

Module 2

Understanding Harmony in the Human Being

Chapter 1

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

Understanding Harmony in the Human Being

- Now we will start exploring the four levels of living of a human being, starting from the level of individual.
- **Understanding the Human Being as Co-existence of the Self and the Body**
- We are human beings; and we need to first understand ourselves.
- So, what is a human being? The proposal is that human being is co-existence of the Self and the Body.
- Self is what we term as 'I' and Body is what we see with our eyes.
- To understand the two realities, we can start by looking at the needs, activities and response of the Self and the Body.

Needs – Self and Body (Quantity & Quality)

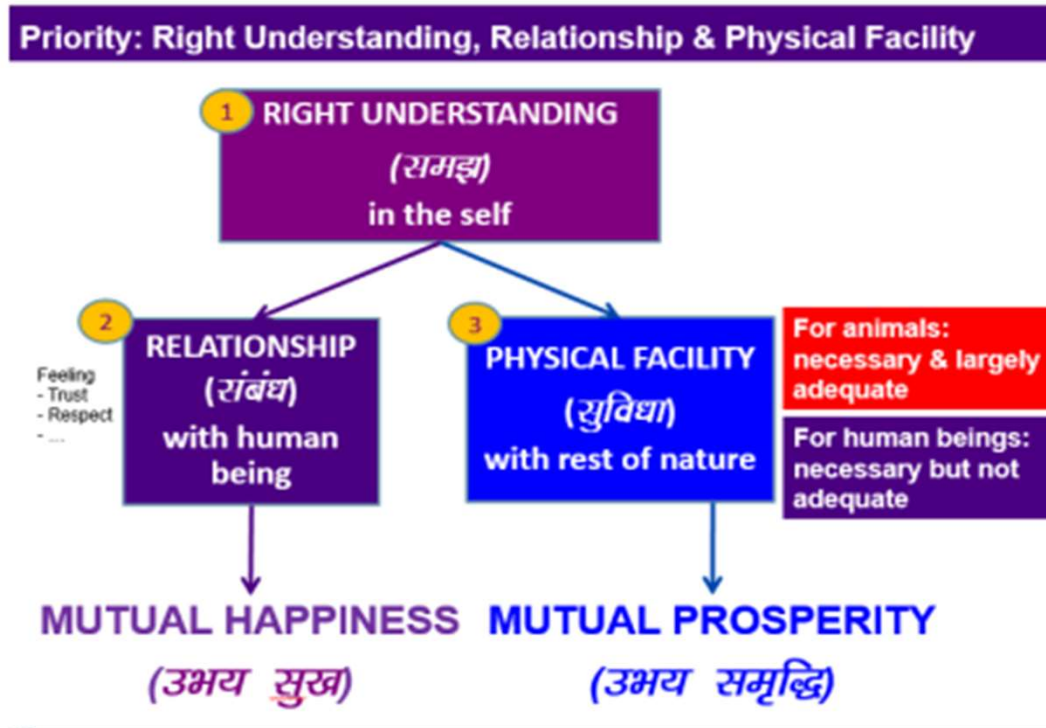
Human Being मानव		
<div> <div>Self मैं</div> <div> <div>Co-existence सहअस्तित्व</div> </div> <div>Body शरीर</div> </div>		
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	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 Self and the Body

- The **need of the Self is happiness** (e.g. feeling of respect leading to happiness) while the **need of the Body is physical facility** (e.g. food).
- All the needs related to the Self are continuous in time while all the needs related to the Body are required for a limited time.
- This is one way we can differentiate between the need of the Self and the need of the Body
- 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.

- 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'. These feelings are qualitative in nature.
- Now, let us see how these two different types of needs are fulfilled.
- The need for food is fulfilled by something physical.
- But when it comes to the need for respect, it is fulfilled by the feeling of respect.
- All the needs related to the Body 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.

1 and 2 – need for the Self
3 – need for the body



Activity – Self and Body

Human Being मानव		Self मैं	Co-existence सहअस्तित्व	Body शरीर
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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		

The Activities of the Self and the Body

- The Self has the activity of desire, thought and expectation which are continuous.
- On the other hand, any activity of the Body, like eating, walking, etc. is temporary in time

Response – Self and Body

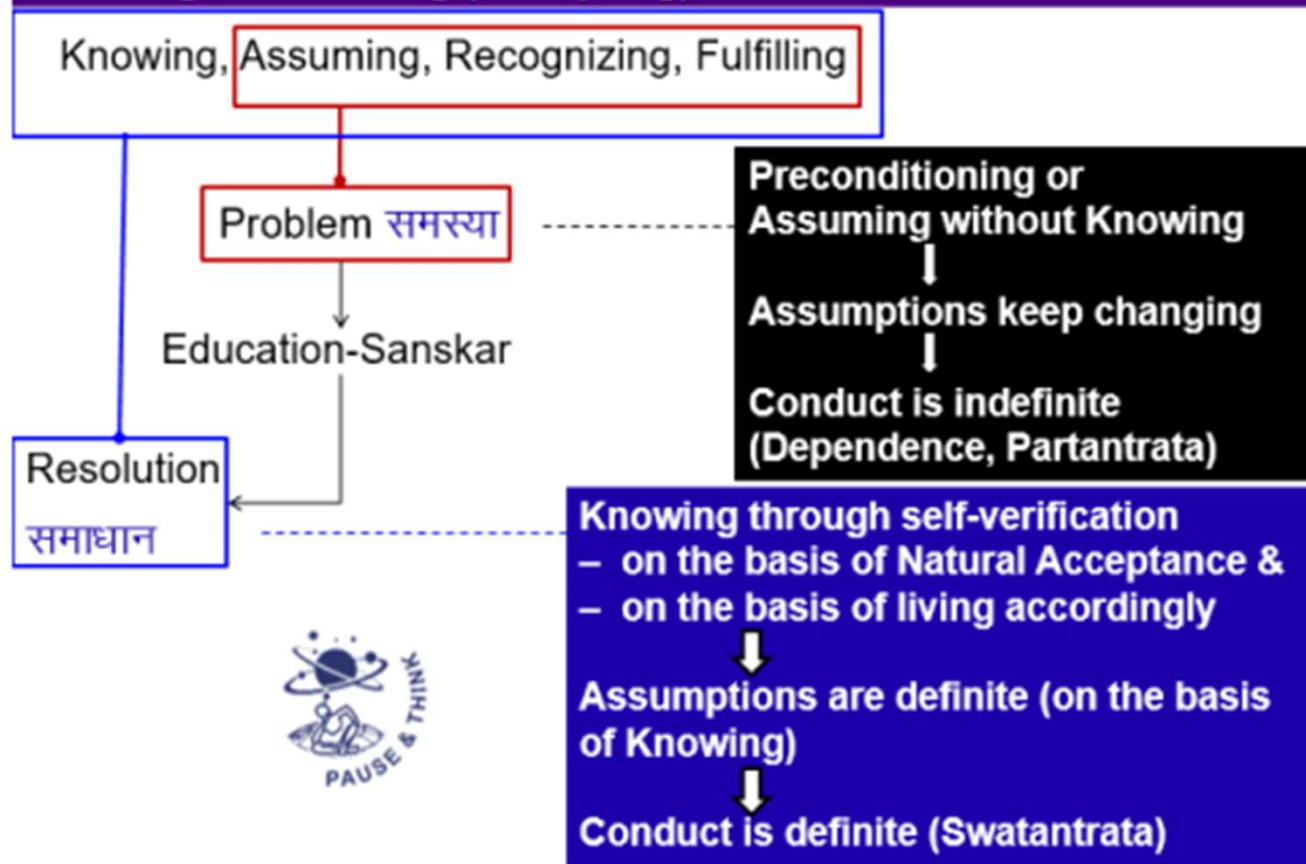
Human Being मानव		Self में	Co-existence सहअस्तित्व	Body शरीर
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In Time काल में		Continuous निरन्तर		Temporary सामयिक
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Fulfilled By पूर्ति के लिए		Right Understanding & Right Feeling सही समझ, सही भाव		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

* Assuming or Accepting

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.
- The recognition and fulfilment of the Body is definite, while that of Self is determined by the activity of assuming.
- As assumption changes, the recognition and fulfilment by the Self also changes.
- 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. assuming based on knowing (which is definite), can recognizing and fulfilling be set right; and only then, the conduct can become definite.
- All the problems of a human being are due to assumptions without knowing, and the solution lies in ensuring the activity of knowing. And this is possible only through **education-sanskar**.

Knowing & Assuming (Accepting)



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

- The Self and the Body are two different types of reality.
- The Self is the domain of consciousness, which is characterized by the activity of knowing, assuming, recognizing and fulfilling.
- The Body is the domain of material and it only has the activity of recognizing 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.
- The Body is a material unit, its needs are material in nature and they are fulfilled by physio-chemical things.
- 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

- The gross misunderstanding is assuming the human being to be the Body; and therefore, trying to fulfil all the needs through physical facility
- It is needless to say that due to over-use of physical facility, there are widespread 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.

Evaluation of Current Situation – Gross Misunderstanding

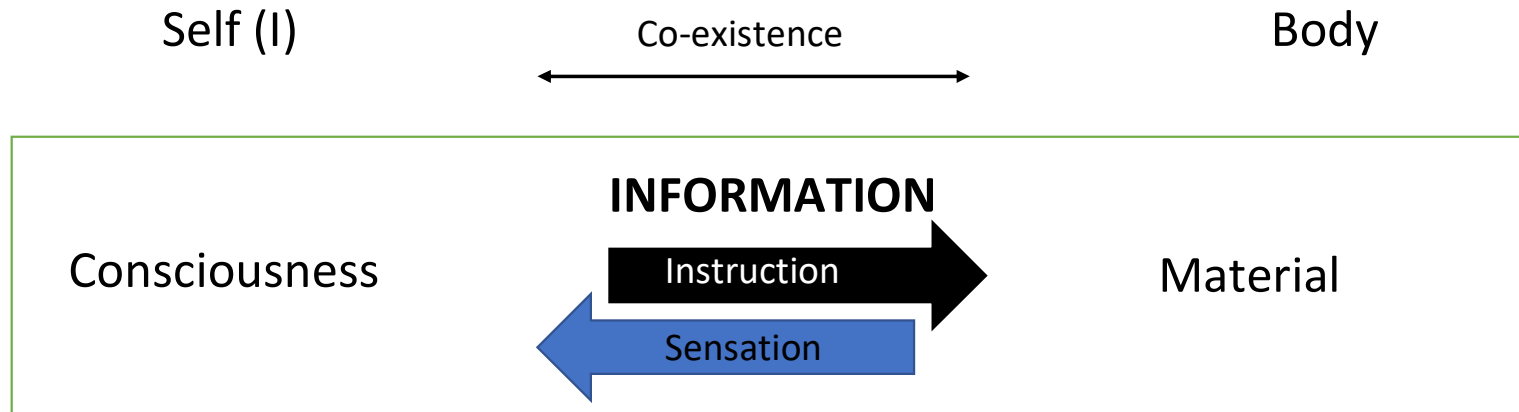
Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need <u>आवश्यकता</u>	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



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.
- 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 sensation from the Body. 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)*.

Exchange of information between the Self & Body

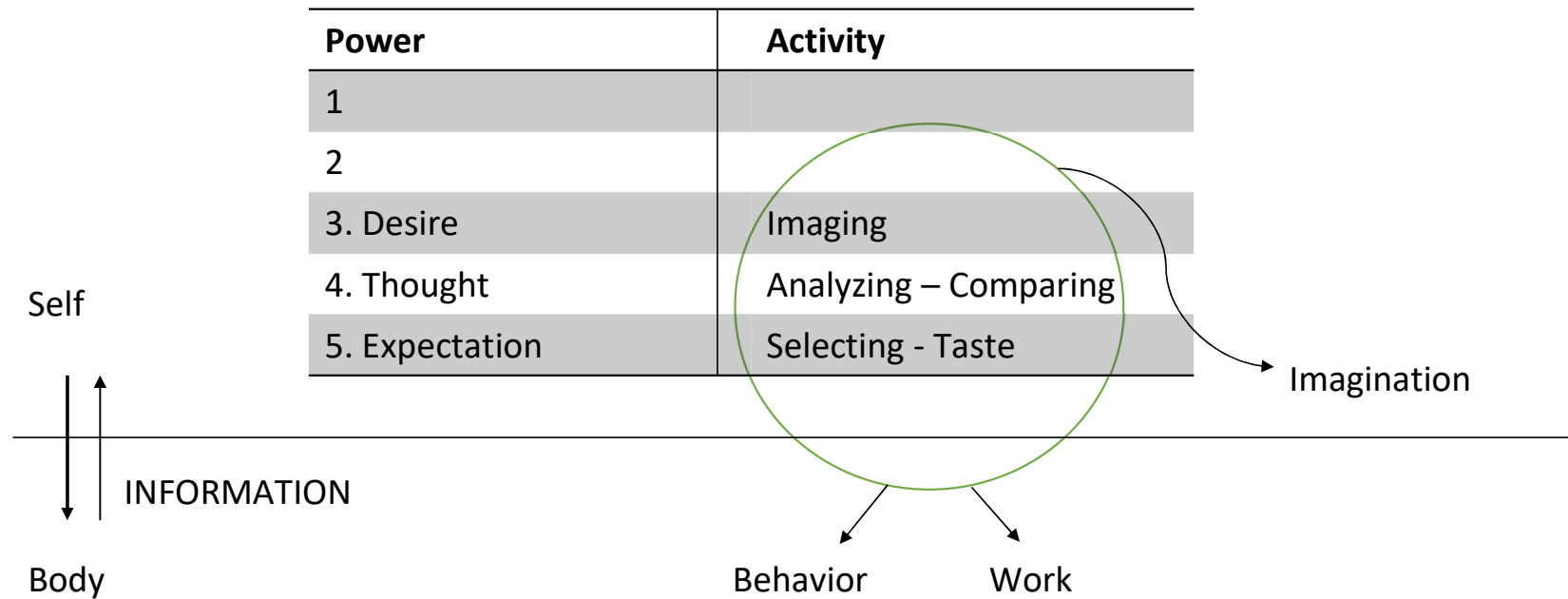


Chapter 2

Harmony in the Self

- Understanding Myself

Activities of the Self



Activities of the Self

- The activities of the Self can be seen in terms of desire, thought and expectation.
- **Desire** is the name given to the activity of imaging.
- You are making an image in the Self.
- (Eg: Desire for a big house)
- Desire is in the form of an image which you have created within.
- **Thought** is the power for the activity of analyzing based on comparing various possibilities to fulfil your desire.
- **Expectation** is the power for the activity of selecting based on tasting.

- Desire – '*What to do*' or '*What to be*'
- Thought – '*How to do*'
- Expectation – '*What to get*' or '*Which might happen*'
- (Eg : Body posture, Course you choose, Company you select)

Activities of the Self are Continuous

- These powers of *desire*, *thought* and *expectation* are inexhaustible, and the activities are continuous.
- The activities of imaging, analyzing-comparing and selecting-tasting are always going on, whether we are aware of them or not

D, T, E Activities Together Constitute Imagination

- These(D, T, E) activities are together called imagination.
- We may not immediately be able to observe our desire, thought and expectation distinctly, but it may be easier to see that something is going on within.
- One imagination or the other is going on in us all the time.
- *Happiness and unhappiness depend on the state of imagination.*
- If your imagination is in harmony with your natural acceptance, you are in a state of happiness.
- When it is in contradiction with your natural acceptance, you are in a state of unhappiness.

Imagination gets Expressed in Behaviour and work

- All the decisions are made in our imagination.
- Imagination is expressed to the world outside, in terms of Behavior with human being and Work with the rest of nature.
- When your imagination is in harmony with your Natural Acceptance (NA), it leads to harmony within and therefore, a state of happiness.
- If this imagination is in contradiction with your NA, then it leads to disharmony and unhappiness.
- (eg: taking revenge for 2 hours, feeling of respect for 2 hours)

- Imagination is referred as “what I am” and the NA as “what I really want to be”.
- While the Self is central to human being, if you look at the Self, this imagination is central to the Self in the sense that the happiness and unhappiness depends on the state of imagination.
- It also connects Self to the world outside, in terms of Behaviour with human being and Work with the rest of nature.
- It, further connects to NA within, In that sense, the **imagination plays a central role**.

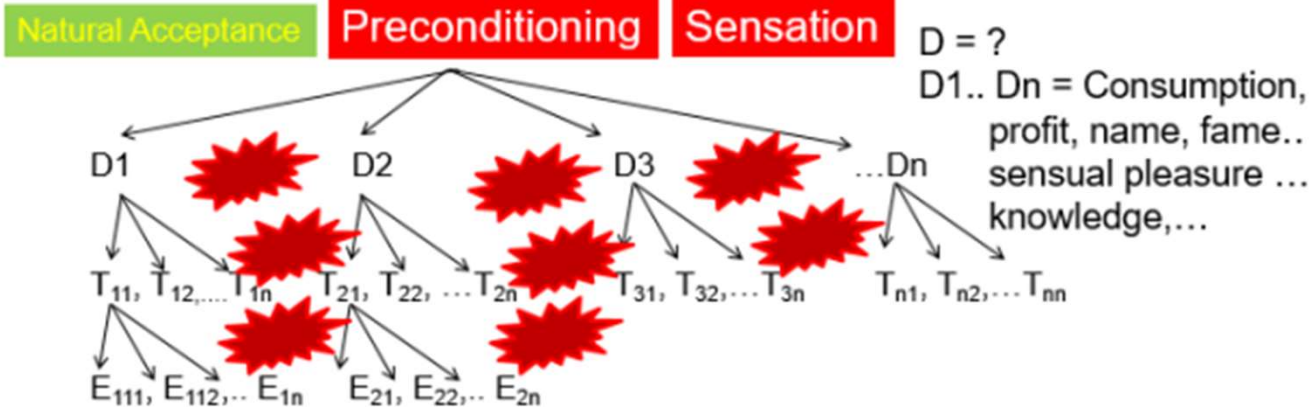
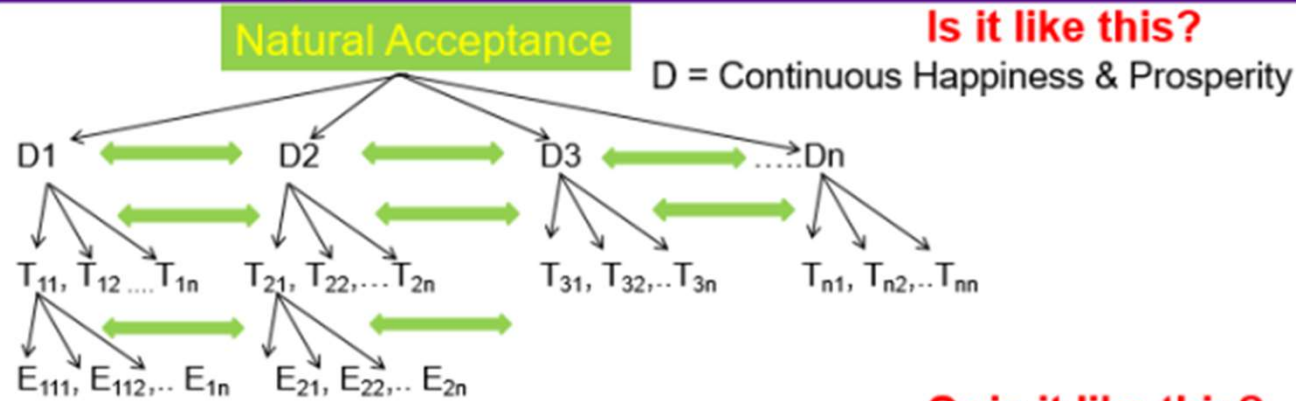
State of Imagination

- We may find it difficult, at first, to observe our imaginations.
- We may be able to see some of them, but with gaps. Some with Connected with each other and some disoriented.
- We may or may not be aware of our imagination, we not be able to find out where they are coming from, but imaginations are going on in each one of us.
- (Eg: Reading a book, Listening the class, Sitting in a class and writing)
- If you trace your own imaginations, you will get an idea of the activities going on in you. You will find that you (Self) are deciding the content of your imagination.
- When you do this exercise, You will find that your imaginations are either harmony with each other or contradictory with each other.
- **So your Happiness or Unhappiness depends on your imagination**
- If you are not aware of your imaginations, they are still going on - making you happy or unhappy, all without your awareness.

- *“Once you start looking at your imagination, becoming aware of your desire, thought and expectation, you will be able to find out the state of your imagination.”*
- Your imagination could be well organized, in harmony or it could be a random mixture of harmony and contradiction
- **The state of the imagination gives us a very precise idea about our life.**
- If the imagination is well organized and in harmony, life will be happy.
- On the other hand, if it is random and confused, so will the life be – sometimes happiness, sometimes unhappiness

Organised or Confused

Content of Imagination in the Self



Possible Sources of Imagination

- The seed or root of the imagination is desire
- A small desire expands in thought and further to expectation, now we have to check whether this desire is in NA before expanding.
- Now we want to investigate into desire –
- Where is it from?
- What is the motivation that is driving our imagination?
- Who is deciding on them(DTE)?
- Are we deciding or someone else deciding for us?

- If you look into it, you will find out, There are three possible sources of motivation for imagination:
 - *1. Preconditioning,*
 - *2. Sensation* and
 - *3. Natural Acceptance*

Preconditioning as a source of motivation for Imagination

- *A dominant source of imagination is preconditioning.*
- Preconditioning means the beliefs, notions, norms, ideas, views, dictums, goals, etc. prevailing in the family, in the society which we have assumed without knowing. They may influence our imagination.
- (eg: first in class)
- Like this a large percentage of our desires are motivated by preconditioning. They are not our NA, but we have made them without our awareness under influence or pressure.
- If we are not aware of them, they are riskier for us as they might mislead our desires and we may not notice it.
- In fact, a little awareness will show that, the way we dress, select to eat, and the way we talk, we behave...most of these are coming from our preconditioning. (Eg: Torn clothes)

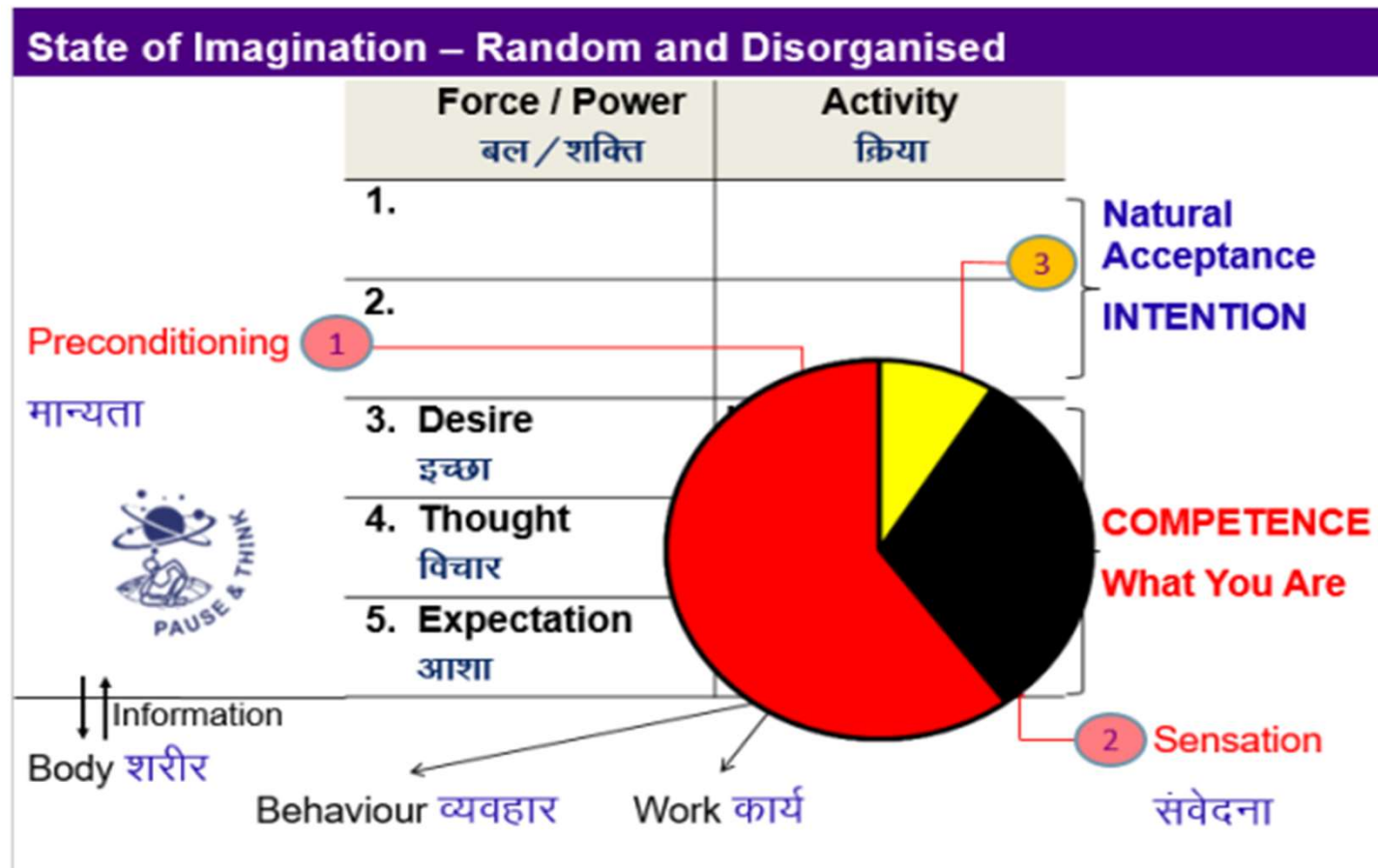
Sensation as another source of motivation for Imagination

- Another major source of our desire, our imagination is the sensation.
- Sensation is the information we get from the Body through the five sense organs – of sound, touch, sight, taste and smell.
- (eg: a red car, exotic restaurant, music etc)

Natural Acceptance as the **Most Authentic** Source of Motivation for Imagination

- The third source of imagination is our natural acceptance.
- It can also be referred to as the inner voice or conscience.
- Self-verification on the basis of our natural acceptance can be the third possible source.
- It may or may not be the predominant source of motivation currently, but it can be the real source for deciding our desire, our imagination
- *Try to find out what our NA is:*
- To respect or disrespect others?
- To protect your body or to damage your body?
- To eat food that nurtures your body or that harms your body?

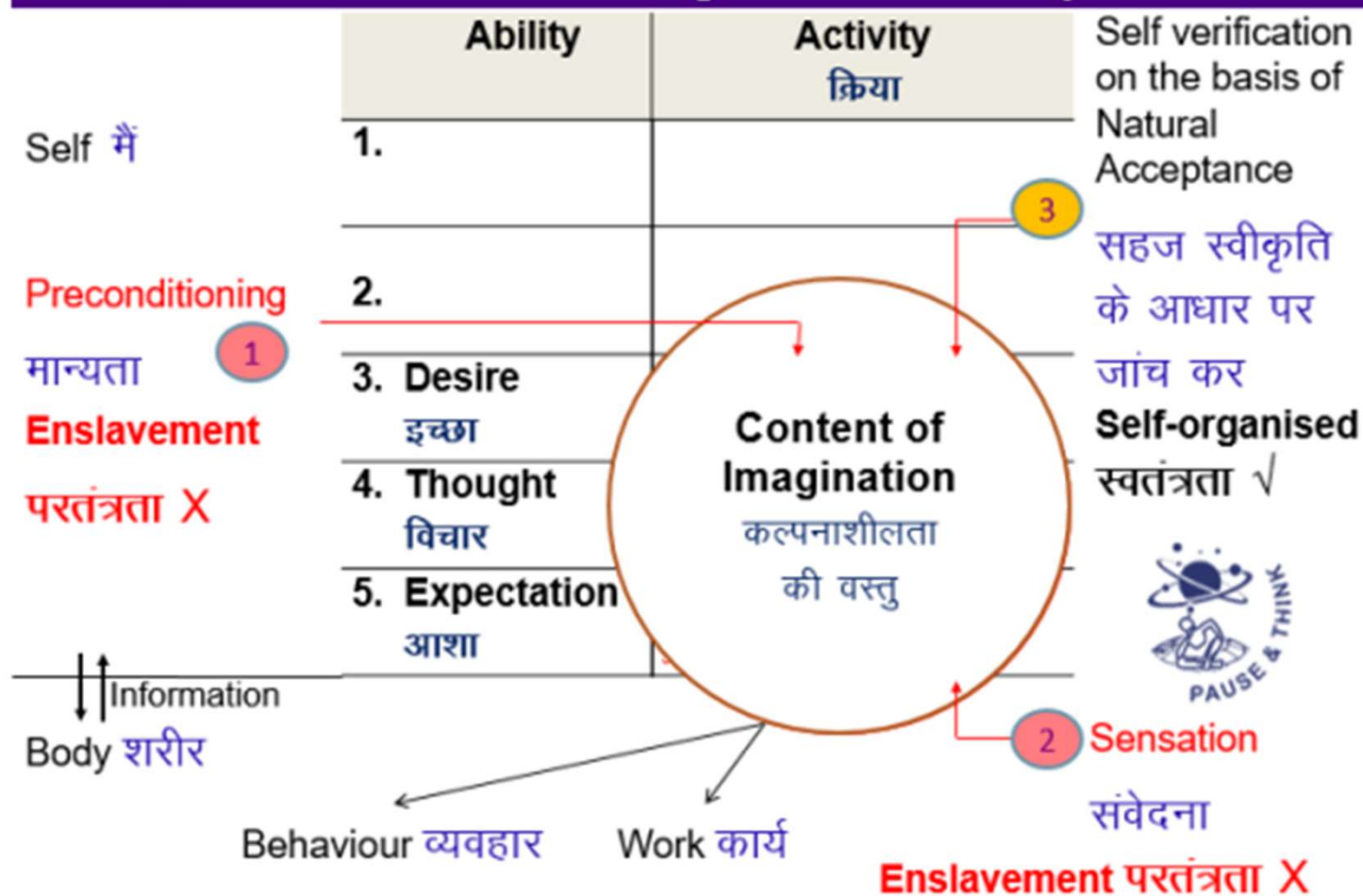
Consequences of Imagination from the 3 Sources – Self-organisation or Enslavement?



- There is a possibility that a *large share* of your imagination is enslaved by pre conditionings and sensations, while a *very small share* is guided by your natural acceptance.
- One thing to note here is that sensation is not an enslavement in itself. Through sensation only, the Self is able to take proper care of the Body.
- But problem arises when you try to associate happiness with favourable sensations.
- Similarly, there could be some preconditioning which may also be right.
- But unless you verify it, and validate in your living, it is just like an enslavement. And this leads to unhappiness

- Similarly, *the assumption that good feeling from the other will fetch us happiness.*
- We like the taste of the feeling that we receive from the other. However, it doesn't ensure harmony with us - it doesn't ensure right understanding and right feeling. Therefore, the taste of feeling is short lived.
- The people who have such an assumption keep expecting affirmation from other.
- (Eg: Husband and Wife's expectations)
- Definite Human Conduct: When our Imagination is in Harmony with our NA; therefore we are in a state of harmony within. Our **Behaviour** and **Work** are now in line with our NA

Sources of Motivation for our Imagination and its Implications



- Ask yourself if your desires, which are motivated by some preconditioning, are really yours or they are borrowed from outside?
- Who decided to wear torn clothes? is it you ? would you not select the clothes which protect the body, and also acceptable to society?
- if we look in this depth, it is the prevailing preconditioning that is deciding; rather than your NA.
- **Preconditioning is enslavement.**
- Similarly, ask yourself if your desires which are motivated by sensation, are really yours or borrowed from outside?
- Who decided to go for that food for the sensation of taste alone, without knowing whether it nurtures the body or not?
- if you look carefully, it is the sensation of taste that is overriding your NA.
- In this sense, the **sensation is also enslavement.**
- (eg: shoes you buy)

- The desires based on your NA are truly your desires. Such desires will be in line with your basic aspiration for mutual happiness and prosperity at the base, so they will be acceptable not only to you, but also for others.
- *This is the state of being self-organised, organized under the guidance of one's NA.*

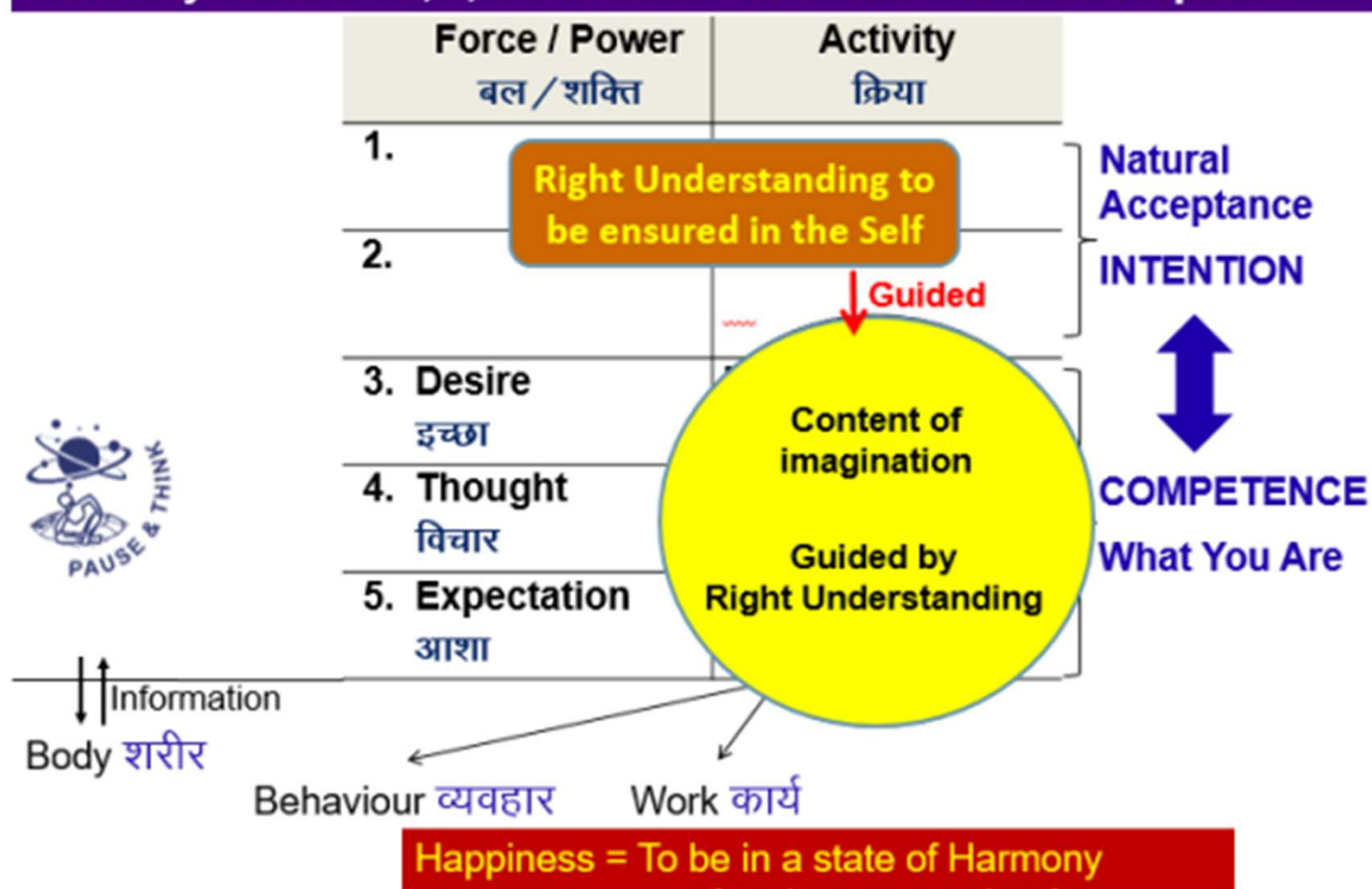
- **Being Self-organised is not the same as freedom.**
- *The general sense of freedom is one of doing whatever one decides.*
- *Another aspect of freedom is escape from some sort of bondage.*
- Being Self-Organized, is used specifically for the responsibility one willingly takes in ensuring harmony.
- I am happy to take the responsibility to act in accordance with the NA.
- It is in the interest of harmony within myself and harmony outside.

The Way Ahead

– Ensuring Harmony in the Self by way of Self-exploration

- To achieve this harmony in the Self, we need to start self-exploration.
- In the process, we need to:
 - Know our natural acceptance
 - Be aware of our imagination
 - Find out the source of imagination
 - Work out a way to sort out our imagination till it is fully in line with our natural acceptance.
- When the imagination is in harmony with the natural acceptance, there is harmony in the Self.
- This harmony is happiness

Harmony in Self = D, T, E in accordance with Natural Acceptance



Chapter 3

Harmony of the Self with the Body

- Understanding Self-Regulation and Health

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



(Eg: Reading a Book)



1. I am
2. I want to live
3. I want to live with continuous happiness.
4. To understand and to live in harmony at all levels of being is my program of action for continuous happiness.
5. I am the Seer, Doer, Enjoyer

1. My body is
2. My body is an instrument
3. Physical Facility is required for nurturing, protection and right utilization of the body
4. Production, Protection and right utilization of physical facility is a part of my program
5. I use the body as an instrument for fulfilment of my program

The Body as a Self-organised System

- The Body is a wonderful self-organised system.
- It has so many parts. Each part co-exists 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 you have to do nothing to make these connections or to synchronize the various parts or to deal with every cell.

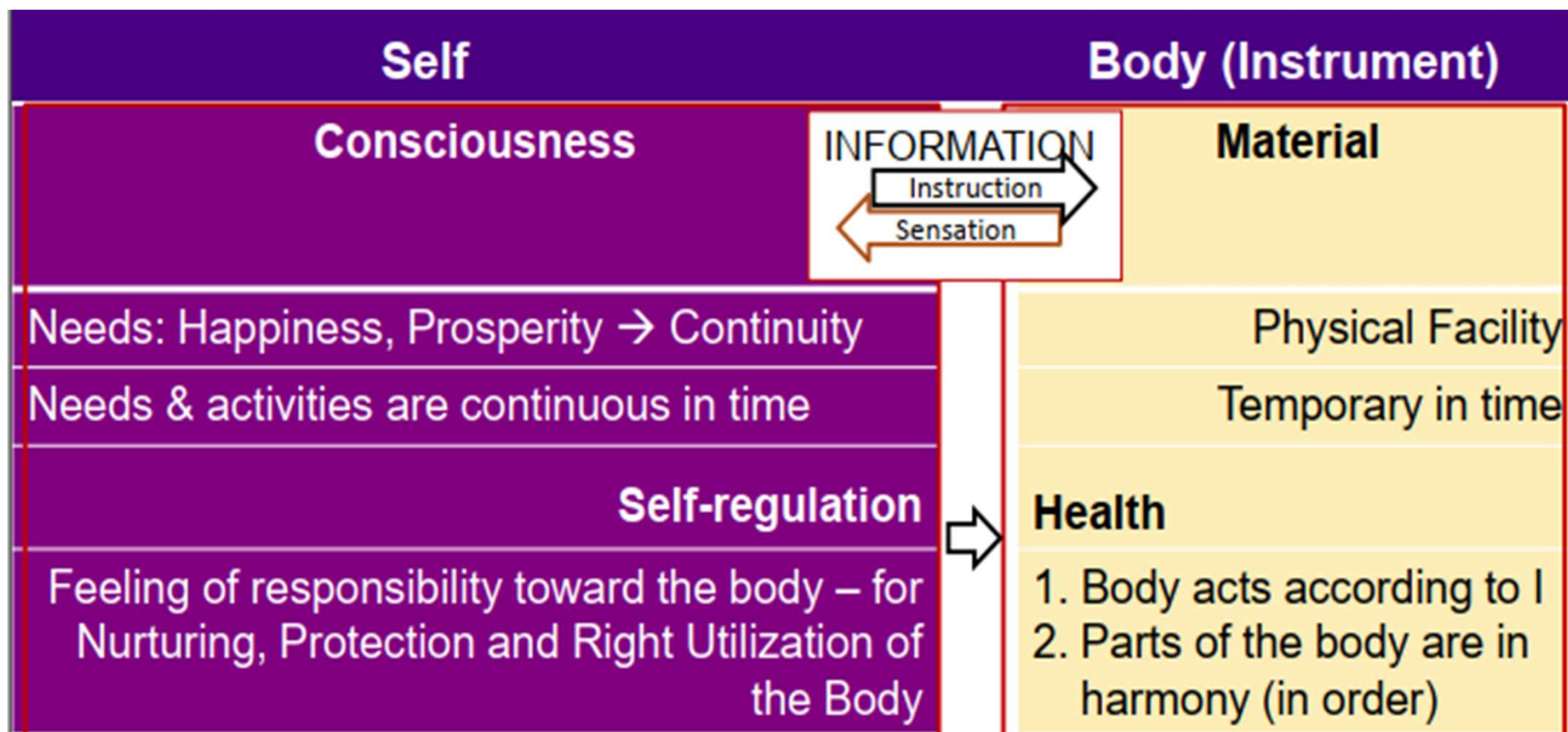
Harmony of the Self with the Body: Self-regulation and Health

- Our responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly utilizing the Body.
- *Nurturing* the Body is by providing appropriate air, water, food, sunlight, etc.
- *Protection* is to ensure the continuity of the body which includes safeguarding from unfavorable conditions.
- *Right utilization* would mean using the Body for the purpose of the Self.
- This feeling of responsibility towards the Body is called as the feeling of **self-regulation**, and a natural outcome of it is **health**.

“Feeling of self-regulation = the feeling of responsibility in the self towards the Body – for nurturing, protection and right utilization of the Body.”

Healthy body =

1. • The Body is healthy if it is able to perform as per the instructions of the Self.
 2. • Different parts of the Body are in harmony amongst each other, they are in order.
- The feeling of self-regulation in the Self is primary.
Health in the Body is a natural consequence.
 - When the Self has the feeling of self-regulation and there is health in the Body, there is 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.
- The problem is in the wrong assumptions, one of which is that human being is the Body.
- With this assumption, happiness is sought through favorable sensation through the Body.
- Further, the assumption that we will get happiness from sensation through the consumption of physical facility has led to a high demand for it.
- Most of the present-day disorders are psycho-somatic in nature. ‘Psycho’ has to do with the Self and ‘Somatic’ has to do with the Body.
- Disharmony in the Self causes disharmony in the Body causing psycho-somatic problems.
- These effects are very prominent when the individual is living with the assumption “I am the Body”.

Programme for Self-regulation and Health

1. Nurturing the Body

- Nurturing means providing the necessary inputs to the Body.
- The right inputs nurture the Body, without disturbing its harmony.
- 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.
- 1b. A regular routine is required in order to keep the Body healthy, like ensuring a proper programme for sleeping, waking up, cleaning the Body, eating, doing physical work, etc.
- 2a. The Body needs adequate movement to maintain health.
- Labour is the work on the rest of nature.
- Few hours of labour a day provides sufficient body movements to keep the Body in good health.
- It also ensures production of physical facility.
- 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.

- 2b. If one is not able to labor, s(he) can do exercises for proper upkeep of the Body.
- 3a. There is a need for keeping the internal as well as the external organs in harmony by appropriate means like postures, movements etc.
- 3b. Breathing is a significant activity for the Body. 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).
- 4a. The Body is self-organised and naturally in harmony. It is able to recover itself from many disturbances.
- But if due to some reasons it runs into disharmony, 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

2. Protecting the Body

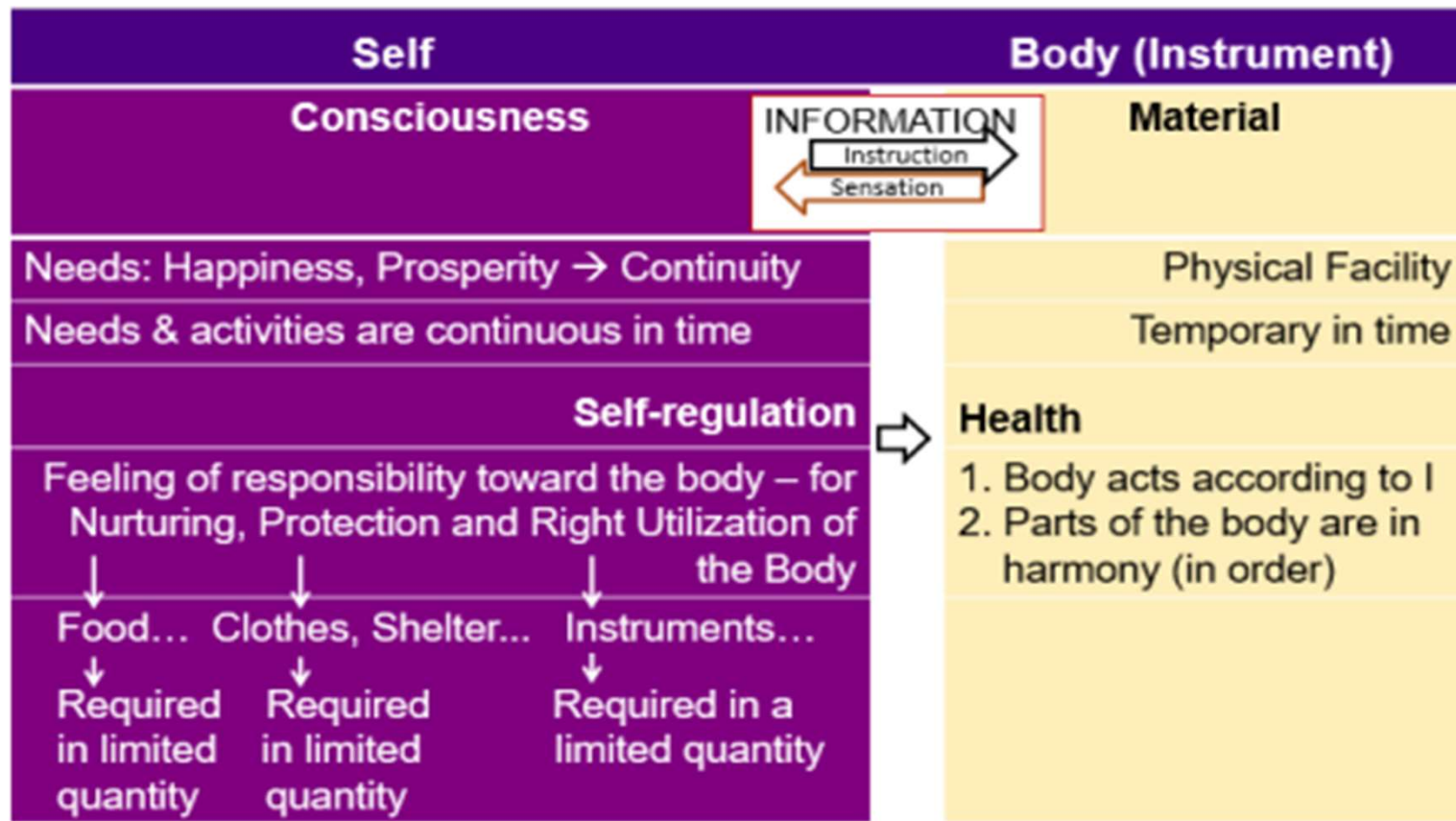
- Providing a conducive physical environment includes clothing, vaccination, shelter etc. is all a part of protection of the Body.

3. Right Utilisation of the Body

- Right utilization of the Body would mean that it is used in the process of fulfilling human aspiration, which is basically the need of the Self.
- If one is using the Body in the process of fulfilling the needs of the Self, it is right utilization of the Body.
- It would include work with rest of nature to produce physical facility required for the Body.

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

- See the Fig. in next slide
- (Eg: Address a large gathering)
- All our need for Physical Facility (PF) is related to 3 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 Self, because it is going to make the right utilization of the Body.



Physical Facility for nurturing, protection and right utilization of the body is required in a limited quantity.

If we can see that, then we can understand the meaning of prosperity

- Unless one knows the need for PF is limited, you will never realize that there is a possibility of Prosperity.
- Because we are not able to identify the need for PF, regardless how much we have accumulated.
- We never have the sense of Prosperity.
- We have only sense of 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 the Body; and therefore, we keep trying to fulfil the need of the Self through PF. That is how we get stuck.*
- **Prosperity** is the feeling of having or producing more than the required PF - 2 things are needed:
 1. Identification of required PF, along with the required quantity - **through Right Understanding**
 2. Ensuring the availability or production of more than required PF - **through Right Skills**

Misconceptions or Assumptions relating to Prosperity

1. **Human being is just the body.** Therefore, happiness has to be derived through the Sensations of the Body, for which PF is required
2. If the purpose of life is assumed to be **Sensual Pleasure**, there is misuse of Physical Facility, rather than right utilization.
3. **Shortage of PF.** Check if you have more than required and have the feeling of Prosperity.
 - a. A prosperous person thinks of nurturing the other and Right Utilization of PF.
 - b. A deprived person thinks of exploiting others and accumulation of PF

My Participation (Value) regarding Self

- Ensuring right understanding(RU) and right feeling(RF) in the Self. It means right understanding and feeling of relationship, Harmont Co-existence; which guide my Imagination.
- Ensuring that my imagination is guided by RU and RF based on my NA. In this way, inputs from the other sources of imagination, i.e. preconditioning and sensation, are rightly evaluated.
- By ensuring the above 2, the Self is in harmony; “*What i am*” is in harmony with “*what is NA to me*”.
- The Self is in a state of Continuous Happiness.
- This is articulated in terms of values of Happiness, Peace, Satisfaction and Bliss.

My Participation (Value) regarding Body

- 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, it remains healthy.
 - This is articulated in terms of the value (feeling) of Self-Regulation.