

HUMAN ENQUIRY PROJECT

A Non-Profit Project
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Manoj Krishna

Mission

- To make the world a better place by spreading wisdom, which comes when we understand ourselves and how our minds work
- ‘Every life lived in peace contributes to a more peaceful world’

We Humans are amazing

Solve Problems

- Feed 7 billion people
- Communicate instantly
- Cures for so many diseases
- Can travel easily everywhere

Are Curious

- Put a man on the moon
- Cassini Probe: 5000 scientists, \$3.9 billion
- CERN: 12000 scientists, \$1billion/year
- NASA: 18000 scientists, \$20 billion/year

Have we neglected the problems in our inner spaces?

- No answer to loneliness, fear, violence, stress, and conflict in our relationships
- No scientists are working to end fear and sorrow

- We have just assumed that we cannot change
- Why?

Challenges

- Throughout our education we are taught about the world around us, but not about ourselves, or how our minds work
- We are not aware that there is a world within, or how to explore it

World in crisis

- \$1.6 trillion spent on arms, 2.8 billion live in poverty
- 1 in 5 of us contemplate suicide in a lifetime and 1 in 4 suffer a mental health problem in a year
- 50% of medical problems are psychological in origin
- 70% of University students report mental health problems
- Divorce rates are 42%
- Environmental crisis: Global warming, species extinct
- Drug and opioid addiction – emergency in the US
- Human beings killed 200 million of their own in the last century

WHAT IS THE SOLUTION?

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- Since most problems begin in the human mind, the solutions must also begin there by understanding ourselves and how our minds work

- "Without self-awareness you are not properly educated" - J. Krishnamurti
- "Our happiness depends on our wisdom" - Sophocles
- "An unexamined life is not worth living" - Socrates

Why bother with understanding ourselves?

- To be healthy – emotional health is equally important
- Understanding ourselves helps us to understand others, and that leads to happier relationships
- To prevent mental and other health problems
- To live with a sense of peace within
- To live a life based on intelligence in the present, and not just based on our past conditioning
- To become aware of our habits
- Only one life to live. Live it with awareness and intelligence so we have no regrets later

Are we unique?

- Physically we look different and we have different contents in our memories
- DNA is 99.9% similar
- Human mind functions in the same way in all of us
- Analogy of the operating system

Computer Analogy – Are we the same?

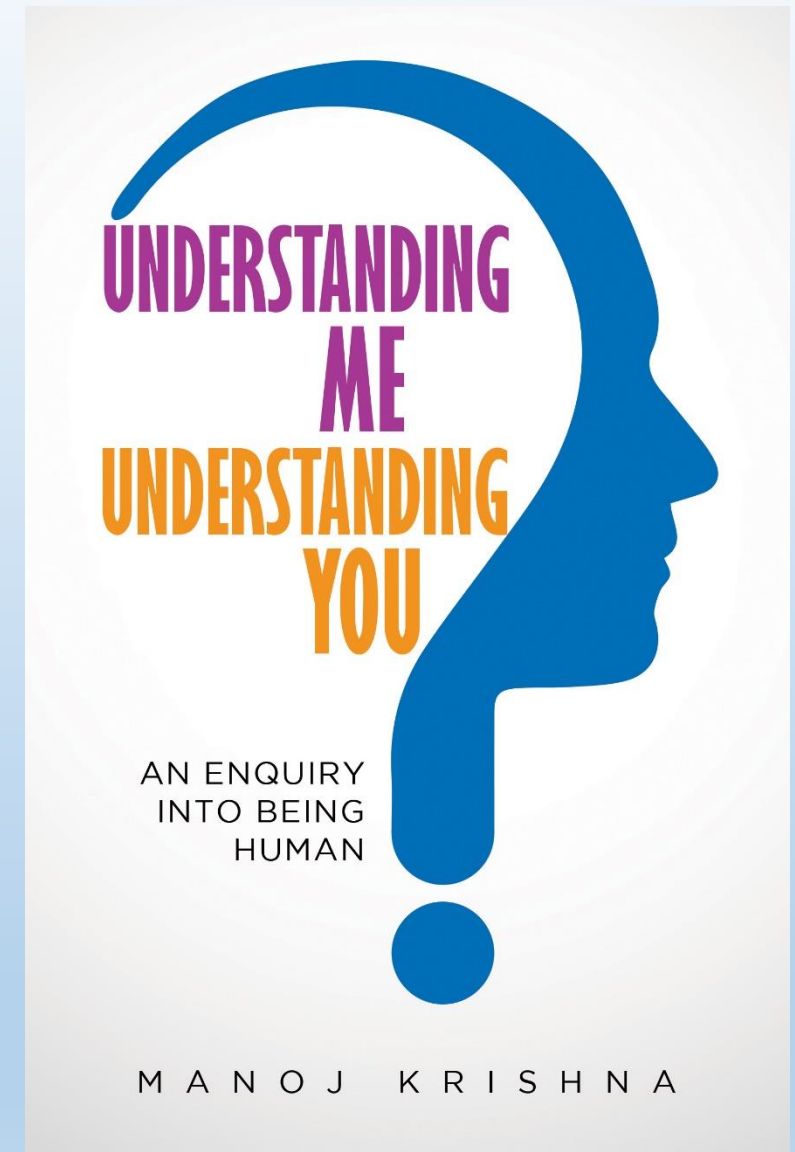
- Different computers have unique content stored in their hard drives, but share the same operating system which is hidden from the user
- The human mind is similar. We all have different memories stored in our brains, which we feel makes us unique, but hidden from our awareness, the human mind functions in the same way in all of us.
- We all feel the same emotions with the same mechanism behind them, are conditioned, are violent, always want more and are never satisfied, and yearn for a sense of deep peace within
- We are all attached to the content of our memory, which we call the 'I'

Do our minds function in the same way?

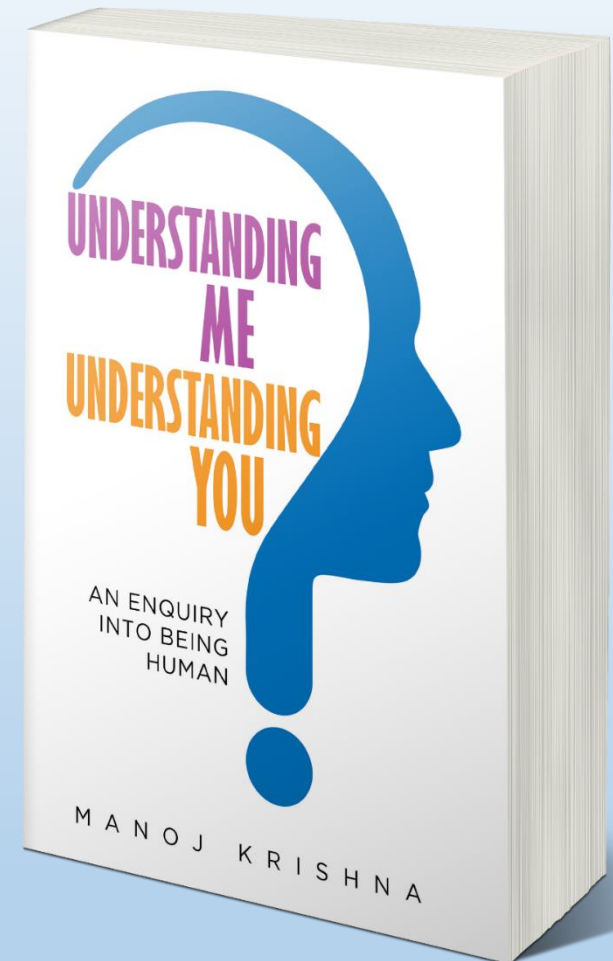
- We all experience the same emotions
- We may all be afraid of different things but the nature of fear is the same in us all
- We may want different things in our life, but the nature of desire is the same
- We all have many hidden psychological needs we expect others to meet
- We are all conditioned by our past, which dictates our thoughts and actions

- If our minds function in similar ways, can we explore it together, and share what we discover?

- A road-map to navigate our inner spaces
- Exploring the way our shared minds work
- Many processes are hidden, behind the screen of our awareness
- Understanding brings illumination
- This leads to change without effort



- Just a mirror in which we can understand ourselves clearly
- No new philosophy or belief system
- No set of rules to follow
- No authority figure
- No new group to belong to
- Brings human beings together



How do we begin?

- Just as we watch a bird fly across the sky, just watching
- Observe our thoughts and feelings as they arise in us, and then explore what lies behind them
- A scientific approach – Question. Doubt. Don't just believe. Find out for yourself.

Core principles

Accept what we find when we look within

Be aware of our hidden need for pleasure, security, recognition and our self-interest in operation

Recognise we have a fear of change and want to justify our status quo

Core Principles

- Have 2 boxes
- One for the facts
- Another for our opinion about the fact
- Just focus on uncovering the facts
- That brings its own intelligence

‘Let the fact operate. Don’t operate on the fact’ –J Krishnamurti

Core Principles

- Change occurs without effort
- By just seeing clearly
- Knowledge is useful to solve problems in the world outside- eg a flat tyre
- Understanding is needed to solve a psychological problem
- The 'I' that wants to not be stressed comes from the same mind that the stress comes from, so it is not able to do so

Core principles

- The truth (or the fact) has to be discovered by each one of us for ourselves, through our own observations
- Cannot be given to another

Core principles

- The right question can unlock the hidden facts
- ‘In what ways am I conditioned by my past’
- ‘What are my hidden fears and how do they affect my life’
- ‘How does my hidden self-interest operate in my life’
- ‘What is the entity that feels hurt’

Core Principles

- No 'good' or 'bad' – just the fact
- No 'should' or 'should not' – just the fact
- Every reaction we have is an opportunity to learn about ourselves

- None of our emotions are good or bad. They just are. Understanding them deeply allows intelligence to operate.
- Just as the sunshine is essential for life, but can also cause skin cancer, so we can protect ourselves.
- Just because a road has potholes, doesn't mean we stop walking, we just see them clearly and can avoid them.

Exploring Belief

- We say we are Christian, or Jewish or Hindu or Muslim, but never ask ‘What is the nature of belief? What makes us believe in something?’
- After all, belief is non-fact. If it’s a fact, we don’t need to believe in it
- Our beliefs provide psychological security, the comfort of belonging to a group and answers to our fears – so we become attached to them and never question them.
- They also divide man from man, and can create conflict – just look around the world and its self-evident

Conditioning

- "Conditioning obstructs our view of reality" - Bruce Lee
- "What has been, is what it seems will be, unless we can break our conditioning, by realising our conditioning. That's the only way we can break free from the cycle of history" - James Dye

Conditioning

- All our past experiences, and inputs from our environment are stored In our memory
- That dictates our thoughts and actions
- We see people through the screen of this memory and of the hurts we have felt
- We are not aware of this process, and think they are 'our' ideas and want to defend them
- Understanding this can allow us to ask how we are conditioned and bring real freedom to live with intelligence in the present

How can this understanding solve real world problems?

- Home grown terrorism
 - Born and educated here
 - Come under the influence of others or watch some videos
 - Think its okay to go and kill people
-
- If they were educated about the nature of belief and conditioning, would they have still done that?

Relationships

- "If civilisation is to survive, we must cultivate the science of human relationships – the ability of all peoples, of all kinds, to live together, in the same world at peace" - Franklin D. Roosevelt
- "The river that flows in you also flows in me"- Kabir.

Relationships

OUR NEEDS

- Listened to
 - Understood
 - Loved
 - Physical affection
 - Be important
 - Be stimulated
 - Power
 - Not feel alone
- Feel bad if our needs are not met and blame the other person
 - Withhold our affection
 - Not do things the other person wants
 - Do we say we 'love' someone when they meet all our needs?
 - And 'hate' them when they don't?

Sorrow

- "The keenest sorrow is to recognise ourselves as the sole cause of all our adversities" - Sophocles

Why do we get hurt?

- Unmet expectations/desires
 - Images
 - Criticism
 - Hidden needs are not met in a relationship
 - Our sense of being important is challenged
 - Loss of a person/thing we value
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- Understanding this allows us to explore these factors, take responsibility and not blame the other person for hurting us

Exploring stress

- Many different causes of stress, but the same mechanism
- Something out there, reacts with something in our mind, creating a feeling we don't like
- We usually blame the person/event for our stress
- Empowers us, and that change is long-lasting
- Because the reaction of stress occurs in our mind, we can find out what is causing that, and take responsibility for changing our perspective, if needed.

Responding to Sorrow/Stress

- Distract ourselves through pleasure/habit/addiction
- Exercise
- Mindfulness
- Yoga
- Medication
- Counselling/Psychotherapy
- Become religious
- Join a group

But the underlying engine
which creates the sorrow and
stress continues in the
background

We are unaware of it and
even if we are, don't know
what to do

The Project

- Humanenquiry.com – videos, blogs, questions for self-enquiry, mind-maps
- Facebook- @humanenquiry
- Podcasts – on Itunes (Google ‘itunes humanenquiry’)
- Pilot Programs
- Organisational development

Education

- Brockwood park school – Podcast
- Yarm School – Dialogue group
- University outreach
- Evaluate the different models and use data to widen uptake of the project
- Principle is to allow students to discover the facts for themselves by asking questions and exploring with them, as another human being, asking questions of life

Long term goals

- Every young person who leaves education, should also be able to understand themselves and how their minds work
- Bring interested people together to explore the way our minds work, see if we can change deeply, and make the world a better place
- Enable everyone to reap the benefits that flow from understanding ourselves and how our minds work

Discovering a sense of sacred

- From the beginning of time man has enquired into the human condition
- This enquiry has led people from every century and every tradition to experience a sense of the sacred
- Emerges from the deep silence that comes naturally, when we look within and as part of this enquiry

‘I looked for God and found only myself. I looked for myself and found God’
Rumi.

Thank You

Humanenquiry.com
info@humanenquiry.com