



Lecture 11

Harmony of the Self with the Body

About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



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



Harmony in the Human Being – Health and Prosperity

Harmony in the Family

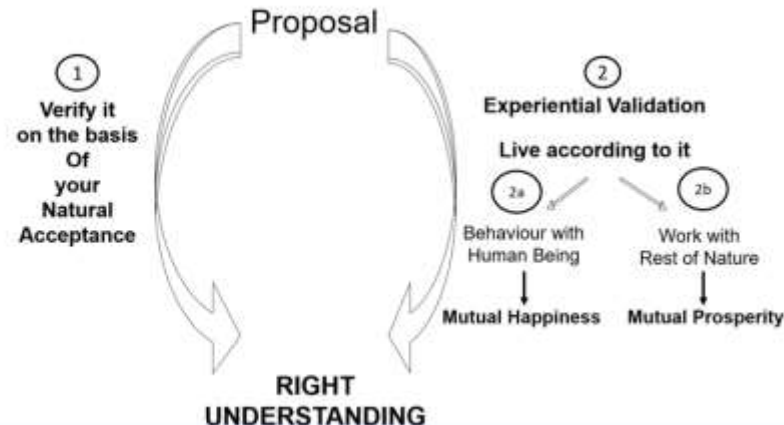
Harmony in the Society

Harmony in Nature/Existence

Process of Understanding

Self Exploration

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Verify it on your own right



What is my
role (value)
with my Body?

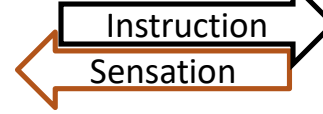


| Human Being Ekkuo | | Self eSa | Co-existence IgvlRrRo | Body “kjhj |
|------------------------------|--|--|--------------------------|---------------|
| Need vko';drk | Happiness (e.g. Respect) Iq[k ¼tSlS lEeku½ | Physical Facility (e.g. Food) Iqfo/kk ¼tSlS Hkkstu½ | | |
| In Time dky esa | Continuous fujUrj | Temporary Ikef;d | | |
| In Quantity ek=k esa | Qualitative (is Feeling) xq.kkRed ¼Hkko gS½ | Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½ | | |
| Fulfilled By iwfrZ ds fy, | Right Understanding & Right Feeling Igh le>] Igh Hkko | Physio-chemical Things HkkSfrd&jklk;fud oLrq | | |
| Activity fØ;k | Desire, Thought, Expectation... bPNk] fopkj] vk”kk--- | Eating, Walking... [kkuk] pyuk--- | | |
| In Time dky esa | Continuous fujUrj | Temporary Ikef;d | | |
| Response | Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk | Recognising, Fulfilling igpkuuk] fuokZg djuk | | |
| | | Consciousness pSrU; | | Material tM+ |

| | Power “kfDr | Activity fØz;k | |
|-----------------------------|-------------------------|--|---|
| Self eSa | 1. | | 3 |
| Preconditioning ekU;rk 1 | 2. | | |
| | 3. Desire bPNk | Imaging fp=.k | |
| | 4. Thought fopkj | Analysing-Comparing fo'ys" k.k&rquy | |
| | 5. Expectation vk'kk | Selecting-Tasting p;u&vkLoknu | |
| Information Body 'kjhj | | | 2 |
| Behaviour O;ogkj | | | |
| Work dk;Z | | | |

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

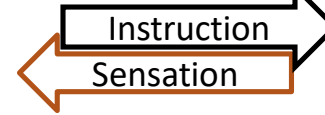
Temporary in time

Self is central to human existence

**Body is
an instrument of the Self**

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Self-regulation (संयम)

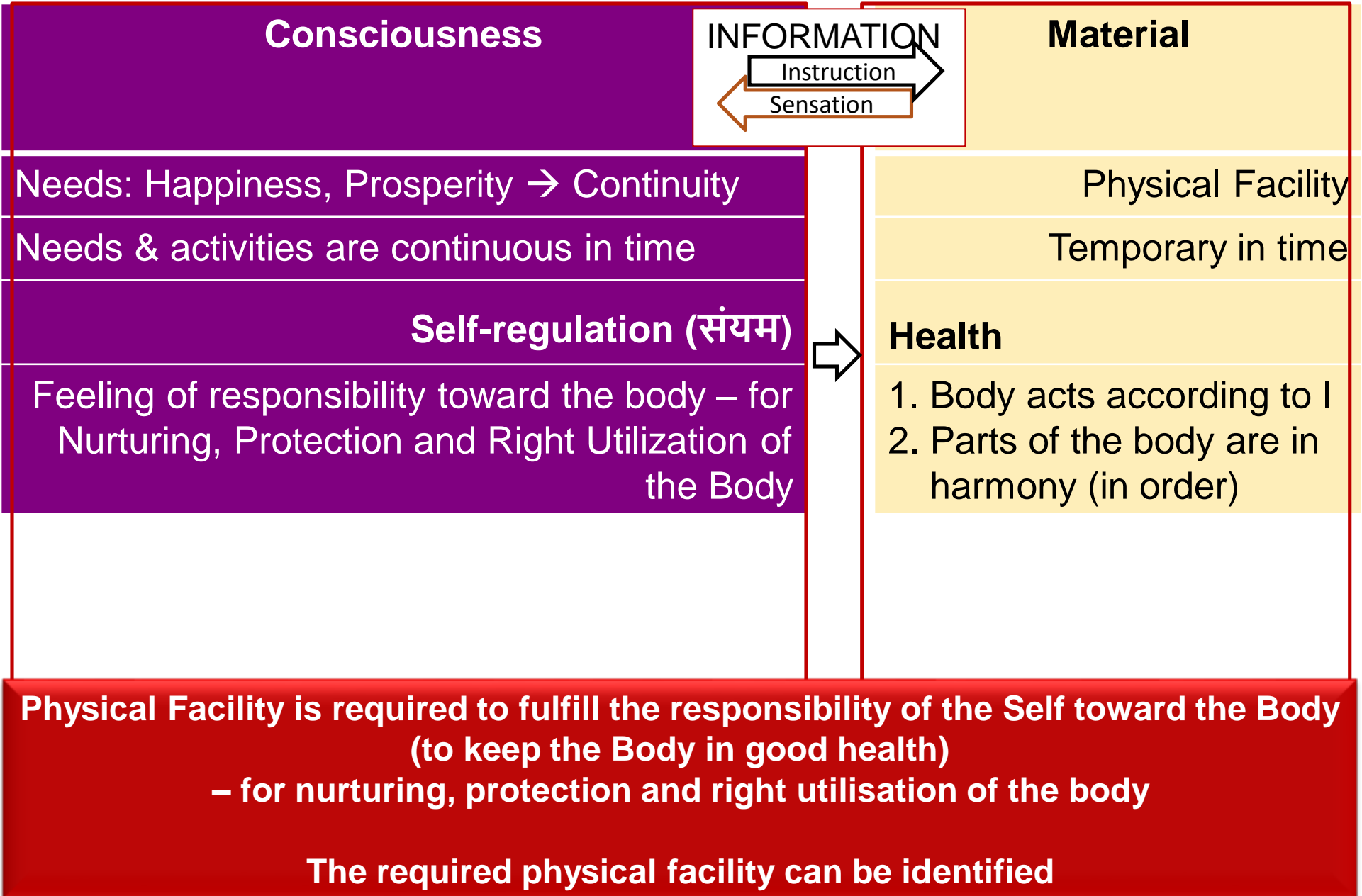
Feeling of responsibility toward the body – for
Nurturing, Protection and Right Utilization of
the Body

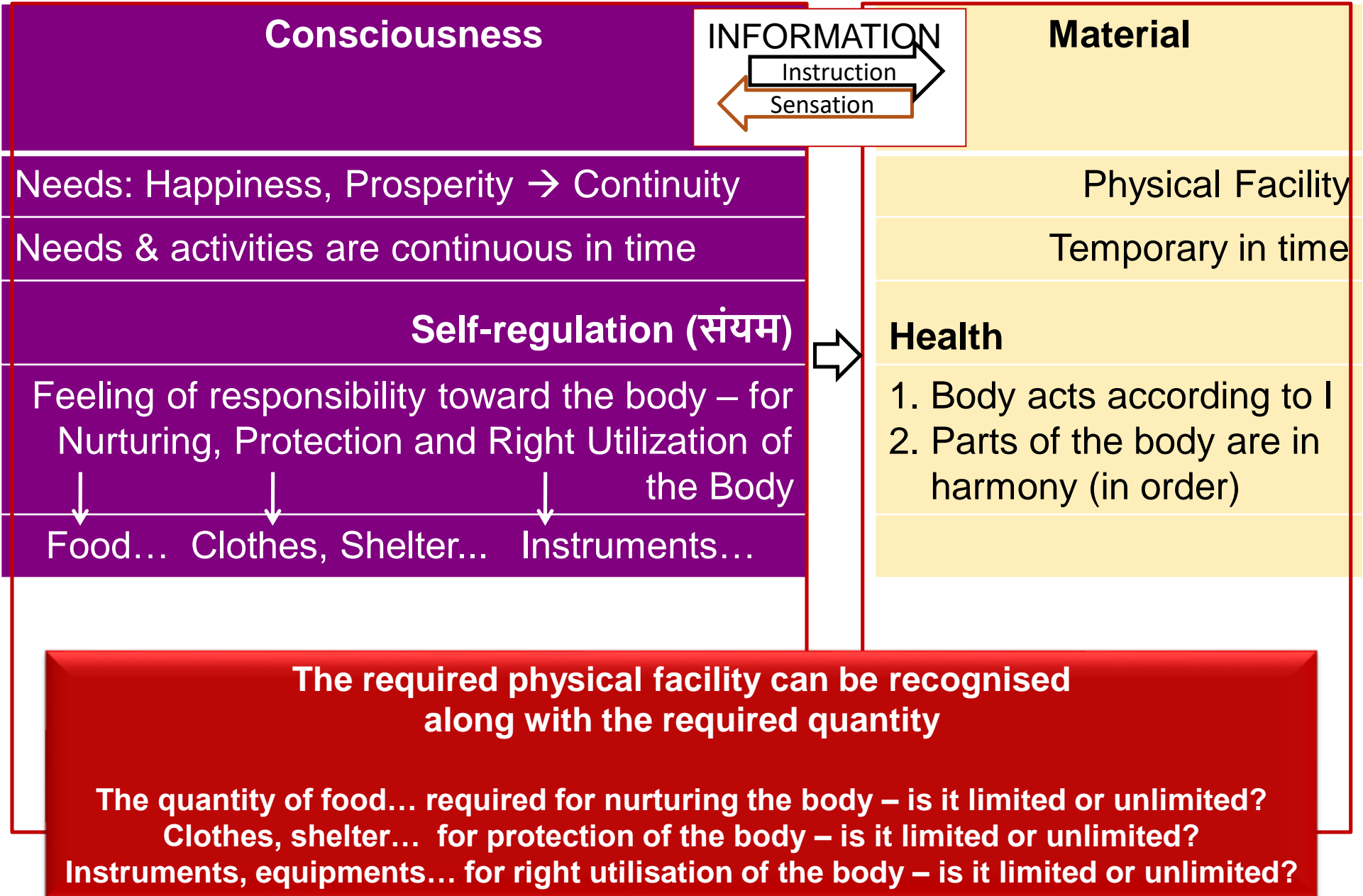
Self is central to human existence

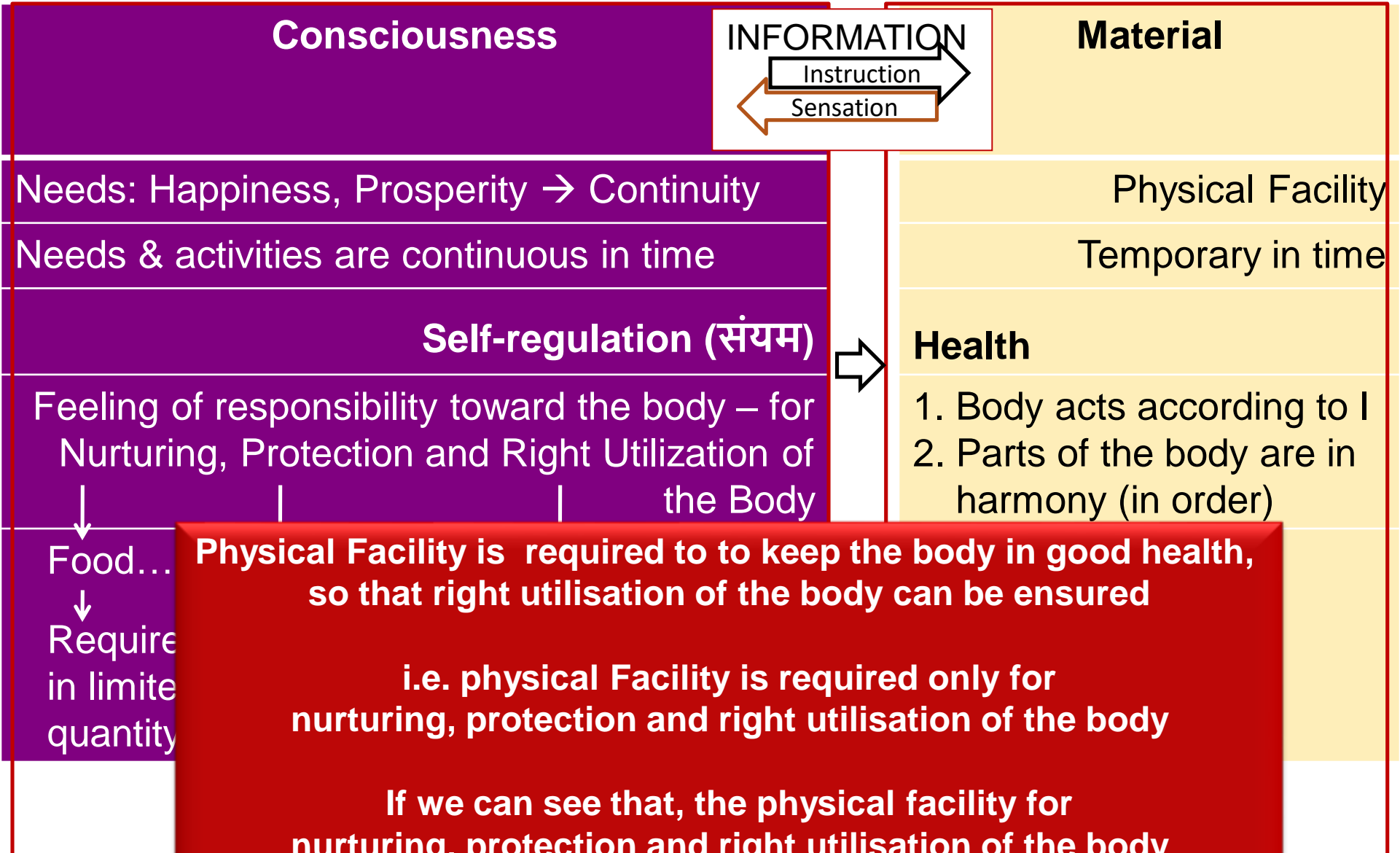
Physical Facility

Temporary in time

**Body is
an instrument of the Self**







Physical Facility is required to keep the body in good health, so that right utilisation of the body can be ensured

i.e. physical Facility is required only for nurturing, protection and right utilisation of the body

If we can see that, the physical facility for nurturing, protection and right utilisation of the body is required in a limited quantity, then we can understand the meaning of prosperity

Prosperity (le`f))

Prosperity – The feeling of having / producing more than required Physical Facility

le`f) & vko";d lqfo/kk ls vf/kd dh miyfC/k@ mRiknu dk Hkko

1 – Identification of **required physical facility** (including the required quantity)
– with right understanding

vko";d lqfo/kk dk fu/kkZj.k & lgh le> ls

2 – Ensuring **availability/ production of more** than required physical facility
– with right skills

vf/kd dh miyfC/k@ mRiknu] HkkSfrd jklk;fud oLrqvksa dk & lgh gquj ls

A prosperous person thinks of right utilisation, nurturing the other
 “ deprived “ “ “ accumulation, exploiting “ “

le` O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS
nfjnz " laxzg " " " "kks"k.k " " " "



In a previous session, we had seen that we can observe two categories of human beings

blhfy, vHkh nks rjg ds euq”; fn[kkbZ nsrs gSa&

1. Lacking physical facility, unhappy deprived (**lqfo/kk foghu nq[kh nfjnz**)
2. Having physical facility, unhappy deprived (**lqfo/kk laiUu nq[kh nfjnz**)

Now we can see that if the identification of required physical facility is missing, then one can only shift between category 1 & category 2

While we want to be – **tcfD ge gksuk pkgrs gSa&**

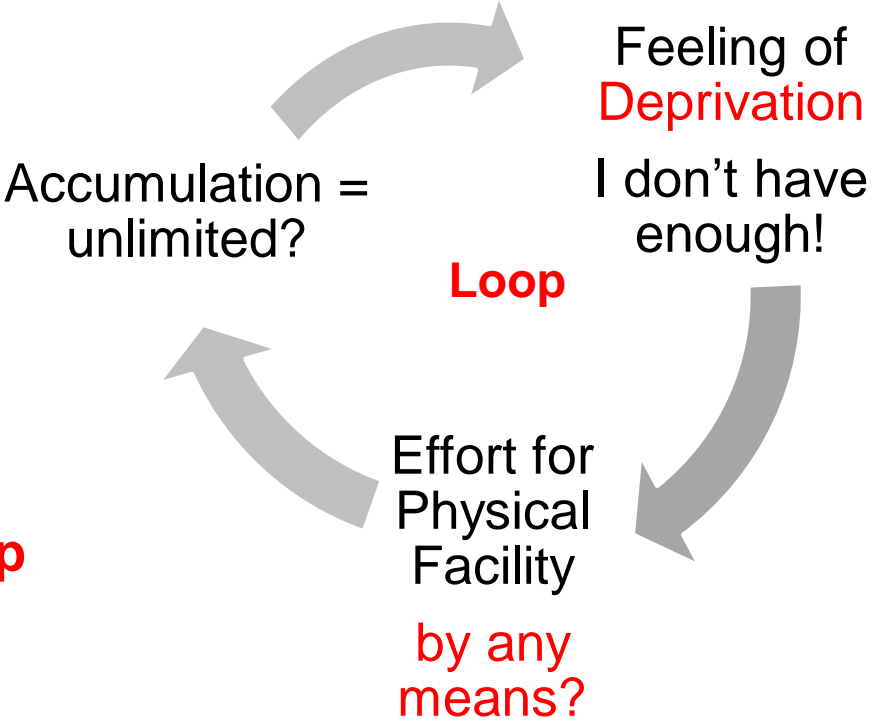
3. Having physical facility, happy prosperous (**lqfo/kk laiUu lq[kh le`)**)

This is possible only with

- a- the right identification of required physical facility and
- b- availability / production of more than required physical facility

Gross Misunderstanding 1 – Human Being = Body

| | | | | |
|----------------------|----------------------|---|--|---|
| Human Being Ekkuo | Self (I) eSa | = | Body “kjhj | ✗ |
| Need vko';drk | Respect IEeku | = | Physical Facility (Eg. Food, Clothes) lqfo/kk (tSls&Hkkstu] diM+k, | ✗ |
| | Continuous fujUrj | = | Unlimited vlhfer | ✗ |



Check if you are caught up In this loop



Gross Misunderstanding 2 – Resources are less than our need

Data: Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new study commissioned by the United Nations Food and Agriculture Organization (FAO)

Global Food Production is 6 times requirement
Global Food Wastage is 1/3rd of production
Wastage is enough to feed 1300 crore people/year

Have we understood human needs?
Have we understood right utilisation?
Is it a question of production or distribution?
Is it a question of relationship?
Is it a question of right understanding?
It is a question of right education-sanskar



Right Utilisation of Physical Facility

Indulgence – Happiness from sensation

Renunciation

Right Utilisation – Relationship, Order

Right Utilisation of Physical Facility

| | |
|--|-----------------------------|
| Purposefulness – Transformation to Human Consciousness | With Right Understanding |
| Right Utilisation – Relationship, Order | |
| Utilisation – Family Use – Body | |
| Indulgence – Taste Over Indulgence Obsession for Indulgence – Sensual Pleasure | Without Right Understanding |

| | |
|------------|--------------------|
| Á;kstuh;rk | & thou tkx`fr |
| Inqi;ksx | & laca/k] O;oLiHkk |
| mi;ksx | & ifjokj |
| miHkksx | & 'kjhj |
| Hkksx | & bafæ; q[k |
| cgqHkksx | |
| vfrHkksx | ¼Hkksx mUen½ |



Even Small Individual Choices Add Up E.g. Choice of Food

20% of all life produced on land every year is harvested for human purposes

14-16 kg grain & 21,000 litres of water → 1 kg meat

The world's cattle alone (not including other livestock) annually consume food grains enough for 8.7 billion people

Land use – 3¼ acres/person on meat diet vs 0.2 acres/person on veg diet

20% Amazon rain forest (the size of California) destroyed since 1970

80% of this land is used for cattle raising

[Video](#) (1 min)

<http://www.planetaryrenewal.org/ipr/vegetarian.html>



Sum Up

Human being = co-existence of Self (consciousness) and Body (material)

Self is central to human existence, the Body is used as an instrument

The nurturing, protection and right utilisation of the Body is the responsibility of the Self

Physical facility is required to fulfil that responsibility towards the Body

Physical Facility is required, in a limited quantity, for Nurturing, Protection & Right Utilisation of the Body

Prosperity = Feeling of having / producing more than required physical facility

1. Identification of required physical facility (including the required quantity) – with right understanding
2. Ensuring availability/ production of more than required physical facility – with right skills





Self Reflection

Self Reflection

1. Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?
2. Is your body healthy?
3. Find out – how much physical facility is required in your family; how much physical facility is available. An on that basis are you prosperous or deprived?
4. Do you have a feeling of prosperity? – continuous?
5. Do you think of
 - Right utilisation of physical facility and nurturing others (human beings / rest of nature)?
 - Accumulating more physical facility or exploiting others?





Key Points

Harmony of the Self with the Body

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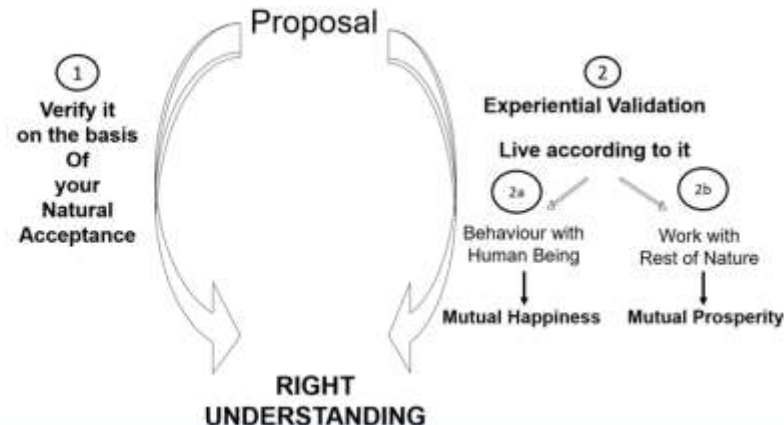
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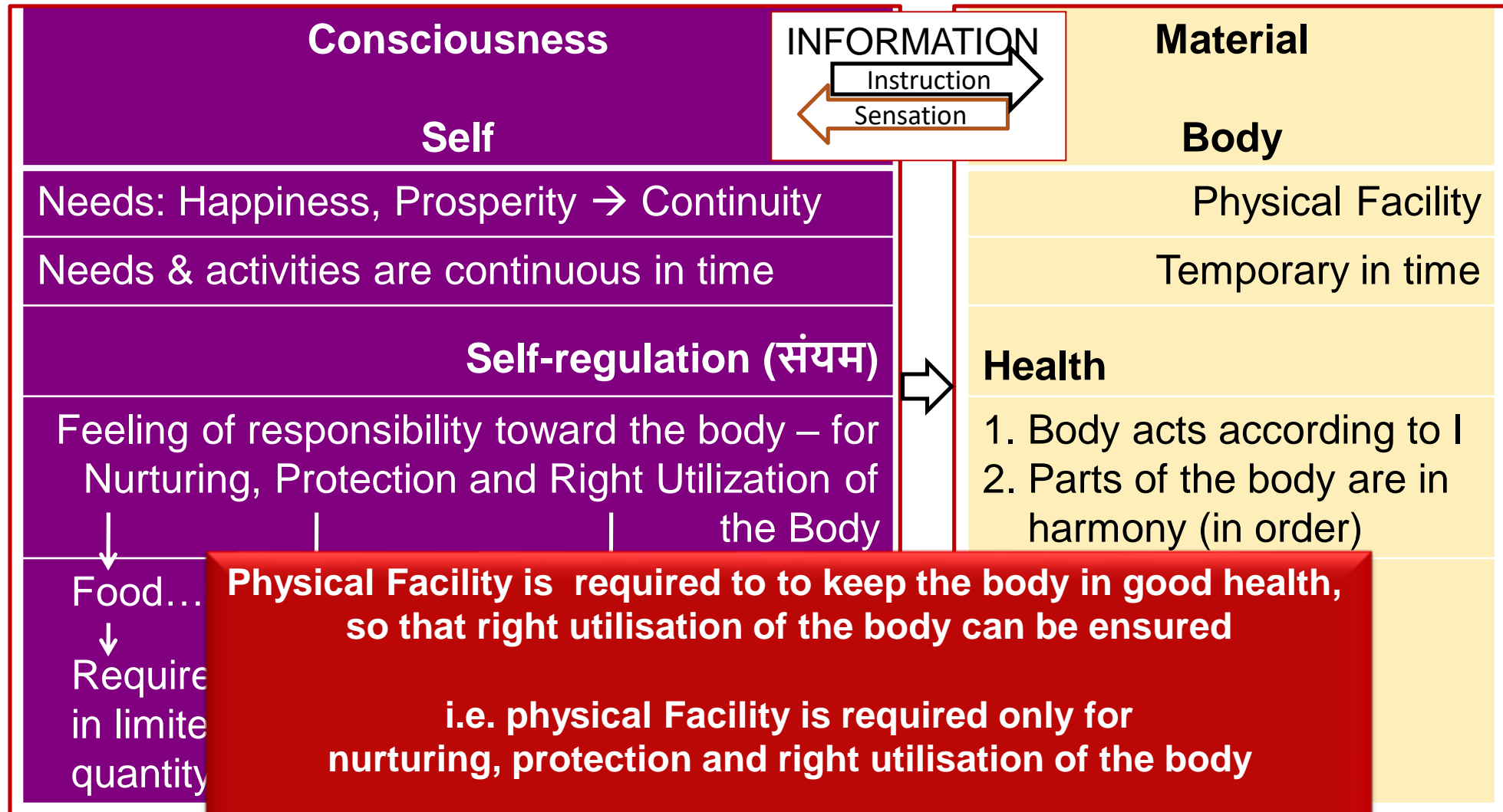
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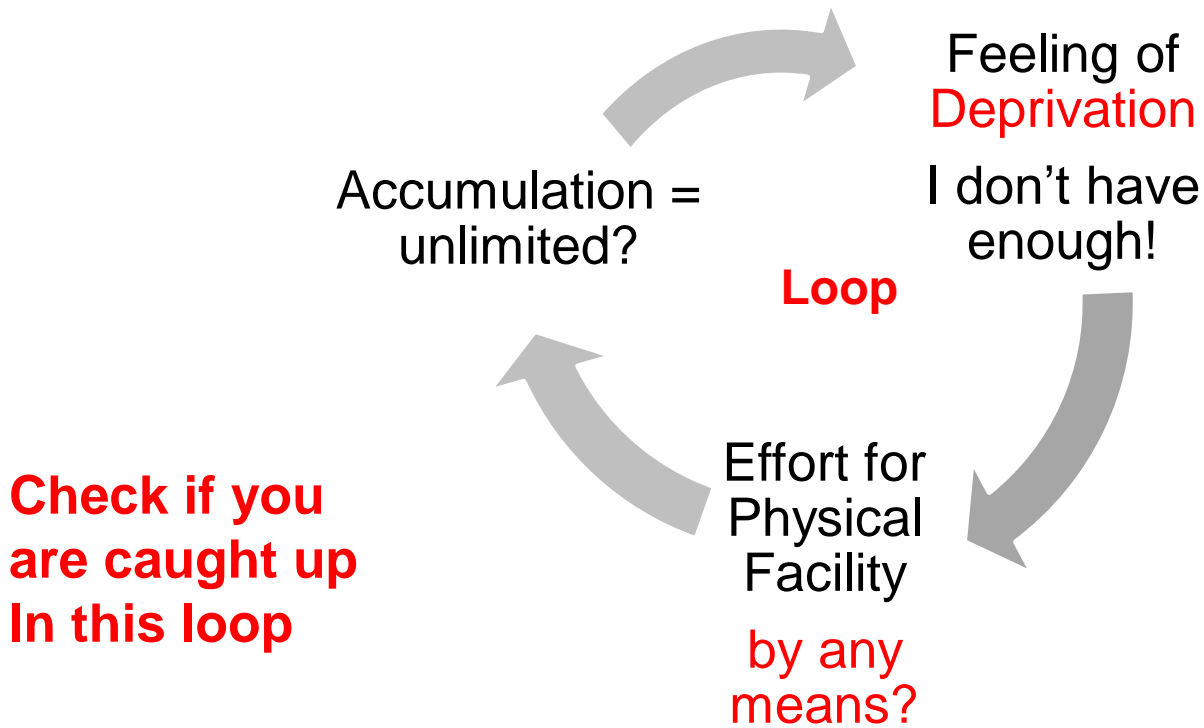
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↓

Accumulation of Physical Facility – Unlimited! ✗

Lqfo/kk laxzg & vlhfer!

↓

Deprivation nfjnzrk ✗

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|---|-----------------------------|
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| Right Utilisation – Relationship, Order | |
| Utilisation – Family | |
| Use – Body | |
| Indulgence – Taste | Without Right Understanding |
| Over Indulgence | |
| Obsession for Indulgence | |
| – Sensual Pleasure | |

| | |
|------------|--------------------|
| Á;kstuh;rk | & thou tkx`fr |
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| mi;ksx | & ifjokj |
| miHkksx | & 'kjhj |
| Hkksx | & bafæ; q[k |
| cgqHkksx | |
| vfrHkksx | ¼Hkksx mUen½ |



Even Small Individual Choices Add Up E.g. Choice of Food

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FAQs for Lecture 11

Harmony of the Self with the Body

Preamble

- Now with the clarity of human being as co-existence of Self and Body, the needs can be more precisely identified and prosperity can be discussed with more definiteness
- While many questions regarding prosperity have been discussed in earlier lectures (particularly lectures 3, 5 and 6), we can revisit some of these questions and discuss few new questions

Question(s):

- Why do we need “more than required” physical facility to feel prosperous?

Response

To ensure Prosperity-

1. We identify the required physical facility for the family (including the required quantity) – with right understanding
2. We produce more than the required physical facility using cyclic, mutually enriching process – with right skills
3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of Self-regulation
4. We share the rest for mutual fulfillment in relationship and for order in society – with a sense of responsibility in relationship
5. So that more is for sharing in relationship, not for indulgence or over-consumption.



Question(s):

- Can we really identify our need? How much money is really required- can we determine?

I am asking because prices keep changing and there is no guarantee that we will not have some accident or some illness where we don't know how much the treatment will cost. We have to include insurance for all these contingencies...

Response

We can certainly identify the need of physical facility for nurturing, protection and right utilisation of the body as discussed in the session.

However, when we try to convert it into money or any currency, there may be problem because the terms of exchange of physical facility with respect to money (or currency) is defined by the human being, by the prevailing norms in the society. In societal setup where there is unequal terms of exchange (therefore injustice) then certain physical facility may be assigned low price and certain other facilities may be assigned very high price. Even knowledge and feeling which is the activity of consciousness can become a mode of getting money.



Response (continued)

If value in terms of money assigned to a particular facility is not defined on the basis of labour that has been put up in producing that facility and its utility then any value can be assigned to the physical facility depending upon the prevailing norms of the society.

Example- Cost of a bread may be 1 rupee when you have to prepare it in home but it may cost 10 rupees or even 100 rupees when you are in a restaurant.

When I was studying at IIT Kanpur, Education fee was 250 rupees per semester, now it is around 1 lakh.

As far as your health problem is concerned, you will never be able to decide how much money will be required, so even insurance will not work.

And when you talk about health, are you talking about keeping your body healthy or getting treatment

One fundamental question regarding insurance is that whether the assurance is in accumulation of physical facility or in relationship and societal system.



Response (continued)

| Body | Physical Facility | Money (Currency) | Digital currency... |
|---|--|------------------|---------------------|
| | Terms of Exchange between - PF ... Currency - currency 1 ... currency 2 (now even Knowledge and currency) | | |
| Possible to identify qty In terms of PF | Difficult to identify amount of money as indefinite, unequal terms of exchange... | | |
| Existential realities | Construct of human being | | |
| Governed by Existential laws Universal, Definite... | Governed by Prevailing man-made regulations Vary from place to place, indefinite... (made by human beings with right understanding, right feeling?) (or by people with assumptions, feeling of opposition...?) | | |



Question(s):

- It is said that “desires are unlimited, resources are limited”. So how can there be prosperity?

Response

- Desires, if we understand properly, is definite i.e., continuity of happiness and prosperity.

The amount of physical facility required for ensuring prosperity is limited and can be identified.

Availability of resources in nature and capacity to produce in human being is more than what is required.

Therefore, prosperity is possible for everyone.

Question(s):

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

Response

- We certainly need development, but, for what? For satisfaction, for fulfillment, isn't it? How can there be a development which is against satisfaction?

The problem today is that we have not been able to define our need with definiteness, therefore, there is no completion point, it is undefined, open ended. Now, irregard if whatever we achieve, we remain dissatisfied.

As a result, development has no completion point, it is undefined, open ended; we are moving forward but, we don't know where we want to reach- no clarity about the goal and therefore, the development today is directionless.

...continued



Question(s):

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

...continued

Response

We need to work out a process of development with a well defined goal and definite direction. This is what we are trying to do.