Original Research Paper Chemistry

Right understanding is the key to mutual Happiness

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ABSTRACT One essential requirement of every human being is adequate "physical facilities" which includes food, clothing, shelter, etc. But we need something more than this for true fulfillment and joyous living. Other than physical facilities, we want "relationship". we live with other human beings and rest of existence.. Quality of our relationship with others and the nature at large, is an important factor. We have to decide the need for physical facilities by right understanding. We have to ensure right feelings in relationships on the basis of right understanding of myself and of others. Thus, right understanding is the most basic requirement for building competency to joyful and fulfilled life. Right Understanding, Relationship, and Physical Facilities are essential for fulfilling human aspirations for a continuously happy and prosperous life. Working only for physical facilities alone is like living in Animal Consciousness. With right understanding, we make a shift to human consciousness. Karma of Right Understanding has the first priority followed by relationship and physical facilities. It implies living in human consciousness. It implies mutual fulfillment in relationships and mutual prosperity with physical facilities

KEYWORDS : Physical facilities- Relationship- human aspirations-right understanding- mutual happiness.

INTRODUCTION

The ultimate goal of every human being is happiness. We the humans can experience the real happiness in the world. The real happiness is possible if we have right understanding about things around us. The major problems in our world today have been created by human beings such as resource depletion, pollution, waste creation or global warming or to war, terrorism, or interpersonal problems etc. are interrelated and result in making the earth unhealthy due to the lack of right understanding.

The entire universe can be classified into four broad categories such as Material order, Plant order, Animal order and Human order. The first three categories co-exist in a harmonious, mutual enrichment and mutually fulfilling manner. But while human beings are dependent on all the three orders, their own participation with the rest of the three orders is not in harmony. And above all their relationship with their fellow human beings is also not in harmony. Human beings do not seem to be living in a mutually fulfilling manner either with their own specie or with the rest of the three orders. They are only exploiting and not enriching the other orders.

Human beings are said to be social animals but when we examine this statement we find that all animal species are known to behave in a similar manner irrespective of the place of their birth. Animals have definite eating habits . Human beings are different. We know that two people from the same family can be very different from one another, in their behavior. In the entire existence, human beings alone have the freedom to choose,because they act or behave according to the way they perceive or understand reality. Human beings have a choice only at the level of perceiving (or understanding) but they seem to have no choice at the level of behavior or action. Based on what we see and understand, we act. Seeing, hearing, touching, smelling, tasting is done by the body through the eyes, ears, skin, nose and tongue but the understanding is done by the self or the I.

The desire to be happy is intrinsic to all human beings but we differ in our understanding of the reality. Human beings have two kinds of desires: Materialistic and Non-materialistic. Materialistic desires like food, clothes, shelter and facilities/instruments of all kinds are limited, quantifiable and have weight. Non-materialistic desires like – respect, trust, happiness, peace etc. are not quantifiable but are qualitative in nature. We desire them endlessly and limitlessly.

The materialistic desires are needed either for nurturing and protecting our bodies or to use our bodies effectively, while the non materialistic desires (love, respect, trust etc.) are not a requirement of the body. These are needed by an entity self or "I". "I" needs unlimited trust, respect etc. all the time. So materialistic desires are needed for the body while the non materialistic desires are the need of the "I" or the self. In fact most of the time if the needs of the "I" are not fulfilled, we may even overlook our bodily needs for e. g: even if we are hungry and we need food, it is acceptable only when it is given with respect, (which is a desire of the "I").

There is a distinction between the needs of the body, and the needs of the I, but unfortunately the entire humanity is focused only on fulfillment of the needs of the body. But fulfillment of bodily needs does not ensure fulfillment of the non materialistic needs of the "I". due to lack of understanding we assume our body to be the same as the I. This results in unhappiness because it leads us to design programs for greater accumulation and exploitation of nature on the one hand, and domination and exploitation of fellow human beings on the other. We spend all our waking hours fulfilling the needs of the body and make no effort towards fulfilling the desire of the "I" for mutual trust and respect. If we lacked trust or respect even for one moment, we would feel very uncomfortable and unhappy.

CONCLUSION

We should realize that the relationship between human beings is essentially between one "I" and the other "I" and not between one body and another body and that relationship is already there no need to create it: we only need to recognize and fulfill it. We should also distinguish between the needs of the body and the I, and understand that all material facilities or conveniences are ultimately only for nurturing (protection (clothes, shelter) and right utilization (all instruments, conveniences) of the body, which is an instrument of the I. We also understand that the desires of the I cannot be fulfilled by material conveniences and to fulfill those, we need to design a different programme. Right understanding leads to realization resulting in happiness and harmony.