

Research Proposal

Insight Framework for human well-being and development

1. Problem Statement

The world we live in today is an epitome of everything that is wrong with humankind. Ongoing wars, famines on a global scale including the latest pandemic situation have become the normal routine of our daily life. Despite the tremendous technological progress, why have human beings throughout the world not been able to resolve daily problems of life? What are the things that prevent the solution of these problems completely? "Could there be something we don't yet know about ourselves which could change everything?" Are we harboring erroneous concepts in the contemporary scientific worldview? Can we rectify this by exploring new ideas?

The objective of this research is to explore the idea of knowing who we are as an essential precondition for our well-being. For years, we have speculated the truth about who we really are, but these stories are all over the place, they conflict with each other. How would you then explain your existence? How would you go about answering the questions "What is reality?", "What can I know?", and "Who am I?" Religion, politics, structures such as socialism, capitalism, communism all have failed as they are not dealing with the fundamental nature of man but mere changes to the external environment which has not much value if a man is inwardly stressed and confused? The fundamental cause of this misery in the world is the lack of understanding of the process of ourselves.

This brings us to the worldview upheld in society today which pervades our understanding of who we are and our place in the universe. Since the birth of the social sciences 150+ years ago, we've taken for granted that the mind and society obey the familiar laws of classical physics. Our normative theorizing about social life today assumes a world of separable, constitutionally pre-social individuals who then struggle to achieve sociability. It is shown that both in relativity theory and quantum theory,

notions implying the undivided wholeness of the universe provides a much more stable ground for considering the general nature of reality. By investigating the workings of the mind, brain, human behaviour and nature of reality this paper intends to influence public policymaking to explore the significance of this to address social problems in society.

The research intends to draw attention to the widespread distinction between people(nation, religion, caste, family ..) as a factor preventing us from working together for the common good as we see the world as 'broken up' into independent and self-existent parts. This line of thinking has led humans towards the path of self-aggrandisement, selfishly seek more for themselves, people they identify with, disregard needs of others and not treat humanity as the basic whose claims come first. There is also the issue of regarding nature separate from mankind. The hypothesis here is our general way of thinking of the reality, is crucial for the overall order of the human mind itself. If we think of the reality as broken up into parts, then that is how the mind will tend to operate, but we can include everything in an overall whole that is undivided then our mind will tend to move similarly, and from this will flow an orderly action. This is an essential factor for our well-being and development as human beings.

The research proposes to develop an “insight framework” as a tool that can be deployed to enable individuals to explore this nature of fragmentation and the worldview of wholeness. Apart from reviewing behavioural change and sociology theories, the components in the framework will be informed on the works of David Bohm’s book “wholeness and implicate order”, philosophers like J Krishnamurti, Sri Aurobindo, Rupert Spira, and other current-day non-duality practitioners who follow the method of self-inquiry¹. The framework intends to a) review our current understanding of who we are and our place in the universe b) what are the factors that have contributed to this understanding for example thoughts, knowledge, language, and education c) integrate learnings from physics with our commonly held notions of the worldview. The practical

¹ <https://jkrishnamurti.org>. <https://www.sriurobindoashram.org/sriurobindo/>, <https://non-duality.rupertspira.com>

value of this would be that actions performed by the individuals in their daily life informed by the new understanding would lead to better well-being outcomes for themselves and the society in general.

2. Framework

The framework incorporates four components as mechanisms for an individual to explore the workings of the mind and arrive at the ground of true nature in a step-by-step manner. By observing and understanding the process of the components *thought, knowledge, structure of language, and scientific notions of the nature of reality* the framework intends to highlight the fragmentary worldview widespread in the society and among individuals, as means to reflect on the undivided unbroken wholeness of reality discussed in Bohm’s book². The theoretical understanding of each of these components will be used to design the interventions in the form of a questionnaire, intuitive exercises, audio, or video material to guide individuals.

Components	Theoretical	Intervention
Thought and knowledge	<p>The “fragmentation” which has been brought about by our thinking process is explored here.</p> <p>The mode of thought of dividing things up (for example dividing a project into smaller numbers of tasks) to achieve practical convenience has been extended more broadly to man’s notion of himself and the world he lives in. This fragmentary self-worldview has led humans to act in ways creating confusion and conflict.</p>	<p>The intervention will assist individuals to</p> <ul style="list-style-type: none"> a. understand the mechanics of the thinking process through observation b. source of our thoughts c. review our actions <p>informed by functional thoughts(driving, cooking) vs. thoughts in the psychological domain of self, dogmas, beliefs etc.</p>

² Theoretical physicist David Bohm book “Wholeness and Implicate order”

<p>Structure of language</p>	<p>This component explores the role of language in bringing about fragmentation of thought. The subject-verb-object structure of modern languages has led to dividing existence into fragments which are fixed and static in nature.</p>	<p>The intervention will adopt and build on the rheo-mode language developed by Dr. Bohm in his book. It will assist individuals to understand how the existing language contributes to fragmentation and changing language structure to the rheo-mode format showcases unbroken flowing movement of existence as a whole.</p>
<p>Scientific notions of the nature of reality</p>	<p>This component highlights the currently held notion in the society that the order of the universe as mechanistic is deep-rooted even though modern physics is demanding a new world view with both relativity theory and quantum theory implying the undivided wholeness to be the general order of the universe</p>	<p>The intervention will highlight how the mechanistic order of the universe is deeply entrenched in our thinking, institutions, relationships with other people and assist individuals to observe their daily actions and decisions informed by this view.</p>

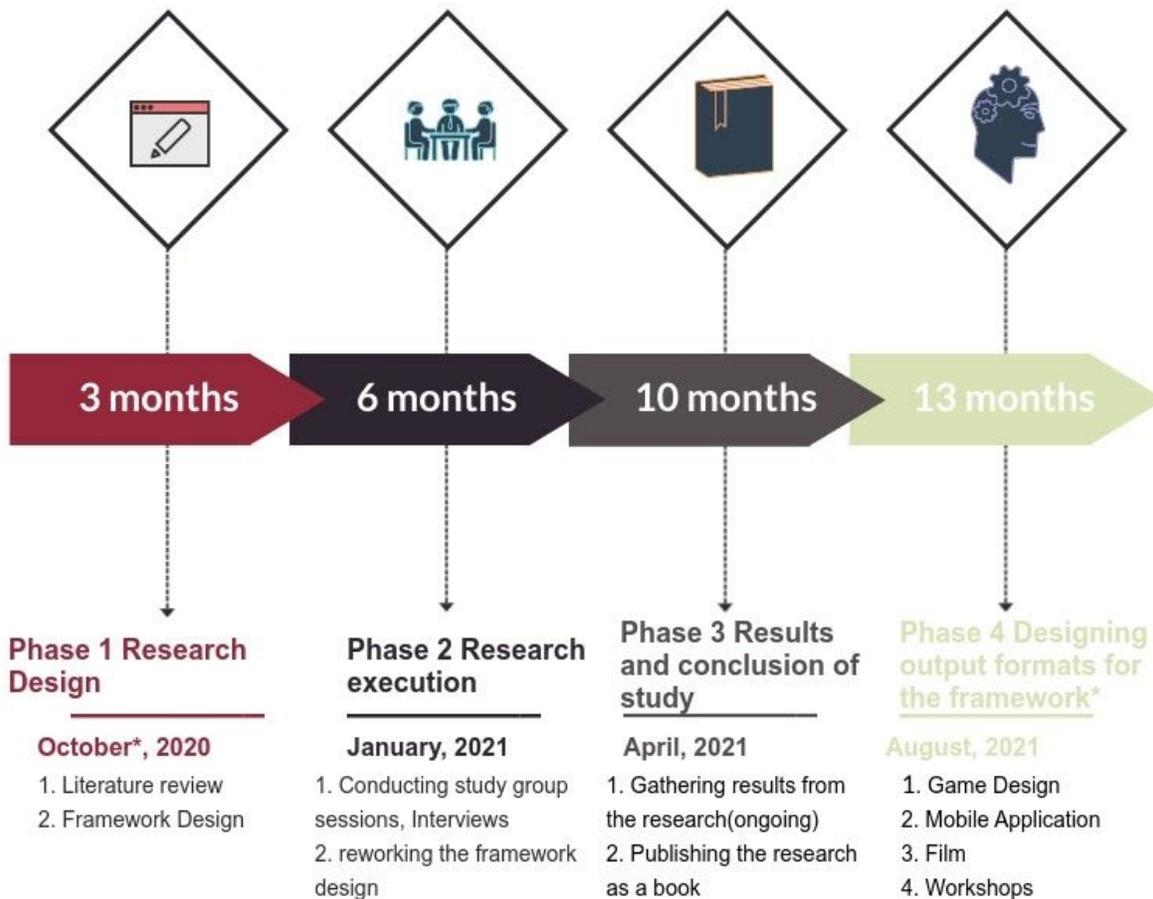
3. Research design and methods

This research will follow an exploratory research design to address the research question logically and as unambiguously as possible. As there are no earlier studies to refer to or rely upon, this research will focus on gaining insights to devise the most effective ways in which we can study this issue and methodologies to gather data. The research will work with the standard well-being measures as a baseline to capture outcomes of the study with further adaptation.

The theoretical understanding of each of the components of the insight framework discussed above is applied to a study group using the methods of focus group interviews, surveys, and open-ended questions. The people selected for this study will be relatively homogenous with similar lifestyles and experiences. The researchers will be active participants in the study. The study will deploy both quantitative and qualitative research methods to gain a depth understanding of behaviour and changes. The qualitative study to include interviews, focus group interviews, [observations](#), and unstructured questionnaires using open-ended questions. Preferably, qualitative research is conducted in a natural setting. Methods to collect quantitative data are e.g. surveys, structured questionnaires, and online polls, using close-ended questions.

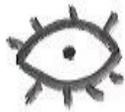
The research in its essence involves the method of asking the right question and review the appropriateness of the question as most questions are loaded with presuppositions. If the presuppositions are inaccurate then the question is not valid. So if we could suspend everything we know and keep an open mind like a scientist examining the concepts for the first time we will come to a greater understanding.

FOUR PHASE PROCESS



* Assuming start date of project as 1st October

* will evolve depending on the output format



FRAMEWORK.

RESEARCH OBJECTIVE

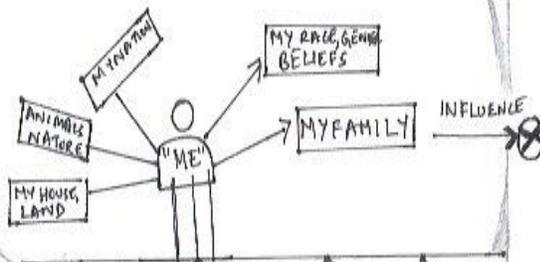
a. Review structure and working of our mind program



To influence our actions

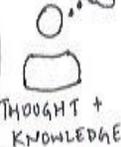


FRAGMENTARY VIEW OF THE WORLD BROKEN INTO PIECES AND EXPERIENCE OF REALITY FROM "ME" AS CENTER.

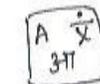


INFLUENCED BY

KEY FACTORS



THOUGHT + KNOWLEDGE



LANGUAGE



SCIENCE

ACTIONS IN THE WORLD



EXISTING WORLDVIEW

FRAGMENTATION



- X DISORDER
- X CHAOS
- X CONFLICT
- X STRESS
- X CONFUSION

RESEARCH METHOD



OBSERVATION



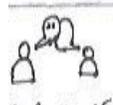
SELF INQUIRY EXPERTS



RIGHT QUESTIONS



THEORETICAL MODELS



DIALOGUE

P E R C E P T I O N

STEP-BY-STEP INQUIRY INTO

INFORMED INSIGHT LEADING CHANGE IN OUR ACTIONS

UNDERSTANDING BY OUR OWN EXPERIENCE



WHOLENESS + INTERCONNECTEDNESS



PEACE



LOVE



- V ORDER
- V PEACE
- V HARMONY
- V ABUNDANCE