

## Unit - 2

## Understanding Harmony in Human being Harmony in Myself

\* Harmony:- Harmony is a known that describes an agreement, such as in feeling, sound, look, feel & smell.

Harmony → The sound of things that go together well.

→ This is a state of balance in life.

→ Positive state or inner peace

→ Good relationship between individuals & social context

Sukh (Happiness) → A holistic & all encompassing state of mind that creates inner harmony.

Sukidha Physical comforts and all sources of attaining such comforts.

Sukh is related to feeling, satisfaction, happiness, internal comfort, thinking

→ It is qualitative

Sukidha is related to material, needs, physical facilities, external comfort.

→ It is quantitative.



<u>Activities of I</u>	<u>Body</u>	<u>Both</u>
Analyzing	Hearing	Listening
Imagining	Nurishment	Seeing
Dreaming	Breathing	Talking
Speaking	Heart beat	Eating
Desiring	Blood flow	Walking
Believing	Digesting	
Thinking		

### Body as an Instrument of I

Self - Conscious entity, knows it exists.  
Self think and analyze the situation  
and orders to body to do work.

Body - Material identity, does not only  
what self (I) instruct to do.  
It cannot work by itself.

Imagination :- desire, thought, Expectation  
most of our activities depends on  
Imagination.

The object of interest may be change.

Pre-conditioning :- We have some desire or we  
assume something about our desire  
on the basis of pre-willing notations about  
object. They come from what we read, hear  
see, what our parents tells us about.



(Drishtak)

Seen :- 'I' is seen. Inner soul realise that something is happening about negative or positive feelings.

Doer :- Who do work. (Karta).

Body does actions what self (I) instructs it to carry the tasks.

Self is doer & body express the actions.

Enjoyer :- (Bhokta) who enjoys or feels.

'I' enjoys what body does.

Continuity being seen, doer, & enjoyer who is self with the help of body.

"Body is instrument to carry wishes of self"

Harmony in Self :-

- (i) Realizing that human is co-existence of I & body.
- (ii) Realizing that body is instrument of I.
- (iii) Becoming aware of act of self desire thoughts & expectations.
- (iv) Understand the harmony at all levels according to situations.



## Flow of Activities

Inner side  
I to body

Outside  
body to I

We can make this distinction between self and body in three ways in terms of needs, activities and the types of these two entities.

needs of I  $\Rightarrow$  Respect, trust, happiness.

needs of body  $\Rightarrow$  Physical facilities (Suvidha)

Human being  $\longleftrightarrow$  Self (I)  $\longleftrightarrow$  Body

Need	Happiness (Respect)	Physical Facility
Fulfilled by	Right Understanding Right feelings.	Physicochemical things
Activities	- Desire, thought, Expectation. - Knowing, Assuming - Recognizing, fulfilling - Consciousness	Eating / walking - Recognizing, fulfilling. Material



Sanyam means self-control or ability to control ones own senses or habits. A feeling of responsibility to nurture, protect & use the body correctly.

Swasthya means health or being rooted in the self. A state of balance & harmony between the body's parts & between the body & the self. This is a physical, mental & social well being that contributes to a person's quality of life.