Understanding Harmony in the Society
Basic Human Aspiration
Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration
Understanding Harmony and Living in Harmony at all Levels

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

Process of Understanding

Self Exploration
Whatever is stated is a Proposal (Do not assume it to be true/ false)
Verify it on your own right

1. Verify it on the basis of your Natural Acceptance
2. Experiential Validation
   2a. Live according to it
   2b. Work with Rest of Nature

RIGHT UNDERSTANDING

Mutual Happiness  
Mutual Prosperity

What is my role (value) in the society?
We saw that the family is the basic unit or building block of human organisation.

The society is the next larger order.

Society is composed of many families living together making collective effort for a common goal.

We will explore:
1. Goal of human being living in society (human goal)
2. The dimensions or systems required to achieve the human goal
3. Scope of the systems
What is Desirable and Where are we today?

Families living together, in a relationship of mutual fulfillment (common goal)

Society

People living together, but not in relationship of mutual fulfillment (differing goals)

Crowd

People living separately, in opposition / struggle (conflicting goals)

Battlefield

We will explore harmony in society – The base of harmony in society is harmony in family for which the base is harmony in human being
Harmony in the Society (समाज में व्यवस्था)

Human Goal (मानव लक्ष्य)

1. Right Understanding & Right Feeling
   - In Every Individual
   - Happiness

2. Prosperity
   - In Every Family

3. Fearlessness (Trust)
   - In Society

4. Co-Existence (mutual fulfilment)
   - In Nature/Existence

Are all 4 required, desirable or we can leave something out?

If all 4 are achieved, would anything else be required?

Are we working for all 4? In the family? In the society?

Where do we start from?
Current State – Have we understood our Goal?

**Human Goal (मानव लक्ष्य)**

- **Right Understanding & Right Feeling**
  - Happiness
  - In Every Individual
- **Prosperity**
  - In Every Family
- **Fearlessness (Trust)**
  - In Society
- **Co-Existence (mutual fulfilment)**
  - In Nature/Existence

**Gross Misunderstanding (आधारभूत भ्रम)**

- **Assumptions (eg. Money is everything)**
  - In Every Individual
- **Accumulation By Any Means**
  - In few Individuals
- **Domination, Exploitation, Fear**
  - In Society
- **Mastery & Exploitation**
  - Over Nature

- **Obsession for Consumption**
  - भोग उन्माद
  - for Profit
  - लाभ उन्माद
  - for Sensual Pleasure
  - काम उन्माद
- **Terrorism**
  - War
- **Resource Depletion**
  - Pollution
Self-reflection

Right Understanding & Right Feeling
- Happiness
  - In Every Individual

Prosperity
- In Every Family

Fearlessness (Trust)
- In Society

Co-Existence (mutual fulfilment)
- In Nature/Existence

Preconditioning

Assumptions (eg. Money is everything)
- In Every Individual

Accumulation By Any Means
- In few Individuals

Domination, Exploitation, Fear
- In Society

Mastery & Exploitation
- Over Nature

Obsession for Consumption, Profit, Sensual Pleasure

Sensation

Natural Acceptance

INTENTION

COMPETENCE

What You Are

मान्यता
Harmony in the Society (समाज में व्यवस्था)

Human Goal (मानव लक्ष्य)

1. Right Understanding & Right Feeling
   - Happiness
   - In Every Individual

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4. Co-Existence (mutual fulfilment)
   - In Nature/Existence

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

← Foundational System
Harmony in the Society (समाज में व्यवस्था)

Human Goal

- Right Understanding & Right Feeling
- Prosperity
- Fearlessness (Trust)
- Co-Existence (mutual fulfilment)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

Happiness

Prosperity

Fearlessness

Co-Existence

In Every Individual

In Every Family

In Society

In Nature/Existence

1a. Education – To develop the right understanding of the harmony at all levels of our being – from self to the entire existence (individual, family, society, nature/existence)

1b. Sanskar – The commitment, preparation and practice of living in harmony. Preparation includes learning the skills and technology for living in harmony at all levels – from self to the entire existence (individual, family, society, nature/existence)
Education-Sanskar

**Education = Developing Right Understanding**

**Sanskar = Commitment/ Preparation/ Practice for Right Living**

*Preparation includes Learning Right Skills & Technology*

Development of the competence to live with Definite Human Conduct

Discipline to Self Discipline

1. **Right understanding**, i.e. wisdom or clarity about what to do as a human being – in oneself, family, society, nature…

2. **Right feeling** – the capacity to live in relationship with the other human beings – in family, society…

3. **Right skills** for prosperity, i.e.
   - The capacity to identify the need of physical facility
   - The skills & practice for sustainable production of more than what is required (by way of labour using cyclic, mutually enriching process)
   - The feeling of prosperity
Process of Development – In an environment of Relationship

Assuming

Next Generation

Relationship

Self Discipline (10…)

Self-confidence

Knowing

Every next generation is more developed

In harmony within

In harmony with family

In harmony with society

In harmony with nature/existence
Process of Development – In an environment of Domination

Assuming

Imitate

Follow

Obedience/Discipline

Self-verif

Wrong

Next Generation

Family

School

University

Society

Every next generation may be less developed

In more contradiction within
In more opposition with family
More struggle in society
More conflict with nature/existence
आज हम कहाँ हैं?

Where are we today?

In an environment of Relationship
With parents and teachers having right understanding and right feeling

In an environment of Domination
With parents and teachers lacking right understanding and right feeling

Relationship
संबंध

Self-discipline (10...)
स्व–अनुशासन

Self-confidence
आत्मविश्वास

Next Generation

Imitate अनुसरण

Follow अनुकरण

Obedience/Discipline आज्ञापालन / अनुशासन

Right सही

Self-verify जाँच

Wrong गलत

Next Generation

Domination शासन

Arbitrariness मनमानी

Opposition द्रोह

Revolt विद्रोह (~teenage)

Struggle संघर्ष

War युद्ध

PAUSE & THINK

यौन विवेचना
Human Education

Next generation has improved
- Understanding
- Feeling

Human Consciousness

Transformation

Human Education

Personal Transformation

Societal Transformation
Harmony in Society – Universal Human Order

**Human Goal (मानव लक्ष्य)**

- Right Understanding & Right Feeling
- Prosperity
- Fearlessness (Trust)
- Co-Existence (mutual fulfilment)

In Every Individual: Happiness
In Every Family: Prosperity
In Society: Fearlessness
In Nature/Existence: Co-Existence

**Systems / Dimensions of Human Order (मानवीय व्यवस्था—आयाम)**

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

- शिक्षा संस्कार
- स्वास्थ्य संयंम
- उत्पादन कार्य
- न्याय सुरक्षा
- विनिमय कोष

**Scope – From Family Order to World Family Order (Universal Human Order)**

Family – Family cluster – Village – Village cluster ... Nation ... World Family Order

\[ \sim 10^1 \quad \sim 10^2 \quad \sim 10^{10} \]
Assignment for Today

• What is the common goal of the organization you belong to? How does it map to the Human Goal?

• How can you and your organization contribute for ensuring right understanding and right feeling in the neighborhood of the institution?
Sum Up

A society is composed of families living together, in a relationship of mutual fulfillment. They have a common goal, which is:

1. Right understanding & right feeling (happiness) in every individual
2. Prosperity in every family
3. Fearlessness (Trust) in society
4. Co-existence in nature/existence

The family is the basic unit in society, i.e. society is composed of family, group of families, village family, group of village families, town family… and so on, where every individual is responsible or self-disciplined and self motivated by common values, participating in the larger order toward a common human goal.

Through the participation of every family in the society, in the 5 dimensions or social systems, the common human goal is fulfilled for all

- from family order to world family order
- generation after generation

[the current civilization is largely based on the assumption that human being = body, happiness is derived primarily from sensual pleasure & feeling from other; and hence accumulation of physical facility, domination and exploitation is at the core of the socio-economic systems]
Self Reflection
Self Reflection

1. What is your common family goal?

2. In your family, sit together and discuss
   - the family goal
   - the program for its fulfillment
   - the role / participation of each of the family members in its fulfillment
   - the state of the fulfillment of the goal (evaluation)

3. What is the common societal goal?

4. How are you & your family participating in the fulfillment of the social goal?

5. How is your organisation (college etc.) participating in the fulfillment of the social goal?
Details
These may be discussed (time permitting)
Harmony in the Society (समाज में व्यवस्था)

Human Goal

Right Understanding & Right Feeling  → Happiness  In Every Individual
Prosperity  → In Every Family
Fearlessness (Trust)  → In Society
Co-Existence (mutual fulfilment)  → In Nature/Existence

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)
1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

2a. Health (Swasthya) – Body acts according to Self (I)
   Parts of the body are in harmony (in order)
   → Recognising What is Needed as Physical Facility
There is a feeling of responsibility in the self(I) toward the body – for nurturing, protection and right utilization of the body.

### Program for harmony in the body

**(A) Staying Healthy**

1. Intake and Daily Routine (Lifestyle)
2. Labour and Exercise
3. Postures for regulating internal & external body organs and Regulated Breathing

**(B) Bringing body back to harmony from temporary disharmony**

4. Medicine and Treatment

**(C) Dependence on drug / machine to perform a body function**
Self-regulation in the Self (I): Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body

Program for Self-regulation

1a. Intake
2a. Labour
3a. Balancing internal & external organs
4a. Medicine

1b. Daily routine
2b. Exercise
3b. Balancing breathing of body of body
4b. Treatment

Health in the Body

1. Body acts according to Self (I)
2. Parts of the body are in harmony (in order)

1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable)…
1b. Rising time, sleeping time, eating time…
2a. Outcome of labour is production of physical facility
2b. No physical facility is produced by exercise
## System for Health-Sanyam

<table>
<thead>
<tr>
<th>Level</th>
<th>Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>Lifestyle, exercise</td>
</tr>
<tr>
<td>Family</td>
<td>Intake, daily routine</td>
</tr>
<tr>
<td>Family cluster</td>
<td>Asan, pranayam</td>
</tr>
<tr>
<td>Village</td>
<td>Medicine</td>
</tr>
<tr>
<td>Village cluster / city</td>
<td>Health education, environment, labour, treatment</td>
</tr>
<tr>
<td>…</td>
<td></td>
</tr>
<tr>
<td>Nation</td>
<td>Proliferation of good practices</td>
</tr>
<tr>
<td>…</td>
<td></td>
</tr>
<tr>
<td>World</td>
<td>Humane culture, civilisation, tradition</td>
</tr>
</tbody>
</table>
Harmony in the Society (समाज में व्यवस्था)

Human Goal

Right Understanding & Right Feeling → Happiness
In Every Individual

Prosperity
In Every Family

Fearlessness (Trust)
In Society

Co-Existence (mutual fulfilment)
In Nature/Existence

1 → 2 → 3 → 4

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

3a. Production: The physical facility obtained out of work
3b. Work: The labour a human being does on the rest of nature
Harmony in the Society (समाज में व्यवस्था)

Human Goal

1. Right Understanding & Right Feeling
   - Happiness
   - In Every Individual

2. Prosperity
   - In Every Family

3. Fearlessness (Trust)
   - In Society

4. Co-Existence (mutual fulfilment)
   - In Nature/Existence

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

1. What to Produce?
   - Required Physical Facility (necessary for nurturing, Protection & right utilisation of body)

2. How to Produce?
   a) Mutually Enriching, Cyclic Process (Eco-Friendly)
   b) Ensuring Justice (People-Friendly)
Mutually Enriching, Cyclic Process (Avartansheel Process)

1. Cyclic
2. Every Unit in the Process is Enriched

This mutually enriching, cyclic process is already going on in Nature. We do not have to create it.
1. Cyclic
2. Every Unit in the Process is Enriched

This mutually enriching, cyclic process is already going on in Nature. We do not have to create it.
Mutually Enriching, Cyclic Process (Avartansheel Process)

1. Cyclic
2. Every Unit in the Process is Enriched

We, human beings, have to understand the mutual fulfilment in nature & to live accordingly

i.e. To update the man-made processes to be cyclic and mutually enriching
Family of 10
2 acres of land
40 man hrs or work / day
Sufficient to produce what is required for nurturing (food…), protection of body (clothes, shelter, medicine…) = some of what is required for right utilisation of body (instruments, equipments…)
4 full grown trees – wood for 1 person
90% production in family
10% by exchange / shared by larger order

In India, land availability
2.73 acres of agricultural land for every 10 persons

Total land = 32,87,590 sq km
Forest 21.6%
Agricultural 46.2%
Fallow 8.6%
Built-up/Other 23.6%
Total population = 137 cr
1 sq km = 247.105 acre
Harmony in the Society (समाज में व्यवस्था)

Human Goal

- Right Understanding & Right Feeling
  - Happiness
  - In Every Individual

- Prosperity
  - In Every Family

- Fearlessness (Trust)
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  - In Nature/Existence

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

4a. Justice – Recognition of Human-Human Relationship, its Fulfillment & Evaluation leading to Mutual Happiness
Harmony in Family – Justice, From Family to World Family (Undivided Society)

1. Relationship is – between one self (I₁) and other self (I₂)
2. There are feelings in relationship – in one self (I₁) for other self (I₂)
3. These feelings can be recognized – they are definite (9 Feeling)
4. Their fulfilment, evaluation leads to mutual happiness

Feeling in relationship:

1. Trust विश्वास FOUNDATION VALUE
2. Respect सम्मान
3. Affection स्नेह
4. Care समता
5. Guidance वातस्लय
6. Reverence श्रद्धा
7. Glory गौरव
8. Gratitude कृतज्ञता
9. Love प्रेम COMPLETE VALUE

Justice = Recognition, Fulfillment & Evaluation of Human-Human Relationship, leading to Mutual Happiness

Justice → from Family to World Family → Undivided Society (अखण्ड समाज)
Harmony in the Society (समाज में व्यवस्था)

Human Goal

1. Right Understanding & Right Feeling
   ⊘ Happiness
   In Every Individual

2. Prosperity
   ⊘ In Every Family

3. Fearlessness (Trust)
   ⊘ In Society

4. Co-Existence (mutual fulfilment)
   ⊘ In Nature/Existence

Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

4b. Preservation – Recognition of Human-Rest of Nature Relationship, its Fulfillment & Evaluation leading to Mutual Prosperity or Mutual Enrichment
   1. Prosperity of Human Being
   2. Enrichment, Protection & Right Utilisation of rest of Nature
Harmony in the Society (समाज में व्यवस्था)

Human Goal

Right Understanding & Right Feeling → Happiness → In Every Individual
Prosperity → In Every Family
Fearlessness (Trust) → In Society
Co-Existence (mutual fulfilment) → In Nature/Existence

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
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Human Order (मानवीय व्यवस्था)

Systems / Dimensions (आयाम)

1. Education – Sanskar
2. Health – Self-regulation
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

5a. Exchange – of physical facility with a view of mutual fulfillment (not with obsession for profit / of exploitation)
5b. Storage – of physical facility with a view of mutual fulfillment (not with obsession for profit / of accumulation)
Questions?
1. What is the right age to start value education? I am asking because children don't have the capacity to think so deeply and evaluate all these proposals. Is there a different process of learning for adults and a different process for children?

2. Are we talking about having the same physical facility for all? Or is it that I can have a different need and someone else can have a different need? After all, we have to calculate the amount of money required for living and all kinds of emergencies.

3. What exactly is the meaning of preservation. E.g. Govt. has made regulations to save the environment by banning use of wood in Govt. buildings, we are saving water by using less… is this not preservation?

4. What is the role of currency in exchange of physical facility?

5. For the victim of crime, justice is to punish the culprit. Why don’t you talk about punishment in the society?
Why “More than Required Physical Facility”

If my family is prosperous, then:

1. We identify the required physical facility for the family (including the required quantity) – with right understanding

2. We produce more than the required physical facility using cyclically enriching process – with right skills

3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of sanyam

4. We share the rest for mutual fulfillment in relationship & for order in society – with a sense of responsibility in relationship
<table>
<thead>
<tr>
<th>Child’s Desire / Expectation</th>
<th>Fulfillment / Satisfaction Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Expectation for justice</td>
<td>Ability to do justice</td>
</tr>
<tr>
<td>(न्याय का याचक)</td>
<td>(न्यायप्रदाई क्षमता)</td>
</tr>
<tr>
<td>• In every interaction</td>
<td></td>
</tr>
<tr>
<td>2. Desire for right work &amp;</td>
<td>Competence for right work &amp;</td>
</tr>
<tr>
<td>behaviour</td>
<td>behaviour</td>
</tr>
<tr>
<td>(सही कार्य व्यवहार का इच्छुक)</td>
<td>(सही कार्य व्यवहार करने कि</td>
</tr>
<tr>
<td>• The child naturally wants</td>
<td>योग्यता)</td>
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<tr>
<td>to participate, makes</td>
<td></td>
</tr>
<tr>
<td>effort to learn &amp; can</td>
<td></td>
</tr>
<tr>
<td>learn</td>
<td></td>
</tr>
<tr>
<td>3. Speaks the truth</td>
<td>Understanding the truth</td>
</tr>
<tr>
<td>(सत्यवक्ता)</td>
<td>(सत्यबोध)</td>
</tr>
<tr>
<td>• The child naturally speaks</td>
<td></td>
</tr>
<tr>
<td>whatever truth it knows</td>
<td>from self to entire existence</td>
</tr>
<tr>
<td>• It willingly makes effort</td>
<td></td>
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<tr>
<td>to understand, asks lots</td>
<td></td>
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<tr>
<td>of questions</td>
<td></td>
</tr>
<tr>
<td>• It can understand</td>
<td></td>
</tr>
<tr>
<td>The child expects parents,</td>
<td></td>
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<tr>
<td>elders, teachers, society</td>
<td></td>
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<tr>
<td>… to facilitate it to</td>
<td></td>
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<tr>
<td>attain the satisfaction</td>
<td></td>
</tr>
<tr>
<td>point</td>
<td></td>
</tr>
<tr>
<td>(role of education-sanskar)</td>
<td></td>
</tr>
</tbody>
</table>
Self-Discipline, Self-Confidence  
स्वअनुशासन, आत्मविश्वास

Assuming मानना
Next Generation नैतिकता
Relationship संबंध

Imitate अनुसरण (0-3)
Follow अनुकरण (3-6)
Obedience/Discipline आज्ञापालन/अनुशासन (5-9)

Right सही
Self-expl जाँच

Self Discipline (10…)
स्वअनुशासन
Self-confidence आत्मविश्वास

Knowing जानना

Every next generation is more developed
In harmony within
In harmony with family
In harmony with society
In harmony with nature/existence
Every next generation is less developed

In more contradiction within
In more opposition with family
More struggle in society
More conflict with nature/existence

Arbitrariness

Imitate 𝑎नुसरण (0-3)
Follow 𝑎नुकरण (3-6)
Obedience/Discipline आज्ञापालन/अनुशासन (5-9)

Self-expl जाँच

Wrong गलत

Arbitrariness मनमानी
Opposition द्रोह (8-12)
Revolt विद्रोह (by other)
Struggle संघर्ष (13-30)
War युद्ध (30…)

Domination शासन

Family परिवार
School विद्यालय
University विश्व–विद्यालय
Society समाज

Assuming मानना

Next Generation
Which type of Economics can be called Developmental Economics

**Take-Take Economics** (dominate/exploit HB, exploit rest of nature)
Feeling: opposition
Result: both try to maximise their share (profit maximisation)
Needs are undefined / unlimited + resources are limited → Everyone is bound to be deprived

**Give-Take Economics**
Feeling: indifferent or opposition

**Give-Give Economics** (both work for mutual enrichment)
Feeling: Relationship
1. Identify the needs → Needs are definite
2. Produce more than what is required by cyclic, mutually enriching process (more is for sharing in relationship) → Resources are more than what is required
   ↓
   Everyone (all) can be prosperous