

Foundation Course in Human Values

Dorji Wangchuk

Need for Value Education

- All human being continuously aspire for a happy life, a fulfilling and successful life, and the purpose of education is to provide adequate competence to actualize this aspiration.
- For this it is essential to understand what is really valuable for human being, and what is really conducive to a happy and fulfilling life.
- The subject which enable us to understand 'what is valuable for human happiness is called value education.
- Value education enables us to understand our needs and visualize our goals correctly and also indicate the direction for the fulfillment.
- It help us to remove our confusions and contradictions and bring harmony at all levels.
- Value education is a crucial missing link in our present education system,

Need for Value Education contd.

- The present education system has become largely skill based with prime emphasis on science and technology.
- The science and technology can only help to provide the means to achieve what is considered valuable.
- It is not within the scope of science and technology to provide the competence of deciding what really is valuable.
- Most of our efforts may prove to be counterproductive and lead to serious crisis at the individual, societal and environmental level.

Basic Guidelines for Value Education

- **Universal:** It needs to be applicable to all the human beings irrespective of cast, creed, nationalities, religion etc. for all times and regions.
- **Rational:** It has to appeal to all human reasoning
- **Natural and verifiable:** It has to be naturally acceptable to the human beings and there needs to be every provision in nature for its fulfillment. It needs to be experientially verifiable and not based on dogmas, beliefs or assumptions.
- **All encompassing:** It needs to cover all the dimensions (thought, behavior, work and realization) and levels (individual, family, society, nature and existences) of human life and profession.
- **Leading to harmony:** The Value Education ultimately is targeted to promote harmony within the individual, among human beings and with nature.

What are Human Values?

- The value of human beings is the participation of human being to ensure the continuity of larger order (plants, air, water, soil, animals, birds etc.)
- In order to understand human values, we need to study human being along with all that is there in the existence, and the role of human being in the relationship with each unit in the existence.

Scope of Study

- The content of value education will be to understand myself, my aspiration, my happiness and understand the other entities in existence vis-à-vis the human being,
- Understand the goal of human life comprehensively, understand the innate inter-connectedness, order of the existence, the self regulation and the recyclability in nature.
- It should encompass understanding of harmony at various levels namely individual, family, society, nature and existence.
- Finally, it is learn to live in accordance with this understanding by being vigilant to one's thought, behavior and work.

Process of Value Education

- The process of value education has to be that of self exploration, and not of giving sermons or telling dos and don'ts.
- Whatever is found as truth or reality may be stated as a proposal and every one is to be encouraged to verify it on his/her own right.
- This process of Self-exploration has to be in the form of a dialogue between the teacher and students to begin with and within the students finally.

Meaning and Purpose of Self-exploration

- It is a process of dialogue between what you are and what you really want to be.
- It is process of self-evolution through self investigation.
- It is a process of knowing oneself and through that knowing entire existence.
- It is a process of recognizing one's relation with every unit in existence and fulfilling it.
- It is a process of knowing ethical human conduct, human character and living accordingly.
- It is process of being in harmony in oneself and in harmony with entire existence.
- It is a process of Swatantrata and Swarajya starting from exploration of Swatva: Innateness of Self – the natural acceptance of harmony, Swatantrata: Being self organized – being in harmony with oneself; Swarajya: Self Expression, Self-extension – living harmony with others

Content of Self-exploration

- **Desire/Goal:** What is my human Desire/Goal?
- **Program:** What is my human program for fulfilling the desire?
- What do I really want in life, or what is the goal of human life?
- How to fulfill it?
- What is the program to actualize the above?

Process of Self-exploration

- Whatever is being presented is a proposal.
- Don't assume it to be true immediately, nor reject it without proper exploration.
- Verify it in your own right, on the basis of it being naturally acceptable to you.
 - Not just on the basis of scriptures
 - Not on the basis of equipment/instrument data
 - Not on the basis of the assertion by other human beings

Process of Self Exploration

- Verify (within yourself) on the basis of your Natural acceptance
 - Validate experientially by living accordingly (in relationship):
 - in behaviour – with human being for mutual fulfillment
 - in work – with rest of nature for mutual prosperity
- * Proposal – Realization - Understanding

Continuous Happiness and Prosperity – the Basic Human Aspiration

Happiness

- The state/situation, in which I live, if there is harmony/synergy in it, then I like to be in that state or situation
- To be in a state of liking is Happiness
- To be in harmony is Happiness

Unhappiness

- If there is contradiction and disharmony in it, then I do not like to be in that state
- To be forced to be in that state of disliking is unhappiness

Prosperity

- The feeling of having more than required physical facilities is prosperity
- For prosperity, two things are required:
 - Identification of the required quantity of physical facilities, and
 - Ensuring availability/production of more than required physical facilities

Desire – Continuous Happiness and Prosperity

- Verify whether you want to be happy or unhappy
- Verify whether you want to be prosperous or deprived
- List all your desires: See whether the basic aspiration in that desire is happiness and/or prosperity
- Verify whether you want continuity of happiness and prosperity or discontinuity of happiness and prosperity?

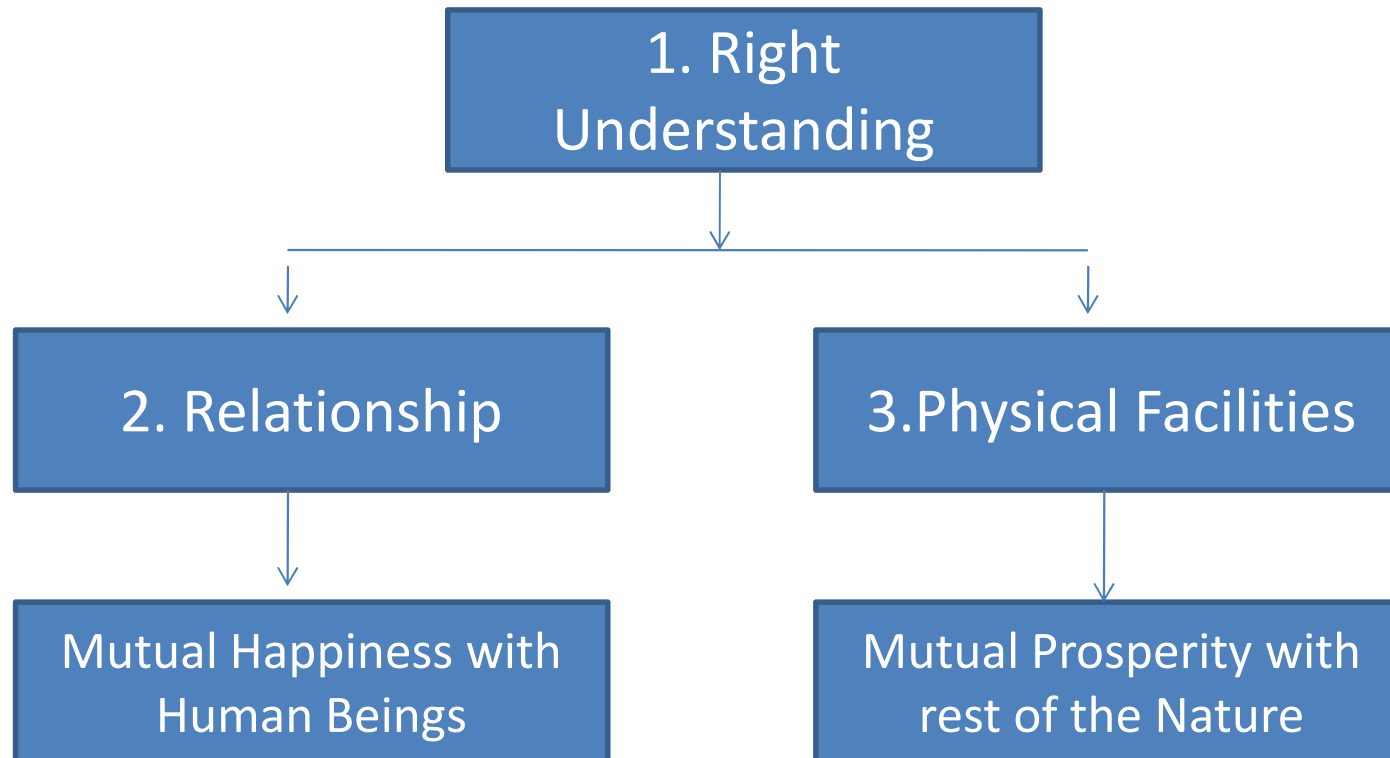
Some Possible Questions/Confusions

- I will be bored of happiness if I am always happy
- I will grow only if I am unhappy. If become happy, my growth will stop
- I need to be unhappy to recognize that I am happy
- We think of others only when we are unhappy. Thus it is important/useful to be unhappy so that one can help others
- Happiness and unhappiness go together, they cannot be separated
- Yes, I want happiness, but my desire does not guarantee it, so why to talk of desire?
- My happiness depends on the others. What can I do about it?

Possible Questions/Confusions contd.

- We do not want happiness for ourselves – but we want make others happy (while we stay unhappy)!
- Happiness is a small thing. We have higher aspirations – like contentment, peace, bliss etc.
- Do not bother me with such abstract concepts, I have to live and deal with things in my real life.

Right Understanding, Relationship and Physical Facilities



Basic Requirement for fulfillment of Human Aspirations

- One essential requirement for human being is adequate *physical facilities* which include food, clothing, shelter etc. But, is this all we want? Or we want something more than this? Can we find what else do we want?
- Other than physical facilities, I want *relationship*. I live with other human beings and relationship is an important issue.
- If we look at the problems in our life – what do I find? Are the problems more due to lack of physical facilities or lack of relationship? This we need to explore in our family first and then in society and in our professional life.

Basic Requirement for fulfillment of Human Aspirations contd.

- Where are we putting in most of our efforts? In acquiring physical facilities or ensuring proper relationship? This a common irony in our lives that a large part of the problem are due to lack of relationship while most of the time, our efforts and attention are focused on earning physical facilities.
- How do I become competent to correctly identify my needs for physical facilities? I am able to decide my need for physical facilities by right understanding. Also, I am able to ensure my right feelings in relationship on the basis of right understanding for myself and others. Thus right understanding is the most basic requirement.

Animal Consciousness verses Human Consciousness contd.

- 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 Value-based living

Trust – the Foundational Value in Relationships

- To be assured that the others wants to make me happy and prosperous is Trust
- Verify the following:
- I want to make myself happy
- I want to make the other happy
- The other wants to make himself/herself happy
- The other wants to make me happy
- Also verify the following:
- I am able to always make myself happy
- I am able to always make the other happy
- The other is able to always make himself/herself happy
- The other is able to always make me happy

What is the Answer?

- The first four questions are related to our Natural Acceptance, ie. Intention and the next four to our Competence
- It is very important to differentiate between these two:
- Intention (Natural Acceptance and Competence
- To be assured that the intention of the other is always correct is Trust
- Note that the intention is always correct, only competence is lacking! Don't assume it to be true, explore it time and again, until you come to realize it.
- We generally evaluate ourselves on the basis of our intention, the others on the basis of their competence!

What is the Answer? contd

- We seldom look at our competence and others' intention
- If we have Trust on Intention, we have a feeling of being related to the other and we start helping the other to improve his competence, if he does not have enough
- If we do not have Trust on Intention, we have a feeling of opposition with the other which ultimately leads to fighting, struggle and war
- The intention of every human being wants to do what is right; only the competence may be lacking which needs to be developed through proper understanding and practice.

Respect – as the Right Evaluation

- Respect = Right Evaluation
- Disrespect:
- Over Evaluation – To evaluate more than what it is
- Under Evaluation – To evaluate less than what it is
- Otherwise Evaluation – To evaluate other than what it is
- Whenever, the evaluation is not right, it is disrespect for the other. If we observe, we will find that in our day to day relationship, we tend to do one of these three leading to disrespect, rather than respect
- A grave mistake is to evaluate human being in terms of the body only, which means evaluating the human being otherwise

Evaluation on the basis of I (of a Human Being)

- Our Natural Acceptance is the same.
As I want to be continuously happy and prosperous, same with the other.
- Our Program is the same.
As I am able to live happily by understanding and living in harmony at all the four levels, same with the other.
- Our Potential is the same.
As I continuously operate in the form of Desire, Thought, Selection, same with the other.
- This is the conclusion we reach on the basis of the three criteria
- The difference could only be at the level of understanding (and not just the information) which connects us in a mutually complimentary role.
- If the other has better understanding than me, I want to understand from the other
- If the other has less understanding than me, I accept the responsibility to improve the understanding of the other

Other Salient values in Relationship

- **Affection:** The feeling of acceptance of the other as one's relative
- **Care:** The feeling of responsibility of nurturing and protecting the others as myself
- **Guidance:** The feeling ensuring right understanding in others
- **Reverence:** The feeling of accepting for excellence
- **Glory:** The feeling for those who have made effort for excellence
- **Gratitude:** The feeling of acceptance for those who have made effort for my excellence
- **Love:** the feeling of being related to all, to every unit in existence, the entire existence

Work for Excellence or Competition?

- Working for Excellence and Working for Competition are not the same
- In Excellence, one helps to bring the other to his level; in Competition one hinders the other from reaching one's own level
- This Excellence is Absolute and Definite: Competition is always relative, with no definite state, no point of competition
- What do you want to work for? Excellence or Competition?

Five Dimensions of Human Order

- **Education:** To understand and live in harmony at all four levels
- **Justice:** Human – human relations, its recognition, fulfillment and evaluation leading to mutual happiness and prosperity
- **Health:** the Body is fit to act according to the Self (I) and there is harmony among the various parts of the body
- **Work:** Labour that human does on the rest of nature for the production of physical facilities for nurturing, protection and right utilization of body
- **Storage and Exchange:** Storing and exchange of produce for mutual fulfillment

Four Orders in Nature

- Material Order: Soil, water, air
- Pranic Order: Plants
- Animal Order: Animal and Birds
- Human Order: Human beings

There is mutual fulfillment among the four orders of nature as well as within them

Mutual fulfillment implies that each unit of the four orders is related to each other and enriching to each other

Only Human order is responsible for problems such as pollution, resource depletion, extinction of animals, global warming etc.

Therefore, only human order has to work to ensure mutual fulfillment

Interconnectedness, Self Regulation and Fulfillment among the Four Orders of Nature

Order	Material	Pranic	Animal	Human
Things	Soil, air, water	Plants	Animal, Birds	Human beings
Activity	Composition - Decomposition Recognizing, fulfillment	Composition- decomposition, respiration	Composition, decomposition, respiration, recognizing, fulfillment	Composition, decomposition, respiration, thoughts, desire, selection, knowing, assuming, recognizing and fulfillment
Characteristics	Existence	Existence + growth	Existence + growth	Existence + growth, Will to live in happiness
Participation	Composition, decomposition	Composition - decomposition	Composition, decomposition, enhance or worsen,	Composition, decomposition, enhance or worsen, perseverance, bravery and generosity
Inheritance	Constitution	Seed	Breed	Education and Sanskar

References

- RR Gaur, R Sangal, GP Bagaria (2009) A Foundation Course in Human Values and Professional Ethics: Presenting a universal approach to Value Education through Self Exploration, Excel Books, New Delhi, India