

# **Exercises 1**

**We (each one of us) are  
doing these exercises for  
developing ourselves**

- Developing understanding and**
- Purification of accumulated feelings and  
thoughts**

# **Target – Living – Living with Fulfilment – Living with Continuous Fulfilment**

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For living with continuous fulfilment, continuous happiness, we are doing these exercises

In the first course on UHV, we investigated into the basic human desire, basic human aspiration and we identified it as continuity of happiness

We had concluded that in order to ensure continuous happiness, we need to develop three things:

1. Right understanding – in the Self
2. Right feeling, thought – in the Self
3. Competence for right living with the world outside

# Target – Living – Living with Happiness – Living with Continuous Happiness

We are doing these exercises in order to develop:

1. Right understanding – of the existential reality (Self, Body, family, society, nature and the entire existence)- in the Self
2. Right feeling, thought – of relationship, harmony and co-existence -in the Self
3. Competence for right living- in the Self, i.e. living in relationship, harmony and co-existence with the world outside, in terms of:
  - Behaviour – with human being (leading to mutual happiness)
  - Work – with rest of nature (leading to mutual prosperity)
  - Participation – in the entire nature (leading to fulfilment of human goal)

# Our Focus in these Exercises

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We will work on the Self first

Once we are able to set the Self right, we will be able to live in harmony within and also ready to live in harmony with the world outside

Our major focus, therefore, will be on ensuring:

1. Right understanding – of the existential reality  
(Self, Body, family, society, nature and the entire existence) -  
-in the Self
2. Right feeling, thought – of relationship, harmony and co-existence  
-in the Self

# To Live with Fulfilment- We Need

To live with fulfilment, we need to understand

To understand, we need to see (to observe)

To see, we need to pay attention (to be mindful)

So, in these exercises, we are paying attention to see, to understand and ultimately, to live with fulfilment

We tend to make mistakes in living with a reality that we do not understand

e.g. we tend to make mistakes in living in relationship if we do not understand relationship

There are two important aspects- while paying attention

- Object of Attention
- Process of Paying Attention

# Paying Attention

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There are two important aspects- while paying attention

- Object of Attention
  - Process of Paying Attention
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- Object of Attention- Whatever is to be understood, to be lived with
  - Process of Paying Attention- Being Aware, To Evaluate without Reaction

# What is to be Understood?

We have to understand all that we live with – the Self, the Body, the Family, the Society, the Nature and ultimately, the Entire Existence

So, ultimately, We have to understand the entire existence

In the first course on UHV, we have seen that:

Existence = co-existence

= units (material and consciousness) submerged in space

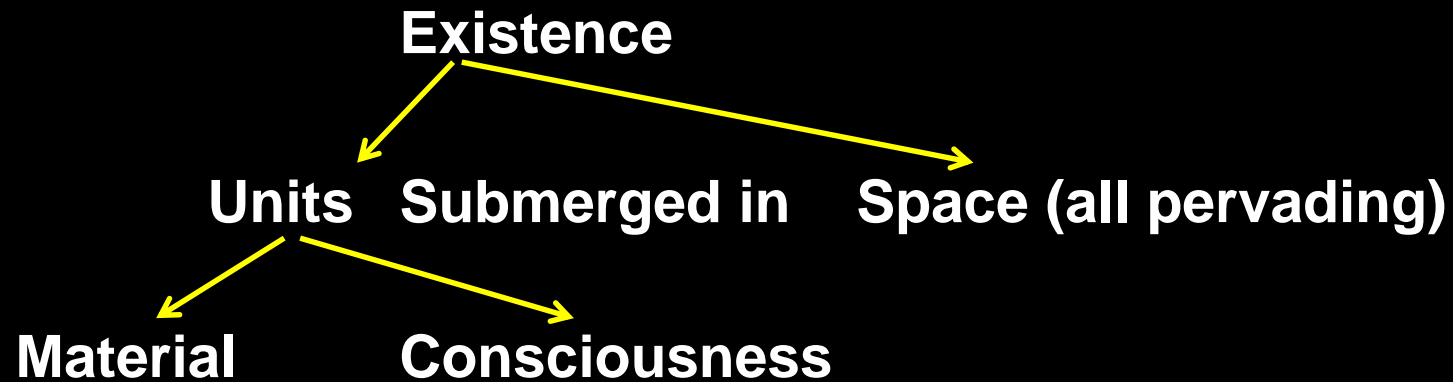
So, we will try to understand:

1. Consciousness (Self)
2. Material (eg. Body)
3. Co-existence, space

By way of the following exercises:

- Exercise 1 is to understand the consciousness (Self) in detail
- Exercise 2 is to understand the material (eg. Body) in detail
- We will briefly touch upon exercise 3, which is for understanding the co-existence, the space

# Target – Living – Living with Happiness – Living with Continuous Happiness



Eg.      Body                      Self                      Co-existence, space

Sequence  
to see

2

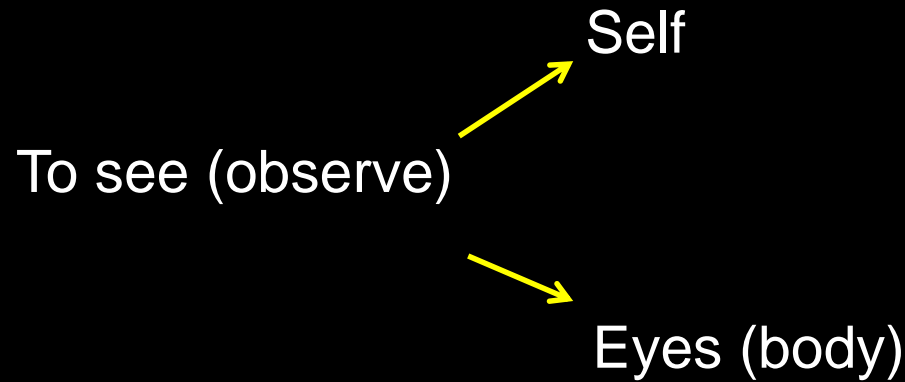
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3

Distance between two units  
Relationship “                      “                      “



# Who is the Seer (Observer)?



The Self is the seer, the observer  
The Body (eyes for example) is used as an instrument, as and when required

## To See (To Observe)

### 1. Seeing the Self by the Self

The consciousness observing the consciousness

### 2. Seeing the Body by the Self

The consciousness observing the material

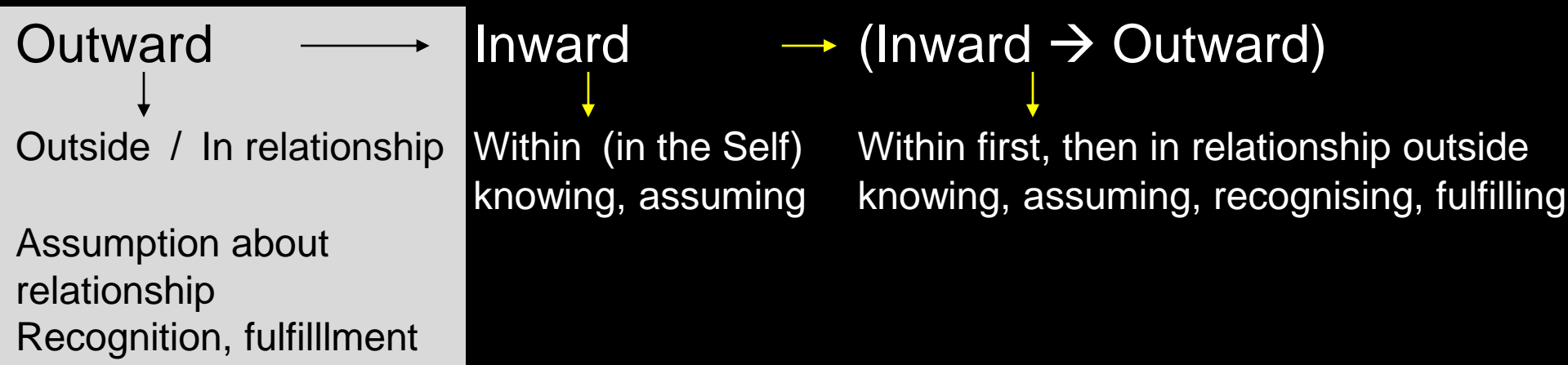
### 3. Seeing the Co-existence by the Self

The consciousness observing the co-existence

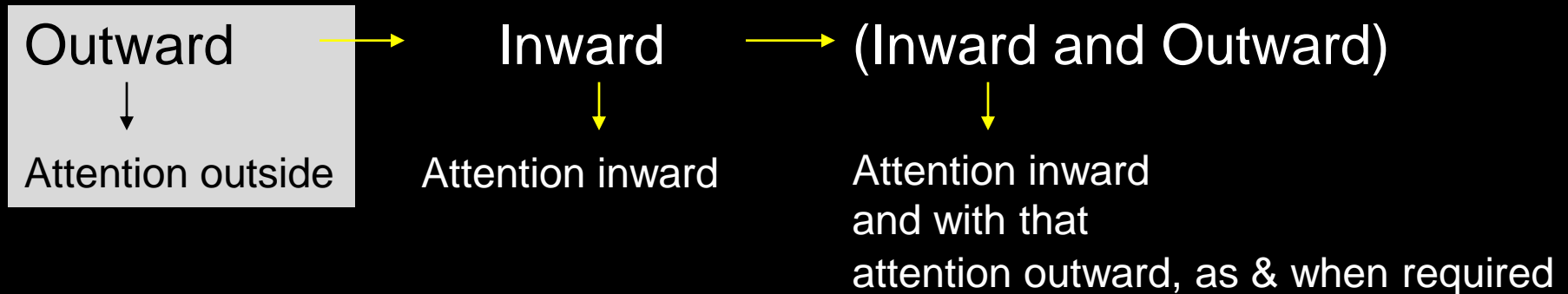
– observing the distance between the Self and the Body

– “ “ relationship “ “ “ “ “ “

# Living Within & Living with the World Outside



## Applying the power of the self: Outward / Inward



# Exercise 1

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## Observing the Self by the Self

Looking within

Note:

This is just one way of looking within (not the only way)

The steps mentioned in this exercise are one possible set of steps  
(not the only set of steps)

## To See (To Observe)

For these observations:

Do I need to use the eyes to see the Self?

e.g. to see my imagination, do I need to use my eyes?

No → Give rest to the eyes

→ Keep eyes in a comfortable position (open, closed, half open, whatever is comfortable...)

Do I need to take any work from the body?

e.g. to see my feeling, do I need to take any work from my Body?

No → Give rest to the body

→ Keep it in any comfortable position (in any posture which is comfortable ...)

# Exercise 1: Observing the Self by the Self – Every Moment

1. Be aware – Observe your imagination at this moment, i.e. the desire (feeling), thought, expectation. Just observe, without any reaction.
2. Is the feeling that you have at this moment naturally acceptable to you? Do you want it's continuity? Just observe, evaluate without any reaction.
3. Are you comfortable, in harmony, happy with the feeling that you have at this moment? Just observe, evaluate without any reaction.
4. Who decided the feeling that you have at this moment?  
**Did you decide it or someone else/situation outside decided it?**
5. On what basis did you decide the feeling you have at this moment?  
**Did you decide it on the basis of understanding or on the basis of an assumption?**
6. Which feelings are naturally acceptable to you?  
**Feelings of relationship or opposition, harmony or disharmony and co-existence or struggle?**  
If feelings of relationship, harmony, and co-existence is naturally acceptable, there is a need to understand relationship, harmony and co-existence.
7. Ensure that the feeling that you have at this moment, is in line with the feeling of Relationship, Harmony and Co-existence and not otherwise.  
If these feelings are ensured in continuity then we will be in state of harmony and happiness every moment i.e. we will be in state of continuous happiness.

It is important to note that **when I am able to understand relationship, harmony and co-existence in its completeness**, then

I will be able to decide my feeling, thought accordingly and I will always be comfortable within, I will be in a state of continuous happiness

# Step 1: Self Observation, Self Awareness

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I (consciousness, Self) am observing myself (I, Self)

Be aware of Yourself

(a simple way is to be aware of your imagination)

I am observing my **imagination** at this moment,  
my desire (feeling), thought and expectation at this moment,

1a. To begin with, you may try and observe your thoughts (if you are not able to see your desire, feeling directly)

I am observing my thoughts at this moment

Observe the thoughts going on within you at this moment of time, just as they are –

without evaluating them... without reacting to them... without trying to stop them... without trying to change them...

This is a very simple, but very important step

**Write down your observations in your journal**

## Step 1: Self Observation, Self Awareness contd...

1b. Now try and observe your imagination. Try and observe the desire, thought and expectation in your imagination.

Particularly, Focus on your Feeling, your Desire

I am observing my desire (feeling), thought and expectation at this moment,  
particularly, observing my feeling (desire)

Observe the imagination going on within you at this moment of time, just as it is –

without evaluating it... without reacting to it... without trying to stop it...  
without trying to change it...



# Step 1: A Simple, but Important Step

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It is simple because:

- Imagination is anyway going on continuously
- The capacity to pay attention & observe is inherent in the self
- I just have to take the decision to pay attention & observe and observe

It is important because:

- My happiness, unhappiness at this moment depends on my feeling, thought at this moment

# Common Problems in Step 1: Attention goes Outside

One common problem is that when I am paying attention, my attention gets drifted away again and again.

This is going to happen; in fact-

We pay attention to whatever we consider important. Till now, we may have been considering the world outside (physical facility, the Body, the sensations in the Body) to be important, so we pay attention to the world outside, so our attention keeps getting drifted towards these things

Keep observing wherever your attention is at this moment

If it goes to something outside

Don't try to bring it back by force; just notice that attention has gone somewhere else and keep with your decision to observe imagination, the attention will automatically come to imagination

When your attention returns to your imagination, keep observing it...

When you see that you are important, your imagination is important, your feeling, thought is important, then your attention will start going to your imagination, your feeling also

# Common Problems in Step 1: Observing through the Body

I am seeing the Self directly (not through sensation)

We are generally used to seeing the world outside

We are generally used to observing the world outside using the five senses (sound, touch, form, taste, smell), so we may even try to see the Self also through the senses. We may try to see its shape or colour or something like that!

Keep observing even this – that you are trying to see the shape or colour of the Self...

I am seeing the Self directly, by observing the imagination going on in the self at this moment, and not through body.

## Common Problems in Step 1: Feeling is not clear

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You are able to see the thought, but, Not able to see the feeling

For the time being, you can observe the thought and deduce the feeling from the thought

e.g. Thought of competing → feeling of opposition

e.g. Thought of nurturing → feeling of affection, care

But, finally,  
we have to observe the Feeling directly

## Sharing your observations and doubts in step 1

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- Observation/ doubts- My imagination seems to be going on only sometimes, not all the time

Response- Keep checking to see if the imagination is going on only sometimes or if it is going on all the time but you are able to observe it only sometimes

- Obs./ dbts- When I try to observe my imagination, I get tired or sometimes I feel sleepy. Why is that?

Resp- If you are trying to force yourself to observe your imagination, you may feel tired and exhausted. On the other hand, when you are not alert, you may even lose track of your focus and drift into sleep.

You need to be neither too tense and forceful nor too casual to loose your attentiveness.

Do the exercise while being relaxed yet being alert.

## Sharing observations and doubts (contd)

- Obs./ dbts- When you say the attention goes elsewhere, where does it go? You said imagination is there all the time so what do you mean when you say 'get back'? Get back from where?

R- Two different things are going on inside you

1. Imagination that is going on continuously (in the B2 block)
2. Observation of this imagination (through the B1 block)

When you temporarily stop observing (lose awareness), that is when your imagination goes on without your noticing/ being aware of it. Imagination might even move onto another topic.

e.g. your imagination is like a flowing stream of thoughts/desires. When you are observing this imagination as if standing by the side of the stream, you are clearly able to see it (observation from B1) but when you jump into the stream (flow with the imagination) you are no longer able to observe it. Rather, you start flowing with the imagination and mostly it is about the world outside.

Get back means you get back to B1 block and start observing your imagination from B1 block

## Sharing observations and doubts (contd)

- O /d- At times, when I am trying to see my imagination, I see it for sometime and then it is as if its blank. There's nothing there.

R- As stated earlier, imagination is going on in the B2 block while the observation is from the B1 block. If B1 is not fully activated and you are not aware and observing from B1, it may appear as if there is nothing – no imagination. This is one possibility.

Another possibility is that when you are observing your imagination, you find that there is something in your imagination that is disturbing to you and, without realizing, you stop observing the imagination and go blank.

What we have to do is- just be aware and observe the imagination from B1 without evaluating, changing or stopping it.

## Step 1: Self Observation, Self Awareness

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I am observing my imagination at this moment

I am observing my desire (feeling), thought and expectation at this moment

In particular, I am trying to observe my feeling (desire)

Observe your feeling going on at this moment of time, just as it is – without evaluating it... without reacting to it... without trying to stop it... without trying to change it...

If your attention gets drifted elsewhere, no need to get upset – just note that you have drifted and keep with your decision that you have to observe your imagination, your attention will come back naturally to your imagination after sometime; without forcibly trying to get it back



## Assignment Step 1:

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- Observe your imagination. Try to do this all the time, every moment
  1. For how long does your attention stay on your imagination?
  2. Does your imagination stay on one topic or does it keep shifting from one topic to another?
  3. If your attention goes somewhere else, where does it go? What do you pay attention to? Did you decide the object of attention yourself, with awareness, or does it seem to be happening by itself?
  4. Try and observe the desire (feeling), thought and expectation separately in your imagination.

Note down your observations in a journal several times in the course of the day – say at least every 4 hours

## Step 2: Self Evaluation – of Feeling

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I am evaluating the feeling, thought that I have at this moment

- Is this feeling naturally acceptable to me or not?
- Is it natural for me, is it in accordance with human nature or not?
- Do I want the continuity of this feeling or not?

(make no effort to continue or hold on to any feeling, thought...e.g. do not try to continue holding onto a feeling or thought that gives comfort. Similarly, make no effort to stop or change a feeling or thought that makes you uncomfortable... just observe the feeling as it is... and simply evaluate it, without any reaction)

Do the steps 1 & 2 throughout the day

Write down your observations in your journal (say every 4 hours)

## Examples Step 2:

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- You are seating in an air conditioned room in front of your director for whom you have a feeling of fear (mistrust);  
Is this feeling of fear (mistrust) naturally accaptanle to you?  
Would you like to have the continuity of this feeling?
- You are seating under the tree with your friend for whom you have a feeling of assurance (trust);  
Is this feeling of assurance (trust) naturally accaptanle to you?  
Would you like to have the continuity of this feeling?

- You are looking at an album with old photographs. It brings back nostalgic memories and your imagination drifts back to the time when you and your close friends went on a picnic together. You think of all the fun you had together.

What is your feeling at this time (i.e. now)?

Does this feeling make you feel comfortable/uncomfortable inside?

- Now think of a news item that you may have seen earlier, depicting a violent attack by some people on a helpless old man.

What is your feeling now?

Does this feeling make you feel comfortable/uncomfortable inside?

## Assignment Step 2:

- Observe your imagination
- Try to differentiate between the expectations, thoughts and desires (feeling) in your imagination.
- When you have an unpleasant interaction with a close relative (spouse, family member or close friend) try and analyse the incident objectively –
  1. What is your expectation at the time
  2. What is your thought process then?
  3. What is your feeling at the base of the thoughts?
- When you do household chores / tasks that may be repetitive, what is your feeling at the base of this 'doing'? For example, it may be feeling of care for family members or it may be a feeling of being forced to do it, being exploited. If you have the feeling of care, is this feeling naturally acceptable to you, do you want the continuity of this? Similarly, if you have the feeling of being exploited, is this feeling naturally acceptable to you, do you want the continuity of this?

### Step 3: Self Evaluation – of my State

I am evaluating the impact of my feeling, thought at this moment on my state of being:

- With this feeling, am I comfortable within or uncomfortable within?
- Am I in harmony within or in a state of contradiction within?
- Am I in a state of happiness or in a state of unhappiness?

When I have a feeling which is naturally acceptable, is natural, is in accordance with human nature, a feeling that I want to continue with, I observe that I am comfortable, I am in harmony, I am in a state of happiness within

The moment I have a feeling that is not naturally acceptable, a feeling that is unnatural, not in accordance with human nature, I observe that I am uncomfortable, in contradiction, unhappy within at that moment

**I can see that the feeling that I have, decides my state of happiness or unhappiness**

## Example Step 3

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- Suppose your boss or senior at work made a presentation or gave a talk that you attended. He/she now asks your opinion about it. You did not think much of it and in fact felt that it was quite bad but not wanting to share these thoughts with your boss, you say that it was very good.
  - While saying these words, reflect on the thoughts going on within you.
  - What is your feeling at the base of your thoughts?
  - Does this feeling make you comfortable or uncomfortable inside?
- Initially you may not be able to see these the moment the incident occurs as you may not yet have developed the capacity; at that time it is ok to reflect on the incident as an afterthought and analyse it to see your feeling.
- Once you become familiar with observing the imagination, you can directly see the feeling at the base of your imagination even while the incident is occurring, and evaluate it.

## Assignment Step 3:

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- Observe, in every interaction that you have with other human being-  
What is your feeling at this moment?  
is it naturally acceptable or not?  
do you want its continuity or not?  
does it lead to state of harmony within or contradiction?  
does it lead to state of happiness within or unhappiness ?

From these observations, can you conclude that  
a natural feeling leads to a state of harmony and happiness within &  
an unnatural feeling leads to a state of contradiction and unhappiness within

- Verify which of the following feelings lead to a state of harmony and happiness  
trust or mistrust      respect or disrespect      love or hatred...
- What is the status of the continuity of natural feelings in me?



## Step 4: Self Evaluation – who Decides

I am trying to find out as to who decides the feeling, thought that I have at this moment

- Some external physical condition?
- Some other human being?
- I decide it myself?

It is I who decides the feeling, thought that I have

(The other or the situation outside may act as a trigger)

But, ultimately, it is me who is taking the decision for the feeling that I have at this moment

On the basis of my feeling, thought, I am happy or unhappy

In that sense, I am 100% responsible for my happiness / unhappiness

## Step 4: Self Evaluation – who Decides contd...

With the clarity that

ultimately, it is me who is taking the decision for the feeling that I have and on the basis of my feeling I am happy or unhappy

I can see that I am 100% responsible for my happiness / unhappiness

This leads to two important conclusions:

- I become willing to take responsibility, to (start) make effort for my self-development, for my transformation
- I can get free from complaining against others  
(because now I can see the other/ situations are not responsible for my unhappiness, they can utmost trigger the process, ultimately it is me myself who is responsible)

## Example Step 4:

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What happens when someone says something harsh or abusive to me?

The sound reaches my ears, I pay attention to it, listen to the words, think about them and then draw some conclusion from them. The feeling that I now have within me, is it decided by me or the other person?

If I come to know that the person has a serious psychiatric illness and doesn't quite understand what he is saying, what is my feeling now?

When the other appears well and says the same words, what is my feeling then?

We find that the words are the same but what has changed now is my interpretation of the words (this interpretation depends upon my perspective, my sanskars). So the stimulus from outside is the same but my feeling has changed based on my interpretation. I may have the feeling of piety or feeling of opposition for the same abusive words.

In other words, I am the one who is deciding to have this feeling.

I can choose my feeling based on my conscious decision rather than as a reaction to the other's behavior.

We will look into the details of these processes in Exercise 2, step 5

## Assignment Step 4:

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- For the next 24 hours, in every incident and interaction with others, evaluate your feeling and ask yourself who is deciding this feeling –
  - someone else?
  - the circumstance outside?
  - myself?

Write down your observations in your journal.

## Step 5: Self Evaluation – Basis of the Decision

I am finding out the basis on which I decide my feeling, thought. Is it:

- Right understanding? or
- Assumption (in the absence of right understanding)?

When I decide my feeling, thought on the basis of right understanding, I am able to decide in favour of a feeling that is naturally acceptable to me, is natural... I remain comfortable, in harmony, in a state of happiness within

When I decide my feeling, thought on the basis of assumption (preconditioning), it is not definite which feeling I decide for – a feeling which is naturally acceptable to me or an otherwise feeling, it will depend upon the assumption... With this my state is indefinite – comfortable or uncomfortable, in harmony or in contradiction, in a state of happiness or unhappiness

From this, I can see the need for right understanding, and the need for deciding my feeling, thought on the basis of right understanding  
(independent of whether things outside are fine or not fine)

Desire (Feeling) decided on the basis of B1 (Right Understanding)  
-natural, definite

Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
<b>Authentication</b> प्रमाण	<b>Realization</b> अनुभव	<b>B1</b> Co-existence सह-अस्तित्व
<b>Determination</b> संकल्प	<b>Understanding</b> बोध	Harmony in Nature व्यवस्था
<b>Imaging</b> चित्रण	<b>Contemplation</b> चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
<b>Analysing</b> विश्लेषण	<b>Comparing</b> तुलन	<b>B2</b> Co-existence, Harmony, Justice <b>Guided</b> Senses, Health, Profit
<b>Selecting</b> चयन	<b>Tasting</b> आस्वादन	Goal, Value <b>Guided</b> Sensation

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
1.		Authentication प्रमाण	Realization अनुभव	<b>B1</b>
Preconditioning मान्यता	1	Determination संकल्प	Understanding बोध	
3. Desire इच्छा		Imaging चित्रण	Contemplation चिंतन	
4. Thought विचार		Analysing विश्लेषण	Comparing तुलन	<b>B2</b>
5. Expectation आशा		Selecting चयन	Tasting आस्वादन	
Body शरीर		Behaviour व्यवहार	Work कार्य	2 Sensation संवेदना
Other दूसरा		Human मानव	Rest of Nature मनुष्येतर प्रकृति	

Desire (Feeling) decided mostly on the basis of Preconditioning / Sensation  
-natural/ unnatural, indefinite

## Step 6: Need for Understanding

It is important to understand the feelings that are natural for me, the feelings that I want in continuity.

6a. Let us ask ourselves as to which feelings are natural to me:

- The feeling of relationship or feeling of opposition?
- The feeling of harmony or feeling of disharmony?
- The feeling of co-existence or feeling of struggle?

Feelings that are natural for me, the feelings that I want in continuity are:

- The feeling of relationship
- The feeling of harmony
- The feeling of co-existence

6b. Therefore, I need to ensure right understanding of:

- Relationship (I need to contemplate on natural characteristic)
- Harmony (I need to understand innateness)
- Co-existence (I need to realise the co-existence)

## **Step 7: Ensuring my feelings based on relationship, harmony...**

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Once I am clear that it is the feeling of relationship, harmony and co-existence that is natural for me and these lead to state of harmony and happiness:

Then all that I need to do is to ensure that the feeling that I have at this moment is in line with relationship, harmony and co-existence

By ensuring this feeling every moment, I will be in state of harmony and therefore happiness at this moment, the next moment and every moment – I will be in a state of continuous happiness



## Step 7: Need for Understanding relationship, harmony...

To the extent I am able to understand relationship, harmony and co-existence → to that extent I am able to decide in favour of the right feeling, thought → and to that extent, I am comfortable, in harmony, in a state of happiness within

Therefore, I can see that when I am able to understand relationship, harmony and co-existence completely, then:

On the basis of my understanding, I will be able to decide right feeling, thought –every moment and I will be in a state of continuous happiness

Therefore, I need to develop myself:

- By ensuring the **feeling** of relationship, harmony, co-existence
- By expanding my **thought** of how to live in “ “ “
- By **living with the outside world** in “ “ “

# Exercise 1: Observing the Self by the Self – Every Moment

1. Be aware – Observe your imagination at this moment, i.e. the desire (feeling), thought, expectation. Just observe, without any reaction.
2. Is the feeling that you have at this moment naturally acceptable to you? Do you want it's continuity? Just observe, evaluate without any reaction.
3. Are you comfortable, in harmony, happy with the feeling that you have at this moment? Just observe, evaluate without any reaction.
4. Who decided the feeling that you have at this moment?  
**Did you decide it or someone else/situation outside decided it?**
5. On what basis did you decide the feeling you have at this moment?  
**Did you decide it on the basis of understanding or on the basis of an assumption?**
6. Which feelings are naturally acceptable to you?  
**Feelings of relationship or opposition, harmony or disharmony and co-existence or struggle?**  
If feelings of relationship, harmony, and co-existence is naturally acceptable, there is a need to understand relationship, harmony and co-existence.
7. Ensure that the feeling that you have at this moment, is in line with the feeling of Relationship, Harmony and Co-existence and not otherwise.  
If these feelings are ensured in continuity then we will be in state of harmony and happiness every moment i.e. we will be in state of continuous happiness.

It is important to note that **when I am able to understand relationship, harmony and co-existence in its completeness**, then

I will be able to decide my feeling, thought accordingly and I will always be comfortable within, I will be in a state of continuous happiness

# Exercise 1: Observing the Self by the Self – **Every Moment**

1. I (consciousness, self) am observing myself. I am observing my imagination, my desire (feeling), thought and expectation – every moment  
(without stopping it, changing it... without evaluating it – observing it just as it is)
2. The feeling, thought that I have this moment:
  - Is it natural for me or not?
  - Is it in accordance with human nature or not?
  - Would I like its continuity or not?
3. With the feeling, thought that I have this moment, am I:
  - Comfortable within or uncomfortable within?
  - In harmony within or in a state of contradiction within?
  - In a state of happiness or in a state of unhappiness?
4. Who decides the feeling, thought that I have at this moment, every moment?
  - Do I decide it myself?
  - Does someone else decides it or the situation outside decides it?

## Exercise 1: Observing the Self by the Self – **Every Moment**

5. On what basis do I decide my feeling, thought at this moment, every moment?
  - Do I decide it on the basis of my understanding?
  - In the absence of understanding, do I decide it on the basis of my assumptions (preconditioning)?
  - ☐ When I decide on the basis of understanding, I am able to choose the right feeling, thought
  - ☐ When I decide on the basis of assumptions (preconditioning), it is not clear what I will choose
6. Which feelings are natural for me?
  - Feeling of relationship or feeling of opposition?
  - Feeling of harmony or feeling of disharmony?
  - Feeling of co-existence or feeling of struggle?
7. Ensure that the feeling that you have at this moment is in line with the feeling of Relationship, Harmony and Co-existence and not otherwise.

If these feelings are ensured in continuity then we will be in state of harmony and happiness every moment

This will happen only **when I am able to understand relationship, harmony and co-existence in its completeness**