Every human being aspires for a way of life which ensures harmony and integration among all four dimensions (thought, behaviour, work and realisation) of his personal existence. He also aspires to ensure this harmony and integration among four levels (individual, family, society and nature), and ten steps of social organizations (family, village, nation and world family) of human existence.

This is the aspiration; this is the desire, the innate need of every human being, irrespective of his age, sex, caste, creed, nation and beliefs.

A way of life, a world view that ensures the fulfillment of this human aspiration will be called a holistic solution to human existence.

Let each one of us ask himself as to “How do I want to live?” or “What is the span of human existence?”

What do we want- what is written on the left OR what is written on the right? Do we want fulfillment at all four dimensions and all four levels OR we just want to ensure accumulation of wealth, that too unlimited at the individual level. What are we doing now?

Let me explain it a bit more to make it clear. First at four dimensions-

1. In thought- solution (resolution) gives the fulfillment or problem, a state of clarity or a state of confusion?
2. In behaviour- with other human being, justice gives happiness to me as well as to the other or injustice, recognition and fulfillment of relationship with other human being gives mutual happiness or undermining it?
3. In work- with rest of the natures, adherence to physical laws, law of mutual fulfillment ensures mutual enrichment or its exploitation, cyclic mode of production ensures prosperity for human being and protection of rest of the nature or indiscriminate extortion of the rest of the nature?
4. In realisation- assurance and authenticity of having known the truth, of having understood the reality gives continuity of self satisfaction or mere belief or assumption of it?

Are we ensuring the fulfillment of all these four dimensions of personal existence or are we just focusing on work to ensure accumulation of physical facilities (called wealth), that too without deciding how
much of it is required (it is implicitly assumed that it is unlimited! - do we really need unlimited amount of any physical facility?) and without ensuring the law of mutual fulfillment (through cyclic mode of production)

Similarly, at four levels of human existence-

1. In Every Individual- All encompassing solution, a state of right understanding leading to self satisfaction is desirable in every individual or a state of confusion leading to unhappiness and dissatisfaction?. Or having a state of right understanding in some individuals will do and rest can follow them?
2. In Every Family- Prosperity, capacity to produce more than what is required as physical facilities for the family leading to a feeling of having more, is desirable in every family or Deprivation, a feeling of having less than required, irregard of how much has been accumulated (through production or exploitation).
3. In Society- Fearlessness, Trust, feeling of being related to the others is desirable or a feeling of mistrust, a feeling of being in opposition to others leading to fear; undivided society based on this feeling of trust (acceptance of relationship with every one) is desirable or a society divided into sects, cast, creeds, races, nations opposing and fighting each other?
4. In Nature- Co- Existence, a relationship of mutual fulfillment of human being with rest of the three orders of nature leading to prosperity in human being as well as protection and enrichment of rest of nature is desirable or indiscriminate exploitation of rest of the nature?

Are we ensuring the fulfillment of all these four levels of human existence or we are just focusing on Individual to ensure Accumulation of unlimited physical facilities for him, without deciding how much of it is required? This too is being done for selected group, in terms of class, nation etc. and not for every individual (It is implicitly assumed that benefits will slowly percolate to every body!).

**Where do we stand today?**

With the limited one dimensional approach taken by us, we have arrived at the following situation:

**At the level of individual:** We see today that human beings on the one hand suffer from unhappiness, dissatisfaction, a sense of purposelessness or futility, tension, frustration, depression even suicide and on the other hand show the signs of domination, violence, crime, terrorism etc. The body health is steadily declining in spite of improved levels of material and medical facilities. A majority of people find themselves engulfed in problems of one type or the other, and some people have even come to believe that no solution is ever possible.

**At the level of family:** One finds that in family, among the members, there is complaints, fights, interpersonal tensions, injustice and hatred. Numerous attempts are made to solve these, but invariably it leads to disintegration. Reason for all these is ultimately assigned to lack of sufficient material facilities (a feeling of being deprived), without ever deciding how much is going to be sufficient in terms of physical facilities.

**At the level of society:** Problems are visible in the form of poverty and unemployment on the one hand and division, discrimination, exploitation, opposition, struggle, war on the other hand. There are talks of cooperation with each other, but they end up in one form of exploitation or other.

**At the level of nature:** Problems manifest in the form of ecological disturbances (seasonal imbalance, pollution) and lack of natural resources. Air, water, soil and food are getting increasingly poisonous. Fertility of the soil is reducing. The problem of water shortage is deepening. The nutritional value of food is decreasing. Ecological imbalances have resulted into global warming (heating up of the earth), heralding larger problems and disasters soon.

On the one hand, many breakthroughs and wonders are being made by modernity, science and technology; while on the other, man still remains an unknown and unrelated to himself and other human
being. Today, human being has become the biggest source of problem for human being. The possibility of war between two nations, terrorism, fear of fights and violence within nation states and corruption tiring out the daily lives of human beings has increased. Ecological imbalance, chemical fertilizers and pesticides and sedentary lifestyles are making the body weak and prone to diseases.

The ultimate result of all this is that suffocation in individuals, disintegration in society and damage to the environment are on the rise. Man is thus getting isolated and lonely. Getting isolated is more fearsome than any other scarcity.

If one looks at these conditions a little deeply, it seems that man has not even been able to rightly recognize his needs so far. Today's prevailing materialism has made us to believe that unlimited acquisition of physical/material facilities is the ultimate aim of human being. Entire culture, science, technology, education and nation states are being applied to ensure this. As a result, every human being is being engaged in this. Material acquisition has become the aim for a man's thought, behavior, work and realization, without even bothering to find out how much material facility is required for an individual, family and society.

While man's need to live, to survive has been recognized as a primary need, the need to live in perennial happiness, in a state of no-conflict, to live with knowledge, has not yet been recognized as a basic human need.

The reality is that to live with knowledge is an innate and basic need of human. It is only on the basis of knowledge that man is able to live in harmony within himself and in harmony with the larger organization (other humans and rest of nature). Otherwise, he lives in a way purely based on what he has ended up assuming (which may or may not be so in reality, i.e. may right or wrong).

In the absence of knowledge, absence of a resolution (samadhan), man is unable even to correctly recognize as to how much material/physical facilities is required. As a result, he is unable to feel prosperous in spite of having excessive amount of physical facilities/wealth. He keeps getting stuck into a vicious circle of trying to accumulate unlimited facilities/wealth.

A new ray of hope

On studying existence and place of man in it, it becomes evident that these problems are not innate to existence or nature. These are due to absence of right understanding in man and fulfillment in relationships between human beings; i.e. problems are manifested by man. If man is the cause/source of the problems or if man is the carrier of problems, then the cause/source and carrier of solutions would also have to be man. Attempts so far to free ourselves of these problems, have not placed right human understanding and responsibility of human beings at the center, and we have not been able to live in harmony (within oneself and with entire existence) and form a human tradition on the basis of these attempts. To ensure human tradition and to live in harmony, Jeevan Vidya is a proposition, which has to be evaluated and understood within the self and to be lived as an expression of this understanding, in terms of behaviour, work and participation in the larger order.

On the basis of attempts made by a few of us during the past 10 years in the form of work, behavior and participation in our society, we have now begun to feel that it is necessary and possible to have a harmonious inter-relationships in the four dimensions (thought, behavior, work and realization), four levels (self, family, society and nature) and 10 steps (family to world family); that such a possibility comes naturally since harmony (self-organization) is inherently there in existence, one does not have to create it. Existence is in harmony (self-organization) itself, is organized in itself. The harmony (self-organization) is the form of co-existence, and every human being can understand this harmony, and after having understood it so, can live in harmony within himself and in harmony with the larger organization around him.

Living on the basis of this harmony (co-existence) results into:
At the level of individual: Right understanding (resolution) is ensured in every human being. This resolution inherently manifests in human talent as- knowledge (of self, existence and human conduct), wisdom (identification of human goals) and science (process of achieving human goal) and in human expression as- behavior, work and participation in the larger order. The possibility of an undivided society, holistic natural order and human tradition becomes clear as one lives according to the right understanding.

At the level of family: Resolution in each member of the family, mutually fulfilling relationships and prosperity in family are ensured. It becomes possible to identify the physical needs of the family on the basis of the right understanding and members of the family are able to produce (in a recyclable manner) more than the family’s requirements for physical facilities and experience the feeling of prosperity. There is enough scope in nature for this kind of effort, and enough capacity and scope in the human being for putting in these efforts. A prosperous family is able to fulfill the its physical needs of an and also help out other families, hence, one establishes a relationship of mutual fulfillment, instead of exploitation of other families in this manner.

At the level of society: Self-organization in society, emerging out of such families, has five dimensions-education-right values; health-restraint; production-work; exchange-storage; justice-security. Such self-organization ensures the fulfillment of human goals of samadhan (complete resolution), prosperity, fearlessness and co-existence. The possibility of realisation of this holistic, all encompassing self-organization from an individual to family to world family seems very natural.

At the level of nature: The human being, living with complete resolution, relationships and prosperity lives in a mutually fulfilling manner with the remaining three orders (Material order = Soil, water, air, etc; Plant Order = plants and shrubs, etc; Animal order = birds and animals) thus ensuring his prosperity and the enrichment, protection and right utilization of the remaining three orders.

Man living in complete resolution, prosperity, fearlessness and co-existence at all these four levels, is able to be satisfied in all his four dimensions- satisfaction in thought by way of complete resolution, satisfaction in behavior by way of mutually fulfilling relationships, prosperity in work by way of enrichment and protection of the remaining natural order, and bliss (continuity of happiness) by way of realization (knowing) the reality, the existence as co-existence. It thus becomes possible that this satisfaction is being expressed and established in individual, family and all ten steps (family, .. village,… nation, world family) of human order. On the basis of the success that we have been able to get in the past ten years through this understanding, behavior and work; and the enthusiasm that stems from it, we thought it appropriate to share and start a dialogue with you on the necessity, possibility and naturality of this human order.

*1 To live with left (fulfillment of all four levels and dimensions of human existence) is to live with human consciousness and to live with right (fulfillment of physical needs by accumulation of material facilities alone) is to live with animal consciousness. The way to ensure development of consciousness from animal consciousness to human consciousness is what Jeevan Vidya is working for.

*2 A Detailed discussion on concept of Jeevan Vidya, based on understanding of existence as co-existence and human being as the knower of this co-existence, will follow in sessions (2.3, 2.4, 2.5) to come tomorrow.

*3 A concise background and content of Jeevan Vidya is given in 'Vikalp' by Shri A. Nagrajji. (copy provided to the participants)