

## Section - 04.

Q.1

Ans:-

When our activities are not guided by our natural acceptance, then they are guided by preconditioning and sensations.

- ② Preconditioning means we have assumed something ~~but~~ about our desires on the basis of prevailing notion about it.
- ③ Sensation is a perception associated with stimulation of a sense organ or with a specific body condition.

4. Conflicts in 'I' as a result of Preconditioned desire:-

- a) We have not verified the desires, thoughts and expectations in us on the basis of our own natural acceptance. As a result, these desires, thoughts and selections are in conflicts.
- b) This conflict affects us in different manners.
  - (i) Wavering aspirations:- Our goals keep shifting as the inputs from the outside also keep changing.
  - (ii) Lack of Confidence:- Since our desires are shaky we are not sure about them.
  - (iii) Unhappiness:- Since our desires, thoughts and expectations, are in conflicts, it becomes the cause for our unhappiness, leading to stress and tension.

iv) Lack of qualitative improvement in us:- We focus largely on fulfilling the needs of the body. as a result, we live with a sense of lack of fulfillment.

5. short lived nature of pleasure from sensations:-

a) The pleasure obtained from sensations is short lived.

b) the external object is temporary in nature the contact of the external object with the body is temporary in nature.

c) The sensation from the body to I is also temporary. and at last the state of the sensation from the body in "I" is also temporary.

d) We operate largely on the basis of the environment, driven from the outside - either from sensations.