Harmony in the Society
1. Content of Self Exploration:
   a. Desire (चाहना) - Aim, Purpose – Happiness, Prosperity → Continuity
   b. Program (करना) – Process of achieving the desire, action

   Happiness = To be in Harmony

   To understand Harmony & to live in harmony at all 4 levels:
   1. Harmony in the Human Being
   2. Harmony in the Family
   3. Harmony in the Society

2. Process of Self Exploration
   Self-verification

   Whatever is said is a Proposal (Do not accept it to be true)
   Verify it on your own right

   Proposal
   1. Experiential Validation
   2a. Live according to it
   2b. Work with Rest of Nature
   3. Behaviour with Human Beings
   4. Mutual Happiness
   5. Mutual Prosperity
Harmony in Society

We will explore:

1. Goal of Human Being Living in Society (Human Goal)

2. The System Required to Achieve Human Goal

3. Scope of this System
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)**

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

- Prosperity
  - In Every Family

- Fearlessness (Trust)
  - In Society

- Co-Existence
  - In Nature/Existence

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

Other than these 4, what else is required?

Are we working for all 4?
Current State – Have we understood our Goal?

**Human Goal (मानव लक्ष्य)**

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

- Happiness
- In Every Family
- In Society
- In Nature/Existence

**Gross Misunderstanding (आधारभूत भ्रम)**

- Assumptions (eg. Money is everything)
- Accumulation By Any Means
- Domination, Exploitation, Fear
- Mastery & Exploitation

- In Every Individual
- In few Individuals
- In Society
- Over Nature

- Obsession for Consumption for Profit for Sensual Pleasure
- Terrorism War
- Resource Depletion Pollution
Harmony in the Society (समाज में व्यवस्था)

Human Goal (मानव लक्ष्य)

Right Understanding & Right Feeling

Prosperity

Fearlessness (Trust)

Co-Existence

Happiness

In Every Individual

In Every Family

In Society

In Nature/Existence

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

1. Education – Sanskar - शिक्षा संस्कार
2. Health – Sanyam - स्वास्थ्य संयम
3. Production – Work - उत्पादन कार्य
4. Justice – Preservation - न्याय सुरक्षा
5. Exchange – Storage - विनिमय कोष
Harmony in the Society (समाज में व्यवस्था)

Human Goal (मानव लक्ष्य)

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

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)
1. Education – Sanskar
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Harmony in the Society (समाज में व्यवस्था)

Human Goal

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

- Prosperity
  - In Every Family

- Fearlessness (Trust)
  - In Society

- Co-Existence
  - In Nature/Existence

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)
1. Education – Sanskar
2. Health – Sanyam
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage

1a. Education – To develop the right understanding of the harmony at all levels of our living – 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)
Harmony in the Society (समाज में व्यवस्था)

Human Goal

Right Understanding & Right Feeling

Prosperity

Fearlessness (Trust)

Co-Existence

In Every Individual

In Every Family

In Society

In Nature/Existence

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

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

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

2a. Health (Swasthya) – Body acts according to I Parts of the body are in harmony (in order)

→ Recognising What is Needed as Physical Facility

2b. Sanyam – Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body
Program for Health-sanyam

Sanyam in the Self (I): Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body

Program for Sanyam

1a. Intake 1b. Daily Routine
2a. Labour 2b. Exercise
3a. Asan 3b. Pranayam
4a. Medicine 4b. Treatment

Health (Swasthya) 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 which is nutritous, digestable, excretable & tasty
2a. Outcome of labour is production of physical facility
2b. No physical facility is produced by exercise
3a. Asan for balancing internal & external organs of the body
3b. Pranayam for balancing the breathing of the body
Prosperity of Human Being

Prosperity = Feeling of **having more than required physical facility**

1. Identification of required physical facility (including the required quantity) – **with right understanding**

2. Ensuring availability/production of more than required physical facility – **with right skills**

A prosperous person thinks of right utilisation, nurturing the other “deprived” ““ “accumulation, exploiting ““
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
In Nature/Existence

1. Education – Sanskar
2. Health – Sanyam
3a. Production – Work
3b. Work: The labour a human being does on the rest of nature
3a. Production: The physical facility obtained out of work
4. Justice – Preservation
5. Exchange – Storage

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

1. Education – Sanskar
2. Health – Sanyam
3. Production – Work
4. Justice – Preservation
5. Exchange – Storage
Harmony in the Society (समाज में व्यवस्था)

Human Goal

Right Understanding & Right Feeling
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In Society

Co-Existence
In Nature/Existence

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

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

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 (Avarthansheel 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 make it
- We just have to understand it & to live accordingly. i.e. To update the man-made processes accordingly
Mutually Enriching, Cyclic Process (Avartansheel Process)

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

We just have to understand it & to live accordingly. i.e. To update the man-made processes accordingly
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
In Nature/Existence

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

1. Education – Sanskar
2. Health – Sanyam
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 ममता
5. Guidance वात्सल्य
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

<table>
<thead>
<tr>
<th>Right Understanding &amp; Right Feeling</th>
<th>Prosperity</th>
<th>Fearlessness (Trust)</th>
<th>Co-Existence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td>In Every Family</td>
<td>In Society</td>
<td>In Nature/Existence</td>
</tr>
</tbody>
</table>

In Every Individual

Prosperity

Fearlessness (Trust)

Co-Existence

Happiness

In Every Family

In Society

In Nature/Existence

Human Order (मानवीय व्यवस्था)

Five Dimensions (पाँच आयाम)

1. Education – Sanskar
2. Health – Sanyam
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. Preservation of rest of Nature (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: In Nature/Existence

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

**Human Order** (मानवीय व्यवस्था)

**Five Dimensions** (पाँच आयाम)

1. Education – Sanskar
2. Health – Sanyam
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)
Harmony in the Society (समाज में व्यवस्था)

Human Goal (मानव लक्ष्य)

Right Understanding & Right Feeling
1. Happiness
In Every Individual

Prosperity
2. In Every Family

Fearlessness (Trust)
3. In Society

Co-Existence
4. In Nature/Existence

Five Dimensions (पाँच आयाम)

1. Education – Sanskar

2. Health – Sanyam

3. Production – Work

4. Justice – Preservation

5. Exchange – Storage
Harmony in Society – Universal Human Order

**Human Goal** (मानव लक्ष्य)

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

**Five Dimensions of Human Order** (मानवीय व्यवस्था—पाँच आयाम)

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

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

**Ten Steps** (दस सोपान) – From Family Order to World Family Order

Family → Family cluster → Village → Village cluster → Nation → World Family

$\sim 10^1 \quad \sim 10^2 \quad \sim 10^{10}$
Some Indicators of Progress toward Human Family… Society

1. **Index of Understanding**: % of Population with Right Understanding
e.g. % individuals who live in response (who facilitate right understanding & relationship in others) vs reaction (who do get irritated, angry, quarrel etc.)

2. **Index of Prosperity**: % of Prosperous Families
e.g. families that have recognised their need for physical facility and produce/have more than their need

3. **Index of Fearlessness (Trust)**: % of People you have Trust on their Natural Acceptance – Unconditionally, Continuously

4. **Index of Sustainability (Co-existence)**: Enrichment of Nature
e.g. Right Utilisation of Physical Facility, Air Quality, Water Table, Water Quality, Average Annual Improvement of Soil Quality, Definiteness in Weather
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 happiness is derived solely from sensual pleasure, physical facility & feeling from other; and hence domination and exploitation is at the core of the socio-economic systems]
Home Work

1. What is your common family goal?

2. Do you 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 contributing / participating in the fulfillment of the social goal?

5. How is the organisation you are working for / in contributing / participating in the fulfillment of the social goal?
Next we want to explore Nature/Existence

So far we have understood our Natural Acceptance

Our Natural Acceptance is for living in Harmony – as an Individual, as a Family, as a Society…

Is there provision in Nature/Existence for living in accordance with our Natural Acceptance?

Is it possible to live in harmony as an Individual, as a Family, as a Society…?

Is co-existence, mutual fulfillment inherent in Nature?

Or

Is the design of nature/existence by way of opposition, struggle, survival of the fittest…?

We will explore the underlying design of Nature/Existence with these questions…