



A T M E
College of Engineering



Universal Human Values

(Based on Jeevan Vidya)

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Universal Human Values

(Based on Jeevan Vidya)

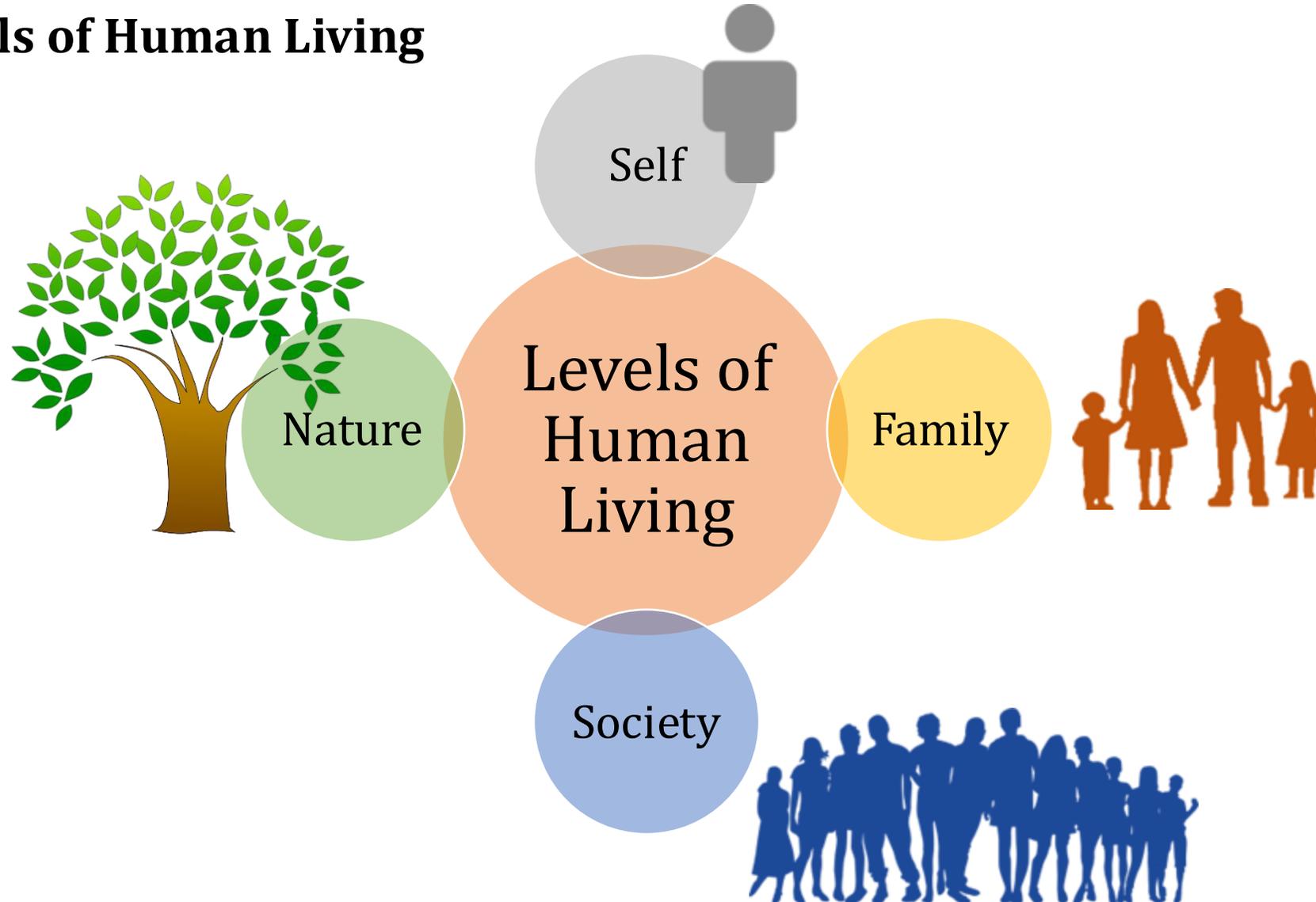
Why UHV?

- In the last few decades, how has the life changed for all of us ?
- What are the changes that we have liked, are we happy about ?
- Are there some changes we wish had not happened ? We are worried and concerned about ?

Why UHV?



Four Levels of Human Living



Problems!

Self: Internal conflicts (to be rich person, or a good person), Loneliness, Directionless, Bored, Confusion about right or wrong, Café Coffee Day CEO example, Increasing pressures to succeed (student suicides)



Family: Breaking families, Who will keep old parents, Generation gap

Problems!

Society: Wars, Terrorism, Corruption, Crime, Exploitation,
Profiteering



Nature: Pollution, Global warming, Resource depletion,
Reducing water levels

- ❖ Universal human Values (UHV) is a proposal - based philosophy – Dialogue based
- ❖ Will not refer to any religious books. Experiential exploration.
- ❖ Basis for verification, **Explore** it within yourself on the basis of your **Natural**

Acceptance

- ❖ Logical
- ❖ Universal
- ❖ Practicable
- ❖ Verifiable



UHV is **about**

To know/ understand

- To understand the reality;
From Word to Meaning; From Meaning to Reality

UHV is **not-about**

Assumption / Belief

- To accept without knowing;
May be right, may be wrong

Word-Meaning

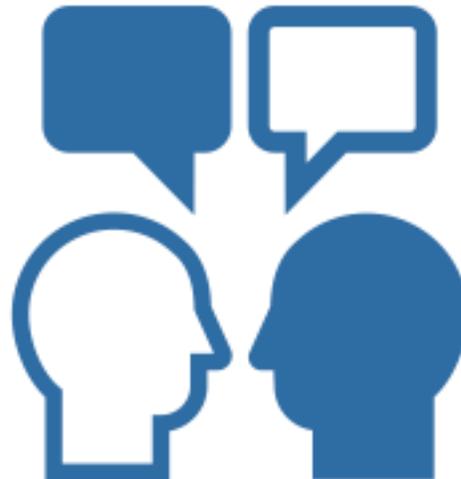
1. Dialogue

When does a dialog happen?

When B hears what A says, and A hears what B says ?

Or

When B understands what A says, and A understands what B says ?

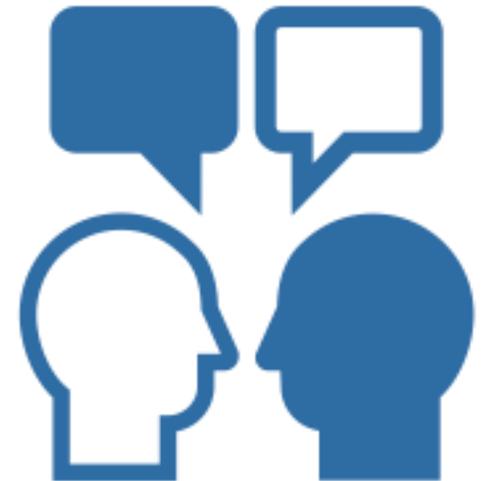


Word- Meaning: Dialogue

Dialog happens when Meaning is conveyed, not only the Word.

If the meanings are different for A and B, the meaning is NOT to be imposed.

But at least both the parties (A and B) should realize that their Meanings are different, although they are using the same Words.



Word- **Meaning:** 2.Universal

- Does not change with Individual
- Does not change with place
- Does not change with time



Word- Meaning: 3. Literate – Educated

Literate:

- Acquiring the Skills and Learning (Able to read and write)
- cannot make a person Wise



Educated:

- Is about applying the Skills & Learning for the benefit of other people and society. (Imparting right understanding and skill)
- Can make person Wise

Word- Meaning: 4. Information - Knowledge

Information:

- Facts provided or learned about something or someone.



Knowledge:

- The Fact or condition of being aware of something. Which is acquired through experience or education by perceiving, discovering, or learning.
- Having the right understanding of reality

Word- Meaning: 5. Medium- Goal

Medium:

- The path to Reach the goal



Goal:

- The object of a persons Ambition or Effort.
[Ultimately what we have to reach]

Word- Meaning: 6. Value-Price

Price:

- Is variable with respect to time, place & individual.



Value:

- Is absolute with respect to time, place & individual.
- Value of any unit in this existence is its participation in the larger order, of which it is a part
- The subject that enables us to understand “what is valuable” for human beings is called “Value education”. Also covers how to become valuable.

Word- Meaning: 7. Learning- Understanding

Learning:

- To gain Knowledge of Skills by Study/
Instruction



Understanding:

- Ability to know how to apply the acquired
knowledge

Word- Meaning: 8. To be alive- To live

To be Alive:

- To be alive = With fear, Scarcity, Insecure, Humiliation, Worries, Sad, Stress, Bore.



To live:

- To live = With confidence = Feeling of prosperity + Fulfilling relationships = Is with celebration

Two fundamental questions to man kind:

1. Why to live? (Basic Aspiration)
2. How to live? (Process to fulfil it)

“Why to live” will have same answer for everyone ? Or different answers ?



All the effort of human beings is for **HAPPINESS, and **HAPPINESS** only.**

Happiness

Happiness: The state or situation, in which I live, if there is harmony / synergy in it, then it is naturally acceptable to me to be in that state / situation

“Happiness is a state of living/ feeling of acceptance”

- Do we want happiness once in a while ?
 - Or continuously ?
- Continuous acceptance for continuous happiness
 - Acceptance for Order (harmony) or Disorder (disharmony) ?
 - Order (or Orderliness) = All parts working harmoniously



Happiness

Continuous Happiness!

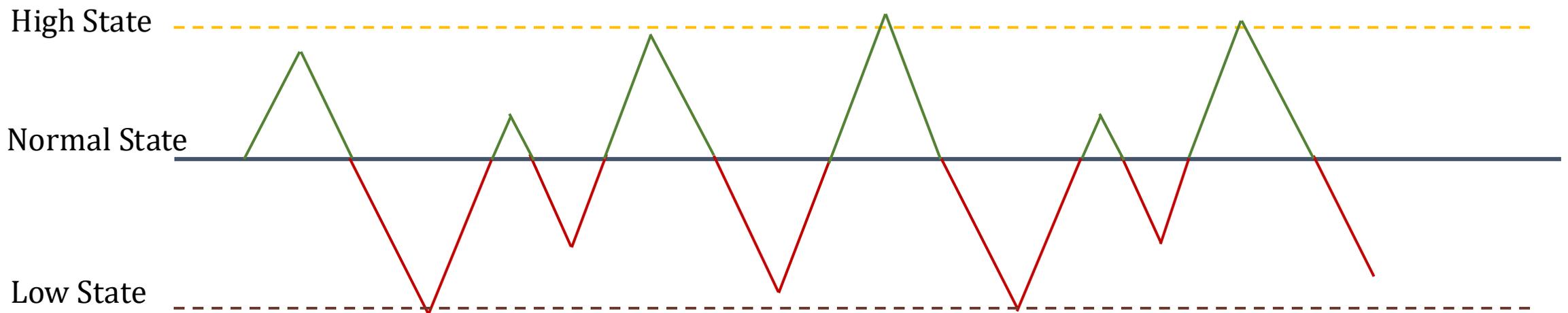
- Is happiness is at source ?
(Electronic gadgets, food, dress, vacation/ travelling?)
- Or happiness is inner state ?

Happiness

Happiness is **NOT**

- **NOT** what to do or what not to do.
- **NOT** moral Science – Something to preach.
- **NOT** a discourse – but creating Journey for learners.

- Happiness is more than a state of excitement, or momentary pleasures.



Goal of Education

Basic Question?

Education to get Degree



Education to Secure Job



Education to make money



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Goal of Education

The Expectation from Education is.....!

Understanding “What to do?”

&

Learning “How to do?”

**Are both required or we can do with
just one of them?**

Goal of Education

Both are required.....

Understanding “**what to do**” = **Value Education**

Learning “**how to do**” = **Skill Development**

What would be the priority between these two?

The priority is:

Value Education (Understanding ‘what to do’)

Skill Development (Learning ‘how to do’)

*There is **complementarity** between **Values & Skills***

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Value Based Education

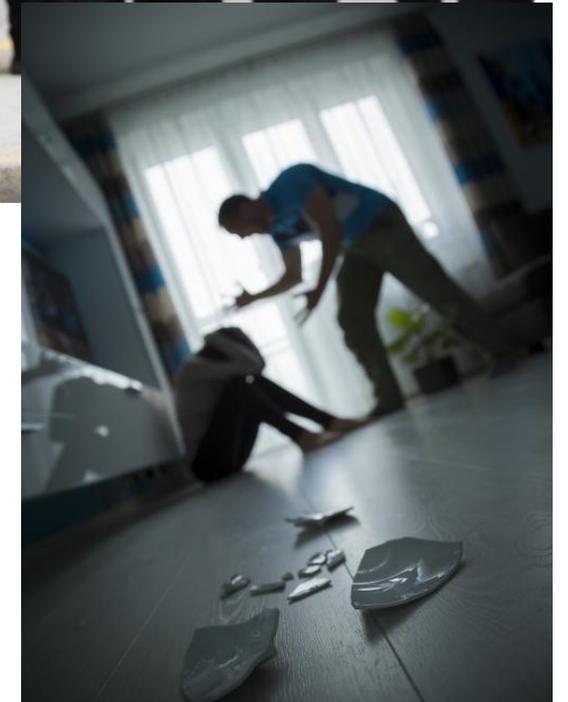


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Why the need for Value Education:

- Increasing violent activities.
- Behavioral disorder.
- Lack of unity in society.
- Lack of obedience and discipline.



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- The quantity of education has considerably increased, but the quality has decreased. **Why?**
- The number of educated people has reached at a high level, but murder, hatred, and selfishness have spread out like wildfire everywhere. **Why?**
- Many institutions are opened, but only few civilized people are produced. **Why?**
- Degrees are available for all, but the dignity has gone down. **Why?**
- Trained people are produced from many institutions, but sincere people are very few. **Why?**
- Many books are written; much research is done; many professional achievements are attained, but humanity is threatened. **Why?**

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**Lack of
Value
Education**



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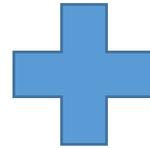
(Based on Jeevan Vidya)

Education	Value Education
Opens up our mind	Gives us purity of heart too
Provides us with skills	Provides us sincerity too
Makes us a good professional	Makes us a good human too
Gives us capacity of better Learning	Gives us the tool for a deeper understanding
Makes our living better	Makes our life better
Takes us to the top	Takes the whole society to the top
Gives us “ Rice ”	Provides us “ Happiness ” too

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Human being = Body + Self



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Human Needs and wants

		I /“Self”	Body
Needs	Needs are	Trust, Respect...	Food, Clothing...
		Happiness	Physical Facilities
	In time, needs are...	Continuous	Temporary
	In quality, needs are	Qualitative	Quantitative
	Needs are fulfilled by...	Right understanding and right feelings	Food, Clothing etc
Activities	Activities are...	Desiring, Thinking etc	Breathing, heart beat etc
		Knowing, Assuming, Recognizing, fulfilling	Recognizing, Fulfilling
Type	It is of type...	Conscious (Non material)	Physio-Chemical (Material)

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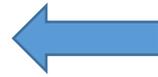
Human Values:

Gratitude

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(Based on Jeevan Vidya)

Human Values: Gratitude



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You are here today because of.....



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Gratitude:

Noun;

The quality of being thankful; readiness to show appreciation for and to return kindness.

It should be distinguished from thanks, which is too often a matter of words, and not accompanied by a feeling of thankfulness or by those actions which indicate a grateful mind.

In almost all the relations of ordinary life the feelings of gratitude should be aroused. The child owes thanks to his parents for food, clothes, education and tender care; the scholar to his teachers for the training of his intelligence; personal friends to one another for mutual services.

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Gratitude:

As citizens, there are few who have not cause to be grateful. Great generals who have given devoted service gratuitously, statesmen, poets and philosophers, all those who have stood for right, justice and freedom of thought, have conferred inestimable benefits upon their countrymen.

In almost every town can be found public institutions, schools, hospitals and charities established and supported by the munificence of private individuals for the benefit of the public.

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Gratitude:

An old man was found planting fruit trees by a friend who came to him and said, “Why do you plant trees which can never produce fruit in your time?” The old man replied, “Others planted trees, the fruit of which I enjoy. I now plant trees that those who come after may enjoy fruit.”



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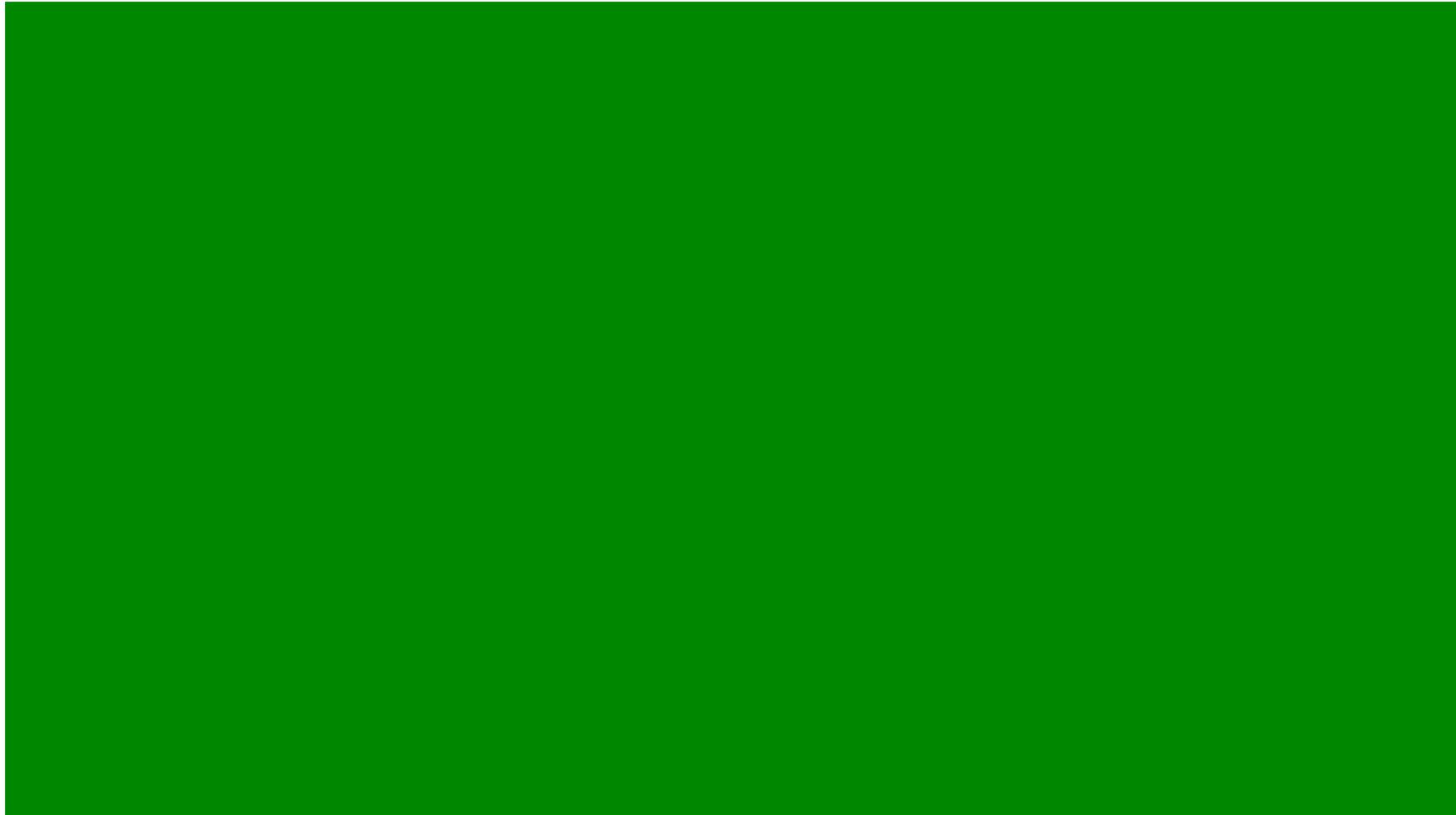
Worlds toughest job.....?



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Worlds toughest job.....?

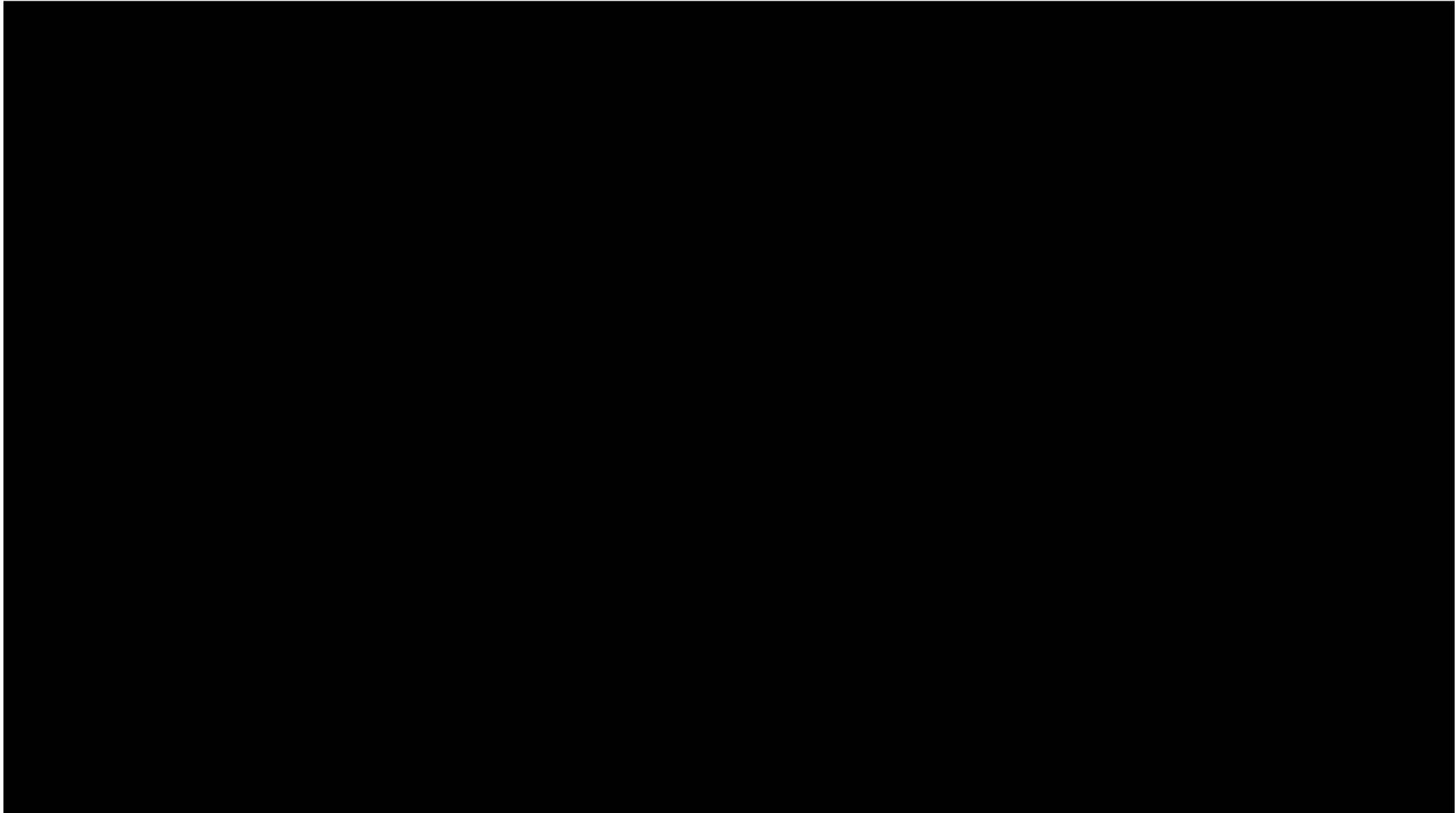


Prosperity



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Prosperity is a feeling that *I have more than my physical needs.*

It implies that:

1. I know my physical needs.
2. I have more than my physical needs.
3. I know that I have more than my physical needs.



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1. I know my physical needs.
2. I have more than my physical needs.
3. I know that I have more than my physical needs.

In the above, (2) is objective, but (1) and (3) have to do with knowledge in the **self**.

1. I know my physical needs ← Knowledge in the self
2. I have more than my physical needs ← Physical assessment
3. I know that I have more than my physical needs ← Knowledge in the self

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Prosperity

Example: Two brothers fought over the family possessions, even after possessing one hundred lakh crores of Rupees!



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It is very important to differentiate and understand the *'need of the Self'* and *'need of the Body'*

	Self	Body
Example needs	Trust, Respect	Food, Clothing
Needs are ...	Happiness	Physical Facilities (Suvidha)
In Time, needs are	Continuous	Temporary
In Quantity, needs are	Qualitative (no quantity)	Quantitative (limited in quantity)
It is of type	Conscious (non-material)	Physico-Chemical (material)
Needs are fulfilled by	Right understanding and right feelings (UHV)	Skill acquired through Technical Education

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HUMAN BEING IS MORE THAN JUST THE BODY

- *What do we visualize when we refer to someone as a human being?*
 1. The familiar shape and structure of human body
 2. Human features such as eyes, nose, ears etc...
 3. Alive-ness of the person- the entity that keeps the body alive and make it operate in various ways.
 4. The activities demonstrated by the person (seeing, talking, listening, walking etc..)
 5. We sense the subtler activities of the person (feeling, thinking, believing, etc...)
- Thus its impossible to imagine a human being- a person that is alive without these two aspects namely the body and the alive-ness (jivana)

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Human being is a co-existence of Self (I) and Body

Self (I) is consciousness. Its needs are feelings in consciousness (like happiness) and these needs are fulfilled by activity of consciousness, i.e. Right Understanding & Right Feelings

Body is material. Its needs are material (like food) and these needs are fulfilled by material, i.e. Physio chemical things

The needs of consciousness can not be fulfilled by material

The needs of material can not be fulfilled by consciousness

The recognition & fulfillment of the body is definite

The recognition & fulfillment in the self (I) is on the basis of knowing, assuming

- If the assumption is based on knowing, the assumption is correct and the recognition & fulfillment is correct → definite conduct
- If the assumption is without knowing, the assumption may or may not be correct & the recognition & fulfillment is uncertain → indefinite conduct

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Understanding the activities

All our activities

1) self

Thinking
Dreaming
Imagining
Analyzing
Understanding

2) Both

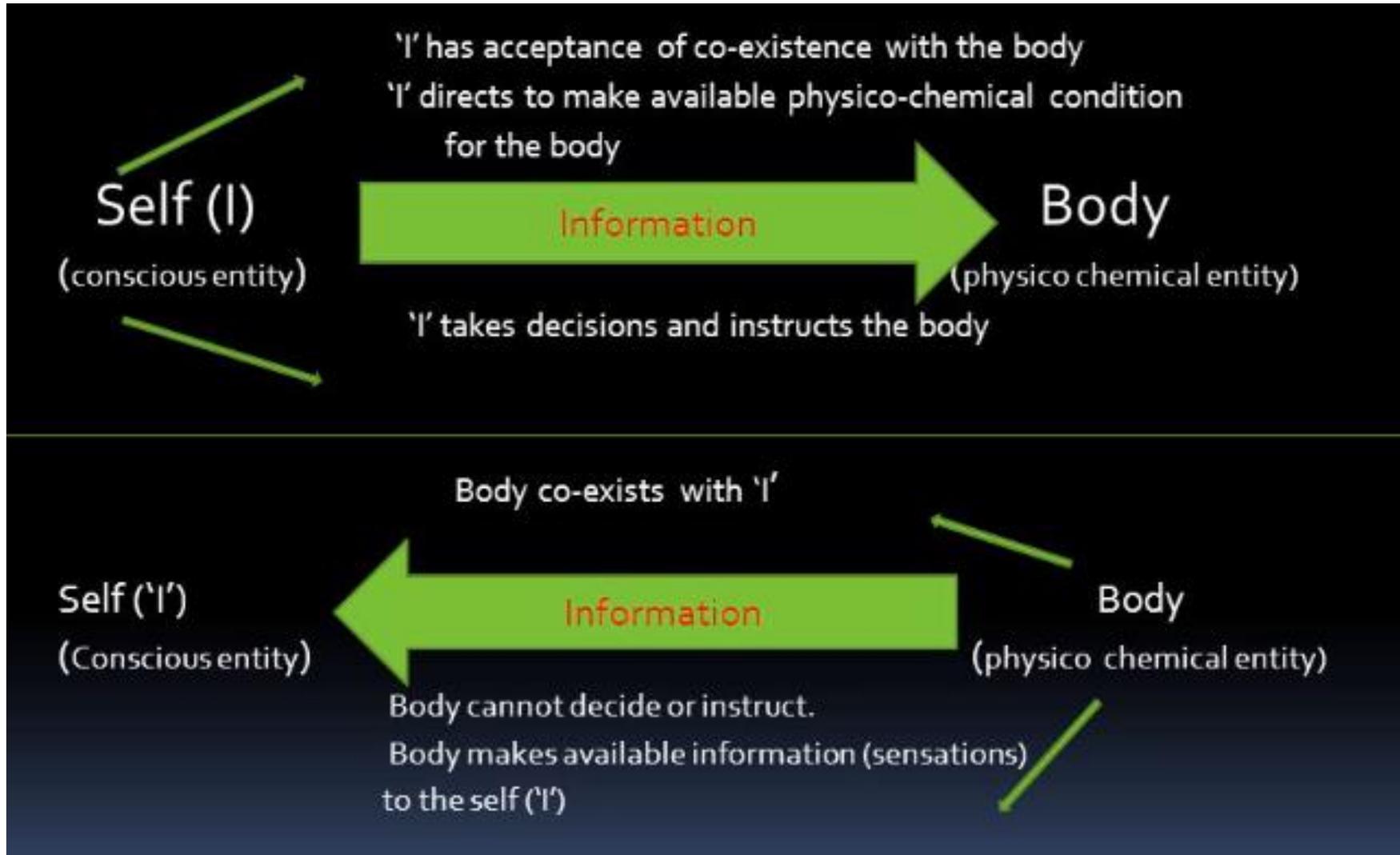
Seeing
Talking
Listening
Eating
walking

3) Body

Breathing
Digesting
Blood flow
Heartbeat

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Four orders in Nature

Material Order

All things made up of matter. (Physio-Chemical)

Plant Order

All things made up of matter and respiring.

Animal Order

All things made up of matter, respiring and having self awareness

Knowledge Order

All things made up of matter, respiring, self aware and having awareness of purpose

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4 orders at planetary level in nature

- ❖ There is evolutionary sequence to these 4 orders
- ❖ Lower orders are useful for higher orders
- ❖ Higher orders enrich lower orders
- ❖ Higher orders are nurtured and secured in the equilibrium of the lower orders.

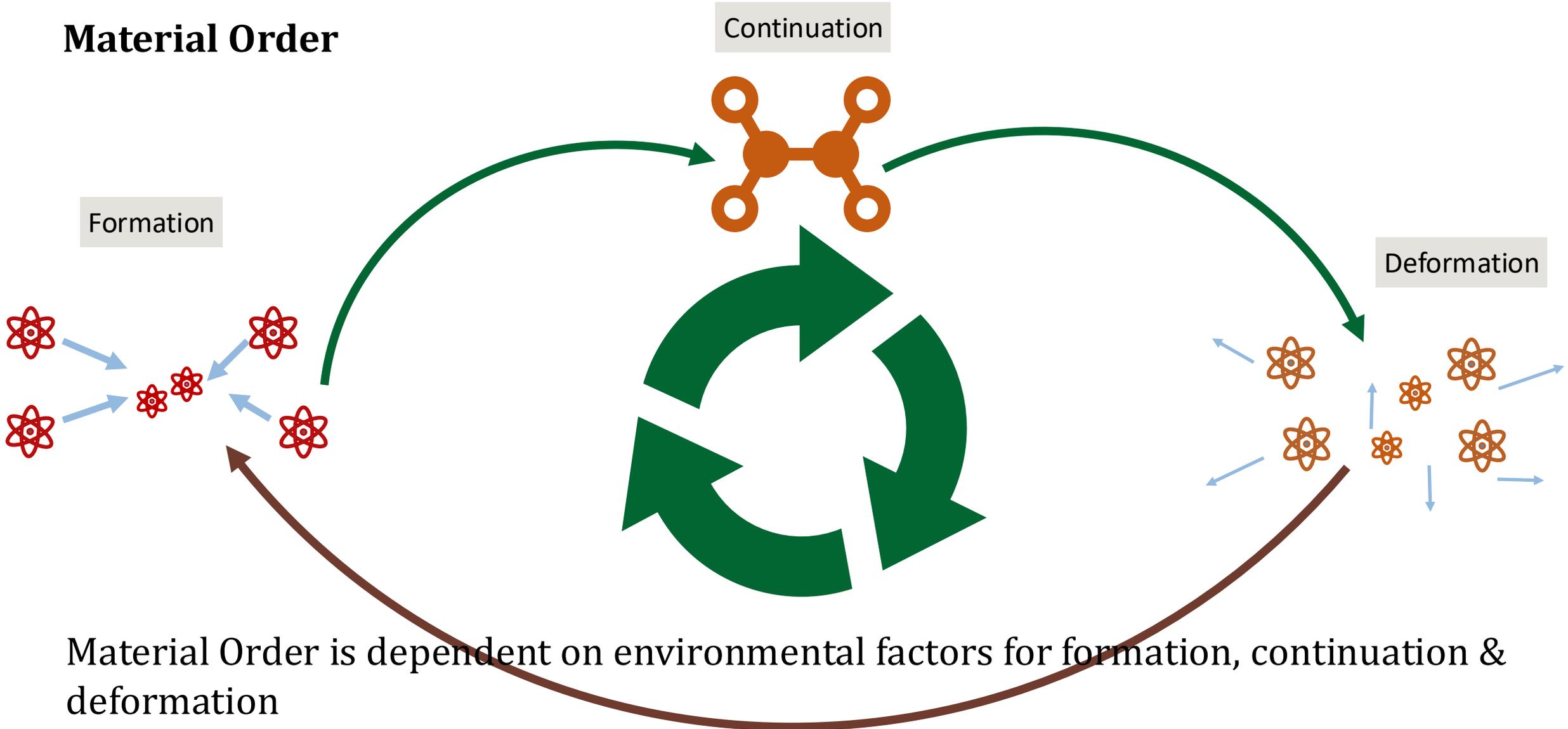
**Knowledge
Order**

Animal Order

Plant Order

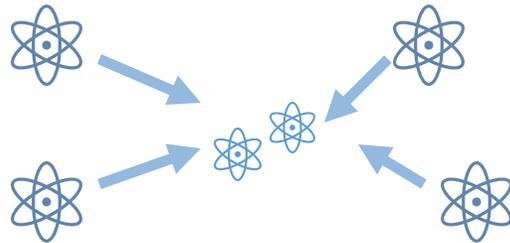
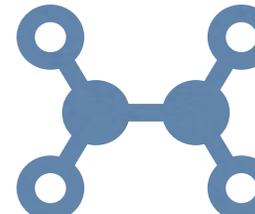
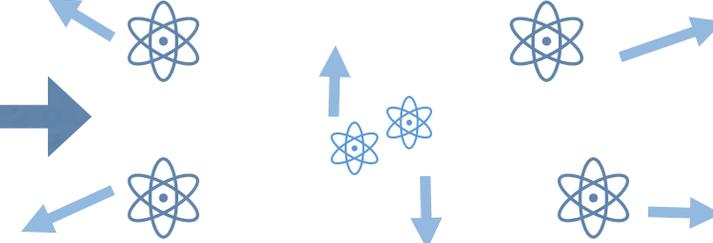
Material Order

Material Order

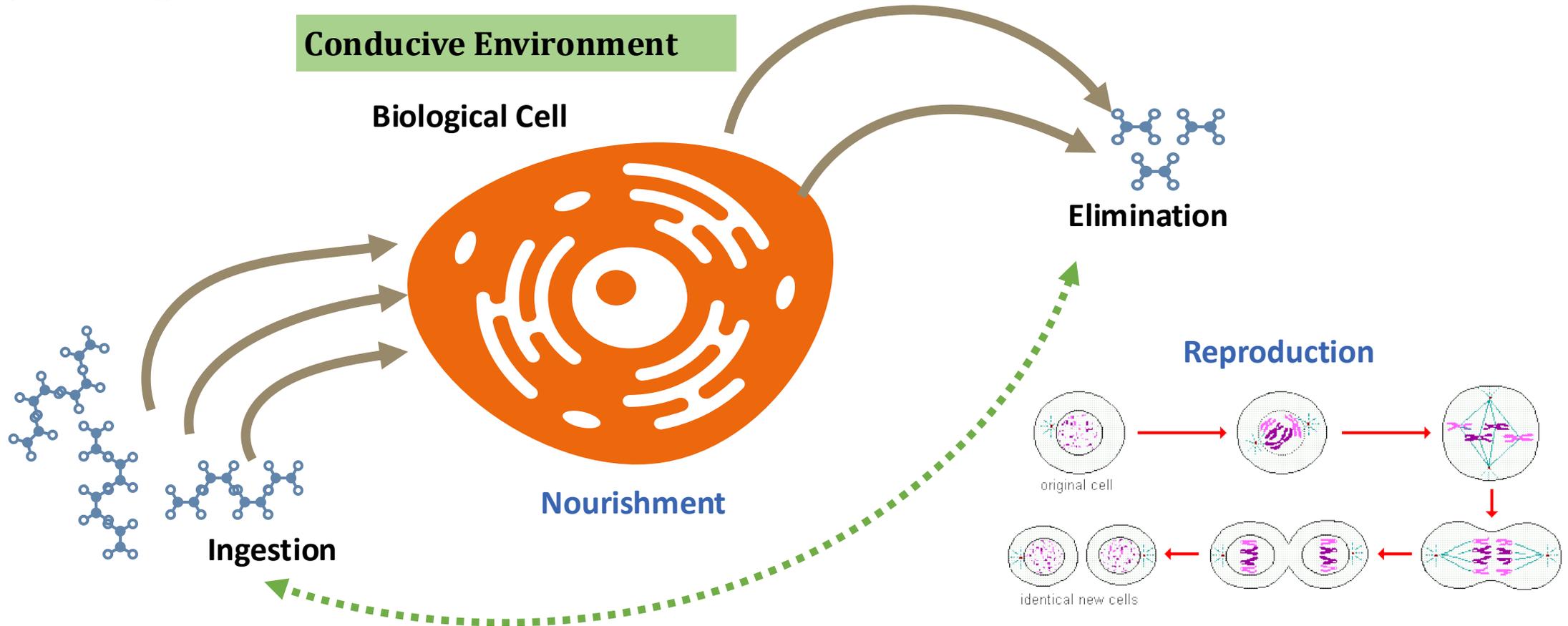


Material Order is dependent on environmental factors for formation, continuation & deformation

Material Order

Formation	Continuation	Deformation
Coming together of various components	Continuity of the structure formed	Breakdown of the structure
		
Structures form due to environmental factors	Formed structures continue in conducive environmental conditions	Formed structures breakdown due to environmental factors
Short duration	Long duration	Short duration

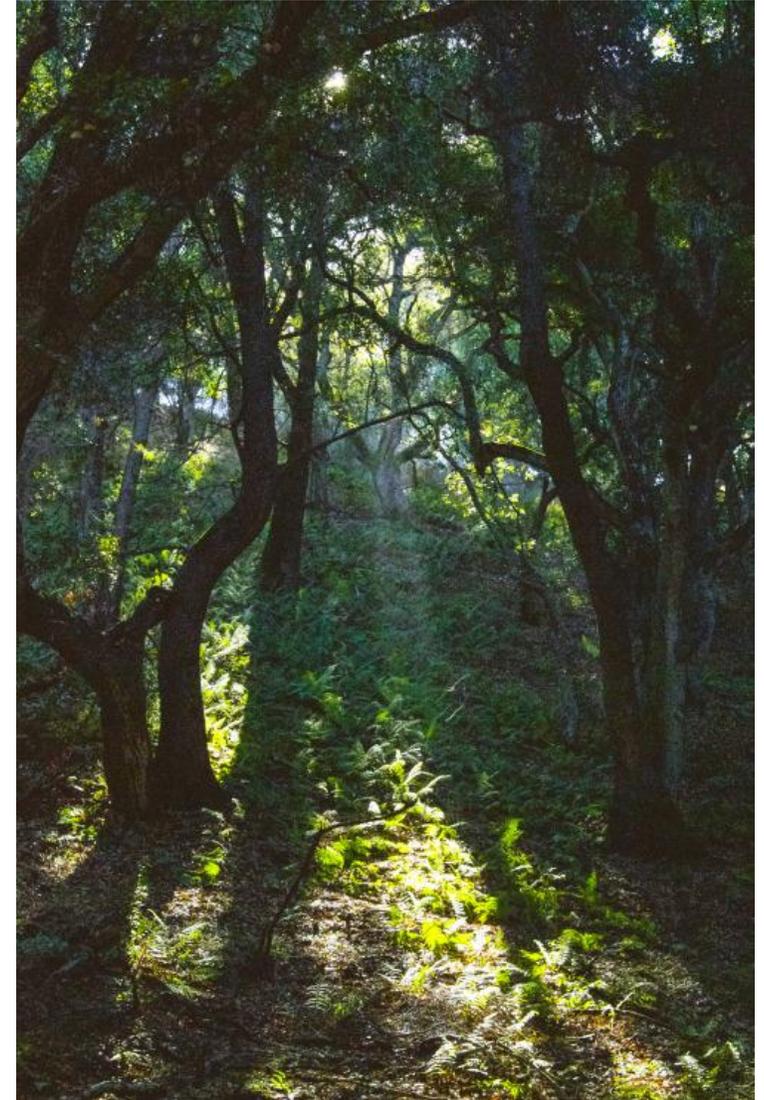
Plant/ Biological Order



In balance of ingestion & elimination the biological unit keeps itself nourished.

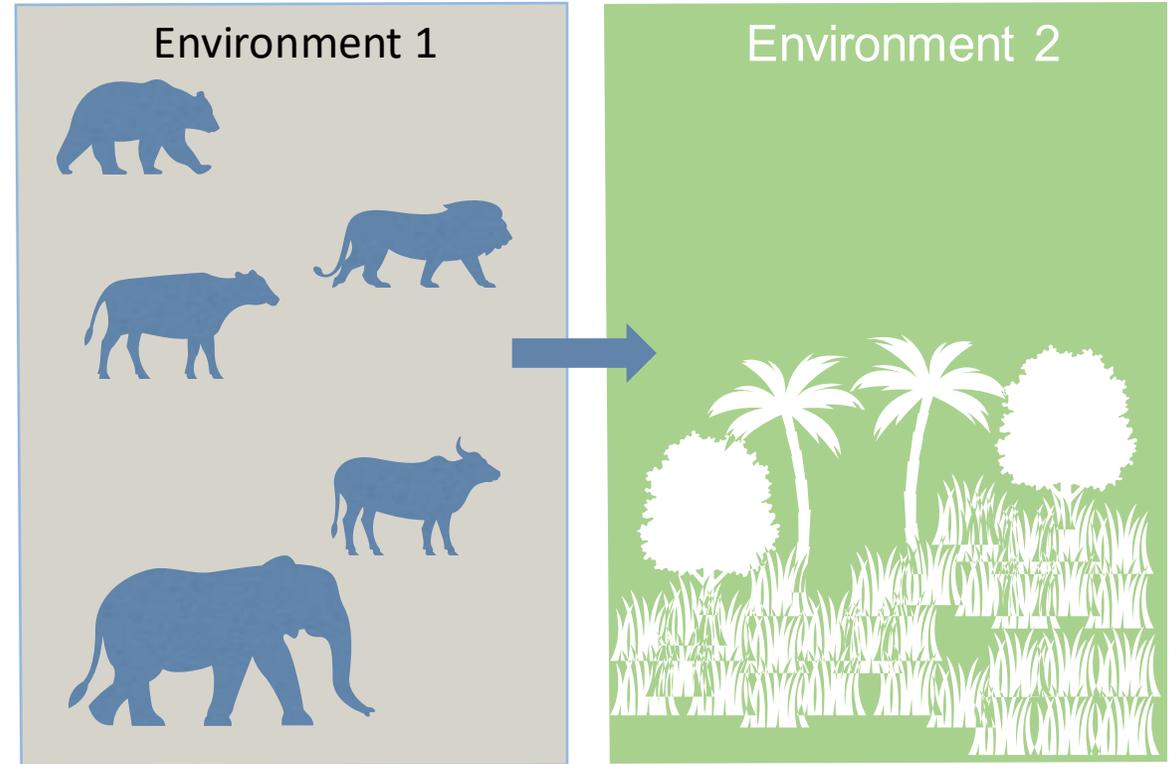
Plant/ Biological Order

- ❖ Biological order flourishes in conducive environment.
- ❖ Biological order develops ability to select & acquire required minerals from its environment for its nourishment
- ❖ Biological order also has developed ability of formation in itself (reproduction ability)



Animal Order

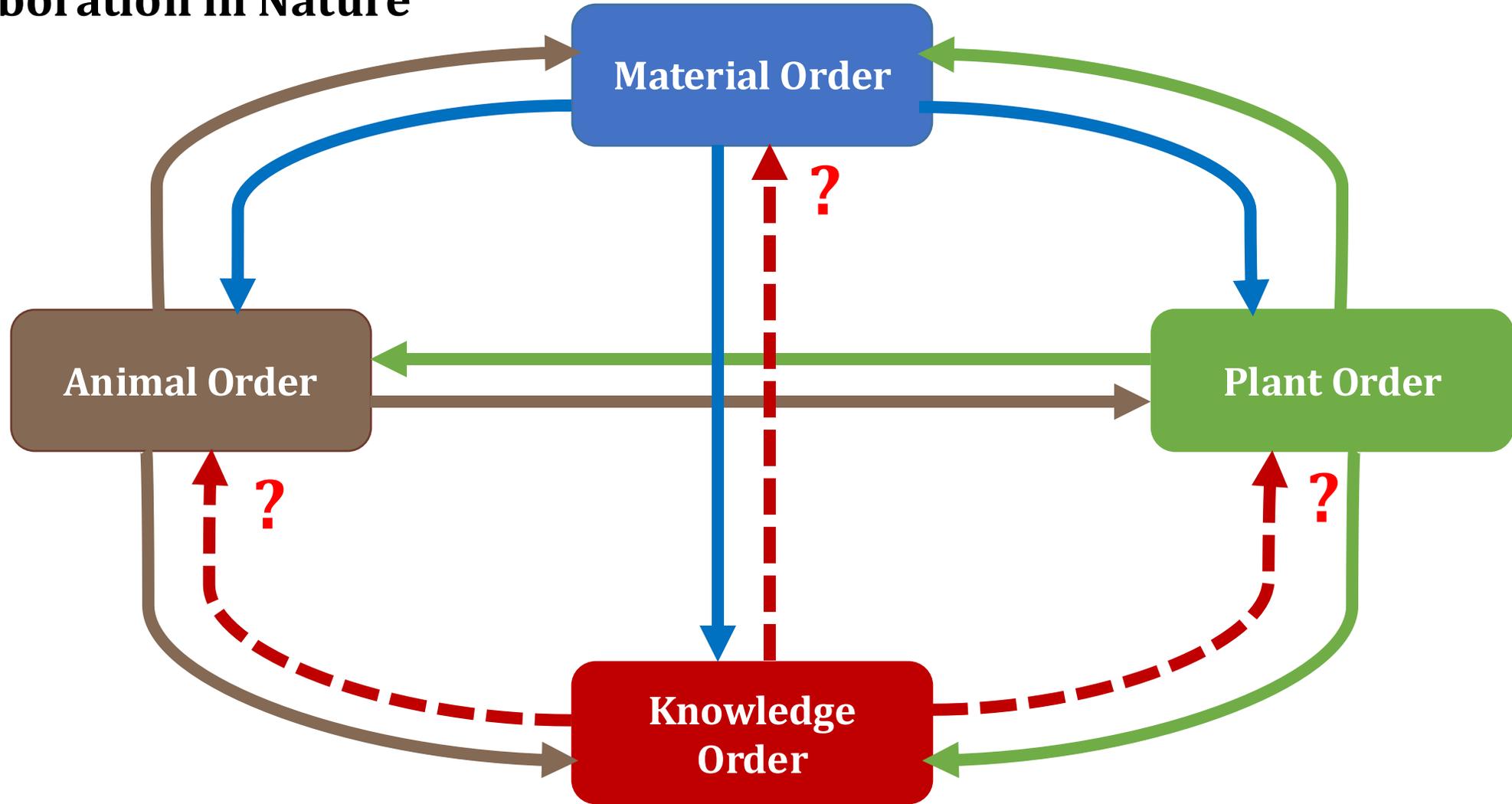
- Animals have ability to select conducive environment
- Animals have ability the ability of movement.
- For movement a central coordination system is needed.
- Nervous System is present in all animals.



Knowledge Order

- ❖ Knowledge Order's higher ability is that it can 'Develop its environment'.
- ❖ Human Being is a combination of the Jeevan (self) conscious unit & Body the physical-chemical-biological unit.
- ❖ Ecological (physical) environment is the environment for the body. Body is nurtured and secured in the equilibrium of this ecological environment.
- ❖ Social environment is the environment for Jeevan the conscious unit. Self is nurtured and secured in the equilibrium of this social environment.
- ❖ Human Being's higher ability of development of its environment is for developing Social Environment. And not for disturbing the Ecological Environment.

Collaboration in Nature



Competition and Cooperation



What is competition?



What is competition?

When an individual aiming together have some common goal. If the goal perceived as unshareable and can be attained by one party. The second may compete (fight) for the goal.

Function of competition and cooperation

Competition develops

- Sense of identity
- Sense of responsibility
- Internal standards
- Excellence
- Individual creativity
- Individual autonomy

Collaboration develops

- Mutually
- Alternative idea & solutions
- Mutual support & reinforcement
- Synergy
- Collective action
- Expansion of

Bases of Cooperation

- ❖ Collaborative motivation
- ❖ Group norms
- ❖ Higher pay-off
- ❖ Subordinate goals
- ❖ Perceived power
- ❖ Mutual trust



Competition



- ❖ Both competition and collaboration contribute to a person's effectiveness. competition and collaboration have several functions. It can be both functional and dysfunctional. There are bases of collaboration like collaborative motive, group norms etc.
- ❖ Both structural and process interventions are used to develop collaboration.

Cooperation





Competition and Excellence



What is competition?



What is Excellence?



	Competition	Excellence
Comparison	Compare with Others	Compare with yourself
Goal	Do better than Others (Relative) Ex: How many people can come first?	To do task well (Absolute) How many of people can get 100 out of 100 marks?
Evaluation	Rank in Group	Task Specific Performances
Inner State (While Doing)	Tension, Jealousy	Persevering
Inner State (on Completion)	Dejection, Elation	Satisfaction



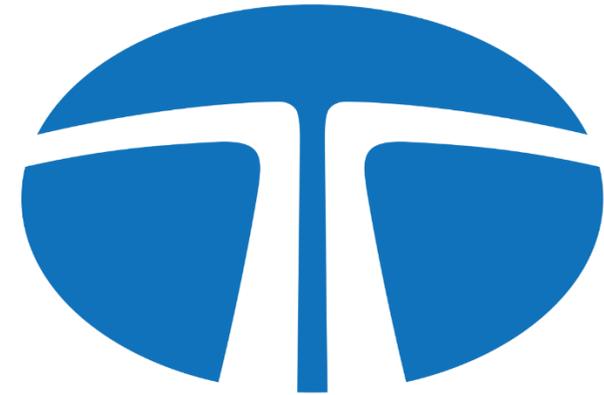
Vs



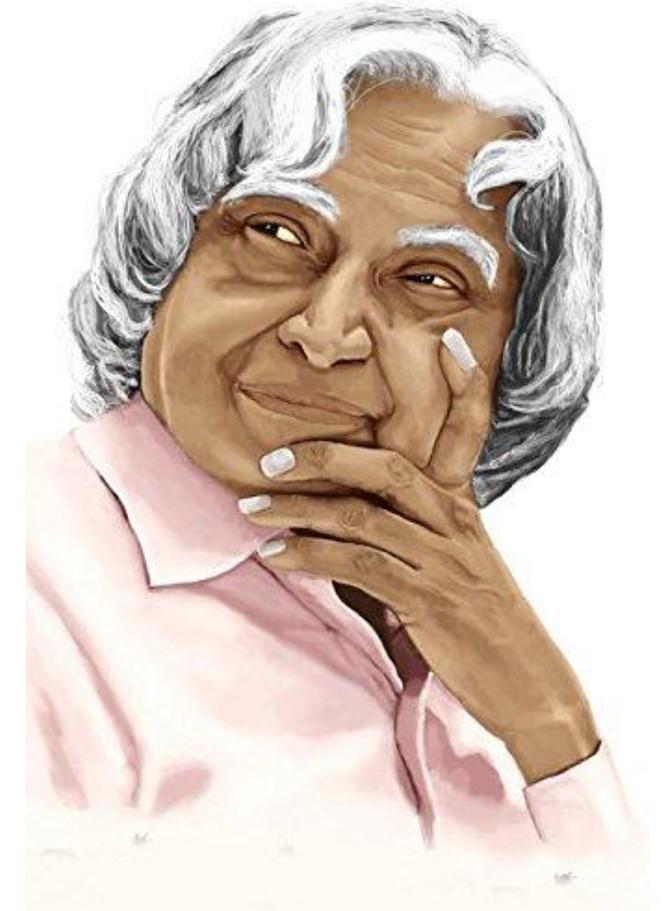
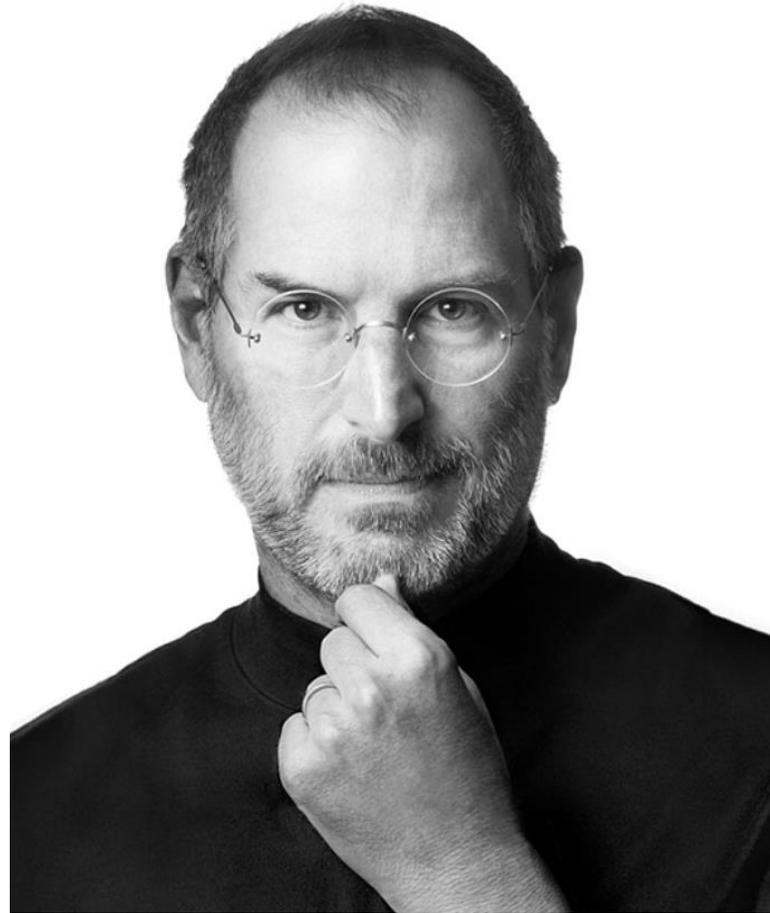
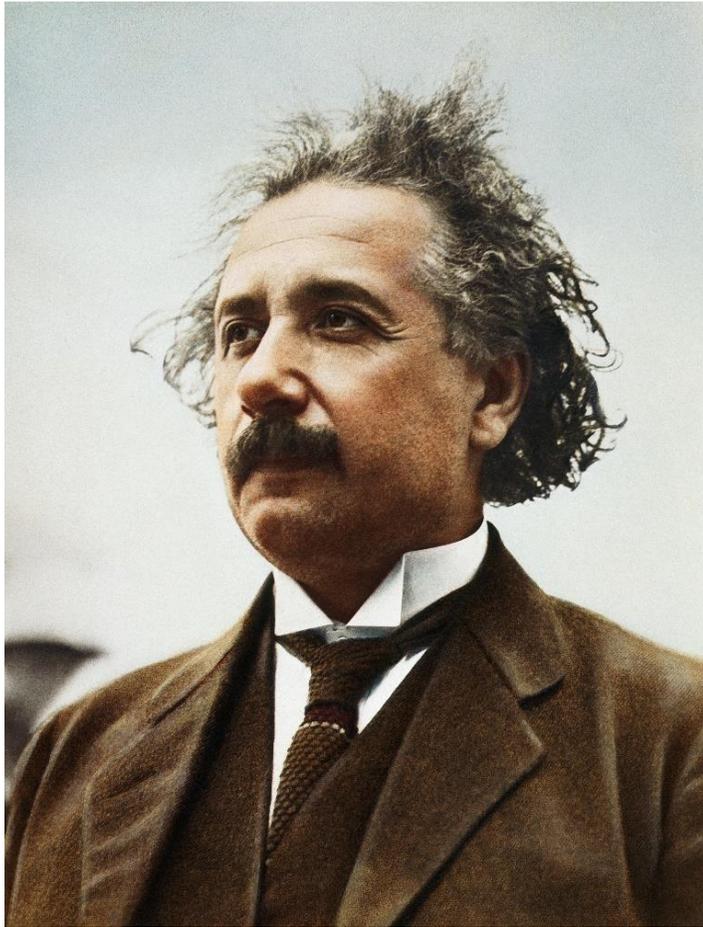


Reliance
Industries Limited

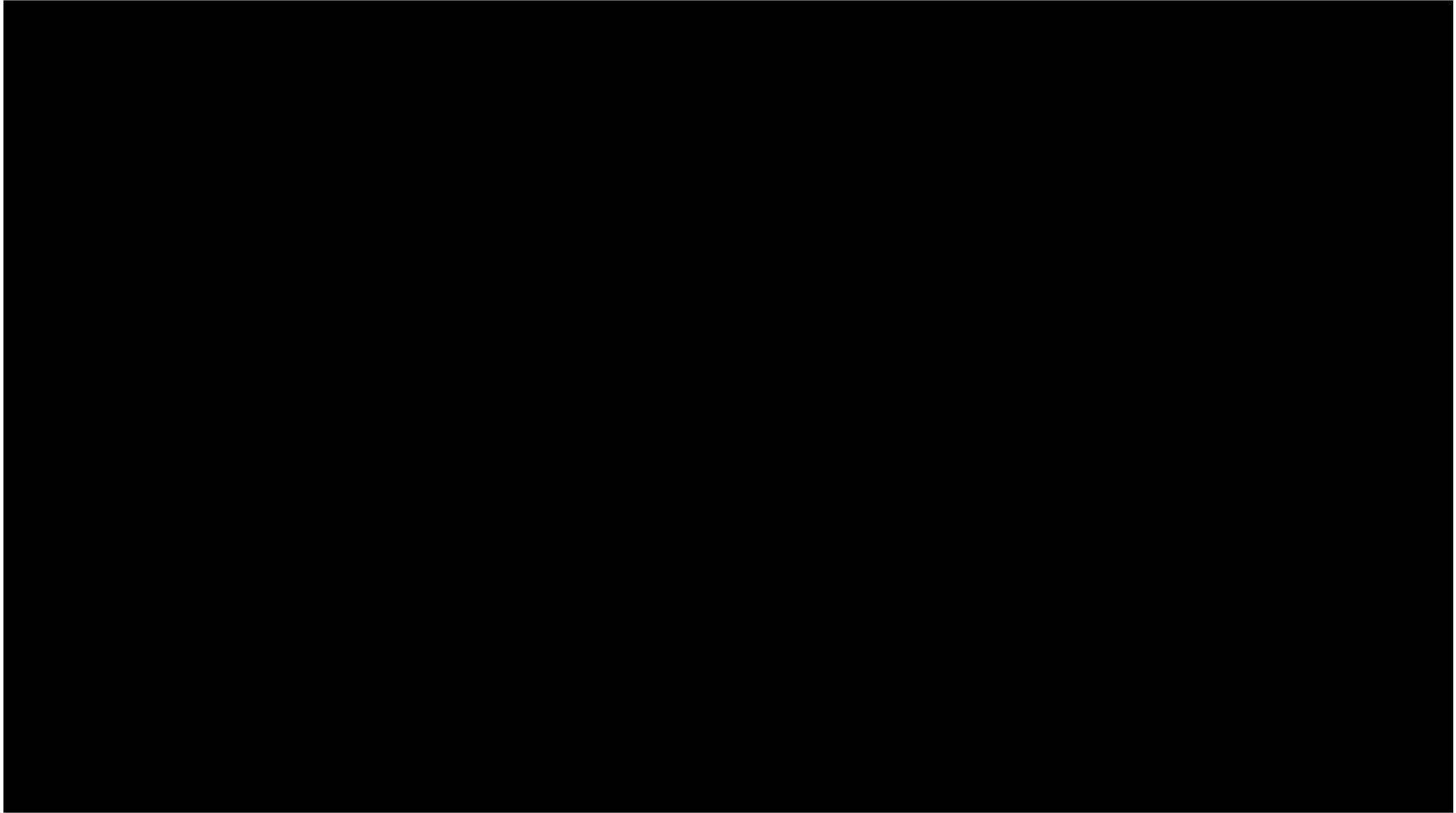
Vs



TATA



- ✓ One must be **Excellent** in a chosen **area/ task**.
- ✓ Being excellent in one area is not enough. One must **learn basics** of **other areas** as well.
- ✓ Must also be **able to do** the associated **tasks/ areas**.





Peer Pressure

Peer: Peers are people who are part of the same social group

Pressure: The Pressure is that internal ‘feeling’ that you are being pushed towards making a certain choice – good or bad.

Peer Pressure: Peer pressure is the influence you feel from a person or group of people to do something you might not otherwise consider doing.



Peer Pressure



Good Peer Pressure

- Good peer pressure is being pushed into something that you didn't have the courage to do or just didn't cross your mind to do.
- Good peer pressure can also be a situation when your friends convince you not to do something you were going to do because it wasn't in your best interest.



Bad Peer Pressure

- Bad peer pressure is being talked into doing something that you didn't want to do because your friends said that you should.
- Bad peer pressure is usually the result of wanting to be accepted by your peers.



Peer Pressure

How does peer pressure affect us?

Peer pressure might influence you in a number of ways, including:

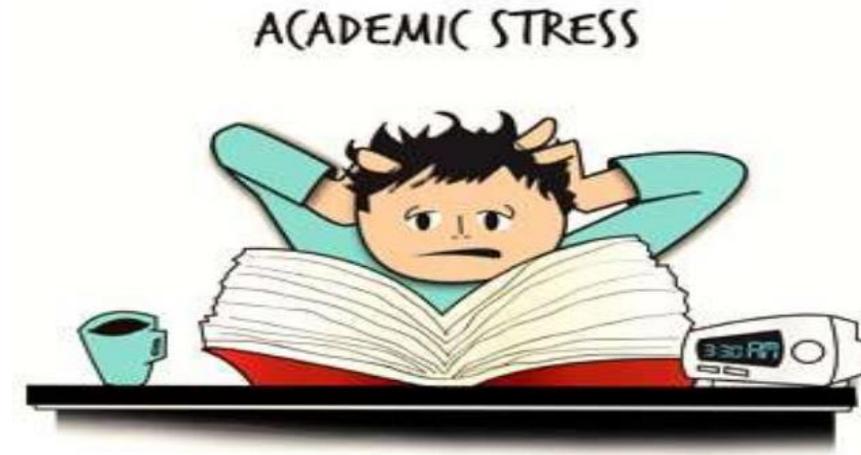
Fashion choices



Alcohol and drug use



Academic performance



Peer Pressure

How does peer pressure affect us?

Peer pressure might influence you in a number of ways, including:

Choice of who your friends are?



Decision to have a boyfriend or girlfriend



How to respond to negative peer pressure?

- The key to dealing with negative peer pressure is **self-confidence**.
- **Be yourself**, make your own decisions, regardless of what others think.
- Learn to feel comfortable saying “**No**”.
- Hang with people who **feel the same way** you do.



Self Confidence



Self Confidence

Lack of *self confidence* on our belief, thought, feeling, behavior, and action on various issues, makes us vulnerable to *peer pressure*. There are two kinds of self confidence:

- Relative self confidence
- Absolute self confidence



Self Confidence

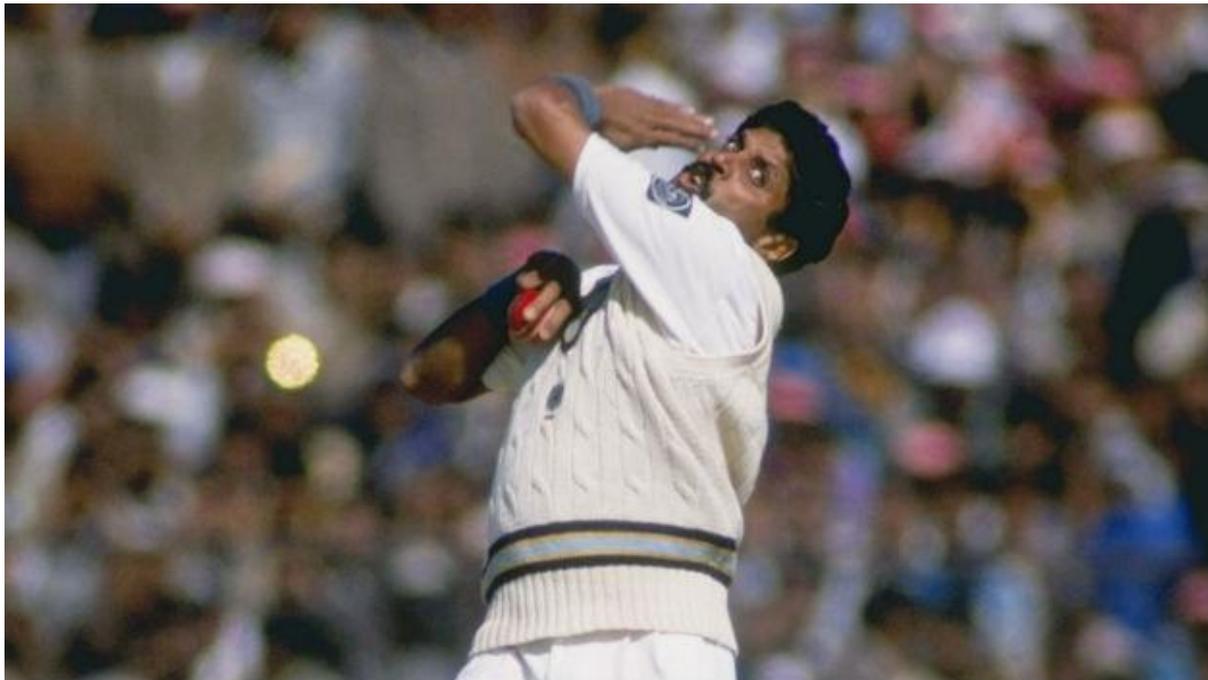
Relative self confidence: Relative self-confidence occurs when one feels confident about one's state merely because, **comfort of the locality, or upon environment.** In some sense, it is not self-confidence at all.

Fundamental issue involved in this case is that the basis of such confidence is the approval or acceptance of the people around, and not one's own self verification.

“Relative self confidence is the cause of peer pressure”

Absolute self confidence:

When one feels confident about one's state because one has verified it on one's own right and checked their correctness in mutuality. In such cases one's confidence does not shake even if there is a lack of approval or acceptance from the people around.



Self Confidence

Sl. No	Relative Self Confidence	Absolute Self Confidence
1	Based on approval or acceptance of others around.	Based on one's own self verification.
2	Shakes when environment changes.	Remains constant. Independent of all the environments.
3	Keeps changing with time.	Remains same with time.
4	Generates feelings of superiority and/or inferiority depending upon environment.	Remains consistent and comforting.
5	Responsible for peer pressures.	Frees one from peer pressures.

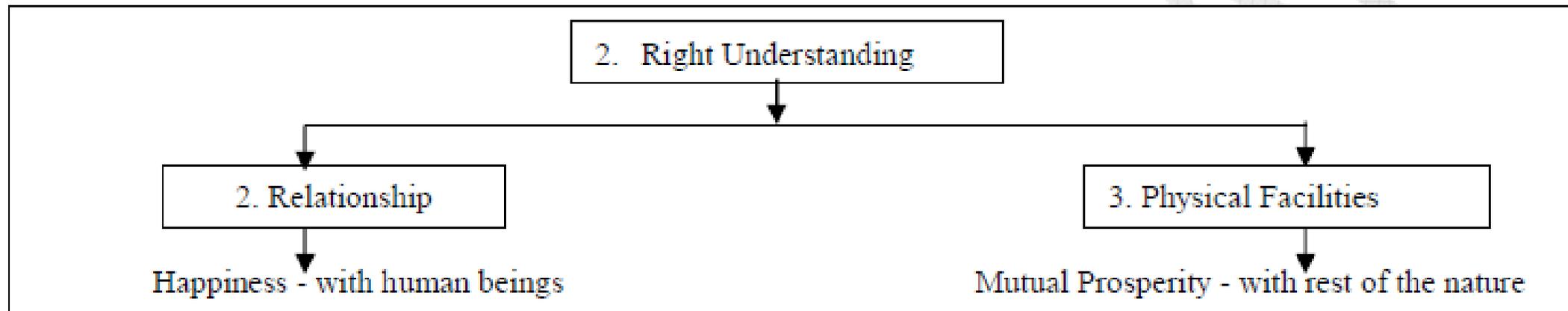
Conclusion:

- *Relative self confidence* is the cause of peer pressure.
- Thus the solution to get over peer pressure is to acquire *absolute self-confidence*.
- “*lack of truth*” is the root cause of relative self confidence, which manifests as peer pressure.



RIGHT UNDERSTANDING

- ❑ Right understanding, i.e. wisdom or clarity about what to do as a human being – in oneself, family, society, nature
- ❑ Right feeling – the capacity to live in relationship with the other human beings – in family, society.
- ❑ Living with all three: Right understanding, Relationship and Physical facilities is called 'Human Consciousness.'



Relationships

7 Relations

Universal Human Values

(Based on Jeevan Vidya)



Universal Human Values

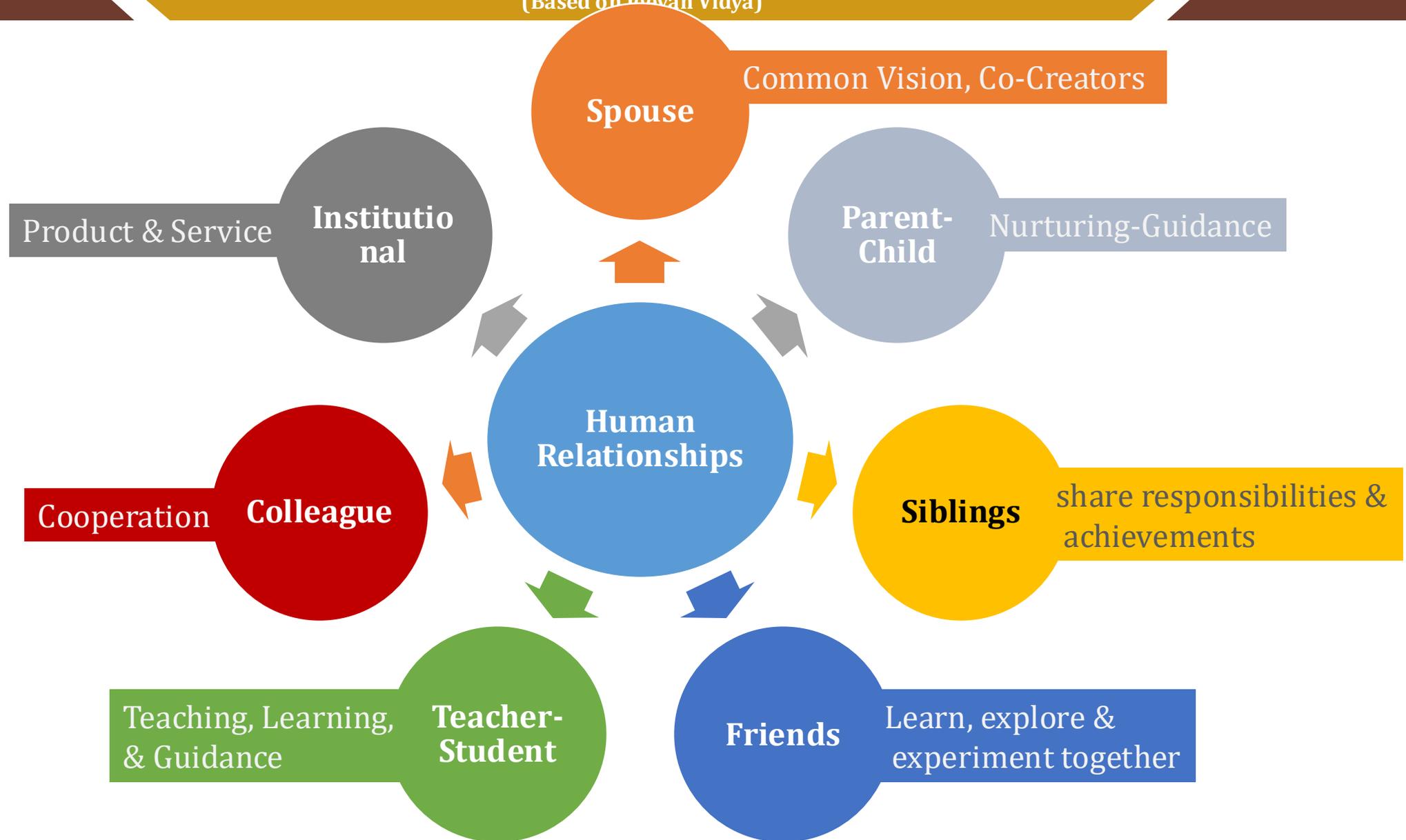
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Relationship (Sambhanda) and Acquaintance (Samparka)

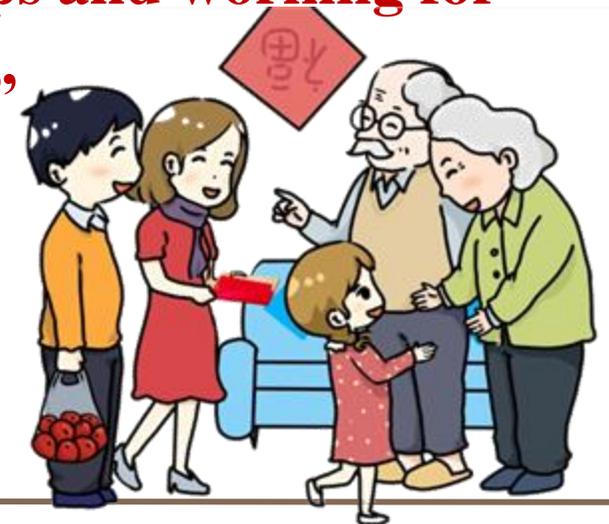
- Feelings are definite in a relationship, and can be recognised with certainty.
- Expectations are optional in acquaintance.
- Body is incapable of understanding and having feelings.
- Body is only a means to express or receive feelings.
- The Self has feelings in a relationship.
- The feelings are between Self and Self.



Justice (Nyaya) in Relationship:

- The important point is that *expectations* in relationships are of *feelings*.
- For example, expectation in parent-children relationship is the feelings of mamataa (feeling of caring), vaatsalya (feeling of guidance). Outcome of this would be providing food etc. not vice versa.

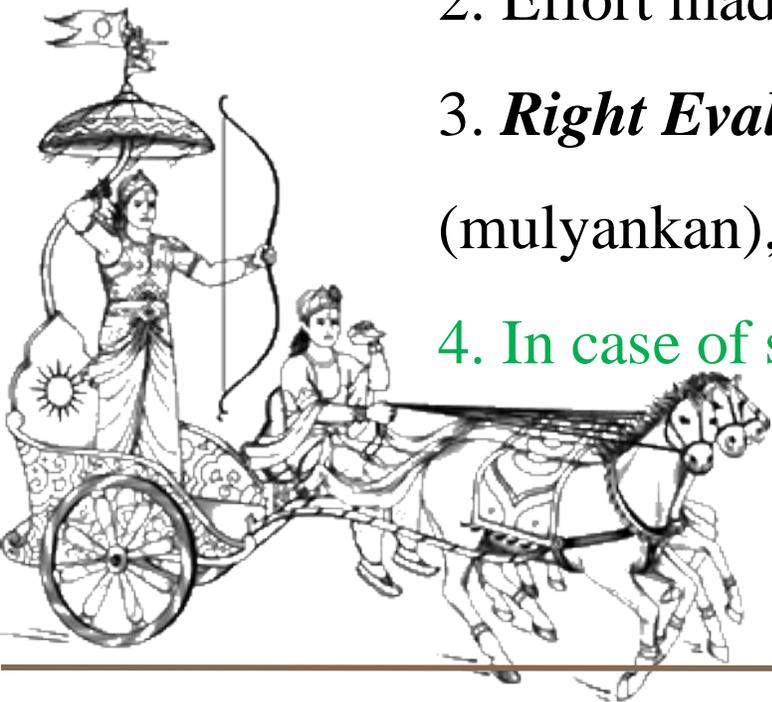
“Justice (nyaya) is fulfilling ones responsibility in relationships and working for enabling others to fulfil their relationships.”



Justice in Relationship:

Justice (Nyaya) consists of four elements:

1. **Recognition/ identification** of values (mulya ki pehchan) in human-human relationship
2. Effort made for **fulfilment of expectation** in relationship (mulya kaa nirvah),
3. **Right Evaluation** of the effort for fulfilment of values and its success etc. (mulyankan),and
4. In case of success, feeling of **Mutual Happiness (Ubhay-tripti)**.



Universal Human Values

(Based on Jeevan Vidya)

Nine Values (Mulya)

There are nine types of feelings or values in relationships.

1. Trust (Vishwas)



4. Care (Mamataa)



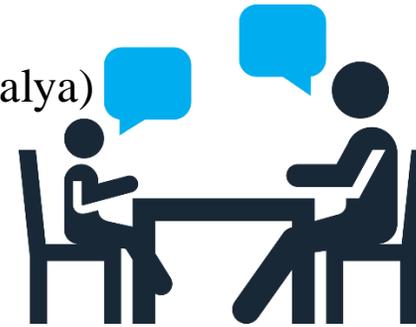
7. Reverence (Shraddha)



2. Respect (Samman)



5. Guidance (Vaatsalya)



8. Glory (Gaurav)



3. Affection (Sneha)



6. Gratitude (Kritagyataa)



9. Love (Prema)



Trust in Relationship

Trust:

*The assurance within myself that the other human being wants to **make me happy** and prosperous continuously and unconditionally is known as Trust.*

Universal Human Values

(Based on Jeevan Vidya)

Answer to the following with Yes or No!

Intention

I WANT to make myself always happy

YES

I WANT to make the other always happy.

YES

The other WANTS to make himself/ herself always happy

YES

The other WANTS to make myself always happy.

?

Competence

I am ABLE to make myself always happy

?

I am ABLE to make the other always happy.

?

The other is ABLE to make himself/ herself always happy.

?

The other is ABLE to make myself always happy.

?

Respect in Relationship

Respect (Samman) in Relationship

A *feeling of* deep admiration or *acceptance* for someone or something elicited by their abilities, qualities, or achievements.

In other words “**Right Evaluation**”, to be evaluated as it is/ as I’m.

Sammaan = Sam (right) + maan (evaluation), that is,

Respect = Right Evaluation

Universal Human Values

(Based on Jeevan Vidya)



“EVERYONE PRAISES SACHIN TENDULKAR. HE MAY BE A GENIUS IN HIS OWN RIGHT BUT IN MY BOOK, RAHUL DRAVID IS THE ARTIST. DRAVID’S DEFENCE TACTICS, HIS STROKES, HIS CUTS, HIS GRACE ARE TRULY AMAZING. I’D LIKE TO MEET THE CHAP SOMETIME AND TAKE MY HAT OFF TO HIM.”

PETER O'TOOLE

Disrespect (Apmaan)

Whenever the evaluation is not right, it is disrespect.

We tend to do one of the following four, leading to disrespect:

1. **Over Evaluation** (Adhi-mulyan) to evaluate for more than what it is.
2. **Under Evaluation** (Ava-mulyan) to evaluate for less than what it is.
3. **Otherwise Evaluation** (Anyatha-mulyan) to evaluate for other than what it is.
4. **No Evaluation** (Amulyan OR Nirmulyan) ignoring to evaluate.

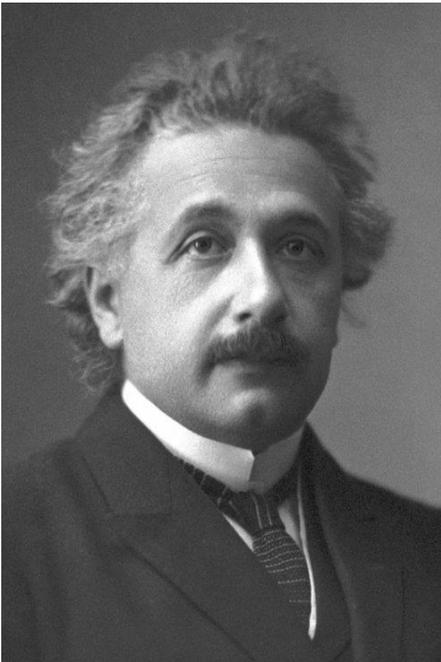


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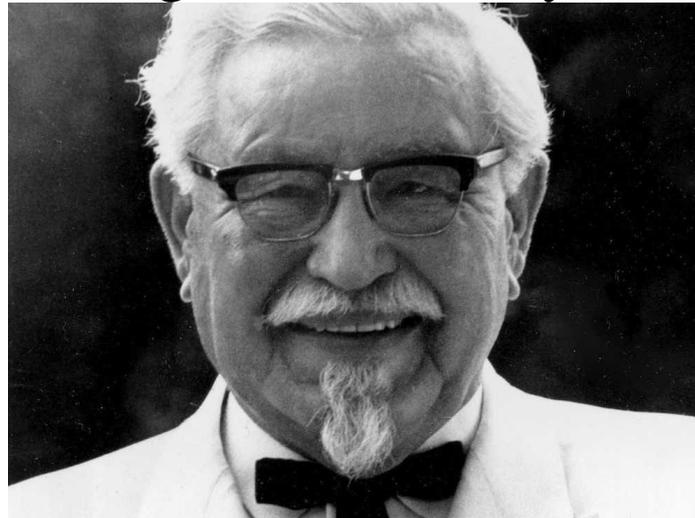
(Based on Jeevan Vidya)

A Grave Mistake in evaluating human being

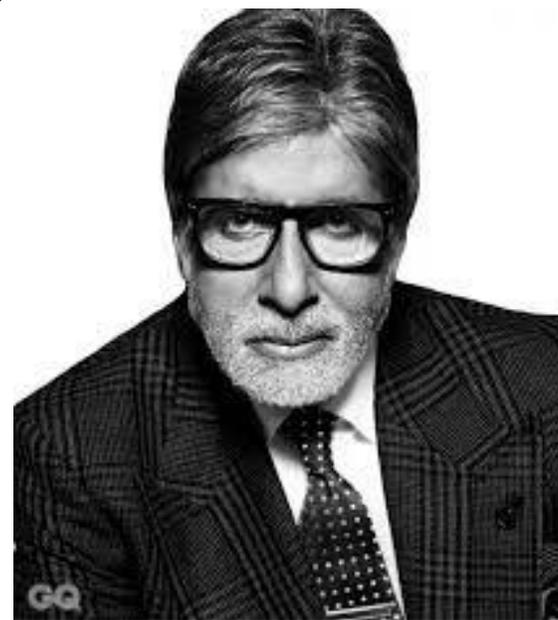
Human being is a co existence of Self and Body. The needs of Body and those of the Self are different. The activities of the Body and those of the Self are also different. But we evaluate human being based on body, society and Belief.



Albert Einstein



Colonel Sanders



Amitabh Bachchan



Charlie Chaplin

Differentiation on the basis of

Body

Physical facilities

Belief



Sex



Race



Age



Strength



Wealth



Post

Ism's



Sects

Right Evaluation on the basis of the Self (I) (of a human being)

Seeing that the other is like me

1. Our purpose is the same since our Natural Acceptance is the same.
2. As I want to be and remain continuously happy, so does the other.
3. Our program is the same.
4. Our capacity (khsamata) is the same.
5. The difference is only be at the level of Understanding (not just information).
 - If the Other has Better Understanding than Me, I need to understand from the Other.
 - If the Other has Lesser Understanding than Me, I accept the Responsibility to improve the Understanding of the Other.

Universal Human Values
(Based on Jeevan Vidya)



Anger



What is Anger?

- Anger is a basic Human Emotions.
- It is nothing but the active form of hidden sadness
- Main cause was helplessness and not power

Reasons for getting Angry:

- **Frustration**
- **Irritation**
- **Jealousy**
- **Ego**
- **Show-off of Anger.**



Types of Anger:

- 1. Instantaneous**
- 2. Anger that may last longer**

Suppression of anger:

Is it better to suppress anger or to control it?

Ans: Suppressing the anger forcefully will tend to collect it inside which would burst at a later time. Which is much worse than expressing it at time....!

Then?

- ✓ Suppression of anger is not good, better to control it.
- ✓ If anger-uncontrollable; Better to let of steam
- ✓ Best possible answer is not get angry!

Universal Human Values

(Based on Jeevan Vidya)

Towards a Solution - Not Getting Angry

A feeling of relationship will help us in not getting angry at all.

Trust: Has the other person done it intentionally? He is acting based on his understanding.

Respect: The other person is like me. He wants to be happy and is working for it. But he lacks the competence for it.

Universal Human Values

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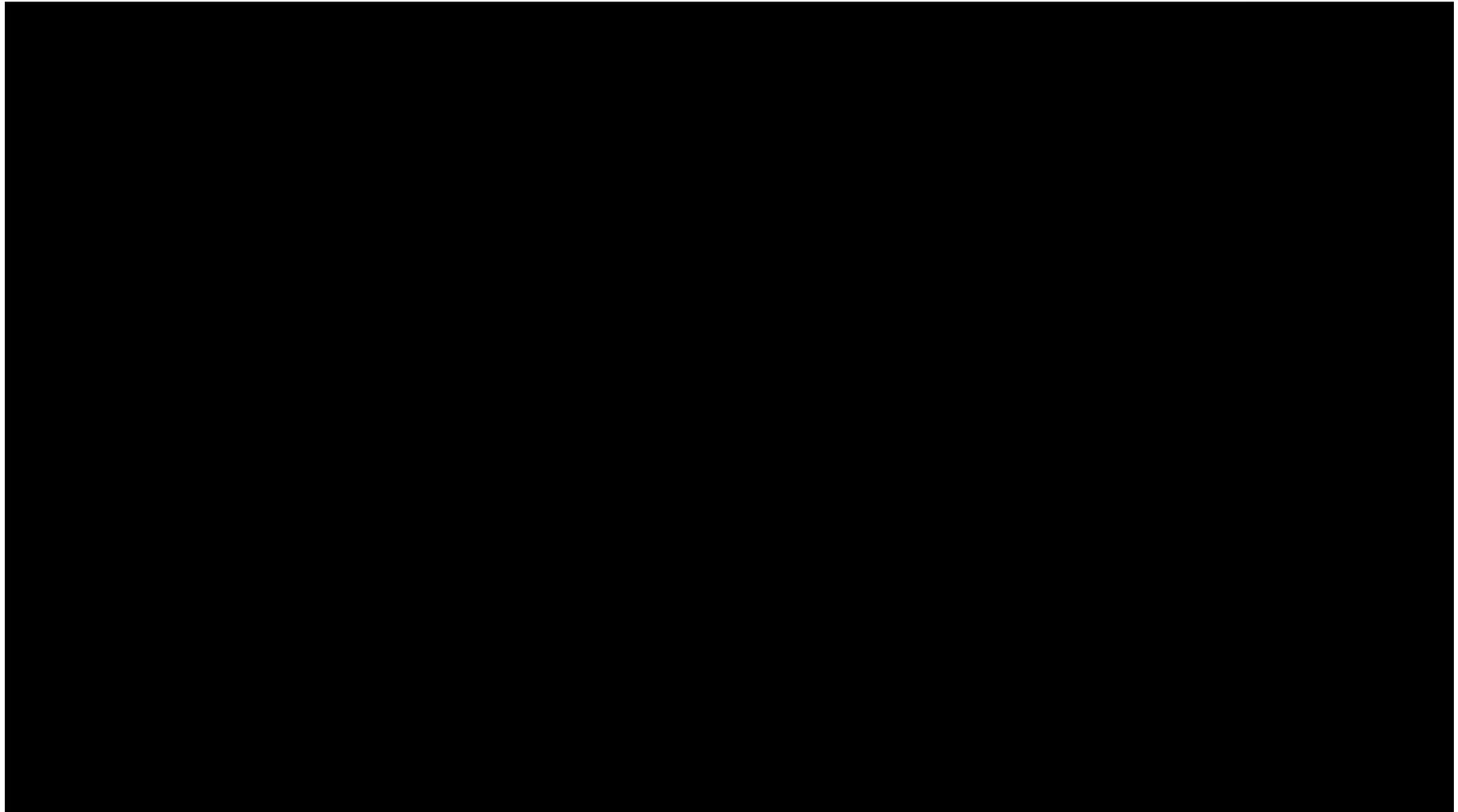
Towards a Solution - Not Getting Angry

Developing Sensitivity: I think of my actions (other than getting angry) so that the other person becomes aware of his actions and what they are causing.

Developing Understanding: I help the other person in correcting himself by understanding that to make himself truly happy, he should make others also happy.

Universal Human Values

(Based on Jeevan Vidya)



THE STORY OF STUFF







