

## Chapter 5 : Method to Fulfil Basic Human Aspirations

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### Introduction

In the pursuit of a meaningful and fulfilling life, understanding and achieving our **basic human aspirations** is crucial. Every human being, regardless of age, culture, background, or geography, shares some fundamental aspirations – such as happiness, peace, prosperity, and the ability to live in harmony. However, confusion arises when we try to satisfy these aspirations using external symbols like wealth, possessions, or status.

**Value Education** emphasizes that understanding the right method to fulfil these aspirations is essential for leading a holistic and satisfying life. In this topic, we explore the nature of human aspirations and the correct method to achieve them using a self-exploration-based approach.

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### Understanding Human Aspirations

Human aspirations can be broadly classified into two:

1. **Continuous Happiness (Sukh)**
2. **Prosperity (Samriddhi)**
  - **Happiness (Sukh):** A state of inner peace, contentment, and harmony.
  - **Prosperity (Samriddhi):** The feeling of having enough physical resources to live comfortably.

These are **universal** and **lifelong goals**, and all human actions are ultimately driven by the desire to attain these two.

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### The Right Method to Fulfil Human Aspirations

To achieve these aspirations **rightly and completely**, the following approach is recommended:

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### 1. Self-Exploration (Swātman Prakāśan)

**Definition:** Self-exploration is the process of investigating and verifying truths about ourselves and existence through our **own natural acceptance** and logical reasoning.

**Purpose:**

- To understand what is *naturally acceptable* to us.

- To assess whether our current lifestyle, decisions, and pursuits are in alignment with our inner self.

### Steps in Self-Exploration:

| Step               | Description   |
|--------------------|---|
| <b>a. Observe</b>  | Be aware of your feelings, desires, and thoughts.                   |
| <b>b. Verify</b>   | Cross-check your thoughts and beliefs with your natural acceptance. |
| <b>c. Decide</b>   | Take decisions based on this clarity.                               |
| <b>d. Practice</b> | Apply these decisions in real life and observe outcomes.            |

This helps in resolving **internal conflicts**, **contradictions**, and brings **consistency** in thoughts and actions.

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## 🔍 2. Clarity about the Human Being and Existence

To fulfil aspirations meaningfully, we must answer the following:

- **What is the human being composed of?** → The human being is a *coexistence of Self ('I') and Body*.
- **What is existence?** → Existence is the *coexistence of units in all-pervasive order* (i.e., nature, society, and the rest of existence).

This clarity helps us identify the actual needs of the self (like trust, respect, happiness) and the body (food, shelter, clothes).

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## ⚖️ 3. Harmony in the Self and the Body

When we distinguish between the needs of the *Self* and the *Body*, we can prioritize them accordingly:

- The **Self** needs: Knowledge, happiness, trust, respect.
- The **Body** needs: Physical facilities, nourishment.

By fulfilling the needs of both correctly, we achieve **individual harmony**.

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## 🏠 4. Harmony in Family, Society, and Nature

Once the individual is at peace, the next step is building **harmonious relationships**:

- **In Family:** With mutual trust and respect.

- **In Society:** Through justice, cooperation, and collective well-being.
- **With Nature:** Through coexistence, not exploitation.

This holistic method ensures sustainable and inclusive prosperity.

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## ✗ Wrong Approaches to Aspirations

Many people mistakenly try to fulfil their aspirations through:

- **Wealth accumulation**
- **Power, fame, or status**
- **Over-indulgence in sensory pleasures**

Such approaches may give **temporary satisfaction**, but they don't lead to **long-lasting happiness** or **inner fulfilment**.

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## 📊 Comparative Table: Wrong vs Right Method

| Aspect   | Wrong Method           | Right Method                   |
|----------|------------------------|--------------------------------|
| Based on | Assumptions, imitation | Self-exploration, verification |
| Goal     | Pleasure, wealth       | Happiness, prosperity          |
| Approach | External (money, fame) | Internal (values, clarity)     |
| Result   | Stress, insecurity     | Peace, fulfilment              |

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## 📌 Summary

- **Human aspirations** include continuous happiness and prosperity.
  - The **right method** to fulfil them is through **self-exploration**, not blind imitation.
  - We must understand the **self and body**, and achieve **harmony** within and with others.
  - **True fulfilment** comes from aligning our desires with natural acceptance and living in harmony with society and nature.
  - Value Education helps in identifying these aspirations and applying the correct methods for a meaningful life.
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