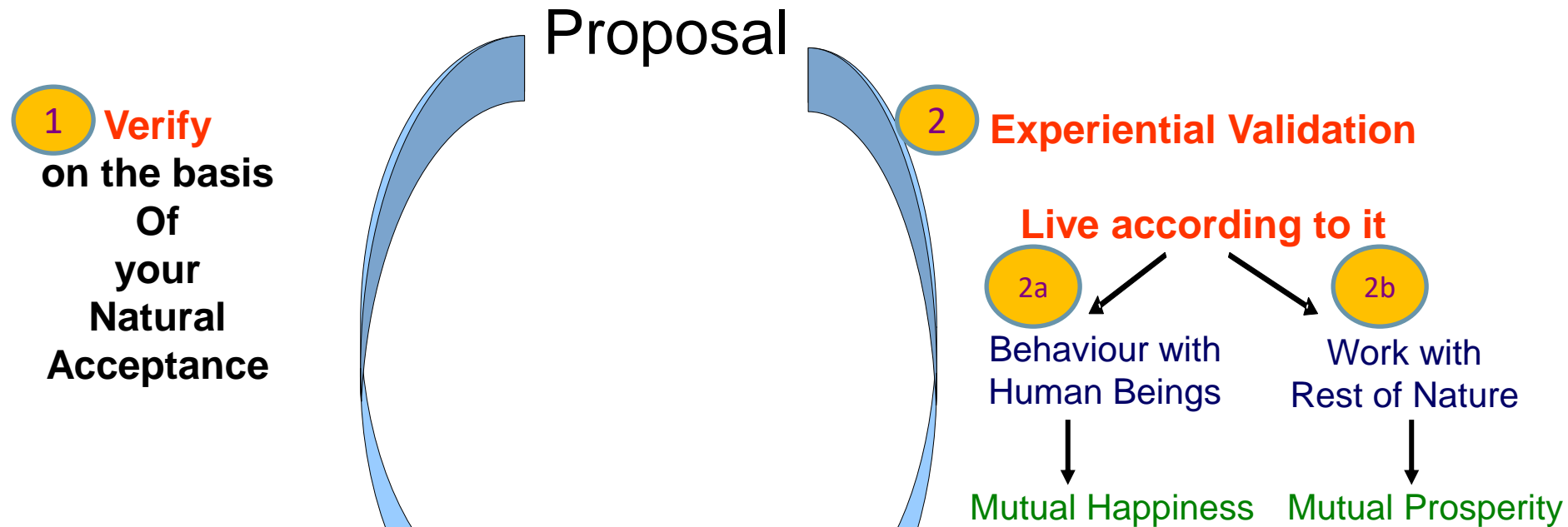
Shifting from excitement to happiness...

# Process of Self-exploration

Whatever is stated is a Proposal

Verify it on your own right

(Do not assume it to be true/ false)



Which process is Naturally Acceptable to you?

A process of self-exploration, self-verification on your own right,  
leading to understanding in yourself

or

A process of do's & don'ts, in which you assume what is said, without verification





# 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

# Unhappiness

The state or situation, in which I live,

if there is disharmony / contradiction in it,

then it is not Naturally Acceptable to me to be  
in that state / situation

(and I want to get out from that state / situation)



To be forced to be in a state of Disharmony /  
Contradiction is Unhappiness



Unhappiness = Disharmony

\* internal state, external situation

# Happiness (सुख)

Happiness = To be in a state of Harmony

सुख = संगीत में, व्यवस्था में जीना

Unhappiness = To be forced to be in a state of Contradiction

दुख = अंतर्विरोध में, अव्यवस्था में, जीने के लिये बाध्य होना

Happiness and Excitement are not the same – they are two different things



## Excitement



Pleasure (from favourable sensation)  
Attention, appreciation... (favourable feelings) from others

Lack of responsibility

Eating delicious food  
Listening to favourite music  
Getting appreciation for looks, voice, clothes  
Watching a thriller movie  
Favourite team winning a match...

Dependence on outside, temporary, not definite, can't be continuous



## Excitement



Pleasure (from favourable sensation)  
Attention, appreciation... (favourable feelings) from others  
Lack of responsibility

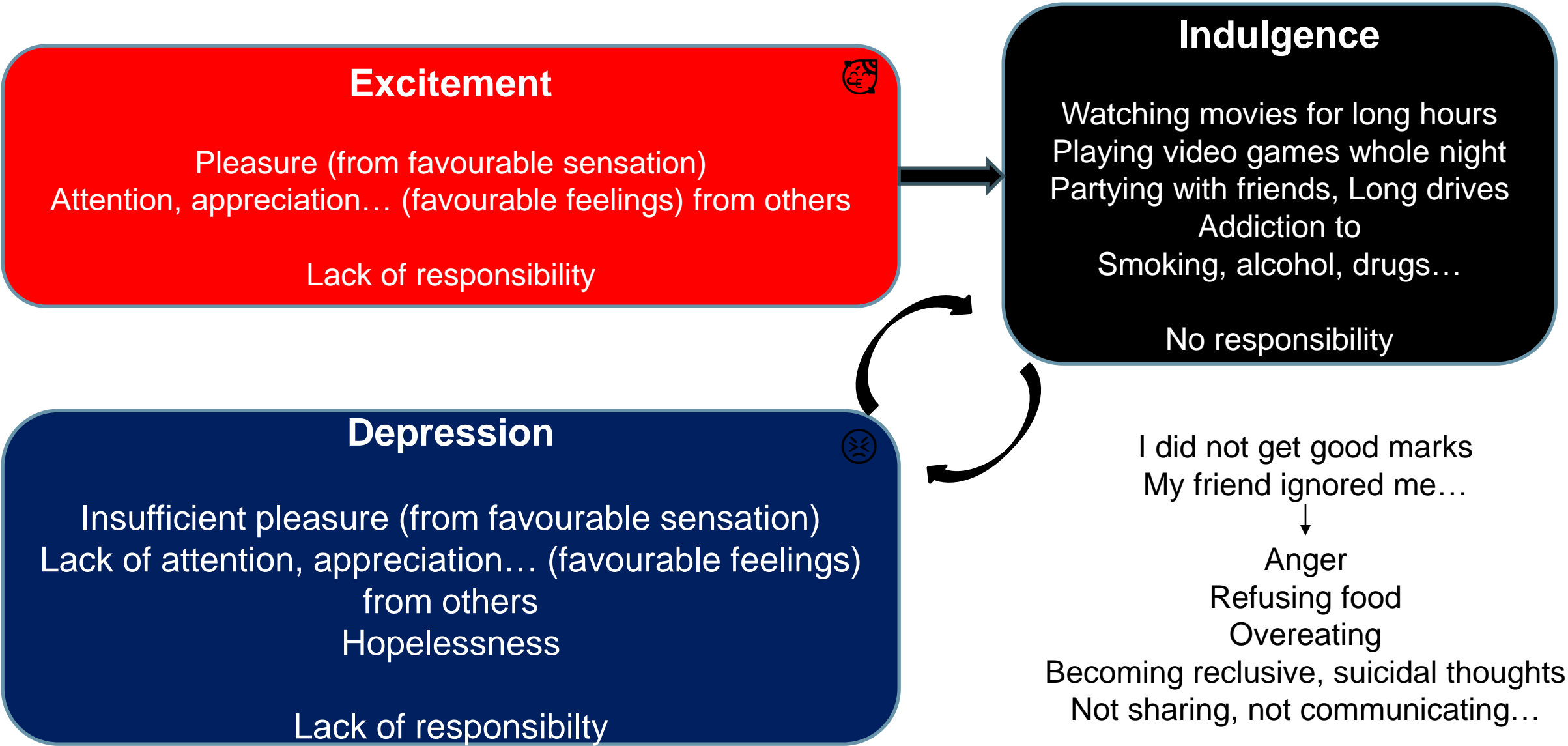


## Indulgence

Watching movies for long hours  
Playing video games whole night  
Partying with friends, Long drives  
Addiction to  
Smoking, alcohol, drugs...  
No responsibility

Dependence on outside, temporary, not definite, can't be continuous

# Excitement-Indulgence to Depression



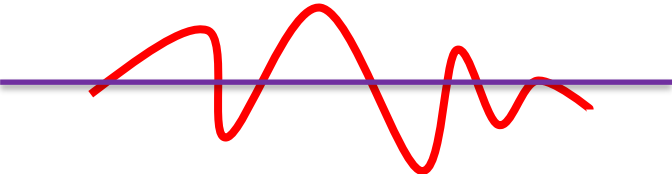
Dependence on outside, temporary, not definite, can't be continuous

# Excitement-Indulgence-Depression to Escape

## Excitement



Pleasure (from favourable sensation)  
Attention, appreciation... (favourable feelings) from others  
  
Lack of responsibility



## Depression



Insufficient pleasure (from favourable sensation)  
Lack of attention, appreciation... (favourable feelings) from others  
  
Frustration, Anxiety, Hopelessness  
  
Lack of responsibility

## Indulgence

Watching movies for long hours  
Playing video games whole night  
Partying with friends, Long drives  
Addiction to  
Smoking, alcohol, drugs...  
  
No responsibility

## Escape

Overeating  
Oversleeping  
Addiction to  
Smoking, alcohol, drugs...  
  
No responsibility

Dependence on outside, temporary, not definite, can't be continuous

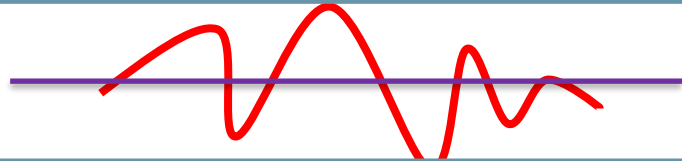


### Excitement



Pleasure (from favourable sensation)  
Attention, appreciation... (favourable feelings) from others

Lack of responsibility



### Depression



Insufficient pleasure (from favourable sensation)  
Lack of attention, appreciation... (favourable feelings)  
from others  
Hopelessness

Lack of responsibility



### Happiness



Harmony

Right understanding  
Right feeling

Responsibility

Continuous, definite  
No fluctuations  
No dependence on outside

Dependence on outside, temporary, not definite,  
can't be continuous

Prosperity – The feeling of having / producing more than required Physical Facility

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

Prosperity and Possession of Wealth are two different things

Do you want to be a billionaire or a prosperous person? Ask yourself

Are you sure that by becoming a billionaire, you are going to be happy in continuity??

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

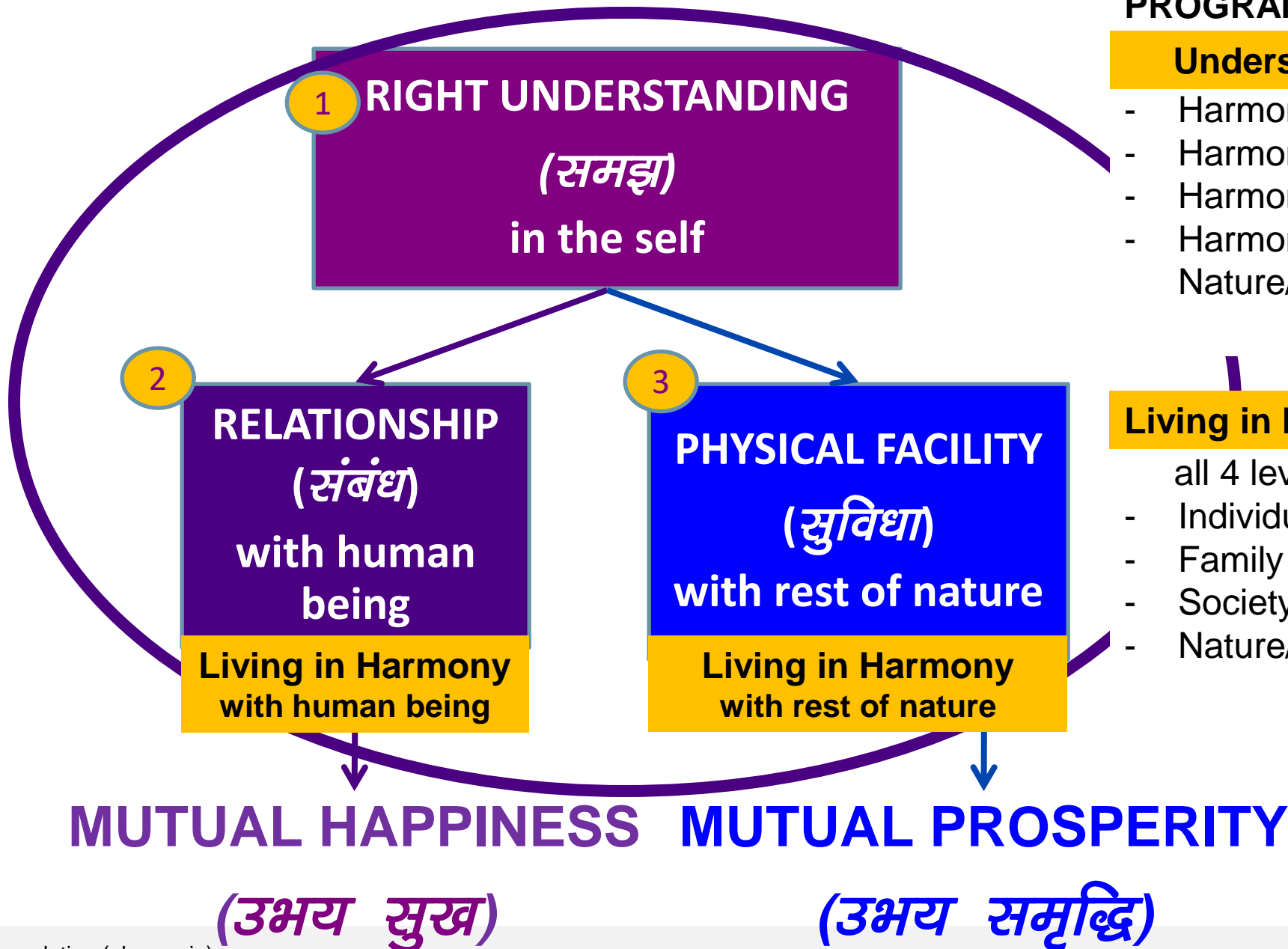
दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “



# Basic Human Aspiration and Program for its Fulfilment

Education –  
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Sanskar –  
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## PROGRAM:

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SKILLS



Self-exploration is a process of listening to the proposal, verifying on the basis of natural acceptance and validating in one's living, leading to right understanding

Basic Human Aspiration = Happiness and prosperity in continuity

Happiness = To be in a state of Harmony

Unhappiness = To be forced to be in a state of Disharmony

Happiness and Excitement are not the same – they are two different things

What we get from favourable sensation from the body or favourable feeling from others is excitement; it is temporary, indefinite, dependent on outside

Prosperity = The feeling of having / producing more than required Physical Facility

Prosperity and accumulation of wealth are not the same

The program for fulfilment of basic human aspiration is to understand harmony and live in harmony at all levels of being

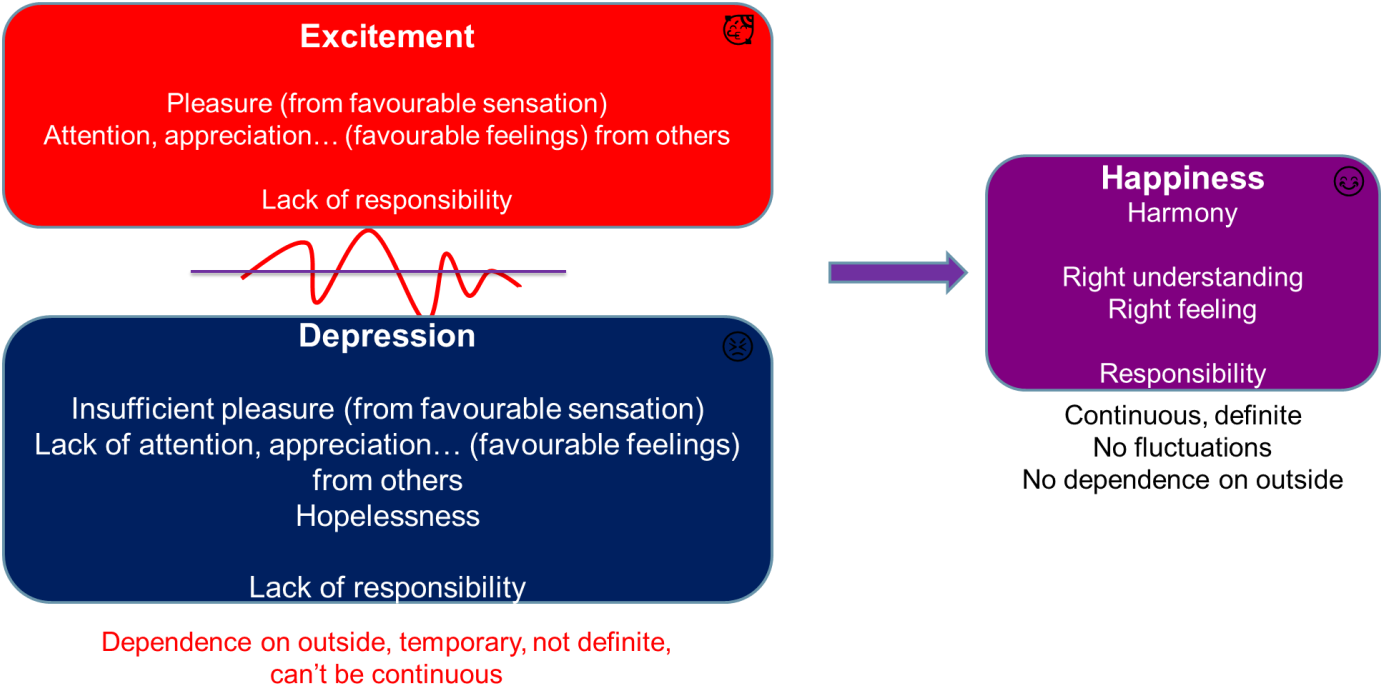


# Home Assignment

# 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 confusions, tension, frustration...
2. Concerns at the level of family. e.g., you want to overcome anger, peer pressure...
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.



# Questions?