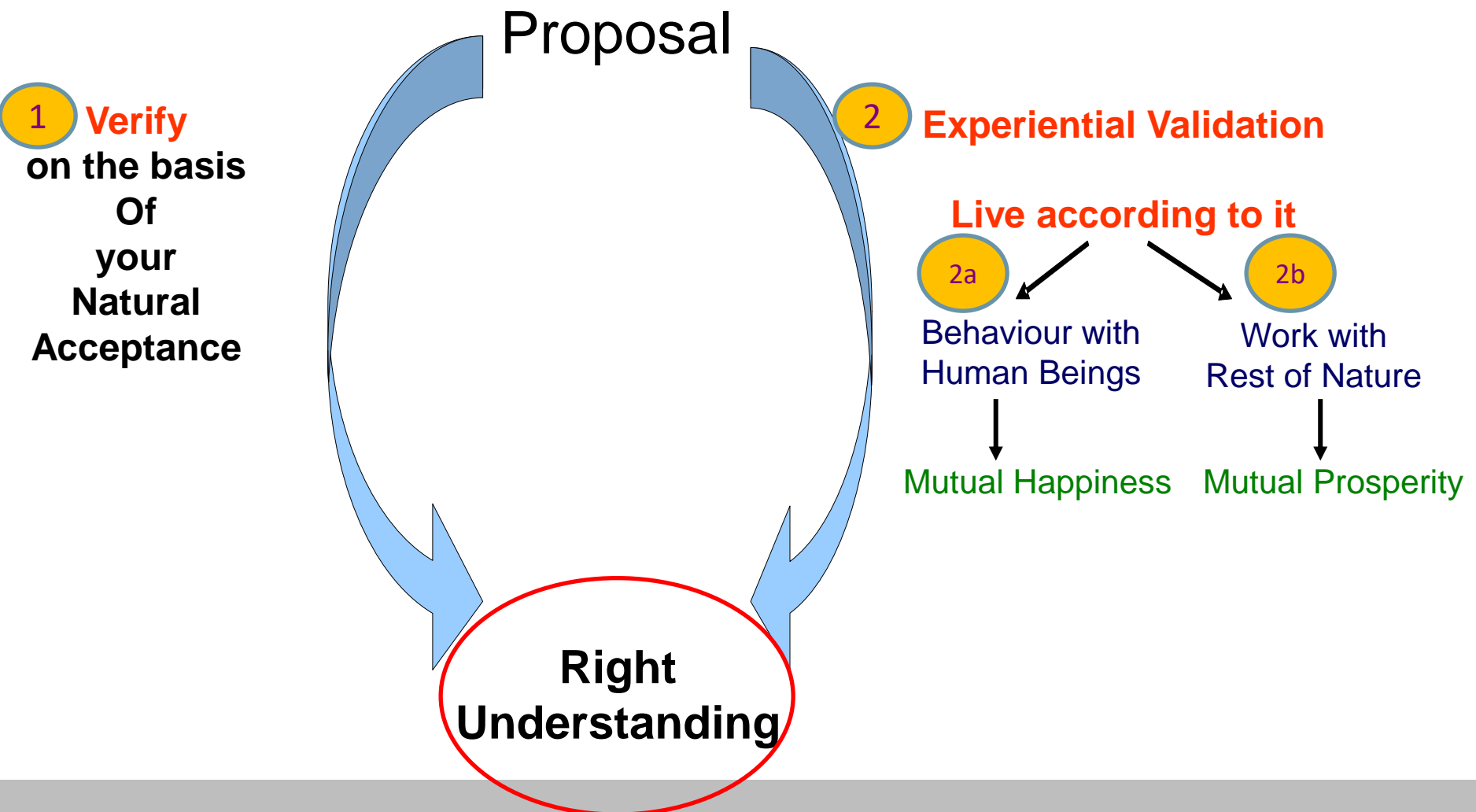


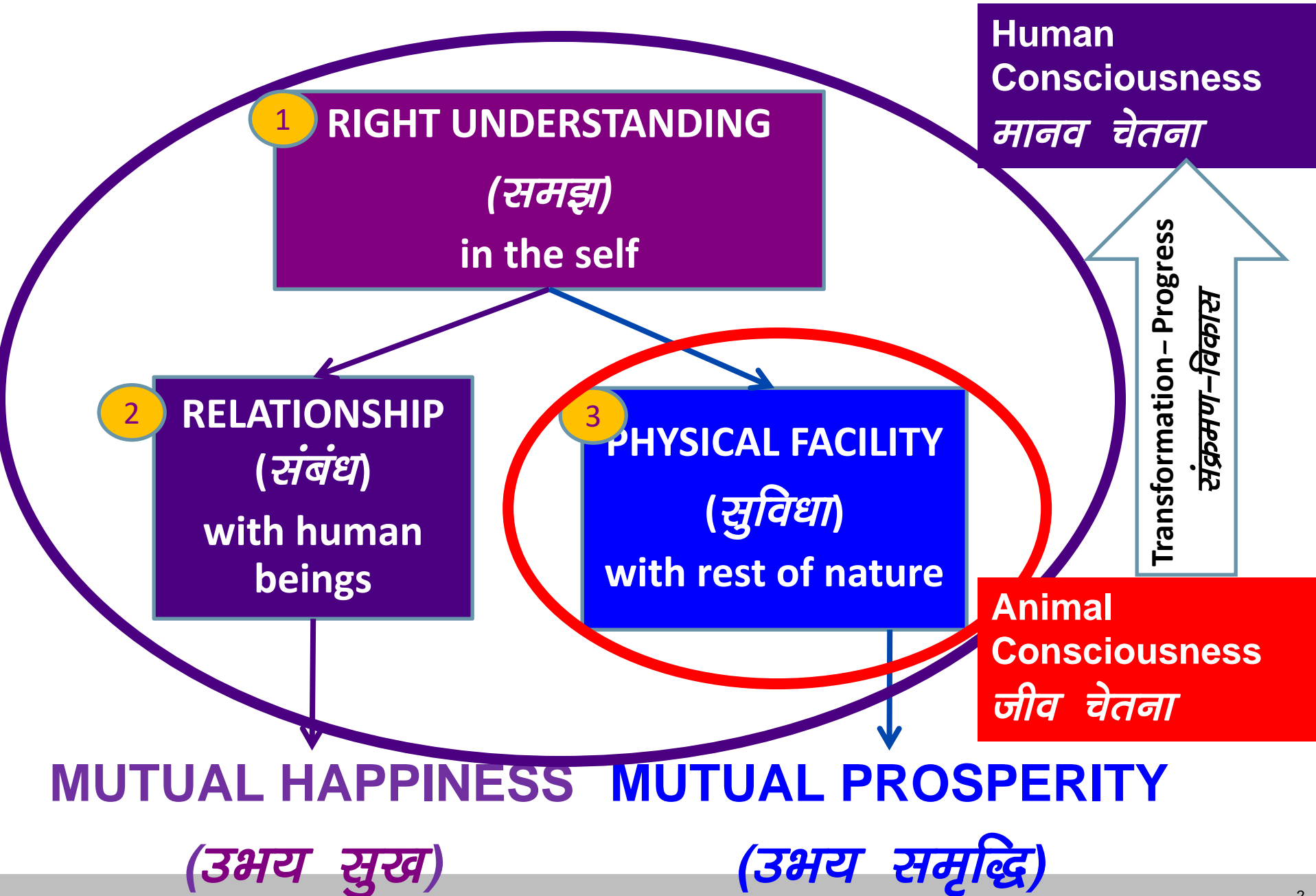
Process of Self-verification

Whatever is said is a **Proposal** (**Do not accept it to be true**)

Verify it on your own right



Role of Education-Sanskar: Enable Transformation



Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Purpose – Happiness, Prosperity → Continuity

b. Program (करना) – Process of achieving the desire

Happiness = To be in Harmony



To understand Harmony & to live in harmony at all 4 levels:

1. Harmony in the Individual
2. Harmony in Family
3. Harmony in Society
4. Harmony in Nature/Existence

2. Process of Self Exploration Self-verification

Whatever is said is a **Proposal** (Do not accept it to be true)
Verify it on your own right



Harmony in the Human Being

Understanding Human being as Coexistence of Self (I) & Body

Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire (चाहना) - Aim, Purpose – Happiness, Prosperity → Continuity

b. Program (करना) – Process of achieving the desire, action

Happiness = To be in Harmony



To understand Harmony & to live in harmony at all 4 levels:

1. Harmony in the Human Being

2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

2. Process of Self Exploration Self-verification

Whatever is said is a **Proposal** (Do not accept it to be true)
Verify it on your own right

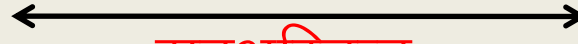


Human Being
मानव

Self (I)
मैं

Co-existence
सहअस्तित्व

Body
शरीर



Human Being मानव		Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)			Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर			Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)			Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)

Are these needs are of different types or of same type?

Are both types of needs important / Do we want fulfillment of both types of needs?

Are we working to fulfill both types of needs?

What is the priority between the needs of the Self (I) & the needs of the Body?

Human Being मानव		Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)			Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर			Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)			Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव			Physio-chemical Things भौतिक-रासायनिक वस्तु

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings
The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately
Both type of needs have to be fulfilled separately

In living, what is the priority?

How much time & effort is spent for right understanding & right feelings?

How much time & effort is spent for physical facility?

Human Being

मानव

Self (I)
मैं

Co-existence
सहअस्तित्व

Body

शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक

Human Being मानव

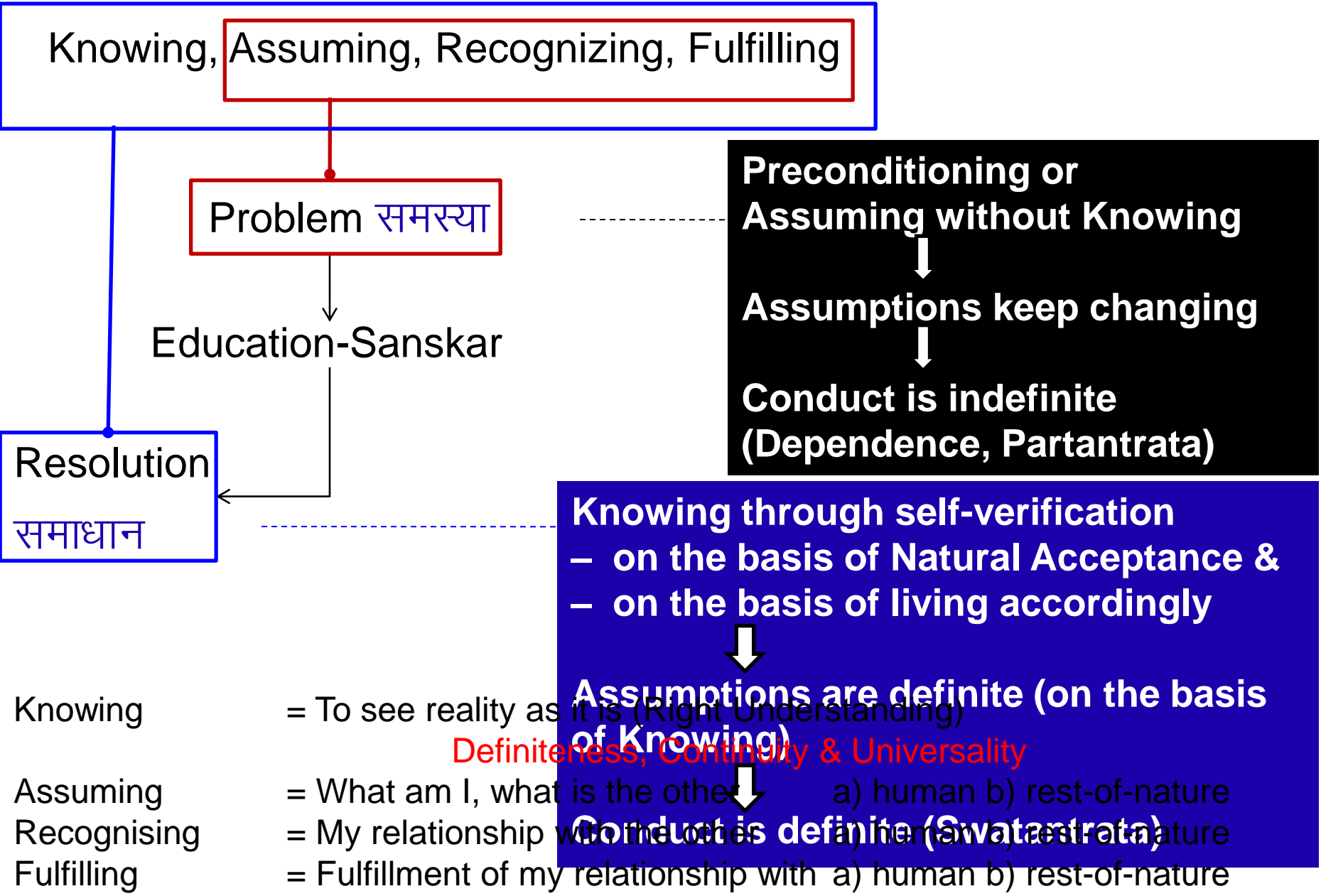
Self (I)
मैं

Co-existence
सहअस्तित्व

Body
शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

Knowing & Assuming



Human Being

मानव

Self (I)

मैं

Co-existence

सहअस्तित्व

Body

शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

Human Being मानव		Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)		
In Time काल में	Continuous निरन्तर	Temporary सामयिक		
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)		
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु		
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...		
In Time काल में	Continuous निरन्तर	Temporary सामयिक		
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना		
		Consciousness चैतन्य		Material जड

Exercise on Distinguishing Needs of the Self and Body

Need	Related to Body	Related to Self
Nice Looking Car		
Car for Transport		
Food		
Tasty Food		
Trust		
Happiness		
Knowledge		
50 Lacks Rupees		
Love		
Good Health		
Prosperity		
B.Tech		

Exercise on Distinguishing Activities of the Self and Body

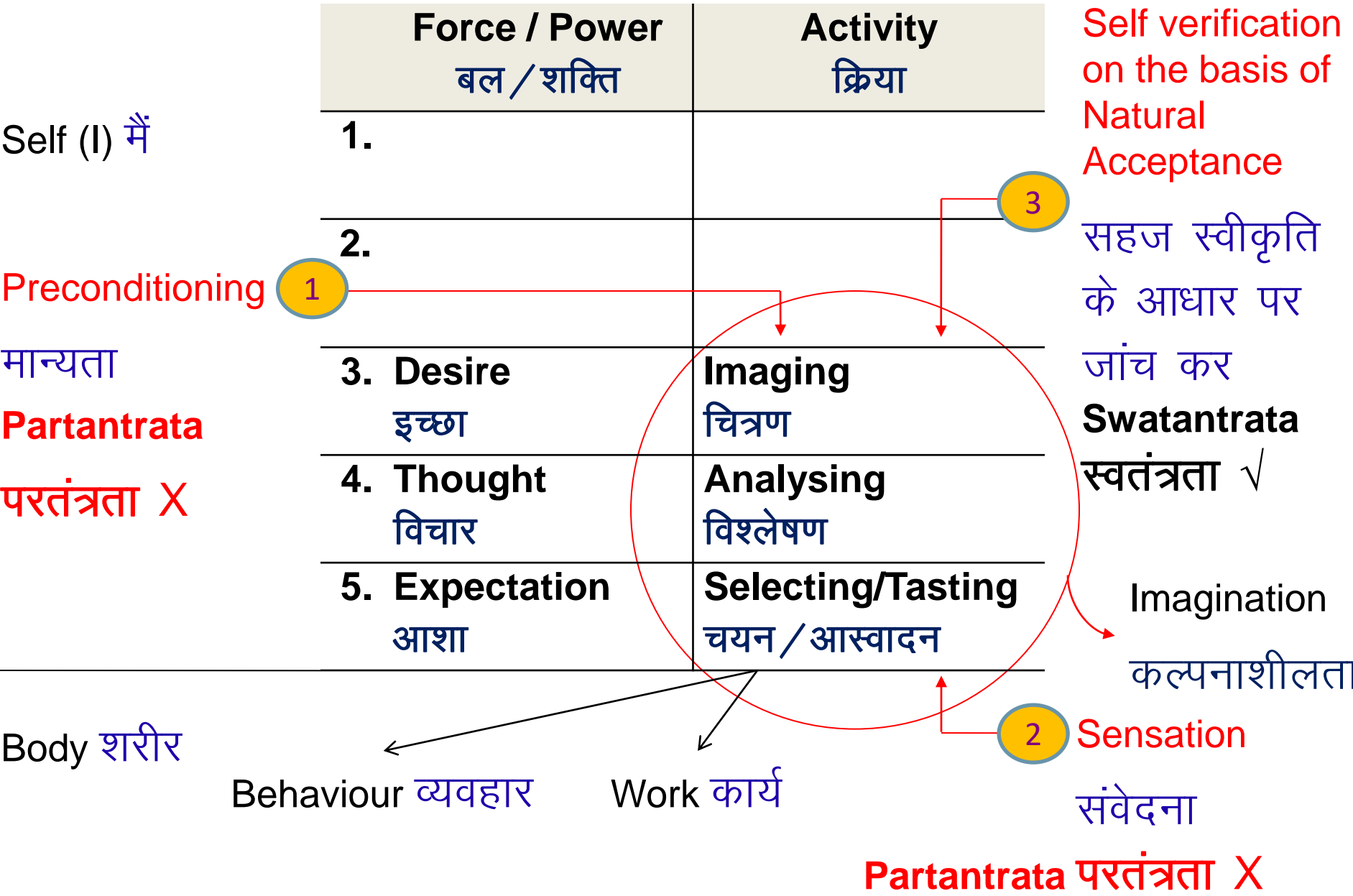
Activities	Going on in I	I and Body both are involved	Going on in Body with consent of I
Eating			
Walking			
Thinking			
Dreaming			
Breathing			
Heart-Beat			
Dancing			
Chewing			
Scratching			
Getting Angry			
Shouting			

Harmony in the Self (I)

Activities of Self (I) मैं की क्रियायें

Force / Power बल / शक्ति
1.
2.
3. Desire इच्छा
4. Thought विचार
5. Expectation आशा

Activities of Self (I) मैं की क्रियायें



Harmony (of the Self) with the Body

- Understanding Prosperity**

Human Being मानव		Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)		
In Time काल में	Continuous निरन्तर	Temporary सामयिक		
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Limited in Quantity) मात्रात्मक (सीमित मात्रा में)		
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physico-chemical Things भौतिक-रासायनिक वस्तु		
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...		
In Time काल में	Continuous निरन्तर	Temporary सामयिक		
Type प्रकार	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना		
		Consciousness चैतन्य		Material जड

Harmony with the Body

Self (I)

Body

INFORMATION

**Body is an instrument
of the Self (I)**

Instruction

Sensation

Consciousness

Material

Needs & Activities are Continuous in Time

Temporary in Time

Knowing, Assuming, Recognizing, Fulfilling

Recognizing, Fulfilling

Harmony with the Body

Self (I)

Body

INFORMATION

**Body is an instrument
of the Self (I)**

Instruction

Sensation

Consciousness

Material

Needs & Activities are Continuous in Time

Temporary

Knowing, Assuming, Recognizing, Fulfilling

Recognizing, Fulfilling

Sanyam

**Feeling of responsibility for
Nurturing, Protection and Right Utilization of
the Body**

Harmony with the Body

Self (I)

INFORMATION

Instruction

Sensation

Consciousness

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

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

Body

Body is an instrument
of the Self (I)

Material

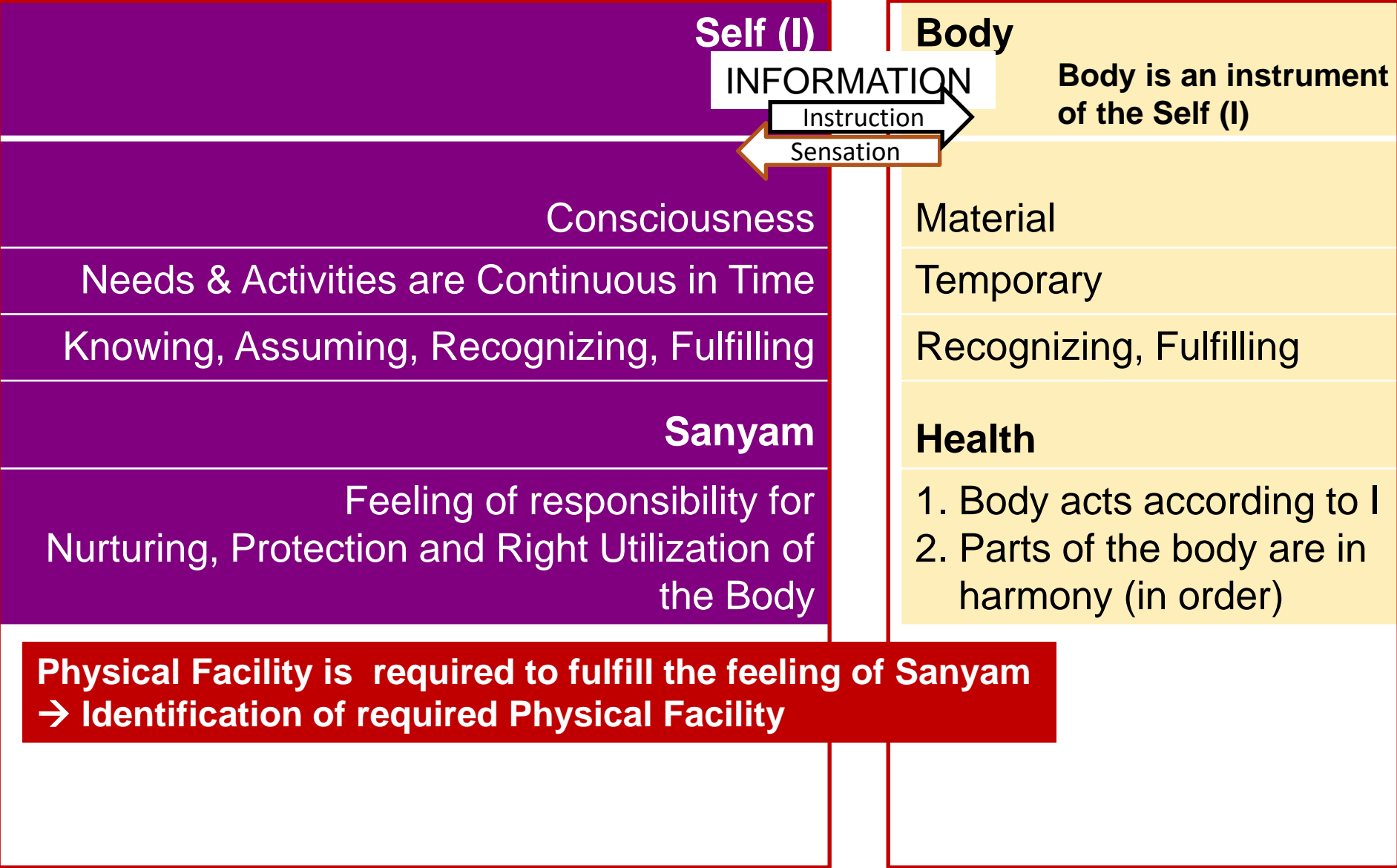
Temporary

Recognizing, Fulfilling

Health

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

Harmony with the Body



Harmony with the Body

Self (I)

INFORMATION

Instruction

Sensation

Consciousness

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

Feeling of responsibility for

Nurturing, Protection and Right Utilization of

the Body

↓ ↓ ↓
Food... Clothes, Shelter... Instruments...

Body

Body is an instrument of the Self (I)

Material

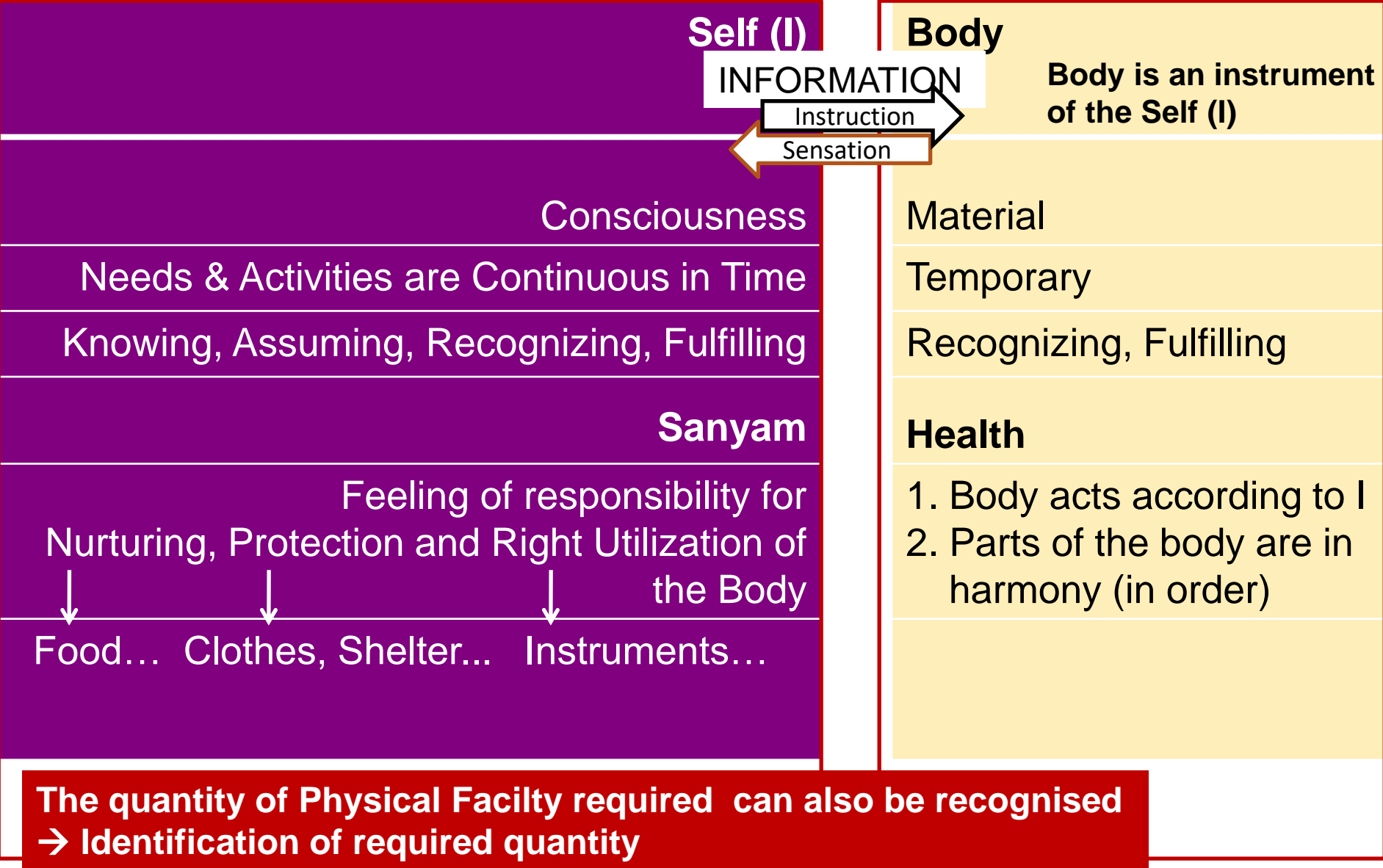
Temporary

Recognizing, Fulfilling

Health

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

Harmony with the Body



Harmony with the Body

Self (I)

INFORMATION

Instruction

Sensation

Body

Body is an instrument of the Self (I)

Consciousness

Material

Temporary

Recognizing, Fulfilling

Health

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

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

↓	↓	↓
Food...	Clothes, Shelter...	Instruments...
↓	↓	↓
Limited,	Limited,	Limited quantity

Harmony with the Body

Self (I)

INFORMATION

Instruction

Sensation

Body

Body is an instrument of the Self (I)

Consciousness

Material

Temporary

Recognizing, Fulfilling

Health

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

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

↓ ↓ ↓
Food... Clothes, Shelter... Instruments...
↓ ↓ ↓
Limited, Limited, Limited quantity

Physical Facility is required in a limited quantity

Prosperity (समृद्धि)

Prosperity – The feeling of having more than required Physical Facility

2

1

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1

2

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

आवश्यक सुविधा का निर्धारण – सही समझ से

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

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “