

Unit 2 UHV

The abbreviations of SVDD, SSDD and SSSS signify

To achieve our basic aspirations, we need to work for right understanding as the base on which we can work for relationship and then physical facilities. Today we are not working according to this why we can see that there are two kind of people in the world:

1. Those that do not have physical facilities/ wealth and feel unhappy and deprived. i.e. **SVDD: Sadhan Viheen Dukhi Daridra – Materially Deficient, Unhappy and Deprived.**
2. Those that have physical facilities/ wealth and feel unhappy and deprived. i.e. **SSDD: Sadhan Sampann Dukhi Daridra – Materially Affluent, Unhappy and Deprived.** But these are states we don't want to be in. We want to move from this to third category i.e.
3. Having physical facilities and feeling happy and prosperous i.e. **SSSS: Sadhan Sampann Sukhi Samriddha – Materially Adequate, Happy and Prosperous.**

Presently, as we look around, we find most of the people in the above two categories called **SVD and SSDD**, while the natural acceptance of all human beings is to be in the category of **SSSS**.

Necessity of Physical facilities for Animals and Humans

Physical facilities are necessary and complete for animals, while they are necessary but not complete for humans. It is easy to verify.



For Animals: Animals need physical things to survive, mainly to take care of their body. For example; cow will look for food when it is hungry. Once it gets the grass or fodder. It eats it, sits around to chew at leisure. Hence, we can say that as long as animals have physical things, they are largely fine. They don't desire other things like knowledge or a peaceful animal society or getting a good MBA.

For Humans: While physical facilities are necessary for human beings, they are not complete by themselves to fulfil our needs. Our needs are more than just physical facilities. We all have other needs, other plans, perhaps we think of going to a movie or reading a book, or go to college, or watch some TV, or spend time with family and friends, this list is endless. Thus it is easy to see that while physical facilities are necessary for us human beings, they are not complete by themselves to fulfil our needs.

Hence we can say that for animals – “Physical facilities are necessary and complete.”

For humans “Physical facilities are necessary but not complete.”

Human Aspirations and their Correct Priority

Three things are needed in order to fulfil basic human aspirations.

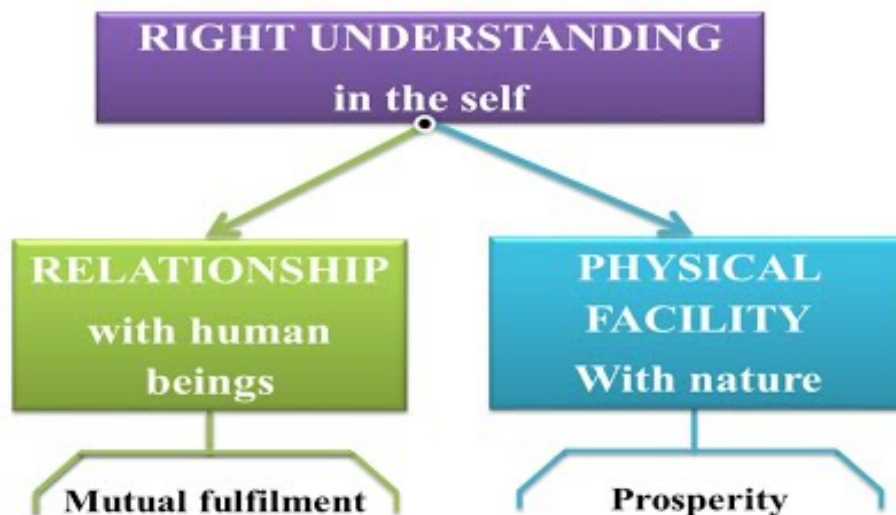
an aspiration—right understanding, right relationships and physical facilities.

Our basic aspirations are happiness (mutual fulfilment) and prosperity (mutual prosperity). Happiness is ensured by the relationships with other human beings and prosperity is ensured by working on physical facilities.

Right Understanding: This refers to higher order human skills – the need to learn and utilize our intelligence most effectively.

Good Relationships: This refers to the interpersonal relationships that a person builds in his or her life – at home, at the workplace and in society.

Physical Facilities: This includes the physiological needs of individuals and indicates the necessities as well as the comforts of life. It means the feeling of having or being able to have more physical facilities than is needed.



In order to resolve the issues in human relationships, we need to understand them first, and this would come from ‘right understanding of relationship’. Similarly, in order to be prosperous and to enrich nature, we need to have the ‘right understanding’. The ‘right understanding’ will enable us to work out our requirements for physical facilities and hence correctly distinguish the difference between wealth and prosperity. With nature as well, we need to understand the harmony in nature, and how we can complement this harmony.

Animal and Human Consciousness

Giving all priorities to physical facilities only, or to live solely on the basis of physical facilities, may be termed as ‘**Animal Consciousness**’. Living with all three: **Right understanding, Relationship and Physical facilities** is called ‘**Human Consciousness**’.



From the diagram we can say that:

- For animal, physical facility is necessary as well as complete – whereas for human beings it is necessary but not complete.
- **Working only for physical facilities is living with Animal Consciousness.**
- **Working for right understanding as the first priority followed by relationship and physical facilities implies living with Human Consciousness.**
- There is a need for transformation from **Animal Consciousness** to **Human Consciousness**. **It can be accomplished only by working for right understanding as the first priority.**
- This transformation from **Animal Consciousness** to **Human Consciousness** **forms the basis for human values and values based living.**

The content of education is the understanding of harmony at all the four levels of our existence –from myself to the entire existence. Right living or **Sanskar** refers to the ability to live in harmony at all the four levels of living. This dimension of society works to ensure ‘right understanding’ and ‘right feelings’ in individual. Or all-encompassing solution called **Samadhan** in every individual

and ensures that our succeeding generation have both the content and the environment available to work towards achieving their goal of continuous happiness and prosperity.

Pre-conditionings and their source

Preconditioning means the condition developed by beliefs (manyatas). Often we have our own assumptions about something on the basis of our prevailing notions. They come from what we read, see hear, what our parents tell us, our friends talk about what the magazines talk of, what we see on the TV etc. Most of our desires, thoughts and selections are based on these pre conditionings. We do not verify the desires in our own right. As a result, we are not clear about what we will get out of fulfilment of that desire. Because of this, we often end up spending an entire lifetime accumulating desires that are not ours, and in running about trying to fulfil them. As a result, our desires, thoughts and selections are always in conflict. Since the desires are in conflict, the thoughts they give rise to, are also in conflict and in turn, the selection from the thoughts are also in conflicts leading to dissatisfaction and unhappiness.

All of us have some pre conditionings, sensations and beliefs. For example, most of us believe that money and position bring us respect and make us happy. We start living by this pre conditioning and work hard to achieve it. We also involve ourselves in all those activities which are needed to achieve it. During this process, we often experience dis-harmony within ourselves and with others. With unhappiness within, we also make others unhappy.

However, once we start exploring deep into ourselves on the basis of our natural acceptance, we realise the difference between **what we are and what we really want to be. This realisation leads to the right understanding which paves way to a harmonious living within ourselves, our family, our society and also with nature.**

Humans suffer from many problems at the level of individual, family, society and the nature.

Today we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. This effort is giving rise to many problems manifest today at the level of individual, family, society and the nature. These problems are:

- **At the level of individual**– Rising problems of depression, anxiety, suicides, stress, insecurity, increasing health problems, lack of confidence and conviction etc.
- **At the level of family**– Breaking up of joint families, mistrust and disharmony in relationships, divorce, generation gap, dowry deaths, neglect of older people etc.
- **At the level of society**– Growing incidences of terrorism, violence, communalism, racial and ethnic struggle, corruption, adulteration, sex-crimes exploitation, wars between nations, proliferation of lethal weapons etc.
- **At the level of nature**– Global warming, weather imbalances, depletion of mineral and energy resources, deforestation, soil degradation etc.

All the problems are a direct outcome of an incorrect understanding, our wrong notion about happiness and prosperity and their continuity.

Difference between Prosperity and Happiness

Happiness may be defined as being in harmony/synergy in the state/ situation that I live in. “A state or situation in which I live, if there is harmony in it then I like to be in that state / situation. The state of liking is happiness.” Whereas, prosperity is the “feeling of having or making available more than required physical facilities”.

In the current scenario, we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. This is an attempt to achieve happiness through pleasant sensory interactions. The physical facilities are not seen in terms of fulfilling bodily needs but as a means of maximizing happiness.

This has resulted in wrong assessment of wants for physical facilities as being unlimited. But this pursuit is self-defeating. Neither can we hope to achieve continuous happiness through sensory interactions nor can we have prosperity, as it amounts to trying to fulfil unlimited wants through limited resources. This effort is engendering problems at all the levels. It is becoming anti-ecological and anti-people, and threatening the human survival itself. 1.

1. At the level of the individual

2. At the level of the family

3. At the level of the Society

4. At the level of nature

It therefore, calls for an urgent need for human beings to correctly understand happiness and prosperity as well as the sustainable way to achieve these.