



# Practice Session 3

## List of Desires



# Self Reflection

Make a list of your wants, desires... Find out what is needed to fulfill them:

- right understanding (clarity)
- relationship (right feeling – trust, respect ... love)
- physical facility (money...)

eg.	<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
Money			√ (salary...)
Name, fame, attention	√	√	√
good food			√ (food)
big car			√ (car)
peace of mind	√	√ (family & friends)	
good health	√	√	√

Also find out how much time and effort you put in every day in these 3 areas

eg.		<u>right und</u>	<u>relationship</u>	<u>physical facility, body</u>
work	10 hrs	1 hr (learning)	2 hrs (talking)	7 hrs (salary)
eating	2 hrs		2 hrs	
sleeping	8 hrs			8 hrs
other activity	4 hrs	3 hrs (worship, TV)		1 hr (bath, gym etc.)
		<b>4 hrs</b>	<b>2 hrs</b>	<b>18 hrs</b>

# Self Reflection Conclusions

Analyse your list of your desires... Find out what is needed to fulfill them:

- right understanding (clarity)
- relationship (right feeling)
- physical facility (money...)

eg. right und relationship physical facility, body  
Money x (salary...)

But with a base of relationship & right understanding

Good friends x

But with a base of right understanding

Peace of mind x x (right feeling in oneself)

## CONCLUSIONS:

The base of right understanding is required for any desire to be fulfilled. The base of right feeling in relationship is required for any desire, where others are involved. Physical facility is required for fulfilment of the needs of the body

# 1. RU, Rel, PF or anything more?

Find out if your needs can be fulfilled by Right Understanding, Relationship and/or Physical Facility

Eg:

What I am...

Right Understanding

Respect...

RU + Feeling in Relationship

Nutritious Food...

RU + Rel + Physical Facility

Is anything more needed (more than RU, R, PF)?

Is anything redundant (out of RU, R, PF)?

## 2. Categorize: Need of I and Need of Body

Make a list of Your desires, thoughts & expectations  
Categorize them as Need of Self (I) or Need of Body

Some needs will be for both I and for Body – you can reflect on what is the primary need

E.g.

Food

Food for nurturing – need of Body

Food for taste – need of I

House

House for protection – need of Body

House to show others, to get respect – need of I

Q: What is the % of desires that are needs of I, % of needs of Body?

Q: % Effort for PF? % Effort for RU & RF?

## 2. Categorize: Needs of I and Need of Body

Human Being = Coexistence of Self (I) and Body

Activities of desire, thought & expectation are going on in the Self (I)

These activities are continuous. I can see this within myself

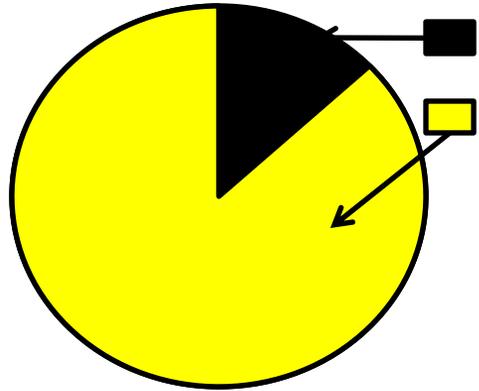
Some of these are related to needs of the Body and some or related to the needs of the Self (I).  
We can distinguish between these two

Most of the desires, thoughts & expectations are related to the needs of the self

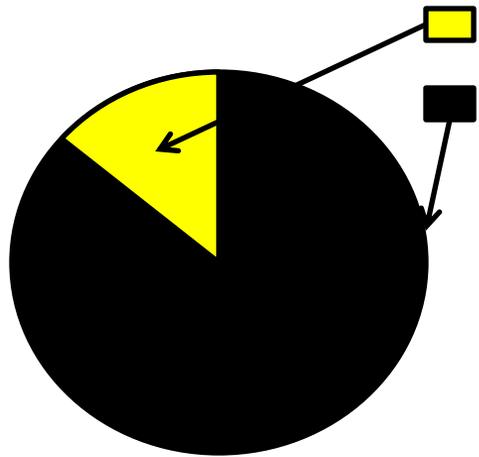
Most of the effort is for physical facility

More effort on right understanding & right feeling in oneself is required

## 2. Categorize: Need of I and Need of Body



Some desires are **needs** of the Body  
Most desires are needs of Self(I)



Some effort is for Right Understanding & Relationship  
Most of the **effort** is for Physical Facility

Most of the desires are of needs of Self(I) ■

Most of the effort is for Physical facility ■

Physical Facility can fulfill only needs of the Body...

Is there a balance between desire and effort?

What is the effort required to balance this?

## 2. Categorize: Need of I and Need of Body – Effort

Sanskar (t+1) = Fn [Sanskar (t), Environment (t), **Self Exploration** (t)]

Proposal



### **Self Study, Self Verification**

- **Listening** (with comitment, concentration, listening to get the sense in which the speaker is indicating, not comparing with pre-conditioning)
- **Self-Exploration** (to see the reality indicated by the words, **to refer to your natural acceptance**)

Right Understanding & Right Feeling in the Self (I)

- Your Desire, Thought, Expectation is guided by your own Natural Acceptance

### 3. Categorise: Preconditioning, Sensation and Natural Acceptance

Take the list of your desires, thoughts & expectations

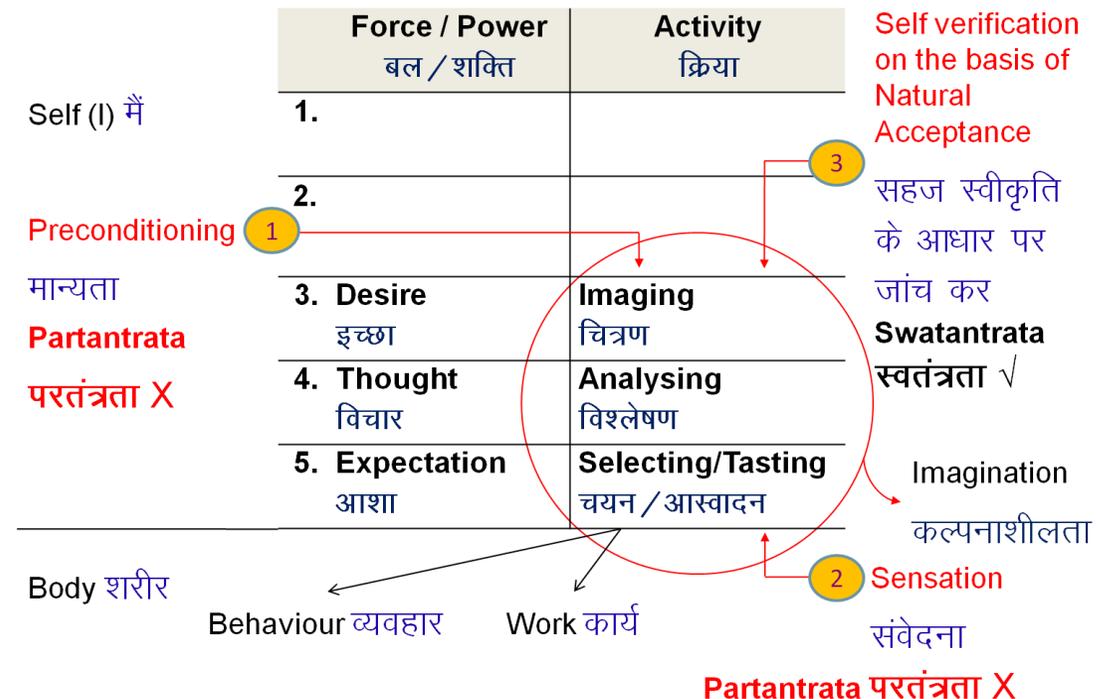
Categorize them on the basis of their source of motivation: Preconditioning, Sensation or Natural Acceptance

Eg. Nice house

Nice = comparatively better than other houses – preconditioning

Nice = luxurious – sensation

Nice = provides protection for body – natural acceptance



### 3. Categorise: Preconditioning, Sensation and Natural Acceptance

**Preconditioning:** Assuming without knowing. Depends on something or someone outside, potential to change. Not sure it leads to harmony or contradiction. No continuity of harmony based on preconditioning

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**Sensation:** taste of sound, touch, sight, taste, smell

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

Continuity of happiness from sensation is not possible

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**Natural Acceptance:** Purpose or what to be, as a human being.

Leads to harmony (happiness) within, continuity is possible

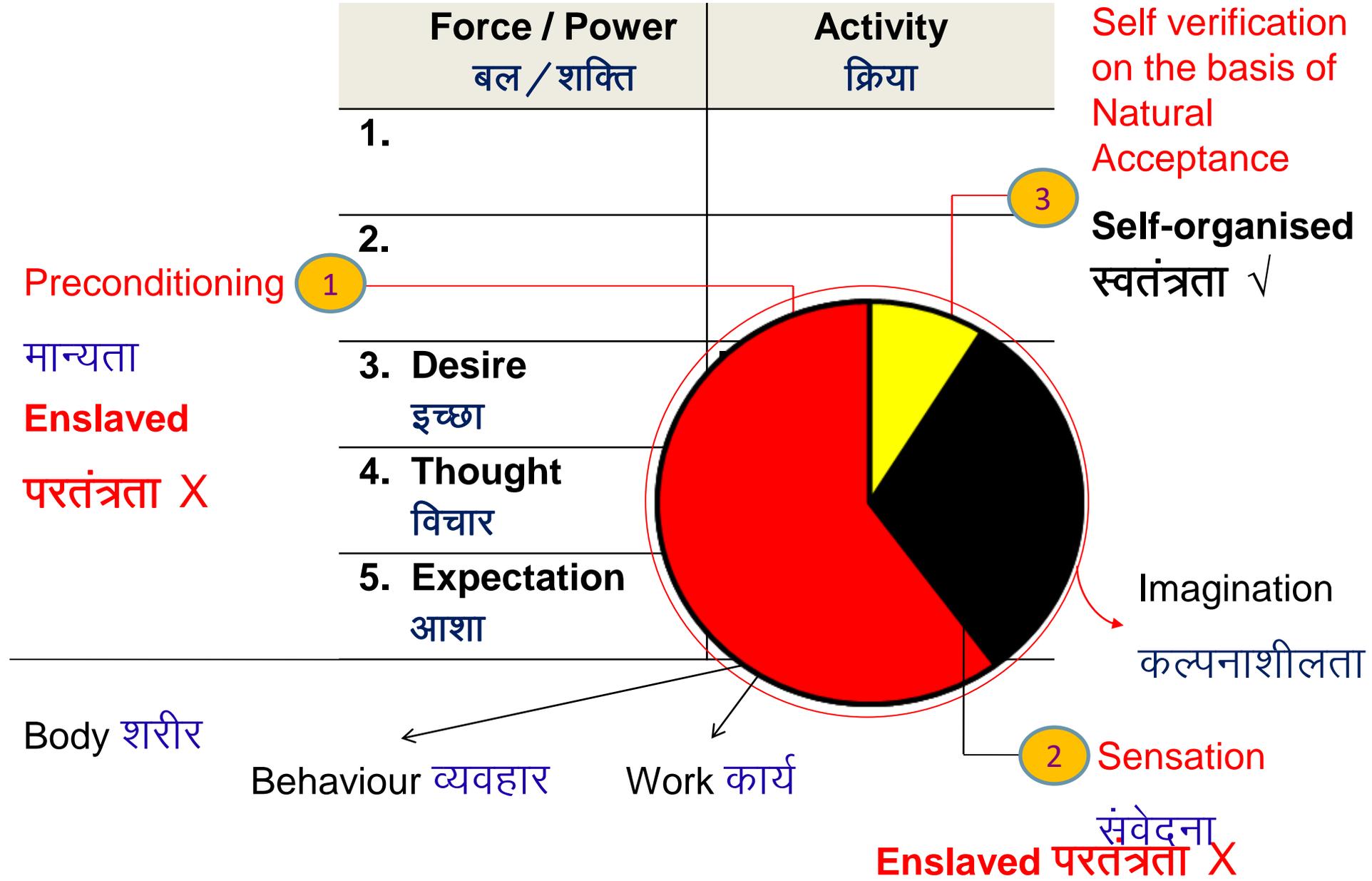
Natural acceptance is for

Relationship	[Mutual fulfillment]
Harmony	[Natural characteristic, self-organisation]
Co-existence	[Mutual enrichment, complementarity]

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**Q: % Preconditioning, % Sensation and % Natural Acceptance**

### 3. Categorise: Preconditioning, Sensation and Natural Acceptance



### 3. Categorise: Preconditioning, Sensation and Natural Acceptance

If most of the Needs are based on Preconditioning or Sensation, then one is living mostly in enslavement (decided by other)

Effort required for self-organisation (living on the basis of your natural acceptance):

- a) Self-awareness – awareness of your desire, thought, expectation
- b) Self-evaluation – evaluation of desire, thought, expectation on the basis of your natural acceptance

If desire is naturally acceptable, it will become definite & continue otherwise it will slowly become corrected or drop off

### 3. Enslavement and Self-organisation

Preconditioning – Enslavement (Decided by outside, other)

Sensation – Enslavement (Decided by outside)

Natural Acceptance – Self organised

Q: % Enslavement and % Self-organisation