

# Harmony in the Self

*activities of self*

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**NIT Warangal and**

**CHDHC**

# Reminder about the Exercise

- Write a list of desires
- Categorize
  - Naturally Acceptable
  - Body or Self?

# CHDHC - [chdhc.org](http://chdhc.org) - info@chdhc.org

- [Center for Holistic Development of Human Consciousness](http://chdhc.org)
- Activity of an NGO
- Independent. Group of friends.
- Telugu workshops, mostly. English as well
- Weekly discussions
- Six resource persons with more than 10 years of journey
- Social Responsibility. No charge. Donations welcome.
- Visit [chdhc.org](http://chdhc.org). Get in touch.



# Harmony in Self

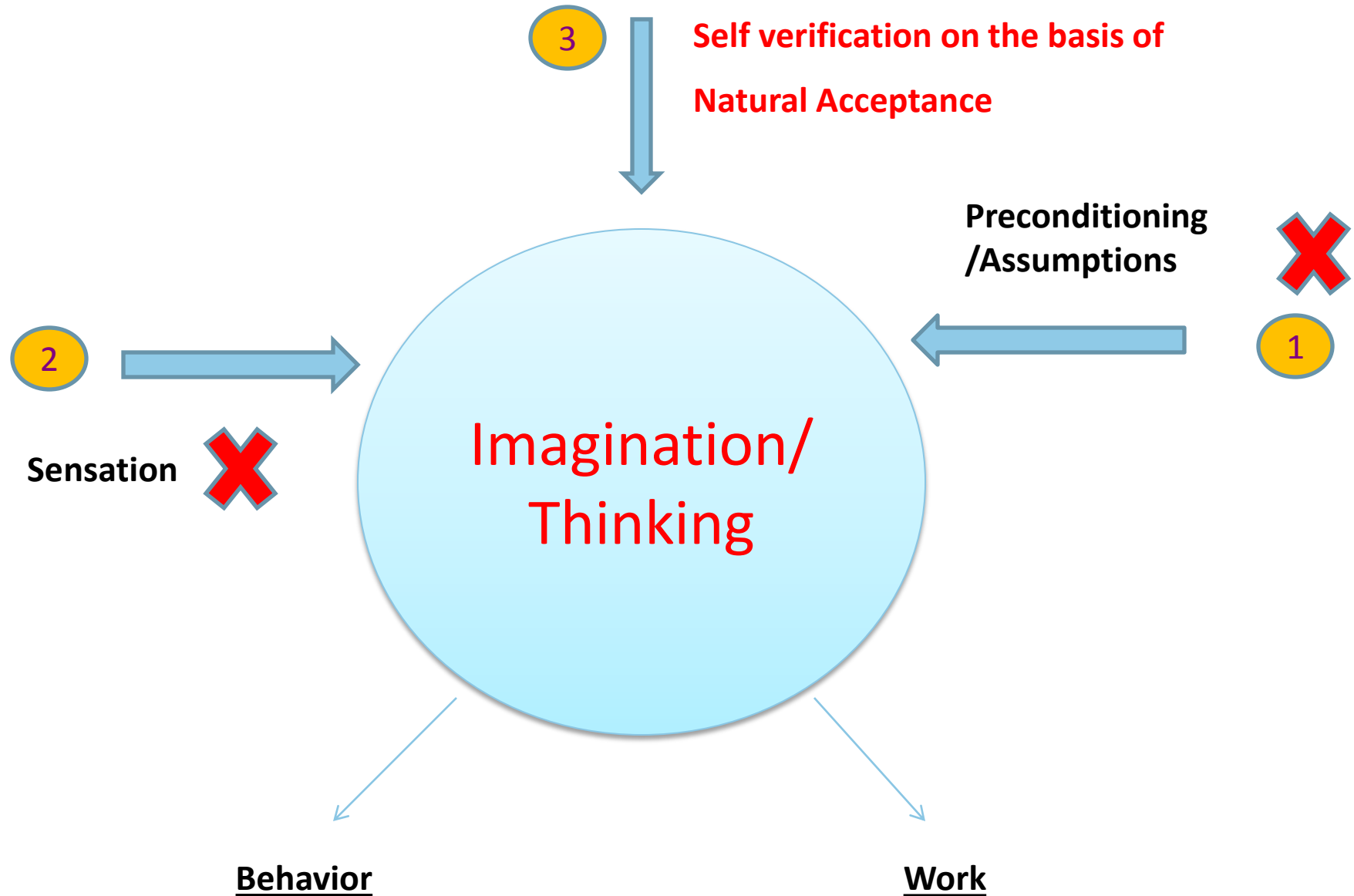
- Self. Is it there?
- What's going on Self? Thoughts/ Thinking
- Is it continuously going on? (Activities of Self)
  - Clear or Conflict?
  - Harmony or disharmony?
- Solution?
  - Stop thinking?
  - Attain harmony?
- Being in Harmony is Happiness
- This is the truth! Verify!
- Behaviour and work are expression of Self

- Reasons for disharmony?
  - Conflicts
  - Opposition
  - Not in alignment with nature.
  - Not acceptable to myself. Do not want to think like that!! But,...
- Sources of thinking process. Motivating force behind thought
  1. Preconditioning/ Assumptions
  2. Sensation
  3. Natural Acceptance/ Clarity/ Wisdom/ Big picture/ Understanding of existence.

# Preconditioning, Sensation and Natural Acceptance



- **Preconditioning:** Assuming without knowing. Eg. Taking revenge will make me happy
- **Sensation:** Happiness from favourable sensation of Sound, Touch, Form, Taste, Smell. Eg. Tasty food will make me happy
- **Natural Acceptance:**
  - Purpose or what to be, what to do as a human being.
  - Leads to harmony (happiness) within, continuity is desirable, possible.
  - Eg. Relationship is naturally acceptable, it is possible to live in relationship. Feeling of relationship leads to harmony → happiness within

# Activities of Self (I)



# Preconditioning

## Media: Advertisement



**TRIPLE NOURISHED  
SILKENING RELAXER**

Helps Preserve Signs of Healthy Hair:  
Moisture, Strength,  
Softness, Shine, Body

No Lye. No Mess.  
\*Silkening System

1 Application or 2 Retouches



**A feeling you never outgrow.**

Bert and Patti Newton have been Johnson babies from way back. And Matthew, who arrived in January 1977, carries on the family tradition. In the Newton Family, everybody stays dry, fresh and comfortable with pure, soft, absorbent Johnson's baby powder.

**Best for baby, best for you.**

**Johnson's baby powder**

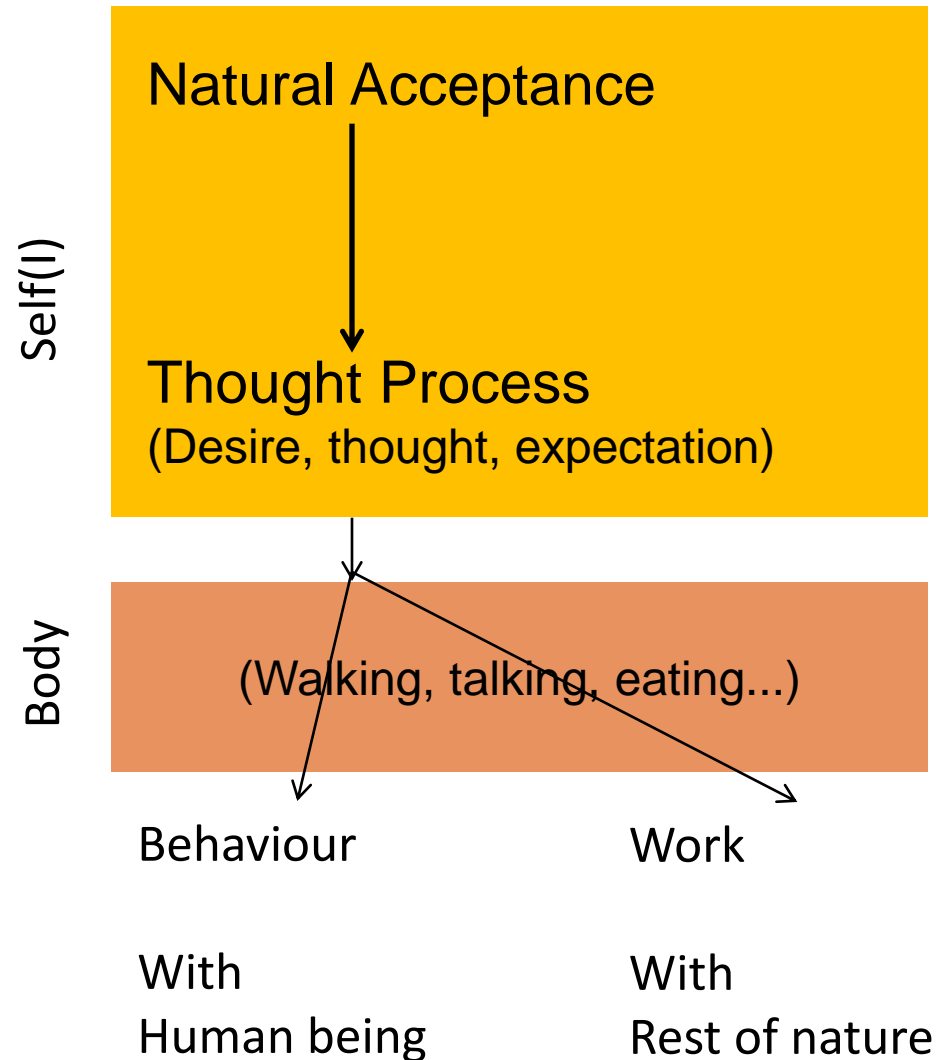
**JOHNSON'S**



- और 10/-  
पलब्ध  
LA



# Harmony in the Self(I)



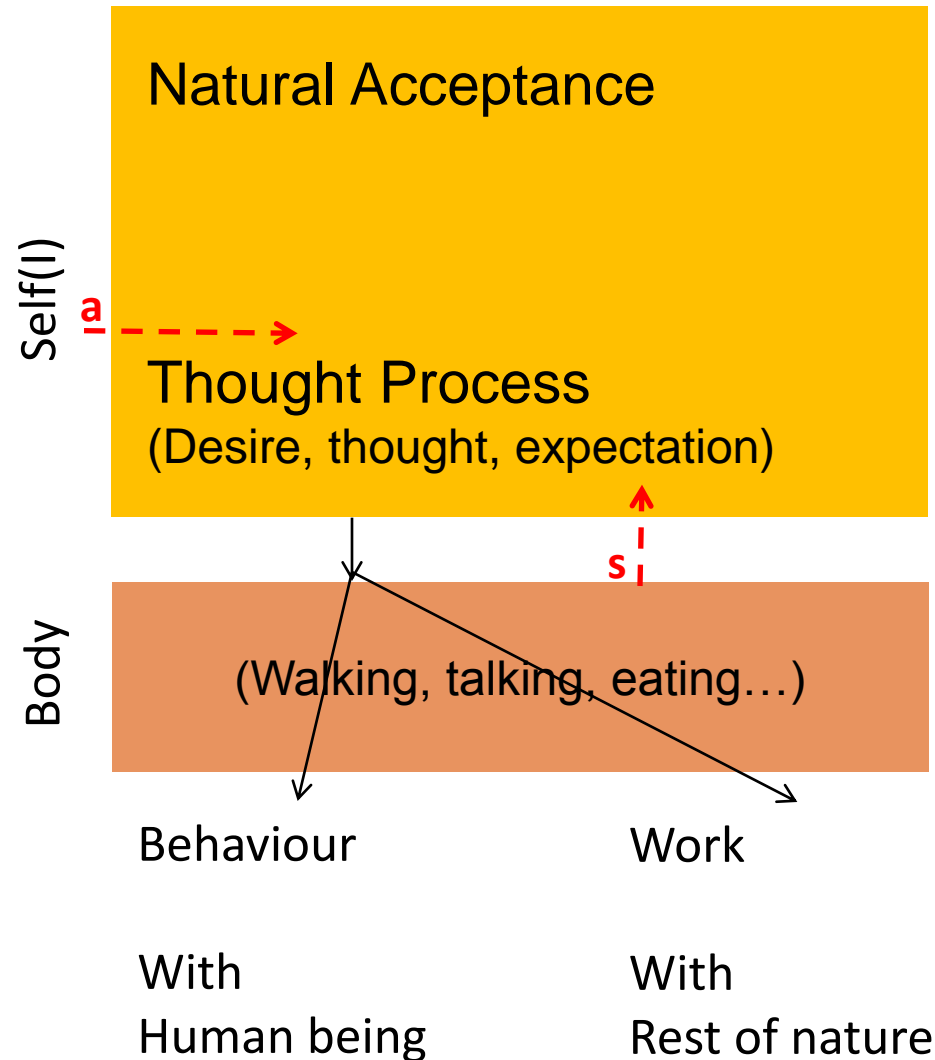
Conscience, Inner voice  
My Innate Intention, Purpose  
Right Understanding, Right Feeling

What I Am  
My Current Competence

**There is harmony in the self when the imagination is in line with or guided by natural acceptance**

**(rather than by assumptions or sensation)**

# Dysharmony in the Self(I)= Unhappiness      Example



Affection

**Contradiction in the self**

Sometimes opposition / anger  
(**sensation** )  
(**assumption** )

**Impact on the body**

**State of contradiction in  
the Self  
= Unhappiness in Self  
= Unhealthy self**

# Explore the Nature (not just the words)

Nature (human being, self, others...)

one's worldview matches nature  
Expect nature to match with one's worldview

जैसी सृष्टि वैसी दृष्टि  
जैसी दृष्टि वैसी सृष्टि ❌

**Perception**

(one's view of the world – about self, others...)

**Thoughts**

(depend on one's perception)

expression (depends on one's thoughts)

a) Behaviour

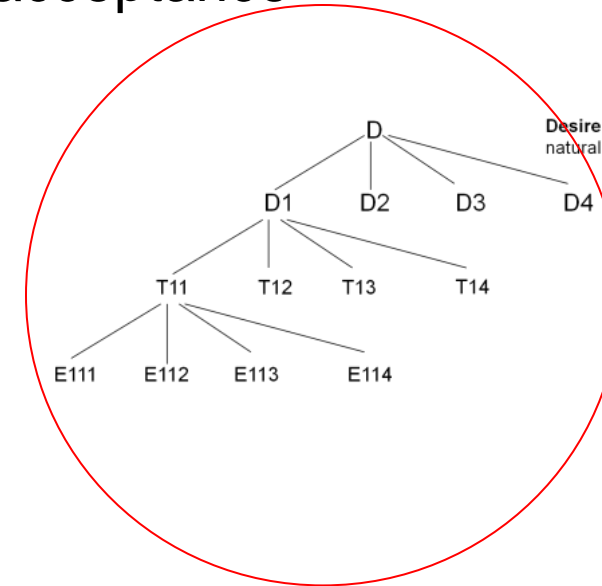
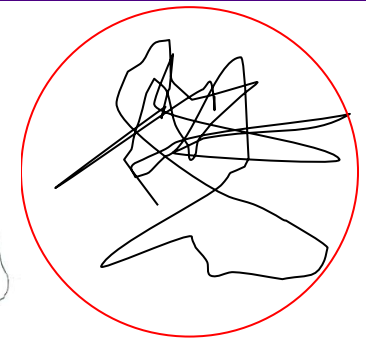
b) Work

What is the basis of the perception?

In this workshop, we have shared some proposals about the reality (human being, self, others...) for you to explore & verify...

# State of Imagination

- If thought process is random & disorganised
- It indicates a state of confusion
- Many of these imaginations may be contrary to each other and contrary to the natural acceptance
- Contradiction → unhappiness
- Harmony in the Self is realised when there are no contradictions in the imagination and all imagination is in accordance with natural acceptance.
- Harmony → happiness



- Disharmony/Conflict/ No clarity
  - We get tired
  - Exhausted
  - Need entertainment
  - Sensory pleasure
  - Recognition from others: Promotion, Award, Name and Fame, Show off.
  - Indefinite conduct

# Harmonious state

- Harmonious state
  - Work but no tiredness. You are charged.
  - Capacity increased. Doubled. Tripled.
  - No complaints
  - Joy
  - Accomplish more
  - Be a source of light! Guidance
  - Contented due to state of within. Not due to external reasons
  - Much stable and continuous
  - Anyone come in touch with us get infected with right things (*clarity and enthusiasm is infectious*)
  - Definite conduct

## Harmony in the Self

Self with RU + RF

(including the feeling of responsibility towards the body)  
– take necessary steps including giving right instructions to the body to maintain the health of the body

Harmony within

Happiness within

Right purpose – participation with responsibility

## Disharmony in the Self

Self with assumptions

Absence of RU and RF

(lack of responsibility towards body) - do not take necessary steps nor give the right instructions to body - ill- health

Disharmony, contradiction, conflict within

Unhappiness within

Purpose ?? Search for happiness outside

**Healthy Self – RU +RF - Happiness within (everlasting)**

**Unhealthy Self – Seeking Happiness from outside (temporary)**

Physical facility, sensation & getting feeling from other  
e.g. Eating for taste / more than required amount → Obesity

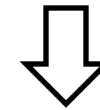
**Unhealthy Self – not able to get happiness from outside – Escape  
(running away from unhappiness)**

Over-eating... Gossip... Alcohol... Drugs... Suicide...  
e.g. Substance abuse / addictions → disease



# Evaluation of Current Situation - Gross Misunderstanding

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे—भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



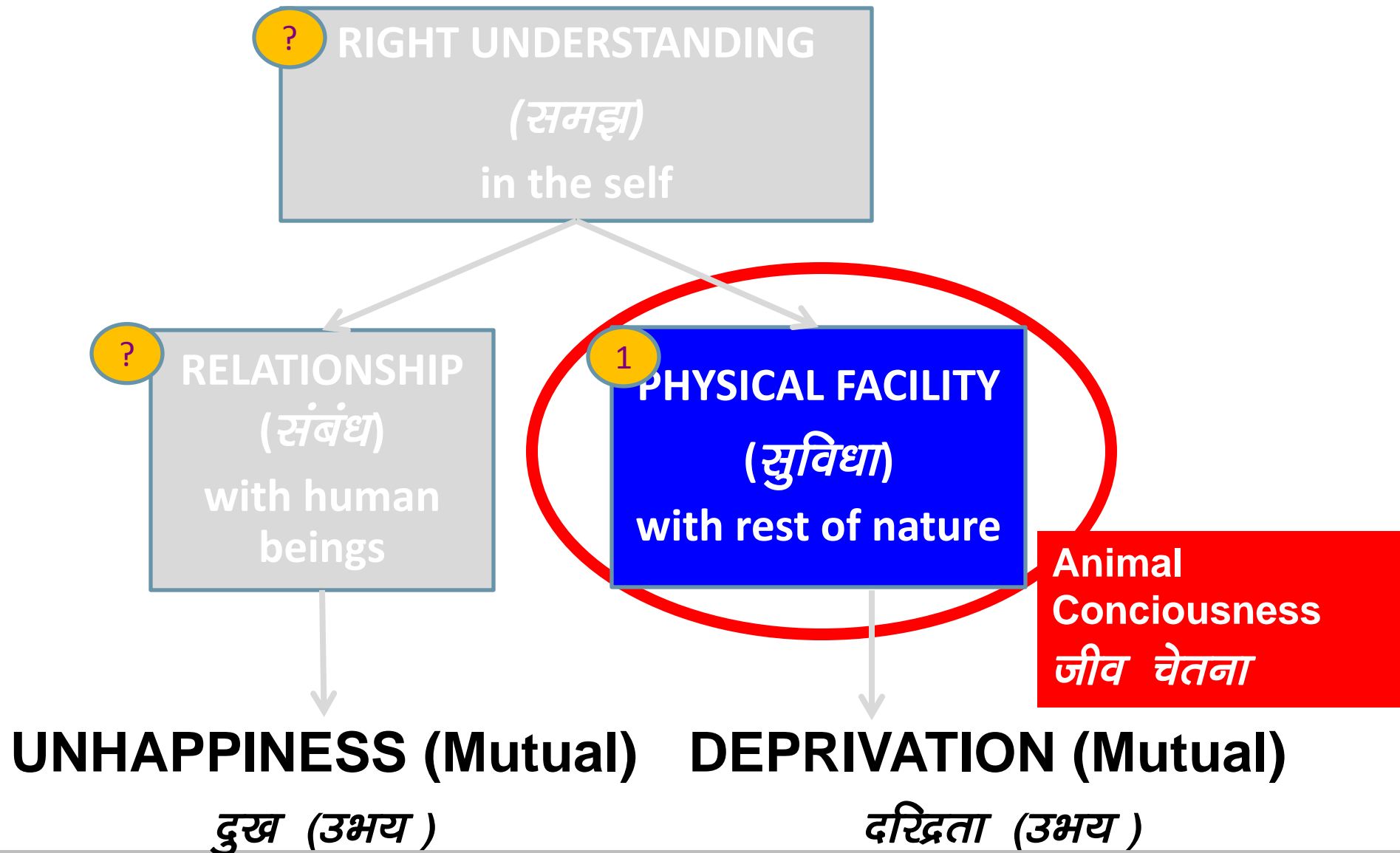
Accumulation of Physical Facility – Unlimited! ✗  
सुविधा संग्रह – असीमित!



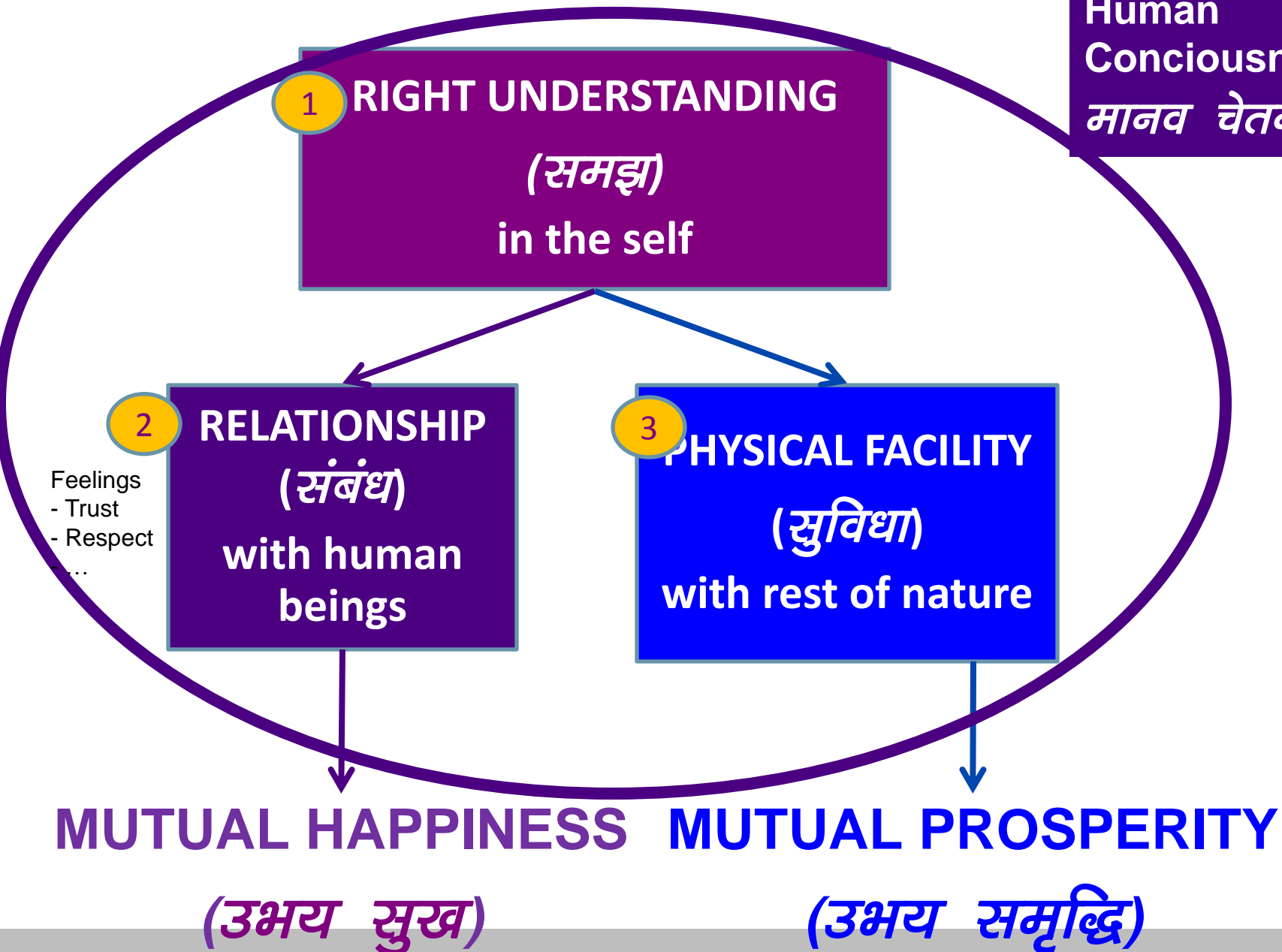
Deprivation  
दरिद्रता ✗

Check your assumptions about Human Being

# Animal Consciousness, Indefinite Conduct

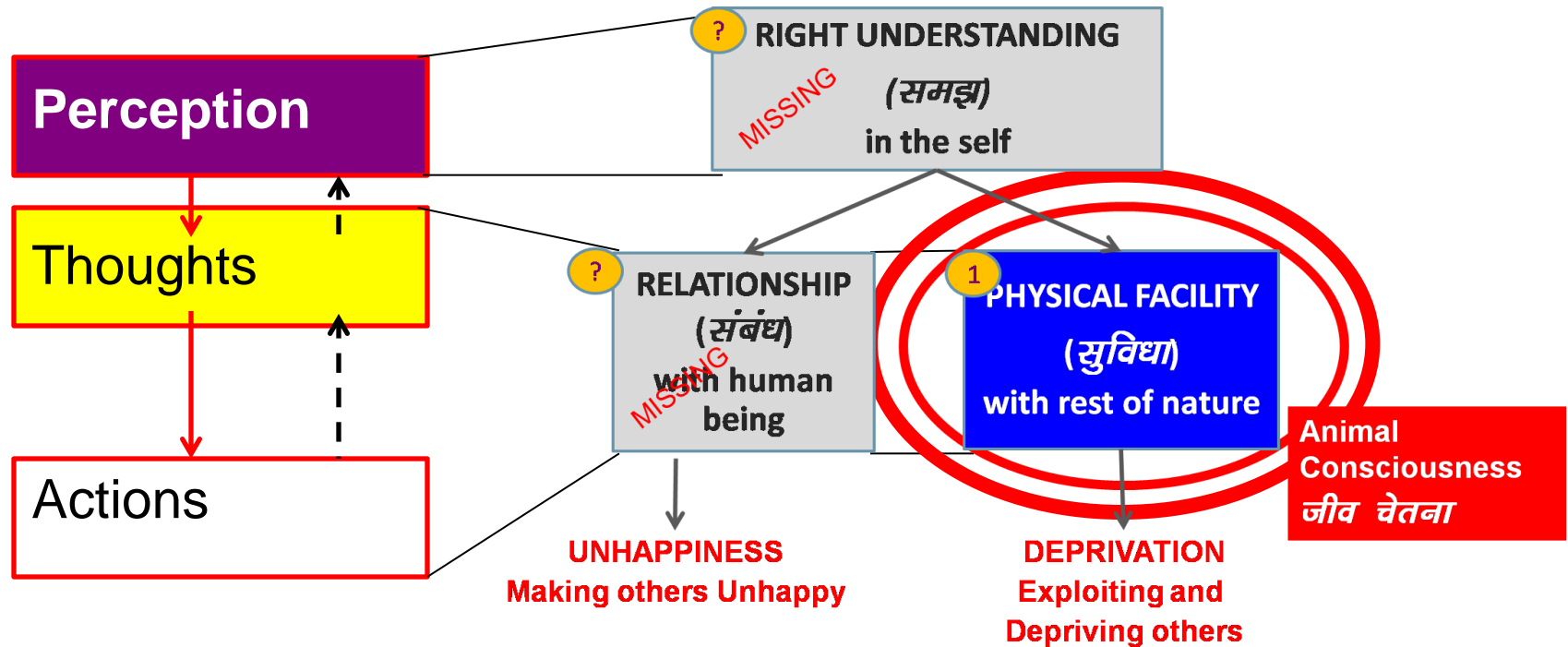


Human  
Consciousness  
मानव चेतना



# Perspective based on Assumptions (without Knowing)

Our perception (perspective) drives our thoughts, actions

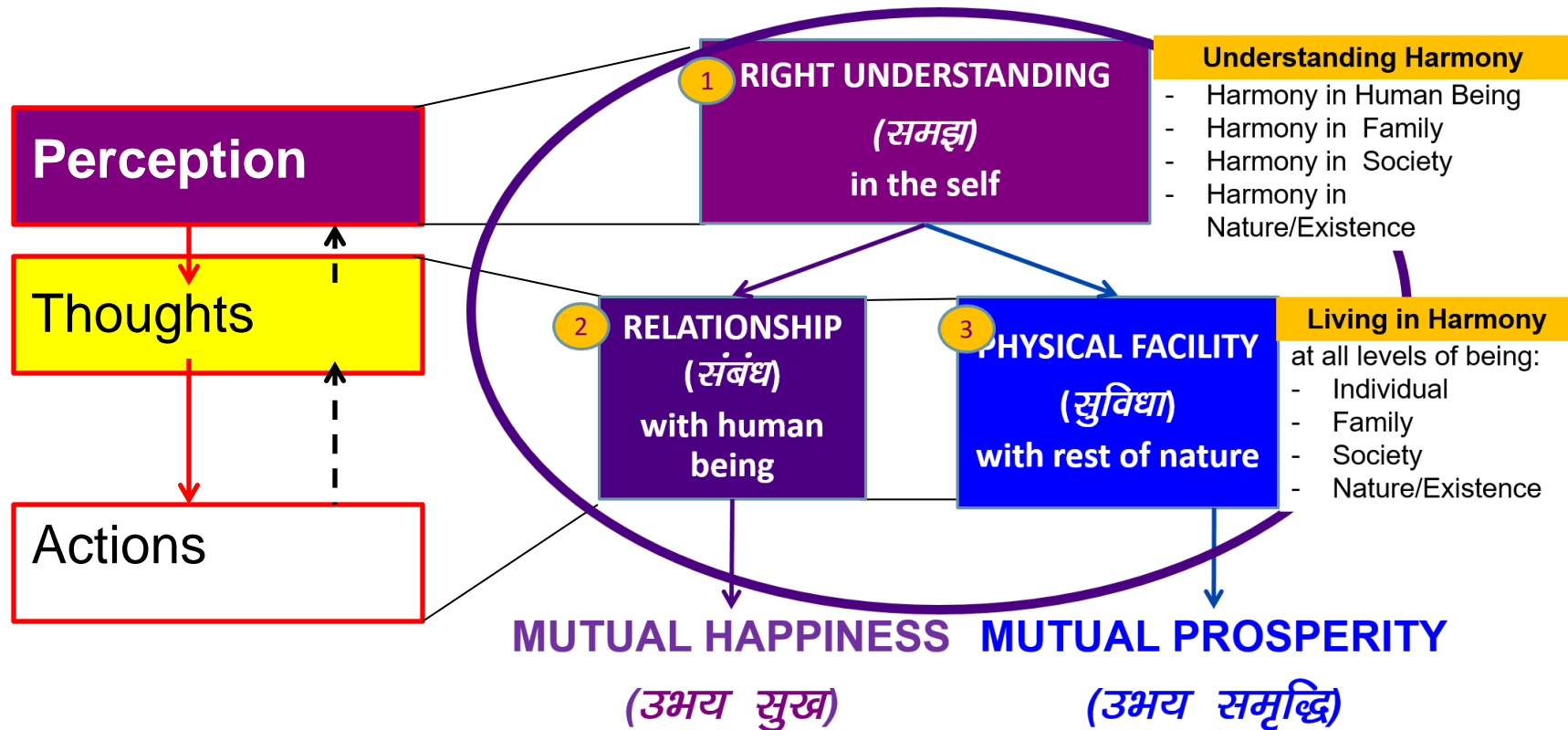


The perception is largely composed of conclusions drawn from life events / experiences

It keeps changing with new events / experiences

# Holistic Perspective – based on Right Understanding

Our perception (perspective) drives our thoughts, actions

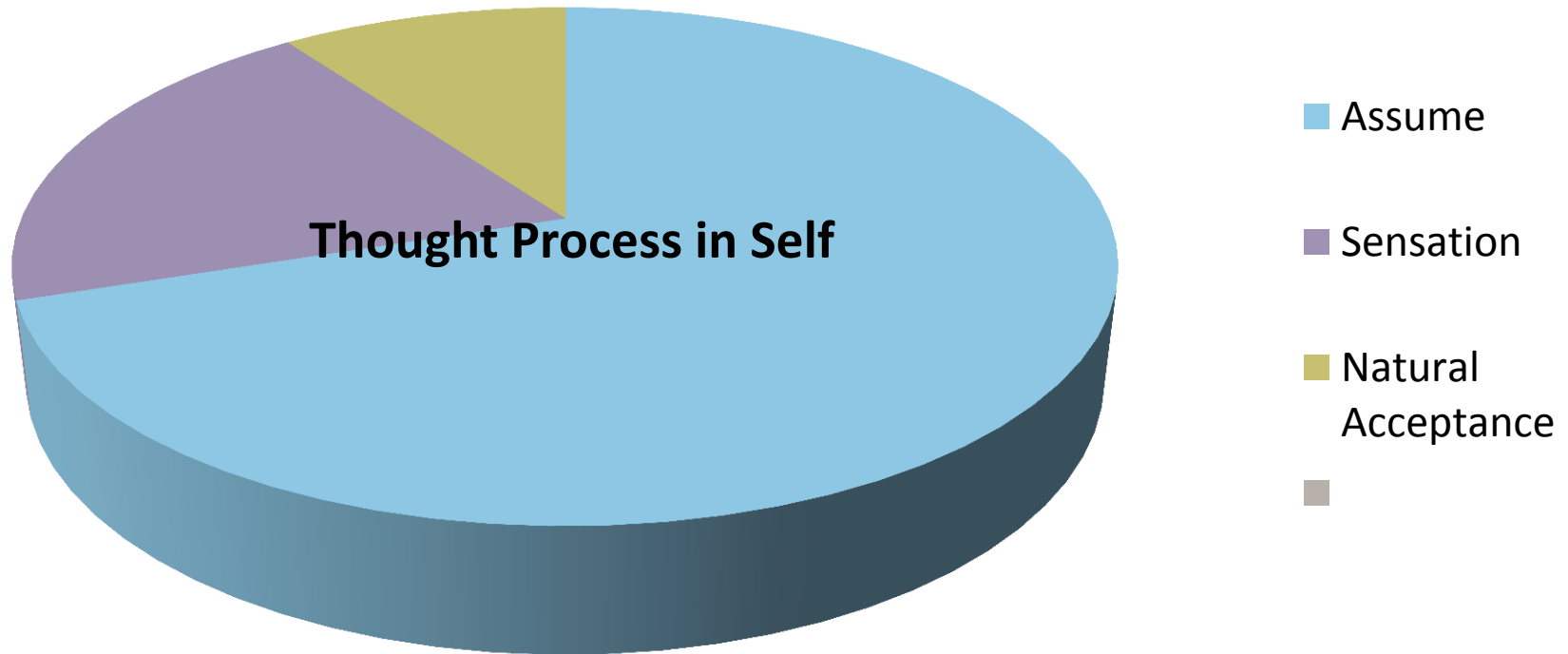


The perception is composed of understanding of the human reality, of existential laws / principles

It does not keep changing with new events / experiences of life

# Diagnosis- Do yourself. No one else can do!

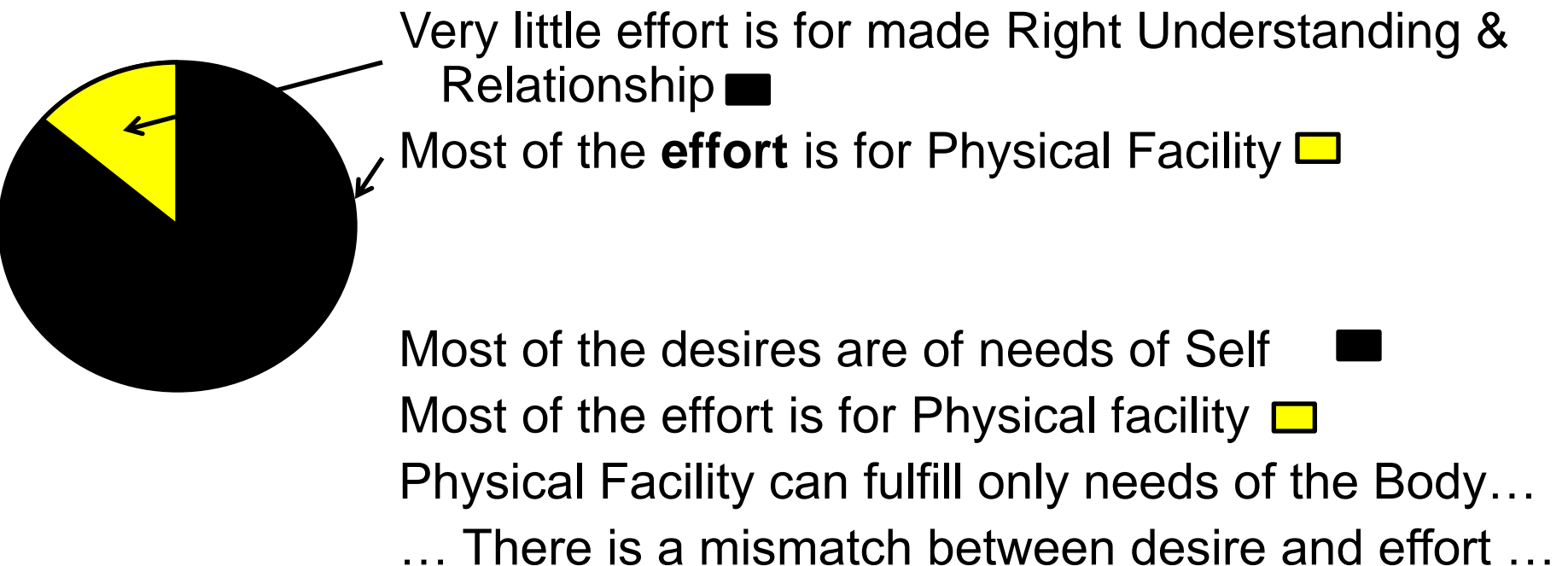
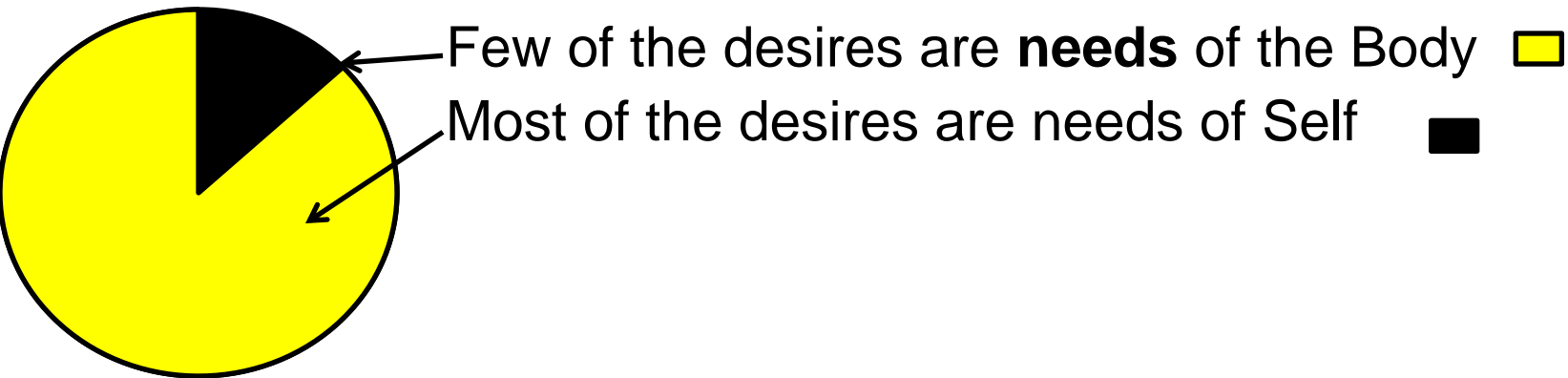
*Diagnosis- Do yourself. No one else can do!*



**Happiness = To be in a state of Harmony**

**Unhappiness = To be forced to be in a state of Contradiction**

# Categorise: Need of I and Need of Body



What is the effort required to balance this?

# Quality of the Self

Quality of the Self is **Self Quotient**

**SQ = Acceptances derived out of  $\sum$  [Thought Process ] for all time**

Presently, it is likely to be a mixture of:

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences

“What I Am” is largely our SQ

Our perspective is a part of our SQ

Our tendencies, habits, likes-dislikes are based on SQ



# Updating of SQ

**SQ = Acceptances derived out of  $\sum$  [ Thought Process ] for all time**

Presently, it is likely to be a mixture of :

- Understanding of the human reality, of the universal, invariant existential laws / principles
- Conclusions drawn from life events / experiences

SQ is updated over time:

$$\mathbf{SQ(t+1) = SQ(t) + Environment(t) + Self-exploration(t)}$$

As we self-explore, verify and understand, our SQ gets updated

A conducive environment is helpful

## Practice Suggestions: SQ improvement

- Be aware!
- Identify desires behind thoughts
- Use filters: A,S or NA (Assumption, Sensation or Natural Acceptance)
- Automatic weakening or dropping
- Do substitution. Develop RU and RF.
  - Right Understanding and
  - Right Feelings
- Take an exclusive time: 15-30 minute days
- Objective is to do it for 24x7
- What else is more important than my own happiness?
- And remember the KEY that Harmony will lead to miraculous results as promised by nature.
- In nature, every minute miracles are happening if you notice!