



COURSE TITLE: UHV (BUHK408)

Prepared by: Mrs. Pooja Deepak

MODULE-4

HARMONY IN NATURE/ EXISTENCE

SYLLABUS

Harmony in the Nature/Existence (4 hours)

Understanding Harmony in the Nature, Interconnectedness, self-regulation and Mutual Fulfilment among the Four Orders of Nature, Realizing Existence as Co-existence at All Levels, The Holistic Perception of Harmony in Existence

NOTES

UNDERSTANDING HARMONY

Natural harmony refers to **maintaining harmony of the natural order**. Viewed in isolation. All these are part and parcel of nature and existence. These are really mutually complementary and supplementary.

Natural harmony is necessary for the following reasons:

1. Natural harmony is necessary to solve the problem of global warming and depletion of non-renewable natural resource can be avoided.
2. Natural harmony with trees cure all problems like — reduction of wind velocity, energy savings, doing companion planting, development of an eco-subsystem in terms of establishing a forest garden, reduction of building heat.
3. It is possible to achieve natural harmony in the establishment, maintenance and management of educational institution like schools, colleges and universities.
4. One can understand the depths of harmony and alignment in natural by contemplating and reflecting upon the natural order. It is possible to unravel the


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mystery of the natural synthesis in the midst of on-going chaos at the material plane.

Co-existence in nature means there is a relationship and complementarity among all the entities in nature including human beings. Co-existence is a state in which two or more groups are living together while respecting their differences and resolving their conflicts non-violently. Co-existence has been defined in numerous ways:

1. To exist together (in time or space) and to exist in mutual tolerance.
2. To learn to recognize and live with difference.
3. To have a relationship between persons or groups in which none of the parties is trying to destroy the other
4. To exist together (in time or place) and to exist in mutual tolerance.

The world is full of Diversity — there are different nations, cultures, religions, communities, languages, and beliefs. The beauty of existence can only be maximized if everything in this world is in harmony. Peaceful, symbiotic co-existence is the key to harmony in the world.

The material units are changeful (with activities of recognizing and fulfillment only) while the other kind of units are continuous (with activities of knowing, assuming, recognizing and fulfillment).

The material units are available in two orders — material order and pranic order. In the material order, an atom combines with another atom to form a molecule, a molecule similarly forms a molecular structure. Molecular structures are found in two forms: lumps and fluids.

Fluids give nutrition to pranic order. In pranic order, the smallest units are plant cells which combine with other cells to form plants, animal bodies and human bodies.



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The co-existence of 'I' with the animal body becomes the animal order, and the co-existence of 'I' with the human body becomes the human order.

INTER CONNECTEDNESS

The state of having different parts or things connected or related to each other:

The interconnectedness of people and events is one of history's most fascinating topics.

We are learning the hard way the interconnectedness of all things.

More examples

- We discussed the interconnectedness of the organisms in the food web.
- the interconnectedness of America's many computer networks
- Land and fisheries managers might need to pay more attention to the interconnectedness of different species than they have in the past.
- Friedman skillfully demonstrates the interconnectedness of the personal and the political.

SELF REGULATION AND MUTUAL FULFILLMENT AMONG THE 4 ORDERFS OF NATURE

Our basic aspirations are happiness (mutual fulfillment) and prosperity (mutual prosperity). **Happiness is ensured by the relationships with other human beings** and prosperity is ensured by working on physical facilities.


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On studying Nature, we find that it consists of 4 orders **Material Order (soil, air, metals...), Pranic Order (plants, trees...), Animal Order (animals, birds...) and Human Order (human beings)**. There is relatedness and interdependence amongst all the four orders.

What are the 4 orders in nature?

Harmony in Nature

- Physical order – air, water, soil, metals etc.
- Pranic order – trees, plants, herbs etc.
- Animal order – animals, birds etc.
- Human order – human beings.
 - Self-regulation is the ability to control one's behavior, emotions, and thoughts in the pursuit of long-term goals.¹ More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses—in other words, to think before acting.
 - Self-regulation also involves the ability to rebound from disappointment and to act in a way consistent with your values. It is one of the five key components of emotional intelligence.
 - How Self-Regulation Develops
 - Your ability to self-regulate as an adult has roots in your childhood.² Learning how to self-regulate is an important skill that children learn both for emotional maturity and, later, for social connections.
 - In an ideal situation, a toddler who throws tantrums grows into a child who learns how to tolerate uncomfortable feelings without throwing a fit, and later


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into an adult who is able to control impulses to act based on uncomfortable feelings.

- In essence, maturity reflects the ability to face emotional, social, and cognitive threats in the environment with patience and thoughtfulness. If this description reminds you of mindfulness, that's no accident—mindfulness does indeed relate to the ability to self-regulate.³
- Why Self-Regulation Is Important
- Self-regulation involves taking a pause between a feeling and an action—taking the time to think things through, make a plan, wait patiently. Children often struggle with these behaviors, and adults may as well.
- It's easy to see how a lack of self-regulation will cause problems in life. A child who yells or hits other children out of frustration will not be popular among peers and may face discipline at school.
- An adult with poor self-regulation skills may lack self-confidence and self-esteem and have trouble handling stress and frustration. Often, this might result in anger or anxiety. In more severe cases, it can even lead to being diagnosed with a mental health condition.

Qualities of Self-Regulators

- Act in accordance with their values
- Calm themselves when upset
- Cheer themselves when feeling down
- Maintain open communication
- Persist through difficult times
- Put forth their best effort

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- Remain flexible and adapting to situations
- See the good in others
- Stay clear about their intentions
- Take control of situations when necessary
- View challenges as opportunities

Self-regulation allows you to act in accordance with your deeply held values or social conscience and to express yourself appropriately. If you value academic achievement, it will allow you to study instead of slack off before a test. If you value helping others, it will allow you to help a co-worker with a project, even if you are on a tight deadline yourself.

In its most basic form, self-regulation allows us to be more resilient and bounce back from failure while also staying calm under pressure. Researchers have found that self-regulation skills are tied to a range of positive health outcomes. This includes better resilience to stress, increased happiness, and better overall well-being.⁵

Recap

Self-regulation can play an important role in relationships, well-being, and overall success in life. People who can manage their emotions and control their behavior are better able to manage stress, deal with conflict, and achieve their goals.

Common Self-Regulation Problems

How do problems with self-regulation develop? It could start early, such as an infant being neglected. A child who does not feel safe and secure, or who is unsure whether their needs will be met, may have trouble self-soothing and self-regulating.⁶

Later, a child, teen, or adult may struggle with self-regulation, either because this ability was not developed during childhood, or because of a lack of strategies for managing difficult feelings. When


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left unchecked, over time this could lead to more serious issues such as mental health disorders and risky behaviors such as substance use.

Effective Strategies for Self-Regulation

If self-regulation is so important, why were most of us never taught strategies for using this skill? Most often, parents, teachers, and other adults expect that children will "grow out of" the tantrum phase. While this is true for the most part, all children and adults can benefit from learning concrete strategies for self-regulation.

Mindfulness

By engaging in skills such as focused breathing and gratitude, mindfulness enables us to put some space between ourselves and our reactions, leading to better focus and feelings of calmness and relaxation.

In a 2019 review of 27 research studies, mindfulness was shown to improve attention, which in turn helped with regulating negative emotions and improving executive function.⁷

Cognitive Reappraisal

Cognitive reappraisal, or cognitive reframing, is another strategy that can be used to improve self-regulation abilities. This strategy involves changing thought patterns. Specifically, cognitive reappraisal involves reinterpreting a situation in order to change the emotional response to it.

For example, imagine a friend did not return your calls or texts for several days. Rather than thinking that this reflected something about yourself, such as "my friend hates me," you might instead think, "my friend must be really busy." Research has shown that using cognitive reappraisal in everyday life is related to experiencing more positive and fewer negative emotions.

In a 2016 study examining the link between self-regulation strategies (i.e., mindfulness, cognitive reappraisal, and emotion suppression) and emotional well-being, researchers found cognitive

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reappraisal to be associated with daily positive emotions, including feelings of enthusiasm, happiness, satisfaction, and excitement.⁸

Some other useful strategies for self-regulation include acceptance and problem-solving. In contrast, unhelpful strategies that people sometimes use include avoidance, distraction, suppression, and worrying.

Recap

You can improve your self-regulation skills by practicing mindfulness and changing how you think about the situation.

Putting Self-Regulation Into Practice

If you or your child needs help with self-regulation, there are strategies you can use to improve skills in this area.

Helping Kids With Self-Regulation

In children, parents can help develop self-regulation through routines (e.g., regular mealtimes and consistent bedtime routines). Routines help children learn what to expect, which makes it easier for them to feel comfortable.

When children act in ways that don't demonstrate self-regulation, ignore their requests. For example, if they interrupt a conversation, don't stop your discussion to attend to their needs. Tell them that they will need to wait.

Self-Regulation Tips for Adults

The first step to practicing self-regulation is to recognize that everyone has a choice in how to react to situations. While you may feel like life has dealt you a bad hand, it's not the hand you are dealt, but how you react to it that matters most.


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- **Recognize that in every situation you have three options:** approach, avoidance, and attack.⁹ While it may feel as though your choice of behavior is out of your control, it's not. Your feelings may sway you more toward one path, but you are more than those feelings.
- **Become aware of your emotions.** Do you feel like running away from a difficult situation? Do you feel like lashing out in anger at someone who has hurt you?
- **Monitor your body** to get clues about how you are feeling if it is not immediately obvious to you. For example, a rapidly increasing heart rate may be a sign that you are entering a state of rage or even experiencing a panic attack.

REALIZING EXISTENCE AS CO-EXISTENCE AT ALL LEVELS

Existence is in the form of co-existence. It is ever present • (Existence = Co- Existence = Units submerged in Space) • This is the key to the Holistic perception. **Every unit in existence is related with every other unit in existence in a mutually fulfilling manner.**

What are the levels of existence in human values?

At the level of society, individuals aspire to ensure harmony and integration among four levels -

Individual, Family, Society and Nature. This is the aspiration; this is the desire, this is the innate need of every human being, regardless of age, gender, caste, creed, nation and beliefs.

Coexistence exists in situations where individuals and communities actively accept and embrace diversity (active coexistence) and where individuals and communities merely tolerate other groups (passive coexistence).

Coexistence has been defined in numerous ways:

- To exist together (in time or place) and to exist in mutual tolerance.
- To learn to recognize and live with difference.
- To have a relationship between persons or groups in which none of the parties is trying to destroy the other.
- To interact with a commitment to tolerance, mutual respect, and the agreement to settle conflicts without recourse to violence.


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At the core of coexistence is the awareness that individuals and groups differ in numerous ways including class, ethnicity, religion, gender, and political inclination. These group identities may be the causes of conflicts, contribute to the causes of conflicts, or may be solidified as conflicts develop and escalate. A policy of coexistence, however, diminishes the likelihood that identity group differences will escalate into a damaging or intractable conflict.

Coexistence and Conflict

Conflict is ubiquitous and occurs at the individual, community, institutional, and national levels. Many conflicts are localized and expressed nonviolently. In fact, conflict can be constructive and in many instances it is fundamental to social change.

However, conflict that is widespread and expressed destructively or even violently appears to have increased over recent decades, impelling the global community to examine the root causes of conflicts and analyze conflict theory and management in greater detail. While times of coexistence do not exclude conflict, they do exclude widespread violence and acts intended to psychologically, socially, economically, or politically, destroy the other side

THE HOLISTIC PERCEPTION OF HARMONY IN EXISTENCE

Holistic perception is **perception of reality in terms of its natural organic state, its natural relationships and connections and in its true and natural proportions**. Holistic perception is the fusion of the whole with its constituent parts and with everything which pertains to it.

- **Harmony Within** – Comprehending consciousness, body, health, human needs & aspirations.
- **Harmony in Relationships & Family** – Comprehending expectations, values, character, duties and responsibilities.
- **Harmony in Society** – Comprehending the human goal, humane conduct, harmonious global governance system, culture, civilization, norms, law, education and tradition of humanity.
- **Harmony in Nature** – Comprehending interconnectedness, interdependence, self-regulation, balance, usefulness, complementariness, mutual enrichment and cyclicity in natural system.


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- **Harmony in Existence** – Comprehending the harmonious coexistence in the whole existence.

Harmony in Nature – **Comprehending interconnectedness, interdependence, self-regulation, balance, usefulness, complementariness, mutual enrichment and cyclicity in natural system.** Harmony in Existence – Comprehending the harmonious coexistence in the whole existence.

What do you mean by holistic perception?

Holistic perception is **perception of reality in terms of its natural organic state, its natural relationships and connections and in its true and natural proportions.** Holistic perception is the fusion of the whole with its constituent parts and with everything which pertains to it.

QUESTION BANK

1. What do you understand by Harmony in the nature
2. What is self-regulation
3. What is holistic perception of harmony in existence.
4. List and explain 4 orders of nature.
5. Explain briefly about Inter-connectedness