

Chapter 5

Understanding the Human Being as Co-existence of the Self and the Body

Sl. No	Questions
1.	Human being is the co-existence of the Self and the Body. What are three specific distinguishing attributes of the Self and the Body? Explain with examples.
2.	The domain of consciousness is fulfilled by the activities of consciousness, while the domain of material is fulfilled by material things. Consciousness cannot be fulfilled by material. Explain these statements.
3.	What is the qualitative difference between the activities of the Self and those of the Body? Illustrate with few examples.
4.	How is the response of the Body definite?
5.	What is the meaning of definite human conduct? Explain with examples of the definite and indefinite response of the Self
6.	What is the gross misunderstanding about a human being? What is the outcome of it? Relate it to the problems we see in the society.
7.	Who is male-female, tall-short, good looking-ugly, Hindu-Muslim, blind-not blind, able to understand, able to decide, able to run? Is it the Self or the Body?

Chapter 6

Harmony in the Self – Understanding Myself

Sl. No	Questions
1.	Why is it important to study the Self? How does it help in your day-to-day life?
2.	Explain the activities of the Self with a diagram. With the help of an example, show how are they related
3.	What is imagination? Is it taking place continuously or is it a temporary activity that you can start and stop at will? Justify your answer with some examples.
4.	Describe the harmony in the Self with a few examples.
5.	List the various sources of imagination in the Self. Elaborate with few examples
6.	How is behaviour and work decided? Is it decided by the Body or by the Self? which activity of the Self is connecting to behaviour and work?
7.	How can self-exploration help to ensure harmony in the Self?
8.	The acceptances out of accumulated imagination at time t was mentioned as sanskar (t). It keeps getting updated as given in the chapter. Sanskar at the next moment is Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t). Explain the meaning of this statement with the help of any two examples.

Chapter 7

Harmony of the Self with the Body – Understanding Self-regulation and Health

Sl. No	Questions
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
8.	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)?