

Chapter

7

# Harmony of the Self with the Body

## – Understanding Self-regulation and Health

### Basic Human Aspiration

Continuous Happiness and Prosperity

### Happiness is to be in Harmony

### Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at All Levels of Being



#### Harmony in the Human Being

#### Chapter 5-7

Harmony in the Family

Chapter 8

Harmony in the Society

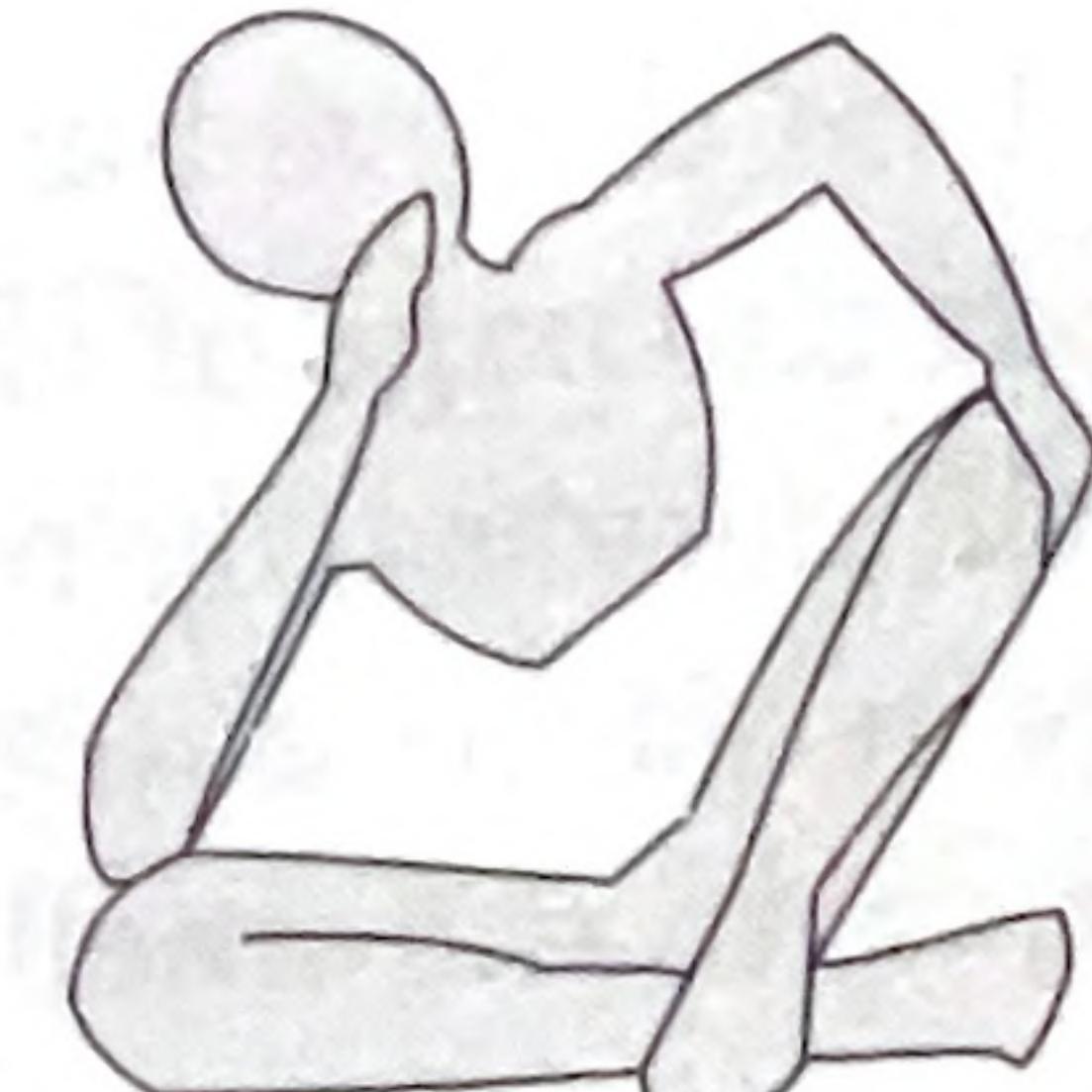
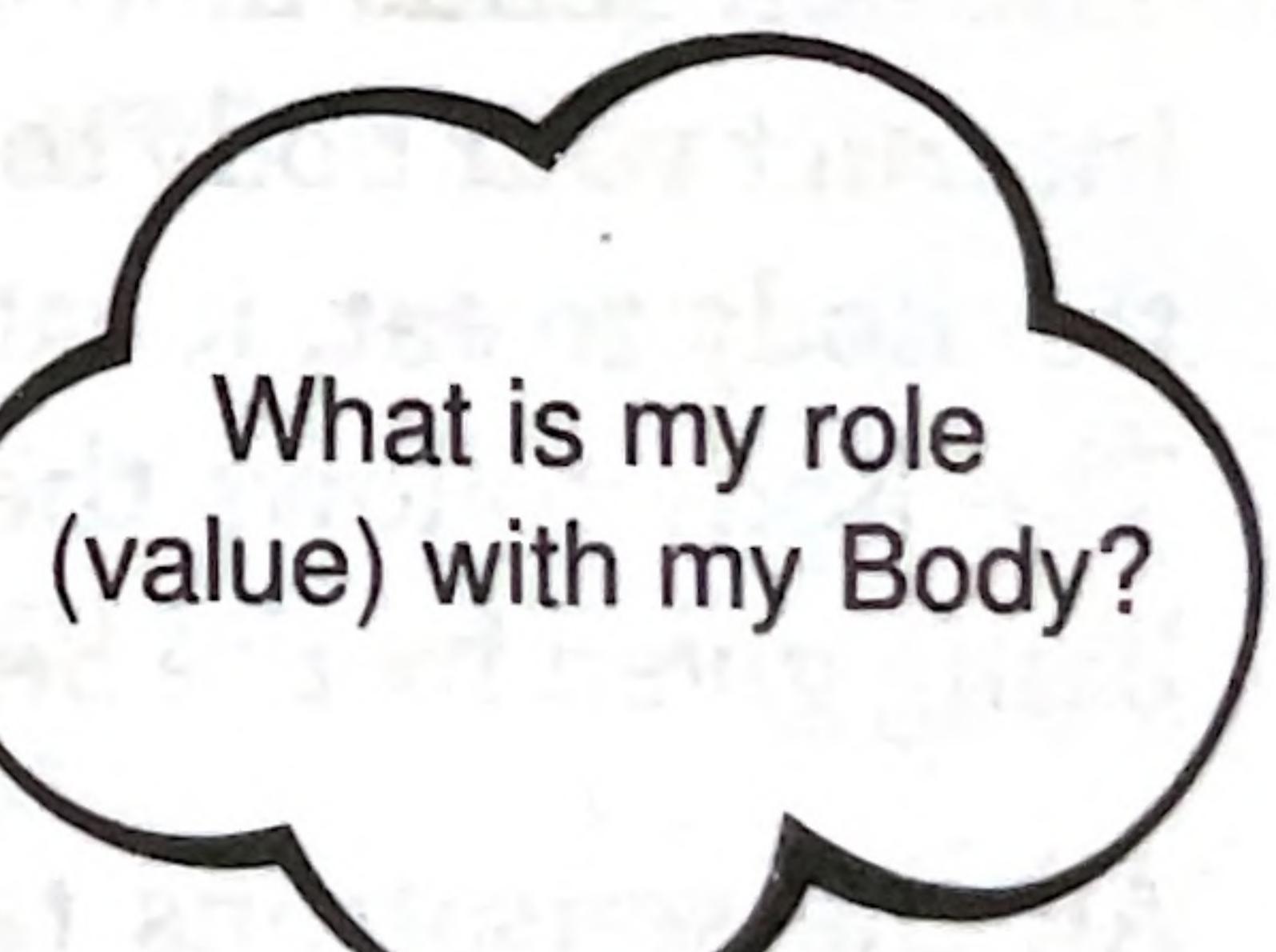
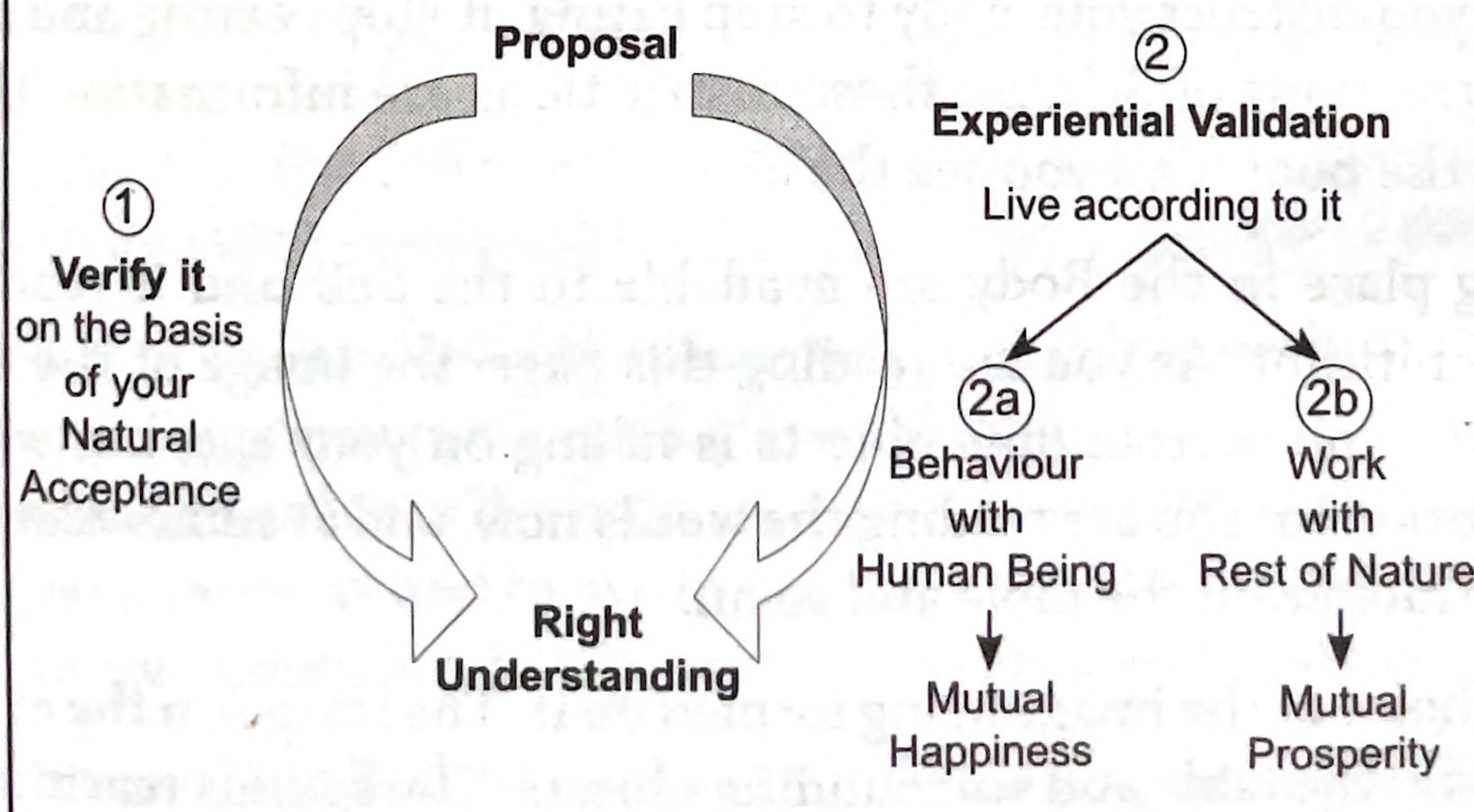
Chapter 9

Harmony in Nature/Existence

Chapter 10-11

### Process of Understanding

Whatever is stated is a **Proposal** (Do not assume it to be true/false)  
Verify it on your own right



## Recap

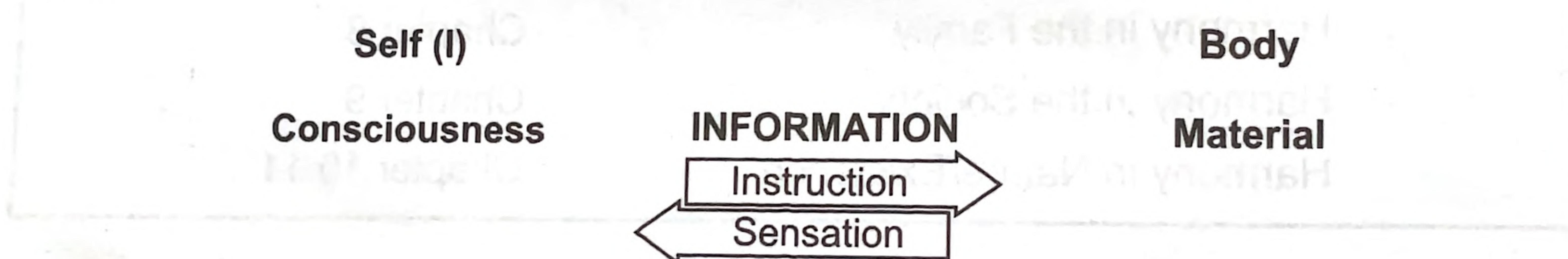
When we now look at human being, the Self (consciousness) is there, the Body (material) is there and there is co-existence between the two – the Self and the Body. It is the Self that is taking the responsibility for the fulfilment of the needs of both itself as well as the Body and to maintain the co-existence between the two.

The Self is the one that has the will to live with continuous happiness, which is its need. It is taking the responsibility to fulfil that need by ensuring harmony within. It is developing right understanding and right feeling in itself for that. In the process, the Body is used as and when required, as an instrument.

In the previous chapter, we discussed the harmony in the Self. With harmony within, the Self is in a state to maintain the harmony with the Body. In this chapter, we will discuss the harmony of the Self with the Body. This will also help us to understand prosperity in greater detail.

## The Self as the Seer-Doer-Enjoyer (Body as an Instrument)

Now that we have seen the human being as co-existence of Self and the Body, we can go into the details of the co-existence between the two. Refer to fig. 7-1. The Self is a unit of consciousness and it is in co-existence with the material Body. It is the Self that makes all the decisions and uses the Body to execute them, as and when required.



*Fig. 7-1. Interaction of the Self with the Body*

The Self sends instructions to the Body and the Body follows those instructions. If you instruct your body to stand, it stands; if you instruct the Body to sit, it sits; if you instruct the Body to eat, it eats; if you instruct your body to stop eating, it stops eating and so on. The Body follows the instructions of Self. All these instructions are information that is being given by the Self to the Body. Can you see that?

All the sensations taking place in the Body are available to the Self and it reads the sensations it considers significant. As you are reading this page, the image of the whole page, and perhaps the table and surrounding objects is falling on your eye, but you are selecting what to pay attention to. You are reading the words now, and at some other time you are taking note of the mobile on the table and so on.

Note that the eye has no choice of the image being formed on it. The image on the eye will include the page of the book, the table and surrounding objects. The sounds reaching the ear will necessarily make an impression on it and the same is true for every sense organ. These sensations are pieces of information. Similarly, all the sensations of sound, touch, sight, taste and smell are always available to you. But you access them only as and when you

consider it necessary. You decide what to pay attention to and what not to pay attention to. Can you observe that happening?

To take an example, when you want to eat a sweet, you instruct the Body to walk to your favourite sweet shop, pay the money to buy the sweet, put the sweet in the mouth and so on. Who is giving the instructions in this process – the Self or the Body? The Self is giving instruction to the Body, and the Body is acting accordingly. When the sweet comes in contact with the tongue, it creates a sensation at the tongue and you read that sensation as taste. Once the sweet goes down the throat, the sensation of taste is not available to the Self any more, and the sweet is in the process of digestion by the Body.

Try to observe the Self, the Body and the transactions between the Self and the Body. The instructions are sent to the Body by the Self and the sensations from the Body are being selectively read by the Self. All these transactions are in the form of information. No material transaction is taking place.

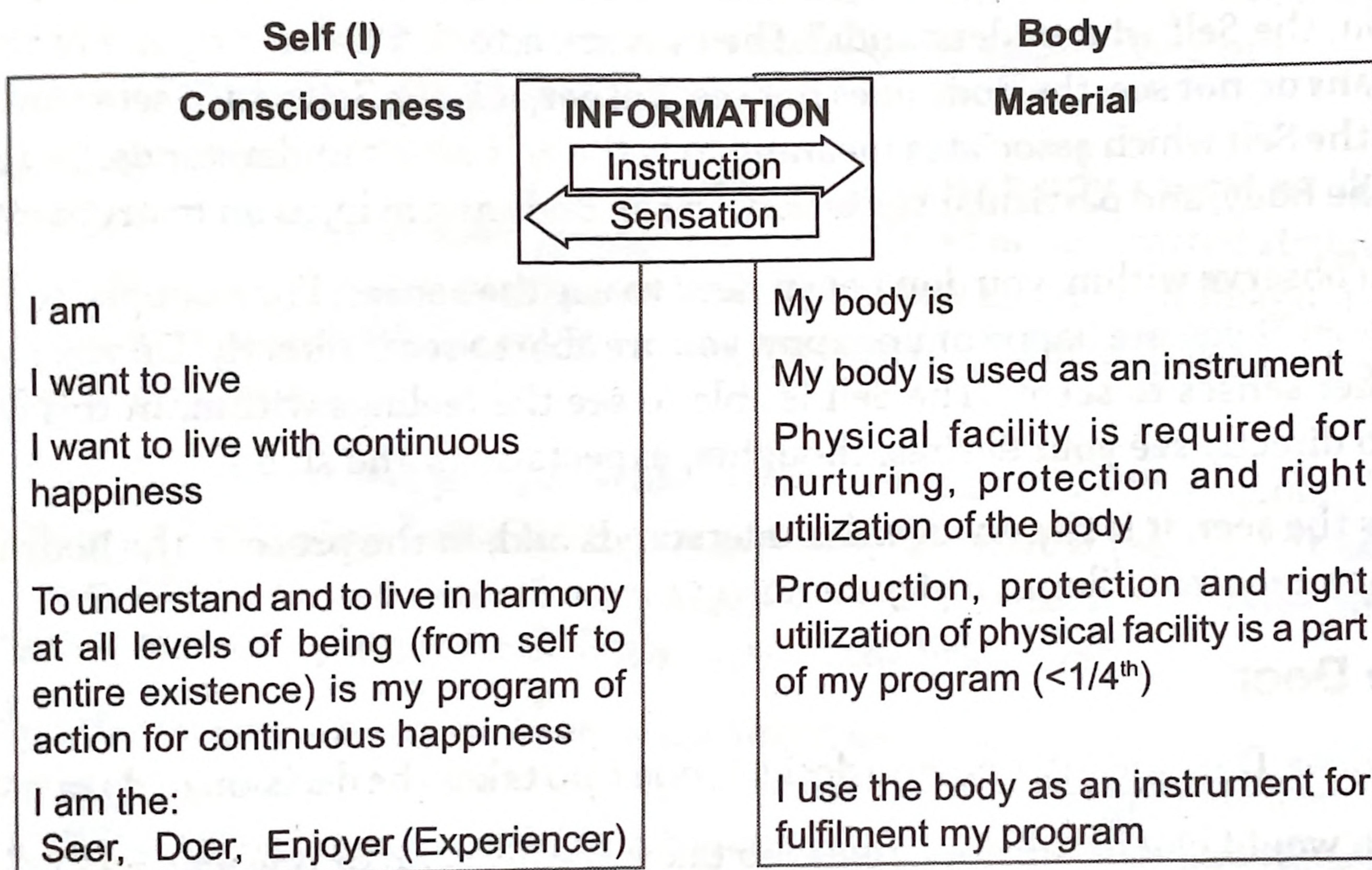


Fig. 7-2. Role of the Self and the Body (Instrument)

Refer to fig. 7-2. The Self (consciousness) is there and the Body (material) is there. There is a will to live with continuous happiness in the Self. That is the need of the Self.

Recall that it is you (Self) that has the will to live with continuous happiness. This continuous happiness is the need of the Self and it is fulfilled by right understanding and right feeling. In order to live with continuous happiness, the programme of the Self is to understand harmony and to live in harmony at all levels of being – from self to the entire existence, i.e. individual, family, society and nature/existence.

In this process, the Body is used as an instrument. For nurturing, protecting and rightly utilizing this instrument, physical facility is required from time to time. A part of my programme is to produce the required physical facility, and also to protect it and rightly utilize it. This production, protection and right utilization of physical facility is only a part

of my full programme. A rough estimate is that the programme related to physical facility is less than one fourth of my programme. Physical facility is required primarily to ensure harmony with the Body – my body and the Body of my family members. It is also required for right utilisation of the Body.

The need of the Self is the primary need of human being. The programme of understanding harmony and living in harmony at all four levels (individual, family, society, nature/existence) is the complete programme. In this programme, the Body is a useful tool, a useful instrument. In this way, we can see that Self is playing the major role. It is the Self that is the seer, doer and enjoyer.

### I am the Seer

It is the Self that sees the reality; that understands the reality.

You can observe that while reading this book at this moment, you are seeing the words with the help of your eyes. Is it the eyes that understand, associate meaning to the words or is it you, the Self who understands? The eyes are a tool. The eyes or any of the other sense organs do not see, the Body does not see. Rather, it is the Self which sees through the eyes, it is the Self which associates meaning, it is the Self which understands. Of course, it may use the Body, and particular sensations in the Body as a help, as an instrument to see.

When you observe within, you don't even need to use the senses. For example, to see your feeling, to see if you are happy or unhappy, you are able to see it directly. Do you need eyes or any other senses to see it? The Self is able to see the feelings within. In this way, you are able to directly see your desires, thoughts, expectations and so on.

The Self is the seer, it is the one which understands and, in the process, the Body is used, as and when required, like an instrument.

### I am the Doer

Self is the doer. Doer means, one who decides, one who takes the decision to do or not to do.

Whom you would like to call doer, one who takes the decision or one who just follows it? For example, you are reading this book right now with the help of your eyes. Now, observe who has taken the decision to read the book – eyes or you (the Self)? Since you decide what to do and what not to do – you are the doer. To execute your decision, you use the Body as and when required.

Further, there are activities of the Self where the Body is not at all involved, like desire, thought and expectation. Remember the example of thinking of taking revenge for two hours? At the end of two hours who dropped the idea – the Self or the Body? You can see that it is the Self that decided.

In this way, I am the doer.

### I am the Enjoyer (Experiencer)

It is the Self that feels enthused or depressed or angry or delighted – the feelings are in the Self and not in the Body. Of course, there is an impact of these feelings on the Body;

so if you are enthused, your body is more energetic; if you feel angry, your breathing may become faster and so on.

It is the Self that experiences the happiness and unhappiness. In that sense, I am the enjoyer.

### **Self is the Seer-Doer-Enjoyer**

We can see that I (Self) am the seer, doer and enjoyer while the Body is used as an instrument as and when required. Try to verify this in yourself.

## **Body as a Self-organised System and an Instrument of the Self**

The Body is a wonderful self-organized unit. It has so many parts. Each part is co-existing in harmony with every other part. The eyes are well connected to the brain; the mouth, the stomach and the whole digestive system is synchronized and so it is for every organ, every cell of the Body – and I have to do nothing to make these connections or to synchronize the various parts or to deal with every cell.

Just imagine if the parts of the Body were fighting with each other, what would happen. What if the lungs got into opposition with the heart, the stomach started struggling with the kidney, the hands got into conflict with the head, and so on! Just imagine, if we had to keep track of every bone in the Body, organize and manage them! It is a good thing that the Body is self-organised.

It grows from two cells to the size of a child, to an adult size in a well-organized manner, and every cell of the Body is contributing to it. It absorbs what is required. It assimilates what is absorbed into various cells, tissues, organs, etc. It excretes what it does not require. When there is any disharmony in the Body, it generally heals itself.

The Body is like an instrument, an equipment which we can use, as and when required, for fulfilling our programme – i.e. for happiness and prosperity. Our role vis-à-vis the Body is to understand its self-organisation and do what is required to maintain it, to keep it in harmony, in good health. This is what we will explore next.

## **Harmony of the Self with the Body**

Refer to fig. 7-3. Just like any instrument or equipment that we use, we have the responsibility for its upkeep, repair and maintenance etc. For example, if I am using a car, I have the responsibility to take care of the car – to fill petrol in the car, to protect the car from meeting an accident and so on.

Our responsibility toward the Body is in terms of nurturing the Body, protecting the Body and rightly utilizing the Body. Nurturing the Body is by providing the right air, water, food, sunlight, etc. Protection is from unfavourable conditions. Right utilization would mean using the Body for the purpose of the Self. The feeling of responsibility toward the Body is called as the feeling of self-regulation.

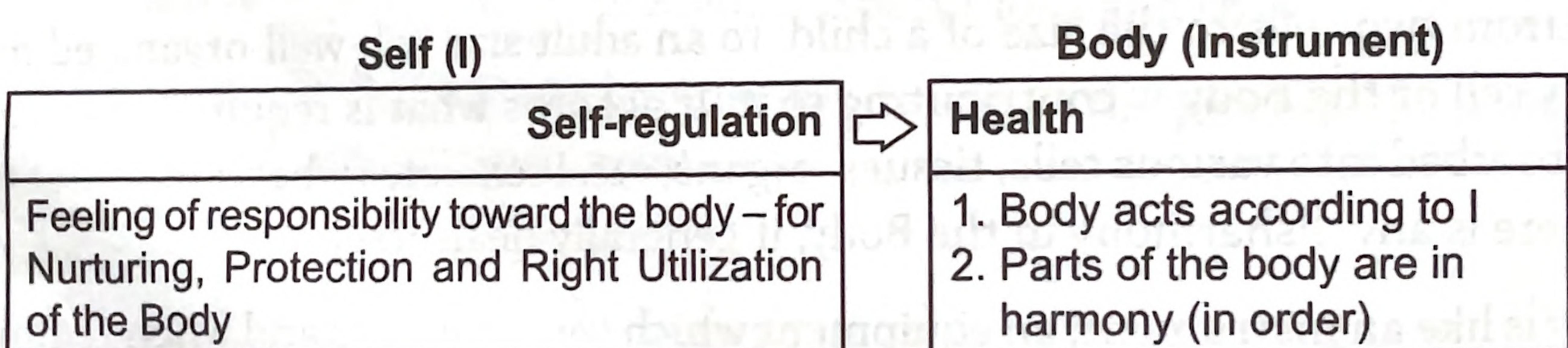
**Feeling of self-regulation = the feeling of responsibility toward the Body  
- for nurturing, protection and right utilization of the Body.**

This self-regulation is not restraining or controlling, but rather it is identifying the responsibility and having commitment towards the Body. With this feeling of self-regulation in me, I make a programme to nurture, protect and rightly utilize the Body, thus ensure the health of the Body. When I am able to execute this programme, the Body remains in good health.

### **Health of the Body =**

- 1. The Body acts according to the instructions of the Self**
- 2. The parts of the Body are in harmony (in order)**

The Body is healthy if it is able to perform the instructions of the Self. When you ask the Body to get up at 5:00 AM, it is able to spring out of bed refreshed. When you ask the Body to play a vigorous game of football, it is able to run and jump as you instruct it. When you ask the Body to sit for four hours so you can study for the exams, it is able to sit erect without back support for four hours. That is a healthy body. On the other hand, if the Body is not able to get up or run and jump or sit up straight when you ask it to, you say it is an unhealthy body, a sick body. When the Body is not able to follow your instructions, you come to know that there is something wrong with the Body. The first indicator of the health of the Body is that it is able to act according to the instructions of the Self.



*Fig. 7-3: Self-regulation in the Self and Health in the Body*

The second indicator of a healthy body is that different parts of the Body are in harmony amongst each other, they are in order. The human body is composed of several organ systems (like the skeletal, muscular, respiratory, digestive, excretory, circulatory, nervous, endocrine, exocrine, lymphatic and reproductive systems). In a healthy body all these are in harmony. When we place some food in the mouth, saliva with ptyalin is released. It mixes with the food as we chew and helps to convert starch in the food into glucose. Almost half the digestion process is completed before the food goes down the throat! Like that, every system is doing something and it is finely balanced with all the other systems. In general, we may not be aware of all this till we fall sick – when the harmony of the Body is disturbed.

What do we do when the Body is healthy? It is my responsibility to make right utilization of the Body. That is, I utilise the Body in fulfilling my need. As we have seen, our basic aspiration is continuous happiness and prosperity, so right utilization of the Body would mean I am using the Body toward this end. I will be able to do this only if I have this feeling

of self-regulation in me. If this feeling of responsibility is not there, I may end up misusing the Body, using it to get happiness through favourable sensation, from overeating tasty food for instance and, in the process, making the Body unhealthy.

As far as health of the Body is concerned, the feeling of self-regulation in the Self is primary and the health in the Body is a natural consequence. Can you see that?

When the feeling of self-regulation is there in the Self and there is health in the Body, these two together ensure the harmony of the Self with the Body.

## Appraisal of the Current Status

Over the last 100 years or so, there have been significant improvements in terms of longer life-spans, in dealing with communicable diseases and trauma, but yet, ensuring health remains a question mark. Lifestyle related disorders like obesity and alcoholism are increasing; and so are mental disorders, like depression. With an ever-busy lifestyle, looking for instant results, there is an inclination towards medication and treatment rather than on a comprehensive programme for health.

When we look at these issues with the background of what has been discussed so far, these are not the problem, but rather, these are some of the symptoms. The problem is in the wrong assumptions, one of which is that human being is the Body. With this assumption, as we explored in chapter 5, happiness is sought through pleasant sensation through the Body. Over eating and consumption of “junk food” etc. has become common. The Body is harmed due to excessive consumption or over indulgence for favourable sensation. Since continuity of happiness cannot be ensured in this manner, people tend to take to escape routes, including alcohol and drugs which further aggravate the ill-health.

Further, the assumption that we will get happiness from sensation though the consumption of physical facility has led to a high demand for it. The production and sale of physical facility has become primarily for profit, so much so that the food produced has large quantities of harmful chemicals, primarily from the fertilizers, insecticides, etc. used in the process of farming. Adulteration of food has also become common. This, and such other activities, have resulted in contaminated intake: of food, air, water and even sunlight!

Most of the present-day disorders are psycho-somatic in nature. Psycho = having to do with the Self. Somatic = having to do with the Body. The state of the Self has an effect on the Body. A simple example of this is rise in blood pressure when one is angry. The state of the Body also has an effect on the Self. Having a bath refreshes the Body and also has a soothing effect on the Self. These effects are very prominent when the individual is living with the assumption “I am the Body”.

## The Way Ahead

There is a need to understand human being as it is (as co-existence of Self and Body). It is essential to understand the needs of the human being and work to fulfil them. With this basic understanding, there can be a major shift in paradigm.

The significant part is having the feeling of self-regulation in the Self. This can happen only when the Self is in harmony, i.e. there is right understanding and right feeling in the Self. With a feeling of self-regulation, the Body will naturally be nurtured, protected and rightly utilized, resulting in good health of the Body. Then, with the family level supporting individual efforts of providing a conducive environment, healthy food and home remedies, etc., long-term health of the Body can be ensured.

Some aspects of it have been brought up for exploration in this chapter. However, a detailed study needs to be done for ensuring both self-regulation and health at the individual, family level and beyond.

## **Programme for Self-regulation and Health**

How will the feeling of self-regulation in the Self be expressed? What will be the programme for maintaining health of the Body? Such a programme must necessarily include nurturing the Body, protection of the Body and right utilization of the Body. This is what we want to explore into now.

### **Nurturing the Body**

As we have seen, the Body is, by nature, a harmonious organization. Nurturing means providing the necessary inputs to it. The right inputs nurture the Body, without disturbing its harmony. The Body is not in isolation – it is in an environment which has some impact on it. The state of the Body, the inputs and the environment together could be a cause for disharmony in the Body. To correct these, medicine or medicine with treatment may be required.

Overall, the programme for nurturing and maintaining health of the Body includes the following:

- |  |                                 |
|--|---------------------------------|
| 1a. Intake   | 1b. Routine                     |
| 2a. Physical Labour                                | 2b. Exercise                    |
| 3a. Balancing internal and external organs of body | 3b. Balancing breathing of body |
| 4a. Medicine                                       | 4b. Treatment                   |

1a. The first part is the intake, all that the Body takes in. It includes the air it breathes, the water it drinks, the sunlight it absorbs, the food given to it and so on. The Body needs to be able to take what it needs from the intake for its nurturing and protection. The air needs to have the necessary oxygen and other ingredients; the water should have the requisite purity, the minerals and other required micro-nutrients. In most of India, keeping the Body for about two hours per day in sunlight is required for absorption of sufficient vitamin D. As far as the food is concerned, it has to be nutritious, it should be easy to digest and of course, it must be tasty for the Self. Taste is one way the Body recognises the food and secretes appropriate digestive juices – these are different for acidic and alkaline foods, for

example. Of course, the undeveloped Self may indulge in a particular food, just for getting happiness from the taste! Another important quality of intake, particularly food, is that after the necessary ingredients from it are absorbed by the Body, the remaining waste should be excretal. That happens through the breathing, the sweat as well as the end of the digestive system.

- 1b. A regular routine is required in order to keep the Body healthy. For instance, it is necessary to develop a daily routine which includes activities like waking up, cleaning the Body, eating (and not eating in between), doing physical work and sleeping. Similarly, seasonal changes in routine are necessary. For instance, the digestion becomes sluggish when seasons change, so traditionally, fasting is done or light food is taken during this time. Similarly, appropriate adjustments are required in order to keep the Body in good health in every season.
- 2a. The Body needs adequate movement and exertion to maintain its health. It also needs physical facility for its upkeep. Labour is the effort a human being does on the rest of nature. Labour ensures movement of the Body. There are two categories of labour. The first or main category of labour results in production of physical facility. Some 4-6 hours of labour a day provides sufficient body movements to keep the Body in good health. It is interesting to note that with this much labour, more than enough amount of physical facility can also be produced. Daily two hours of labour in the field is sufficient to grow vegetables for a family of 10, while providing the Body with adequate movement. Sweeping and swabbing your room is labour, through which the Body gets a great aerobic workout and you get a clean room. Cycling five kilometers to work and back, can provide fair movement to the Body. The second category of labour is service in which maintenance and upkeep of a physical facility or body is ensured; even though no new physical facility is produced. Repair/maintenance of instruments/equipment, body massage, haircuts and such service activities fall in the second category. Interestingly, the feeling exchanged in performing the service is an important portion of this category of labour. So, in addition to the way the hair come out, the feeing with which a barber trims your hair is quite important.

A lifestyle which includes appropriate intake, routine and labour, would be generally sufficient to keep the Body in good health. However, if we are unable to do that, or in spite of this effort, there is some disharmony in the Body, there are some more aspects of the programme for self-regulation and health, below.

- 2b. Exercise requires exertion or physical effort; and it also ensures movement of the Body. The major difference between labour and exercise is that in exercise no physical facility is produced. Exercise is quite useful in maintaining the health and fitness of the Body. Various means of exercise include walking, jogging, swimming, weight lifting. Most of the outdoor and indoor games also provide exercise.
- 3a. Due to any reason when internal or external organs get stressed, the harmony of the Body is disturbed. Then, there is a need for balancing them, bringing them

back into harmony. This may be due to repetitive nature of your work, inactivity due to lack of work and exercise or some accidental happening. There is a need for keeping the internal as well as the external organs in harmony by appropriate means.

- 3b. Breathing is a significant activity for the Body. If breathing is disturbed due to any reason, the harmony of the Body gets disturbed. In that case, balancing the breathing of body is necessary, through appropriate breathing exercises.

For the most part, health of the Body can be maintained by these three (1a, 1b, 2a, 2b, 3a and 3b). Despite these, if there is some problem in the health of the Body then we take medicine and ultimately, we also take treatment when all this does not work.

- 4a. The Body is self-organised and naturally in harmony. It is able to recover itself from many disturbances. For example, if there is a cut in the skin, the Body has the capacity to heal that cut. Medicine is used only to assist the Body to return back to harmony. An antiseptic ointment is a medicine for helping the Body heal a cut, while protecting the Body from potential infections. The herbs and condiments used in Oriental cooking are basically medicine. For instance, turmeric is an antiseptic. It is used in many vegetable and lentil preparations. This way medicine becomes a part of food. Such food is not only nurturing for the Body, but it also protects the Body from infections. Medicine is helpful in taking care of lifestyle disorders, non-communicable illnesses as well as communicable diseases.

- 4b. In the event, the Body is not in a state to recover itself back to a state of harmony, there is a need for treatment. For example, if the kidneys are not functioning, dialysis may be an appropriate treatment – the Body is unable to purify the blood so an external equipment is doing that task. Similarly, in the case of an accident, a ventilator may be required to perform the breathing function for the Body, while the Body is occupied in self-healing other aspects. Another example is the use of lifelong drugs, like insulin, to perform some functions of the Body that are deemed to be beyond recovery.

Now you can find out whether this is the right sequence for ensuring health or some other sequence will be more appropriate.

## Protecting the Body

Providing a conducive physical environment includes clothing, shelter, vaccinations, etc. is all a part of protection of the Body.

Weather-appropriate clothing is required to protect the Body from excessive heat, cold, rain, etc. Shelter is required while the Body is resting. Vaccinations are necessary for developing antigens to protect the Body from viruses etc. Like that various protective measures are required for the Body.

[The Body is born, it develops at a natural pace, deteriorates at a natural pace and ultimately it dies. Protecting the Body is largely to ensure that the Body does not deteriorate faster than its natural rate].

## Right Utilisation of the Body

As we have seen in chapter 1, the value of any entity is its purposeful participation in the larger order. In the case of the human body, the larger order is the human being. Therefore, right utilization of the Body would mean that it is used in the process of fulfilling human aspiration.

If I am using the Body in the process of fulfilling my need, it is right utilization of the Body. If I am using my body for anything else, would you call it right utilization?

Thus far, we have seen that our aspiration is continuous happiness and prosperity. Right utilization of the Body would be for fulfilling this aspiration. We have seen that the need for happiness is fulfilled by right understanding and right feeling. Right utilisation of the Body would mean using the Body for right understanding and right feeling. We have also seen that the need for prosperity is fulfilled by right understanding and physical facility. Therefore, right utilization of the Body would also include work with rest of nature to produce physical facility, to protect it and to rightly utilize it.

## Revisiting Prosperity in the Light of the Harmony between the Self and the Body

In the light of understanding of human being as co-existence of Self and Body, we could identify that the need of Self is continuous happiness and the need of body is physical facility. This is also shown in fig. 7-4. We have seen that my full programme is for continuous happiness. A (smaller) part of the programme is related to physical facility. In that sense, the feeling of prosperity is a part of the feeling of happiness. Once we are able to understand the distinct ways to fulfil the need of the Self and the Body, we can see that the need for physical facility is largely related to the Body.

Once the Self is in harmony within, it naturally has a feeling of self-regulation, i.e. the feeling of responsibility toward the Body. Therefore, the harmony with the Body is maintained. If the Self has a feeling of self-regulation and the Body is healthy, these two together ensure the harmony of the Self with the Body. If we can see this, there is an important conclusion that we can make regarding the need for physical facility.

The need for the physical facility is essentially related to fulfilment of this feeling of responsibility towards the Body, i.e. we need physical facility for nurturing the Body, for protecting the Body and for rightly utilizing the Body and that's it. And if we can see this clearly, we can also find out whether the physical facility required to ensure each one of them is required in limited quantity or unlimited quantity. With this clarity, we can also understand that this is all we need physical facility for. Let's look at that.

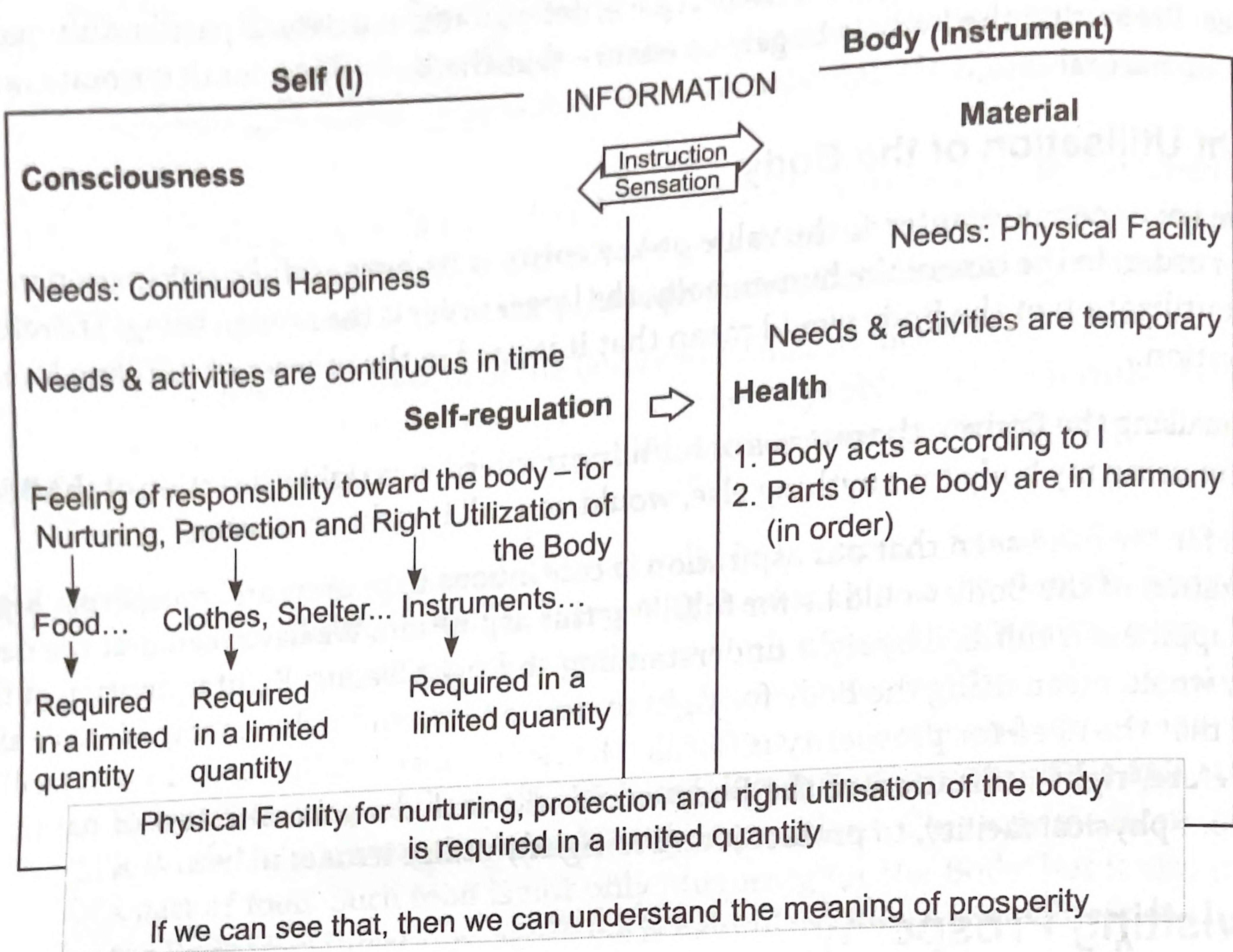


Fig. 7-4. Physical Facility is Required in a Limited Quantity for the Body

You can see that the physical facility required for nurturing the Body, like food, is required in a limited quantity and not an unlimited quantity. Someone may require one kg of food in a day, another person may need five kg, but there is nobody who can eat food in an unlimited quantity. Similarly, if you look at the clothes and shelter which are required for the protection of the Body, they are also required in a limited quantity. No one can wear unlimited quantity of clothes or use unlimited quantity of shelter. You require shelter for protection of the Body in limited quantity and not unlimited quantity.

In the process of right utilization of the Body, we require instruments, equipment, etc. in a limited quantity. For example, when we have to address a large gathering, we need a mike so that our voice can be heard by everyone present. This mike is an instrument which we use for the right utilization of the Body. Now ask yourself whether you would require this mike in a limited quantity or in unlimited quantity? Again, limited quantity. Like that you can see that any instrument, any equipment that we use in the process of right utilization of the Body is required in a limited quantity. All the means of transportation, telecommunication and television that we use are instruments required for right utilization of the Body. And they are required in limited quantity.

All our need for physical facility is related to these three things – nurturing the Body, protection of the Body and in the process of right utilization of the Body which is, of course, related to the purpose of the Self because it is going to make the right utilization of the Body. Is there anything else that you need physical facility for? Find it out. It is another homework for you.

Unless you are able to identify that your need for physical facility is limited, or the physical facility required for your body is limited in quantity, you will never realize that there is a possibility of prosperity and that's what is happening today. Because we are not able to identify the need for physical facility therefore, regardless of how much we have accumulated, we never have the feeling of having more than required. We never have the sense of prosperity. We only have the sense of accumulation- accumulating more and more. What has happened is that we have not understood that human being is co-existence of Self and Body; we keep confusing the needs of the Self and needs of the Body; and therefore, we keep trying to fulfil the need of the Self through physical facility. That is how we get stuck.

Are you able to see that your need for physical facility is limited in quantity? That is, physical facility required for you is required in a limited quantity. Can you see that? If you can see that then, for the first time, you can understand the meaning of prosperity.

Now, let us recall the definition of prosperity from chapter 4 and qualify it further.

Prosperity is the feeling of having or producing more than the required physical facility (for nurturing, protecting and rightly utilizing the Body).

To ensure the feeling of having more than required, two things are necessary:

1. Identification of required physical facility, along with the required quantity
2. Ensuring the availability or production of more than required physical facility

Identification of requirement of physical facility takes place through right understanding, and the availability or production of more than required physical facility is ensured by way of right skills – both are required. And if we put them together, we have the feeling of prosperity. Prosperity calls for right understanding and physical facility (through right skills) both:

1. Identification of required physical facility, along with the required quantity – through right understanding
2. Ensuring the availability or production of more than required physical facility – through right skills

There are several misconceptions or assumptions relating to prosperity.

The first misconception is that human being is just the Body. Therefore, happiness has to be derived through the sensations of the Body, for which physical facility is required (in an undefined or unlimited quantity). We had mentioned this in chapter 5.

The second misconception is about the purpose of life and therefore, the purpose of physical facility. If the purpose of life is assumed to be sensual pleasure, there is misuse of physical facility, rather than its right utilization. You can ask yourself what is naturally acceptable to you?

- Indulgence – Getting happiness from the sensation arising out of the consumption of physical facility
- Abstinence – Abstaining from the use of physical facility

- Right utilization – Using physical facility for your purpose (of having right understanding and right feeling, etc.)

The third misconception is that there is a shortage of physical facility. Of course, this is an outcome of the very first assumption that human being is body. If we see the actual production, for instance the production of food, it is reported [FAO 2011] to be at least 600 kg per person per year on Earth! On an average we consume something like 100 kg of food per year, considering the population demographics of babies, children, youth and old people. With that this production is around 6 times our requirement. You can find out for yourself what the actual numbers are by collecting production data in a village, district, a state or even the whole world.

Once you evaluate all that, you can identify your need for physical facility with its requisite quantity. Check if you have more than that and have the feeling of prosperity. With the feeling of prosperity, you will think of right utilization, you will think of nurturing others, you will think of production. On the other hand, if you feel deprived, you will think of accumulation and exploiting others.

- A prosperous person thinks of nurturing the other and right utilization of physical facility

(a deprived person thinks of exploiting others and accumulation of physical facility)

Now you can find out what you are thinking of? Are you thinking of nurturing others or are you thinking of exploiting others? Are you thinking of right utilization or are you thinking of accumulation? That will tell you whether you are prosperous or deprived. With this definition of prosperity, you can find out whether you are prosperous or not prosperous.

Prosperity can truly be understood, only when one is able to see that the human being is the co-existence of the Self and the Body. Physical facility is required for nurturing and protection of the Body to keep it in good health. Physical facility is also required for the right utilization of the Body which means for self-evolution within and societal development outside.

## **My Participation (Value) regarding my Self and my Body**

(To Make effort for Harmony in the Self and the Body)

Human being is the co-existence of the Self (consciousness) and the Body (material). The Self is continuously active. My participation (value) is to make effort for excellence – for understanding harmony and living in harmony at all levels of being.

My participation (value) vis-à-vis my Self is to ensure harmony in the Self by way of:

- Ensuring right understanding and right feeling in the Self. It means ensuring the understanding and feeling of relationship, harmony and co-existence. In this way, right understanding and right feeling becomes the guide for my imagination.
- Ensuring that my imagination is guided by right understanding and right feeling which is based on my natural acceptance. In this way, inputs from the other

sources of imagination, i.e. preconditioning and sensation, are rightly evaluated. My sanskar is gradually evaluated till only that sanskar which is in harmony with my natural acceptance remains.

By ensuring these two, the Self is in harmony; “what I am” is in harmony with “what is naturally acceptable to me”. The Self is in a state of continuous happiness. This is my participation (value) vis-à-vis my Self.

This is articulated in terms of the values of happiness, peace, satisfaction and bliss.

My participation (value) vis-à-vis my Body is to ensure harmony with the Body by way of:

- Ensuring a feeling of self-regulation in the Self
- Ensuring the nurturing, protection and right utilisation of the Body
- Ensuring the production / availability of more than required physical facility for the above

By ensuring these three, the Body continues to be in harmony. This is my participation (value) vis-à-vis my Body.

This is articulated in terms of the value (feeling) of self-regulation.

## Salient Points

- *Self is central to human existence. It is the seer – the one who understands; the doer – the one who takes decisions; and the enjoyer or experiencer – the one who feels happy or unhappy. Continuous happiness is the need of the Self and this is fulfilled by understanding the harmony and living in harmony at all levels of being – individual, family, society, nature/existence.*
- *The Body is a self-organised material unit, used as an instrument or equipment in the process. With this clarity, the Self takes the responsibility for the nurturing, protection and right utilisation of the Body – this feeling of responsibility is called the feeling of self-regulation.*
- *With a feeling of self-regulation, the Self is able to ensure harmony with the Body, so there is health in the Body, i.e. 1. Body acts according to the Self, and 2. Parts of the Body are in harmony (in order)*
- *The programme for self-regulation and health of the Body includes:*

<i>1a. Intake</i>	<i>1b. Routine</i>
<i>2a. Labour</i>	<i>2b. Exercise</i>
<i>3a. Balancing internal and external organs of body</i>	<i>3b. Regulating breathing of body</i>
<i>4a. Medicine</i>	<i>4b. Treatment</i>

- Physical facility is required for the Body, so the production, protection and right utilisation (for the purpose of the Self) of physical facility is a part of the programme of human being.
  - Physical facility for nurturing, protection and right utilisation of the Body (for the purpose of the Self) is required in a limited quantity. With this clarity, we can understand the meaning of prosperity:  
Prosperity is the feeling of having or producing more than the required physical facility (for nurturing, protecting and rightly utilizing the Body).
- We can also understand that prosperity calls for:
1. Identification of required physical facility, along with the required quantity – through right understanding
  2. Ensuring the availability or production of more than required physical facility – through right skills
- Global food production data indicates that we are already producing many times more than what is really required for all the people on Earth. Therefore, prosperity, at least as far as food is concerned, seems to be possible for all. All that is required is the right understanding and a feeling of relationship.

### Test Your Understanding

#### Part 1: Questions for Self-evaluation

(Have we grasped the basic proposals made in this chapter?)

1. "I am the seer, doer and enjoyer. The body is an instrument". Explain with an example of each.
2. Define self-regulation and health. How are the two related?
3. What purpose does physical facility serve for a human being? Explain categorically.
4. When one has the feeling of self-regulation, what would be the programs for nurturing the Body and protection of the Body? What would be the outcome of these programs?
5. Explain what is meant by right utilization of body?
6. What role does the feeling of self-regulation play in understanding prosperity? Elaborate on the feeling of prosperity with the base of self-regulation.
7. Explain how the assumption "Human Being = Body", leads to the feeling of deprivation.

## Part 2: Practice Exercises for Self-exploration

(To help connect the content to one's life, at least at the level of thought, these exercises may be done individually or in a group, particularly with friends and family members)

1. Take any five examples to highlight that the Self is the seer (the one who understands), doer (the one who takes decisions) and enjoyer (or experiencer, the one who feels happy or unhappy). What is the purpose of the Self? What is the purpose of the Body? What would be the right utilisation of the Body?
2. Write up to 20 points that indicate to you that your body is a self-organised material unit. We had mentioned that the Body is material in nature and that it is self-organised, it largely heals itself, etc.
3. In the last 3 years, recall the times that your body has been ill (in disharmony). What steps were taken to restore the harmony of the Body?

Date(s)	Illness or dis-harmony	Type (Accident, viral infection, bacterial infec-tion, lifestyle related disorder, any other)	Steps taken	Root Cause

If you were to take full responsibility for your body (i.e. you had the feeling of self-regulation), what kind of daily schedule would you have? Approximately how much time would you allocate for keeping your body in good health through:

- Healthy intake (food, air, water, sunlight, etc.)
- Timings for upkeep of the Body (sleeping and waking up time, excretion, bathing, etc.)
- Labour (production of physical facility)
- Exercise
- Balancing internal and external organs of body
- Regulating breathing of body
- Medicine
- Treatment

(Of course, you need to keep adequate time for studying, understanding, learning, behaviour, working, etc.)

Do you think this schedule will make you more productive or less productive?  
What conclusions do you draw from this exercise?

Contd...

4. Calculate the quantity required for a specific physical facility, say clothes, in your family. Now find out the quantity available. Is the quantity available less, equal or more than the quantity required? In that sense, do you feel prosperous or deprived (at least regarding that particular physical facility)? Do the same for other needs. For that you can make an inventory of everything in your home (or at least your room). How much of the physical facility is being rightly utilised? Discuss this with your family and work out your conclusions regarding:
  - a. Meaning of prosperity
  - b. The role of understanding (human being, the role of physical facility and the feeling of self-regulation)
  - c. Ability of your family to identify its needs, with the required quantity
5. With all the exploration about human being and harmony in the human being, what is your role / participation vis-à-vis yourself (the Self as well as the Body)?
6. Update your future resume (which you started in chapter 2) to update the section on yourself – write down your goal for self-development and your responsibility for it. Also, write down the skills you will have to fulfil your responsibility toward your self-development.

### **Part 3: Projects and Modelling Exercises**

You may like to revisit this part of Test Your Understanding after reading through the complete book once and self-exploring all the key proposals. With that, you may have some (or many) aha! moments in which something clicks for you, you understand a proposal. What you have understood may be expressed in various creative ways which appeal to different people. This part is for you to give a creative expression to your understanding. Of course, you can do this in a group also. Creative expressions may be in the form of sketches, drawings, paintings, clay models, sculptures, songs, poems, music, dance, audios, videos, games, puzzles, stories, skits, plays, dramas, charts, diagrams, plans, survey questionnaires, blogs, something on social media and so on. It is the story of your own life – and it matters. While some hints are given above, please feel free to share your real aha's in your own way!

**"The Self is central to human existence – it is the seer, doer and enjoyer; the Body is an instrument"**

1. Self-regulation and Health
2. Prosperity

### **Part 4: Your Questions**

Write down your questions or doubts in your note-book. If any of the previous questions have been clarified by your self-exploration of the proposals so far, please mark them as answered. We would like to discuss the questions remaining unanswered in your self-exploration.