

Chapter

5

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

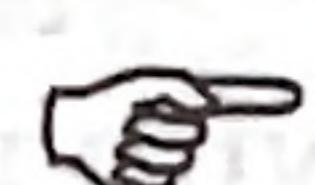
Basic Human Aspiration

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

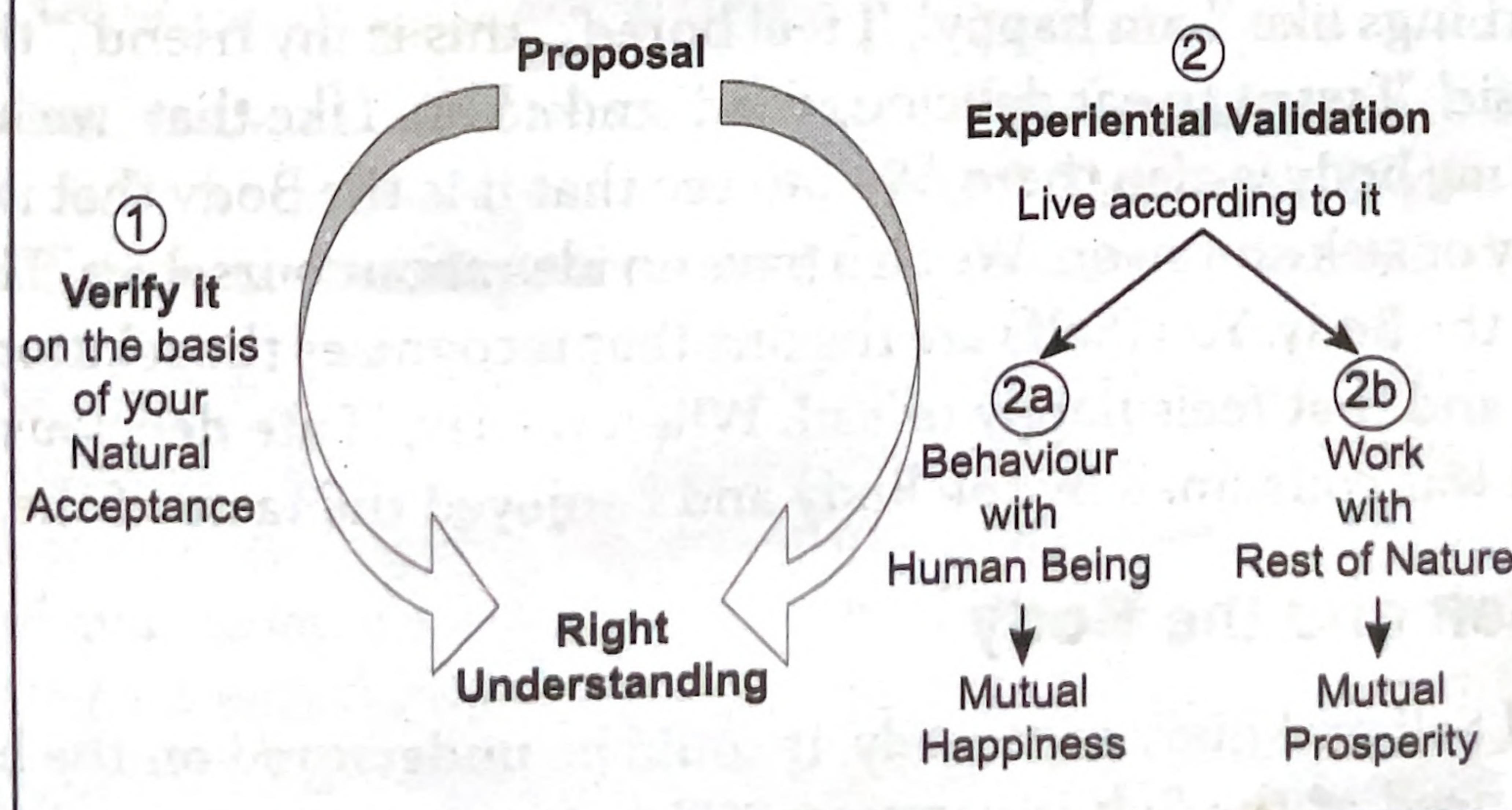
Chapter 10-11

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/false)

Verify it on your own right



Who am I?



Recap

In previous chapters, we have discussed the basic aspiration of human being, i.e. happiness, prosperity and its continuity. Happiness is to be in harmony and the programme for continuous happiness is to live in harmony at all levels of being – from individual human being, to family, to society and to nature/existence. It is essential to understand the harmony at all these levels of being in order to live in harmony, to be in harmony or to be in a state of continuous happiness.

As we go ahead, we want you to explore the nature of harmony at all these levels one by one. Proposals will be put forward to you about the harmony at each of these levels. You are requested to verify them one by one, on your own right. First to verify them on the basis of your own natural acceptance; and then validate them further in your living (experiential validation) to see if it leads to mutual happiness and mutual prosperity or not. Our role is to draw your attention towards the proposals and help in initiating this process of self-validation in you. Hence, the main responsibility is yours.

In this chapter, we will begin to explore the harmony in human being.

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

What do you visualize when you read the words human being? You may imagine a human body with its familiar form and features. Have you also thought about who is visualising the human being? Who is appreciating the form and features? Is a human being just the Body or something more than that? We want to explore exactly what a human being is.

The proposal is that **human being is the co-existence of the Self and the Body**.

Let us try to observe it in ourselves now (refer to fig. 5-1).



Fig 5-1. Human Being

Who is interested in understanding what is written in this book? Who makes sense of the words? We keep saying things like 'I am happy', 'I feel bored', 'this is my friend', 'that is a stranger', 'I like this music', 'I want to eat delicious food' and so on. Like that, we have an idea that I am there and my body is also there. We can see that it is the Body that is tall or short, fat or thin, healthy or sick and so on. We also have an idea about ourselves. This 'I' is referring to the Self, not the Body. You (Self) are the one that recognises the relationships, that decides what to do and that feels happy or sad. When we say, "I ate delicious food", we can see that the food was consumed by the Body and I enjoyed the taste of the food.

The Needs of the Self and the Body

If you try to understand Self and Body separately, it could be understood on the basis of need (see fig. 5-2). The need of the Self is happiness. If someone expresses a feeling of respect for us, we feel happy about it. Respect is one of the needs of the Self. Now, if you look at the need of the Body, it is physical facility. One example of it is food. You may

observe it in yourself that food is required, and respect is also required. Both of these are required for human being.

Human Being	Self	Co-existence	Body
Need	Happiness (e.g. Respect)		Physical Facility (e.g. Food)
In Time	Continuous		Temporary
In Quantity	Qualitative (is Feeling)		Quantitative (Required in Limited Quantity)

Fig. 5-2. Needs of Human Being

Do you think, one can be replaced by the other? For example, if you are given well prepared tasty food, but it is given to you with a push and a sharp, "here, take it and eat"! Will it work for you? Providing tasty food may fulfil the Body, but the disrespect will not be satisfying for the Self!

Similarly, if you are given respect, but no food, you may tolerate it for a day or two. However, you certainly need food also. Isn't it?

Thus, both of these are required. By giving food only, you can't ensure respect. Same way, just by giving respect, food is not ensured. Thus, these are two different types of needs. Both of these are essential and therefore, both of them have to be fulfilled separately for human being.

Needs – Are they Temporary or Continuous?

To clarify the difference between the two types of needs, let us look at them in terms of time. The food is required continuously or you need it only when you feel hungry? When your stomach is full, do you still require food? It is easy to see that food is needed only when we are hungry. If we are forced to eat when the stomach is full, we find it uncomfortable, rather intolerable. Thus, food is needed from time to time and not continuously. Therefore, food is required temporarily.

What about respect? Is it desired continuously or only for a certain time? It is also easy to see that we desire respect all the time.

You can notice that if a friend wishes you every morning, but does not wish you one day, how you feel – comfortable or uncomfortable? From this, if you conclude that there is a break in this feeling of respect for you, you feel uncomfortable, isn't it?

One of our friends came to visit with his ten-year old daughter. A conversation was taking place. At one point someone asked her "does your father love you"? She was silent for a few minutes. The person asked "Does he not love you"? She looked at him and said "he loves me but, why does he shout at me and beat me"? Taken aback, the friend defended himself by saying "I have scolded you few times, but I haven't beaten you, have I"? Her response was, "remember, the night before Diwali... two years ago".

Since feeling is needed in continuity, even a small gap is not acceptable. The child remembers these minute gaps over such a long time!

The need of the food is temporary. If someone forces us to eat continuously, we feel uncomfortable about it. Just imagine if you went to a friend's house and he served delicious food. You ate with enthusiasm because it was your favourite food. Now what would happen if your friend kept insisting for you to eat more and more, even after your stomach is full?

In case of respect, we want continuity; but in case of food, we don't want the continuity. Hence, both the needs are different with respect to time. Can you observe this?

Like that, explore all your needs. All the needs related to the Self, like the need for respect, the need for trust, the need of relationship, the need of happiness – all these are continuous in time. We don't want any kind of break in it, even for a moment. On the other hand, all the needs related to the Body, like the need for food, the need for shelter – all these are required for a limited time. Having them in continuity creates a problem for us. This is one way; we can differentiate between the need of the Self and the need of the Body.

Needs – Quantity and Quality

The other way to see the difference between the two; is in terms of quantity and quality. The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. Same is the case with the need of clothes, shelter, etc. None of us can eat unlimited amount of food or wear unlimited amount of clothes. We can always identify the quantity of cloth needed to prepare a dress. Like that, any physical facility is required in a limited quantity. You can observe it in yourself – whether you need physical facility in a limited quantity or unlimited quantity.

On the other hand, the feeling of respect, trust, etc. is not quantitative. We don't say, 'today I got half kg of respect' or 'two metres of trust'. Even speaking like this appears laughable. These feelings are qualitative in nature. We can't talk about their quantity. We can only say, whether these feelings are there or not there. They are qualitative; they are in the form of a feeling. Either this feeling is there or not there; measure of quantity does not apply to it.

With these two differences, we can see that the need for physical facility and the need for happiness are two different types of needs. The need for physical facility relates to the Body and the need of happiness relates to the Self.

Refer to Exercise no. 2 placed in 'Practice Exercises for Self-exploration' at the end of this chapter. Through it, you can further explore the needs of the Self and the needs of the Body. Please do that exercise now, before moving ahead. Could you see that the needs of the Self and the needs of the Body are of two different types?

Fulfilment of the Needs of the Self and the Body

Now, let us see how these two different types of needs are fulfilled. Refer to fig. 5-3. The need for food is fulfilled by something physical – like rice and vegetables or a sandwich. You may say that is obvious – because it really is! But when it comes to the need for respect, it is fulfilled by the feeling of respect. You may want your friends to pay attention to you, to listen to what you say without interrupting you and even to appreciate what you say, isn't it? These are few expressions of the expectation of right feeling, from which you conclude that your friends respect you.

Human Being	Self	Co-existence	Body
Need	Happiness (e.g. Respect)		Physical Facility (e.g. Food)
Fulfilled By	Right Understanding & Right Feeling		Physio-chemical Things

Fig. 5-3. Fulfilment of the Needs of Human Being

You can find out if your need for food will be fulfilled if your friends keep saying nice things about you, but they don't offer you anything to eat, all day! It is quite obvious that some food is required to fulfil the need of the Body. Similarly, you can find out if your need for respect will be fulfilled if your friends keep on feeding you with the best of foods, but keep making fun of you, all day. Can you see that these are two different needs and one cannot be substituted for the other?

All the needs related to the Body, which are in terms of physical facility, are fulfilled by some physio-chemical things. All the needs related to the Self are in terms of feeling, and they are fulfilled by right understanding and right feeling.

We discussed this in chapter 3 also, while talking about the basic human aspiration. We saw that three things are required for a human being to be fulfilled:

1. Right understanding in the Self
2. Fulfilment in relationship with human being
3. Physical facility with rest of the nature

Refer to fig. 5-4. The physical facility has to do with the needs of the Body. The right understanding and right feeling have to do with the needs of the Self.

Related to Needs of the Self Related to Needs of the Body

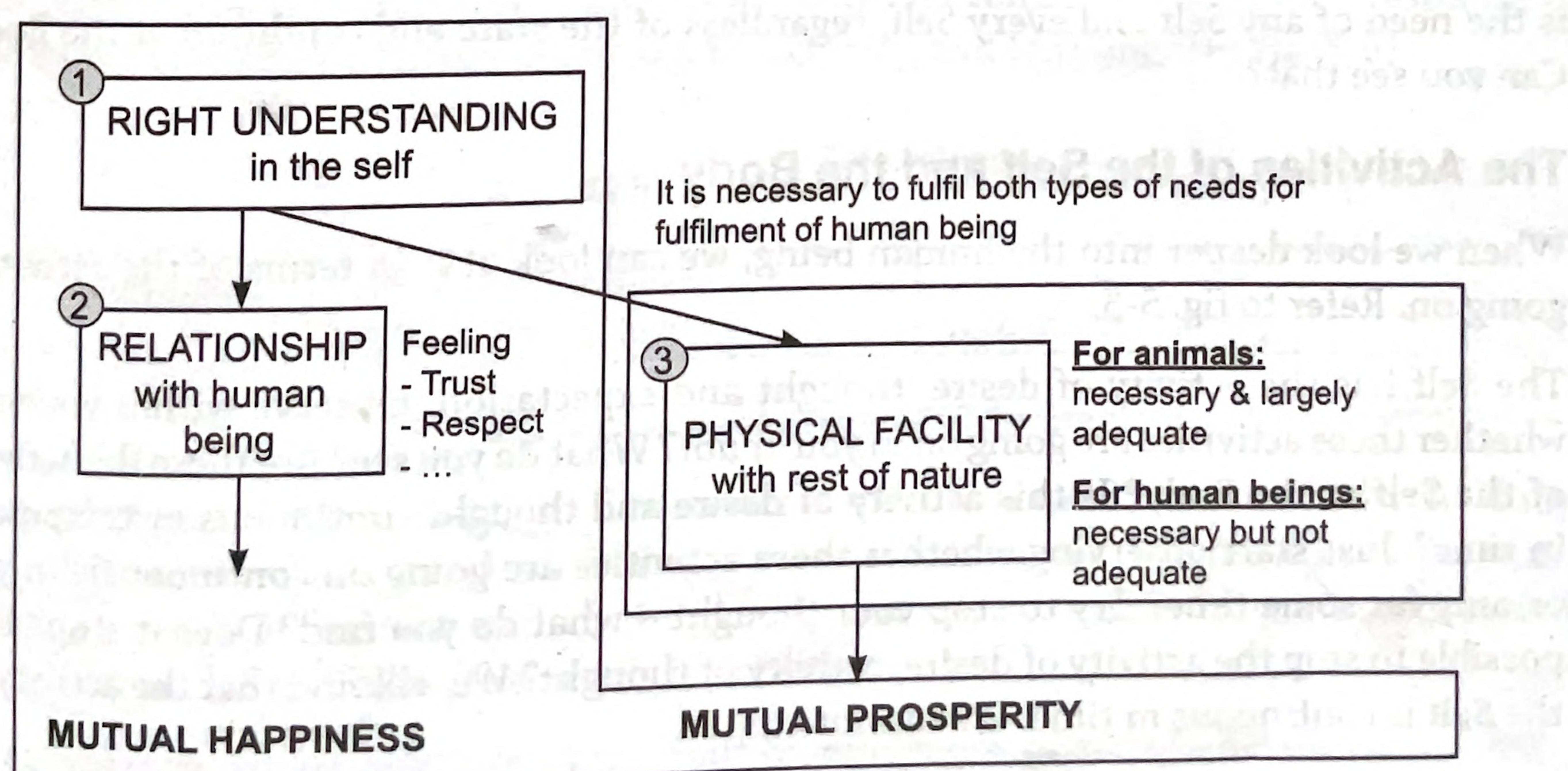


Fig. 5-4. Needs Related to the Self and Needs Related to the Body

For human being, in addition to the Body, the Self has become prominent. Thus the need of the Self has become significant. Hence, feelings, like trust, respect, etc. have become of higher priority compared to the physical facility. To be fulfilled, over and above physical facility, human being needs right understanding and right feeling which are the needs related to the Self.

The need of the Self is happiness, while the need of the Body is physical facility. The need for happiness is fulfilled by right understanding and right feeling; whereas the need for physical facility is fulfilled by physio-chemical things. Both of these needs have to be fulfilled separately, because the two are of different types. For human being to be fulfilled, both the needs have to be taken care of.

What do you think – are both, the Self and the Body, important or you can do away with any one of them? Are we taking care of both, or are we largely focused on the Body only? Most parents sincerely want to take care of the child to the best extent possible. What many of them end up doing is largely taking care of the needs of the Body and almost ignoring the Self. For example, a mother may try to over-feed the child and if the child resists, she may shout at or even beat the child. In the process, the Self is getting violated, though the Body is getting fed. If we observe our day-to-day living, we are largely focused on the needs relating to body.

Needs of the Self are Definite

Of course, the needs related to the Body depend on the age, health condition, shape and size of the Body etc. An adult may need 1kg of food in a day, while a small child may need 100 grams. A tall young man may need 3 metres of cloth for a pant, while a short boy may need only 1 metre of cloth. Like that the needs related to the Body will vary.

On the other hand, the needs of the Self are definite. A child needs happiness as much as a youth as does an old person. In other words, this right understanding and right feeling is the need of any Self and every Self, regardless of the state and condition of the Body. Can you see that?

The Activities of the Self and the Body

When we look deeper into the human being, we can look at it in terms of the activities going on. Refer to fig. 5-5.

The Self has the activity of desire, thought and expectation. Observe within yourself, whether these activities are going on in you or not? What do you see? Are these the activity of the Self or the Body? Is this activity of desire and thought continuous or temporary in time? Just start observing whether these activities are going on continuously in you or only for some time? Try to stop your thought – what do you find? Does it stop? Is it possible to stop the activity of desire, activity of thought? We will find that the activity of the Self is continuous in time. We cannot stop it.

Human Being	Self	Co-existence	Body
Activity	Desire, Thought, Expectation...		Eating, Walking ...
In Time	Continuous		Temporary

Fig. 5-5. Activities of the Self and the Body

On the other hand, any work that we take from the Body, like eating, walking, etc., is temporary in time. After some time, the Body gets tired and we need to give it rest. We cannot make it continuous.

Thus, when it comes to performing an activity with the help of the Body, we can't do it continuously. On the contrary, any activity of the Self is continuous; we can't stop it even for a while. When we are bored of thinking about one thing, we start thinking of something else. But one or the other desire, thought keeps going on continuously in us. Any activity with the help of Body is difficult to continue while any activity of the Self is difficult to stop. Can you observe this difference?

Refer to exercise no. 3 placed in 'Practice Exercises for Self-exploration' at the end of this chapter. Through it, you can further explore the activities of the Self and the activities of the Body. Please do that exercise now, before reading further. Could you see that these activities are qualitatively of two different types?

The Self and the Body can be differentiated on the basis of their need as well as their activity. The third difference is at the level of response – the response of the Body and response of the Self.

The Response of the Self and the Body

The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling (see fig. 5-6).

Human Being	Self	Co-existence	Body
Response	Knowing, Assuming, Recognising, fulfilling		Recognising, fulfilling

Fig. 5-6. Response of the Self and the Body

Let's take an example to clarify it. If someone is piercing a needle in your body, the Body has a definite recognition and fulfilment. If the needle is harder than the skin of the Body, it will go inside; if it is softer than the skin, it will not go inside. This recognition and fulfilment of the Body with the needle is definite.

Now, let's look at the response of the Self. If someone is piercing a needle in our body, will we cooperate with him or oppose him? That depends upon the situation and our assumption about that person. If the person piercing the needle is a doctor, we cooperate.

On the contrary, if the person is an enemy trying to inject poison in the Body, we will oppose him. It means that the recognition and fulfilment of the Self depends upon the assumption in the Self. Can you observe that your response to the other person depends upon your assumption? Any small difference in assumption leads to different recognition and fulfilment.

Let's take another example. You are lying on the operation table for some surgery. The doctor is ready to perform the job. Just before the anaesthesia, a close friend makes a phone call to you and informs you that this doctor is hand in hand with your enemy. What would you do? Will you continue with operation or jump out of the table? Obviously, the second one. Why? Because of the information you received via the phone call. Now, your assumption about the doctor has changed. Obviously, no other physical change outside has taken place. The table, the room, and the people, everything is same, but your assumption about the doctor has changed, so it is followed by a change in recognition and fulfilment. Earlier, you were ready to pay for the operation and now you won't allow him to operate, even if you are paid for it!

The recognition and fulfilment of the Body will be the same in both the cases. However, the recognition and fulfilment of the Self depends upon the assumption. Since the assumptions keep changing based upon the influence of circumstances, peer pressure, society, media, etc.; our recognition and fulfilment, our conduct also keeps varying throughout the day. That is the source of the indefinite conduct of a human being. All the problems that we see around, ultimately, relate to this.

With this background, if you observe people around you, they have various assumptions in themselves, many a times, not based upon right understanding but influenced by the sensation, media, advertisement, preconditioning prevailing in the society, etc. Due to differences in assumption, their recognition and fulfilment is different. Hence, there is a lot of difference in the conduct of various people.

Not only that, even a single person may have many different sets of assumptions. When one set of assumptions is active, his conduct is one way. When another set of assumptions is active, the conduct is different. You may find the same person full of affection one time and full of jealousy another time. We also may have various assumptions in us. Sometimes these assumptions may even be contrary to each other; and depending upon the time, situation and circumstances – one of them may become active. This makes our behaviour much more complicated. Any misleading assumption that is not right, leads to a wrong recognition and fulfilment, ultimately leading to wrong behaviour / conduct.

This is what most of us are doing – living on the basis of assumptions. As a result, all of us are facing problems at various levels. If we assume ourselves to be of one sect, and assume the other sect to be our opponent, our behaviour with the people of these two sects will be quite different. Like if a person believes himself to be of sect one and he has the assumption that those who believe themselves to be of another sect are different from him, his behaviour will be very different for people of both these sects. However, when he is able to understand human being, his assumptions will be set right and his behaviour will be mutually fulfilling for any human being, and every human being. Can you see that?

The conduct of the human being basically depends upon the response of the Self, as all decisions are made by the Self. Only with the assumptions set right, i.e. assumptions that are based on knowing, can the recognition and fulfilment be set right; and only then can the conduct become definite.

This has been elaborated in the fig. 5-7. As long as we are just operating in the smaller block (assuming, recognizing, fulfilling), we are in problem. Our conduct is indefinite as our assumptions keep changing. The solution is to operate in the bigger block (knowing, assuming, recognizing, fulfilling). The shift from operating only on the basis of assuming without knowing to operating on the basis of knowing is facilitated by human education-sanskar.

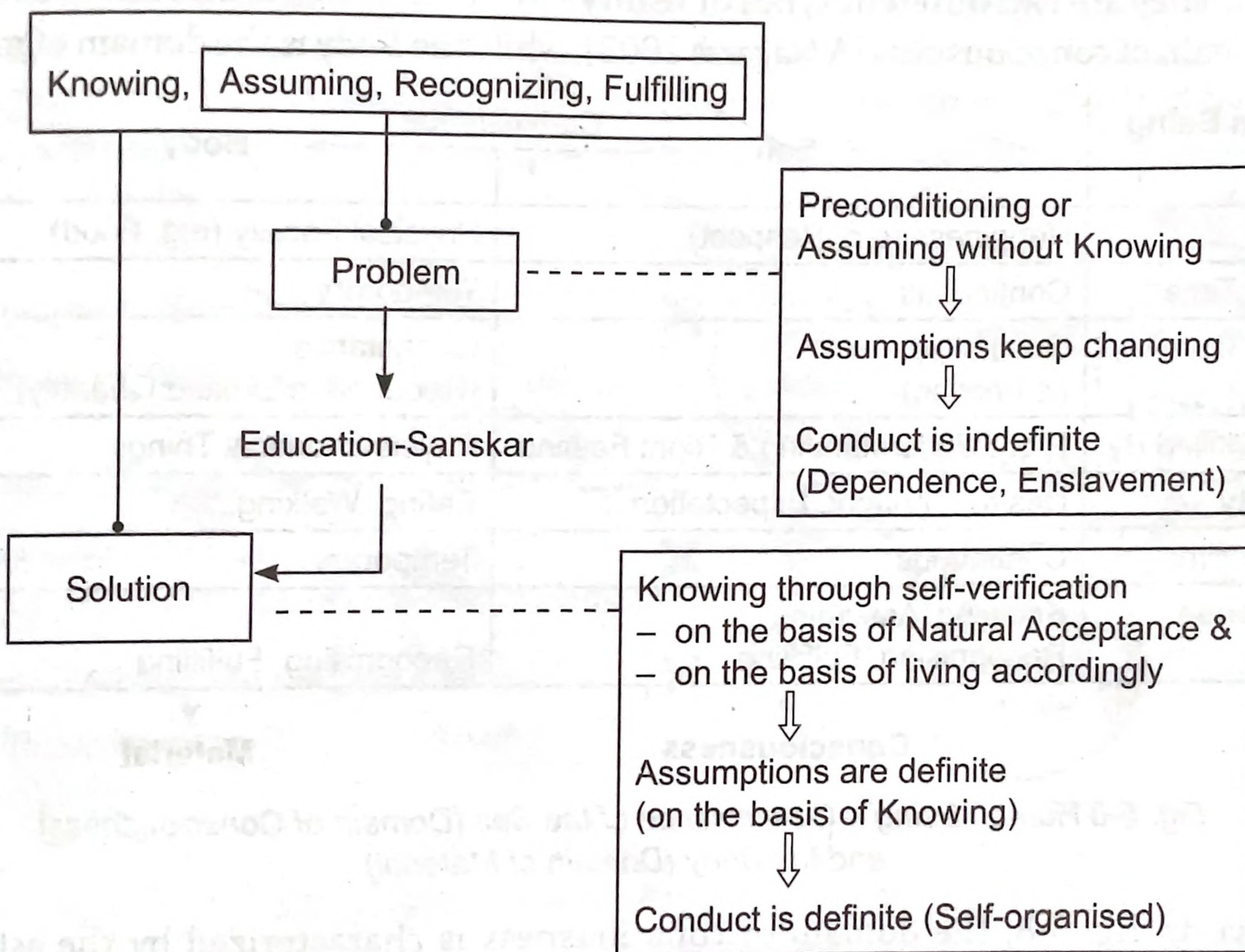


Fig. 5-7. Response based on Knowing or Response based on Assuming without Knowing

Knowing means understanding the reality as it is, in its completeness. Since the reality is definite, knowing is also definite. With right understanding, our assumptions, basically our acceptance is set right, our recognition of relationship is set right, and therefore, we make effort to fulfil the relationship. In this way, our conduct becomes definite. It becomes humane; so, we are calling it definite human conduct.

If we understand (know) the human being as proposed above, our assumptions will be set right – we will be able to see that all human beings are similar. Our recognition of relationship will be set right – we will recognise all human beings as being similar, rather than on the basis of their cast, creed, gender, age, language, region, religion, etc. With the recognition set right, our fulfilment of relationship will be set right – we will make effort for fulfilment of both the Self as well as the Body, rather than discriminate based on whether one is male or female, white or black, Hindu or Christian, etc.

To live in a state of solution, we need to ensure knowing in the Self; which is the most important task for a human being. In the absence of knowing, when we are living just by assumptions, we are in problem, and creating problem for the others. Can you see that?

This transformation from the state of problem or indefinite conduct to the state of solution or definite conduct can be ensured by human education-sanskar.

The Self as the Consciousness Entity, the Body as the Material Entity

We saw that the need, fulfilment, activity and the response of Self and Body are completely different. They are two different types of reality – the Self (which is also called as Jeevan) is the domain of consciousness [A Nagaraj 2003], while the Body is the domain of material.

Human Being	Self	Co-existence	Body
Need	Happiness (e.g. Respect)		Physical Facility (e.g. Food)
In Time	Continuous		Temporary
In Quantity	Qualitative (is Feeling)		Quantitative (Required in Limited Quantity)
Fulfilled By	Right Understanding & Right Feeling		Physio-chemical Things
Activity	Desire, Thought, Expectation...		Eating, Walking...
In Time	Continuous		Temporary
Response	Knowing, Assuming, Recognising, Fulfilling		Recognising, Fulfilling
		↓	↓
	Consciousness		Material

Fig. 5-8 Human Being – Co-existence of the Self (Domain of Consciousness) and the Body (Domain of Material)

As shown in fig. 5-8, the domain of consciousness is characterized by the activity of knowing, assuming, recognising and fulfilling. On the other hand, the domain of material only has the activity of recognising and fulfilling.

Happiness is the need of the consciousness and it is fulfilled by right understanding and right feeling which are activities of the consciousness itself. Body is a material unit and its needs are material in nature and they are fulfilled by physio-chemical things. Thus, the need of the consciousness is fulfilled by the activities of consciousness only; whereas the need of the material body is fulfilled by physio-chemical (material) things only.

To understand the human being, both the domain of consciousness as well as the domain of material needs to be understood. For human being to be fulfilled, both domains need to be fulfilled separately.

Gross Misunderstanding – Assuming Human Being to be only the Body

A gross misunderstanding is to assume the human being to be just the Body.

As far as the needs of human being are concerned, they are in terms of happiness and physical facility. The need for happiness is continuous because it is actually the need of the Self. With the assumption that 'the human being is just the Body', all the efforts for fulfilment of human needs have to take place through physical facility. We are actually trying to fulfil the needs of the Self through the Body, through physical facility. Of course, we are also trying to fulfil the needs of the Body through physical facility.

We are trying to fulfil the continuous need for happiness, like respect, through physical facility like clothes and food. Since the need for happiness is continuous, we end up thinking that it will come from more clothes, more food, etc. Hence, the need for clothes, food and any other physical facility appears to be undefined or unlimited in quantity. This is articulated in fig. 5-9.

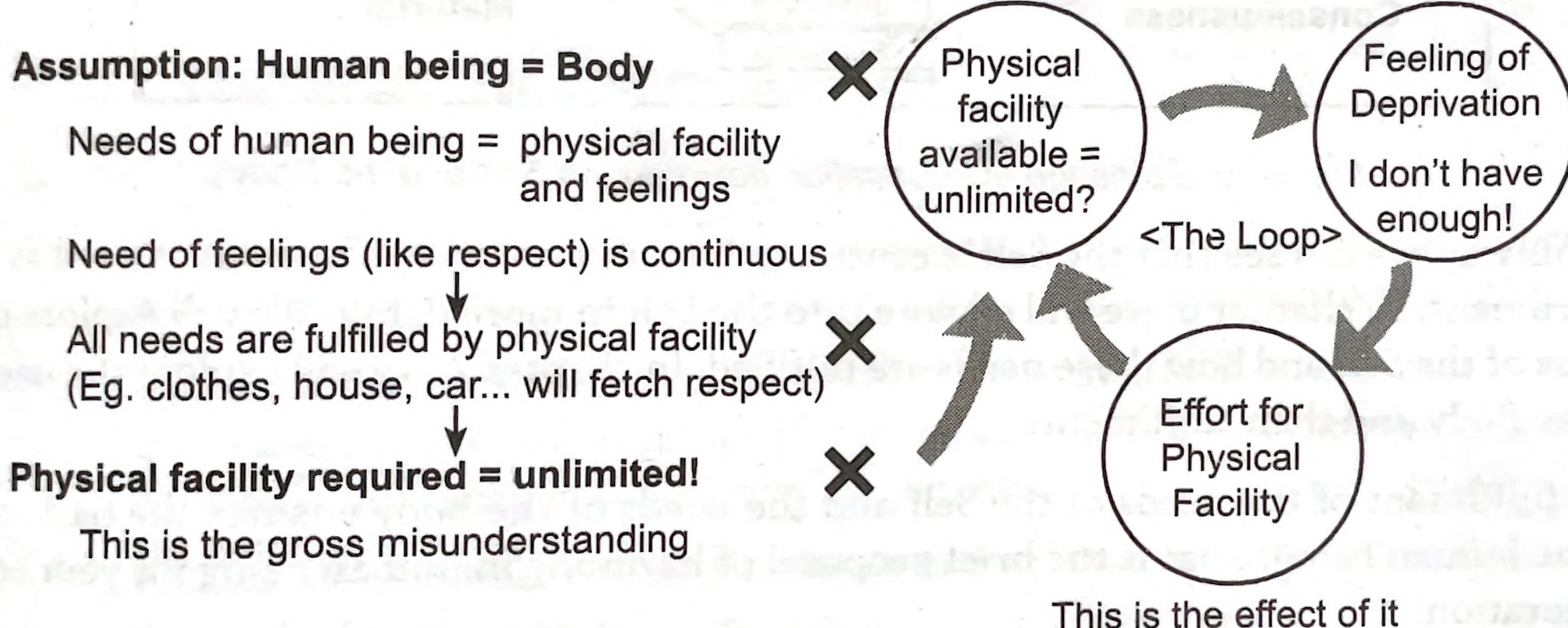


Fig. 5-9. Gross Misunderstanding

For instance, you can observe people who are trying to get respect out of clothes. They keep on buying and wearing new clothes just to draw attention towards themselves. Do you think that this attention is the same as respect? Is it possible to get respect based on the clothes you wear? What about continuity of respect on this basis? Certainly, it does not work!

The impact of this assumption is that we keep accumulating more and more physical facility, without knowing how much is enough; how much will fetch us continuous happiness. We never feel prosperous. We feel deprived so we try to accumulate more; that is how we get into a loop. Check if you are also caught in this loop.

The gross misunderstanding is assuming the human being to be the Body; and therefore, trying to fulfil all the needs through physical facility alone. It is needless to say that there are wide repercussions at every level of human existence. On the one hand, there is exploitation of natural resources for more and more physical facility. On the other hand, human beings are exploited in the process and also, they are made to compete for the limited physical facility.

The Self is Central to the Human Being

If we now look at human being, the Self (consciousness) is there, the Body (material) is there and the two co-exist. Further:

- It is the Self that has the need to know and the possibility to know the reality – it is the knower or seer.
- The Self gives instructions to the Body when the Body needs to be involved and it reads the sensations from the Body (see fig. 5-10). In that sense, the Self decides what to do – it is the doer.
- It is the Self which experiences happiness or unhappiness – it is the enjoyer (experiencer).

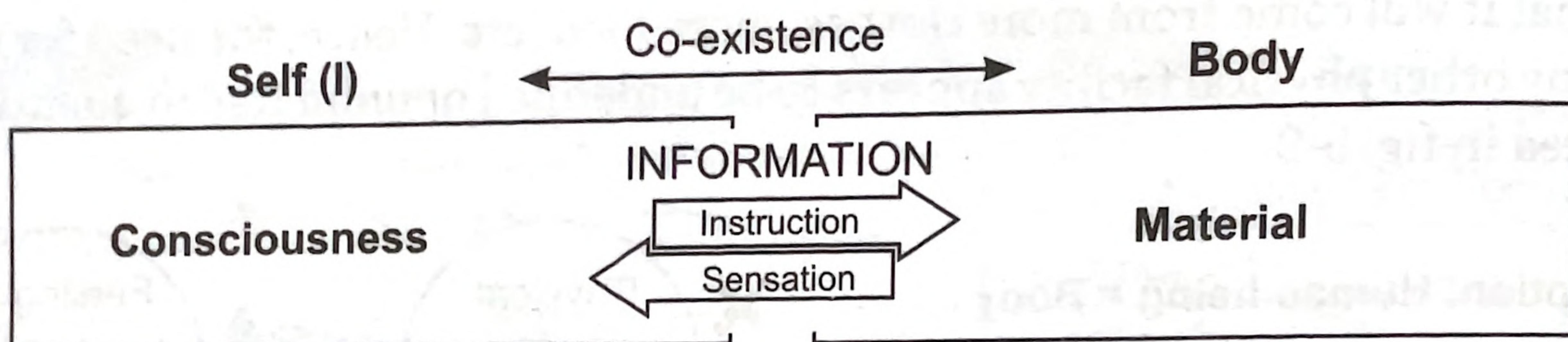


Fig. 5-10. Exchange of Information between the Self and the Body

In this way, we can see that the Self is central to human existence. The Body is used as an instrument. In chapter 6, we will explore into the Self in more detail. We will explore the needs of the Self and how these needs are fulfilled. In chapter 7, we will explore the needs of the Body and their fulfilment.

The fulfilment of the needs of the Self and the needs of the Body ensures the harmony in the human being. That is the brief proposal of harmony in human being for your self-exploration.

Salient Points

- *Human being is the co-existence of the Self, a consciousness unit and the Body, a material unit. The two are in co-existence with each other.*
- *The needs of the Self and the Body are of two different types – fulfilling one cannot fulfil the other. The need of the Self is happiness and this need is continuous and qualitative. The need of the Body is physical facility and this need is temporary and quantitative.*
- *The need of the Self is fulfilled by right understanding and right feeling, while the need of the Body is fulfilled by physio-chemical things.*
- *The need of consciousness (Self) is fulfilled by the activities of consciousness only, while the need of material Body is fulfilled by material things. Consciousness cannot be fulfilled by material and vice versa.*
- *The activities of the Self, like desire, thought, expectation, etc. are continuous in time. The activities of the Body, like eating, walking, etc. are temporary in time.*

- *The response of the Body is definite, and in terms of recognizing and fulfilling. The response of the Self is in terms of knowing, assuming, recognizing and fulfilling. Knowing is to see the reality as it is. The response of the Self is indefinite if it is based on assuming, recognising and fulfilling. It is definite and humane if it is based on knowing, assuming, recognising and fulfilling.*
- *The indefinite response and indefinite conduct are a source of problem. With knowing, the response becomes definite and leads to definite human conduct. This is a state of solution. This transformation from a state of problem to a state of solution is facilitated by human education-sanskar.*
- *Harmony in the human being means ensuring the fulfilment of the need of the Self, fulfilment of the need of the Body and ensuring harmony between the Self and the Body.*

Test Your Understanding

Part 1: Questions for Self-evaluation

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

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.

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. 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?
2. Take your list of desires. Revise it if you need to. Now classify the desires as being related to the need of the Self or need of the Body.

Contd...

Desire	Related to the Need of the Self	Related to the Need of the Body
Health		Body
Feeling of acceptance for me in my friends	I want that feeling of acceptance	
Being physically in the company of my friends	I want to be with my friends	
Food for nutrition		My Body needs the nutrition
Food for taste	I want the taste	
Lots of money – for needs of Body		Money for food, clothes, shelter, etc.
Lots of money – for respect in the society	Money for jazzy bike etc. so people will respect me	
Understanding my natural acceptance	It is my need to be in harmony	
This is just a sample list. Please make your own list		

If a desire appears to be related to both (needs of the Self and needs of the Body), look for the purpose, and split it into two or more sub-desires until you are able to see clearly whether the sub-desire is related to the need of the Self or the need of the Body. E.g. the desire for 'lots of money' has been split into two sub-desires. One part is to get food, clothes, shelter, etc. for the Body, and the other part is to get respect amongst friends in the society. If you look at the first desire it is related to Body, while the second desire is related to Self.

From this exercise,

- (a) Find out at least two key distinguishing features between the needs of the Self and the needs of the Body.
- (b) Roughly what percentage of your desires is related to the needs of the Self and what percentage is related to the needs of the Body?
- (c) Compare the rough percentages, below:

Percentage of time and effort you are making for physical facility (recollect from exercise done in chapter 3)	Percentage of needs of the Body
Percentage of time and effort you are making for fulfilment in relationship and right understanding (recollect from exercise done in chapter 3)	Percentage of needs of the Self

What are your conclusions from this exercise?

3. Make a list of your activities from morning till night. Some of these are activities going on in you (the Self), some activities are going on in your Body and some activities involve both you (the Self) as well as your Body. Classify the list of activities in these three categories (see table).

Activity	In the Self	In the Body	Involving both the Self and the Body
Running			I made the decision to run. The Body is running
Eating			I made the decision to eat. The Body is eating. The Body is getting the nutrition and I am getting the taste
Thinking	I am thinking. My body is not involved		
Feeling excited	I am feeling excited	There is some effect on my Body also	Both, me and my Body is involved
Heartbeat		This is happening in the Body	
Blood circulation		This is happening in the Body	
Other activities...			

Write down your observations regarding:

- The activities of the Self which do not involve the Body. Can you see that these activities are continuous?
 - Activities of the Body. Can you see that they involve some internal organs of the Body (like the heart and blood vessels)? Can you see that these activities are discontinuous or cyclic?
 - Activities that involve both, the Self as well as the Body. In such activities, try to identify the role of the sense organs as well as the work organs. For example, when you are observing a mosquito to kill it:
 - ◆ You have decided to observe the mosquito
 - ◆ The eye, a sense organ, and the ear, another sense organ, are used as instruments
 - ◆ The hand, a work organ, is used to squat the mosquito (of course, after you decided how and when to do it)
4. List out 10 decisions that you have made in the last few days. Try to identify the basis for each decision – was it based on knowing or was it based on assuming without knowing? See table, below:

Decision	Based on Knowing and Assuming	Based on Assuming without Knowing
To pick up the call from my friend		I was expecting good news from him

Contd...

To drop the call from my friend		He gave me bad news
To call my mother	I knew my mother will sympathise with me	
To eat a tasty pizza		I assumed it will be tasty and it was great
This is just a sample list. Please make your own list		

What percentage of your decisions are based on knowing? Which category of decisions do you feel more comfortable with? Write down your conclusions from this exercise.

5. Take out a few pairs of clothes that you use regularly. For each pair of clothes, find out approximately what part of the price you paid for it was
- To fulfil the need of the Body (health of the Body)
 - To get attention, respect, etc. from others (need of the Self)

What percentage of your money is being spent on clothes for health and what percentage of your money is being spent for getting attention etc.? What is your conclusion from this exercise?

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!

"I have to know the existential reality to be in tune with it"

"Human being – co-existence of the Self and the Body or just the Body"?

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.