

PRESENTLY, AS WE LOOK
AROUND, WE

FIND MOST OF THE PEOPLE IN THE
FOLLOWING TWO CATEGORIES

- SVDD – Sadhan Viheen Dukhi Darinda
- SSDD – Sadhan Sampan Dukhi Darinda
- SSSS – Sadhan Sampan Sukhi Samridha

Before we explain these we should have a clear understanding of 'Desires'. Desires are of

1. **Materialistic:** Food, shelter, clothes and physical facilities which are quantifiable
2. **Non- materialistic:** It is qualitative in nature like respect, trust, happiness, recognition, peace etc

WHERE DO WE STAND TODAY

- *At the level of Individual:* rising problems of depression, psychological disorder, suicides, stress, insecurity, health problem
- *At the level of Family:* Breaking of joint family, mistrust and insecurity in relationship, divorce, legal suits
- *At the level of Society:* Terrorism, casteism, wars between nations, fear of nuclear and genetic warfare
- *At the level of nature:* Global warming, water, soil, air, noise pollution, resource depletion of minerals and oil, loss of fertility of soil

To live with continuous happiness and prosperity, the program is *'to understand & to live in harmony at all levels of our living /existence'*.

There are four levels of our living

1. *Self*
2. *Family*
3. *Society*
4. *Nature*

Continuous happiness is being in harmony within one self, being in harmony with others and being harmony with nature.

UNDERSTANDING HUMAN BEING AS THE CO-EXISTENCE OF THE SENTIENT 'SELF' AND THE MATERIAL 'BODY'

| Human = | I (Self) | Body |
|--------------|---|---|
| Need | (Respect, trust) (Happiness) | (Food) (Physical Facility) |
| In Time | Continuous | Temporary |
| In Quantity | Qualitative | Quantitative |
| Fulfilled by | Right Understanding & Right feeling | Physico- Chemical Things (Food, Shelter etc.) |
| Activities | Desiring, thinking, selecting etc. Eating, Breathing, etc | |
| Activities | Knowing, Assuming, | Recognizing, Fulfilling |
| Type | Recognizing, Fulfilling Consciousness (Non- Material) | Material |

The word 'Sentient' is defined as experiencing sensation or feeling.
The non- materialistic happiness needed for self is called **SUKH** while
acquiring physical facilities can be called **SUVIDHA**.