

Q3) (1) Harmony in the self is something that leads to harmony at all levels of being. This understanding is essential for each of us to live a life of fulfillment and continuous happiness. The 4-step process that leads to harmony in the self is:

(i) Becoming aware that a human is the co-existence of Self / I and the body

(ii) Becoming aware that the Body is only an instrument of the Self / I. I is the seer, doer and enjoyer, not the Body

(iii) Becoming aware of the activities of the Self - Desires, thoughts, and expectations and then put these Desires, thoughts and Expectation through the test of your own rational acceptance.

(iv) Understand the harmony at all levels of existence, leading to realization and understanding, which in turn lead to a sense of definiteness in our desires, thoughts and expectations.

(2) This attainment of harmony leads to a clear flow with no contradictions or conflicts. So we have a better understanding of ourselves, our basic aspiration and the ways in which we can fulfill these aspirations.

... (14-141) ...