

Unit - 2

Understanding Harmony in Human being Harmony in Myself

* Harmony:- Harmony is a noun 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.

Svadha . Physical comforts and all sources of attaining such comforts.

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

→ It is qualitative

Svadha is related to material needs; physical facilities, external comfort.

→ It is quantitative.

Activities of I

Analyzing
Imagining
Dreaming
Speaking
Desiring
Believing
Thinking

Body

Hearing
Nutrition
Breathing
Heart beat
Blood flow
Digesting

Both

Listening
Seeing
Talking
Eating
Walking.

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-existing notions about Object. They come from what we read, hear see, what our parents tells us about.

(Drishtak)

Seer :- '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 to body express the actions.

Enjoyer :- (Bhokta) who enjoys or feels.

'I' enjoys what body does.

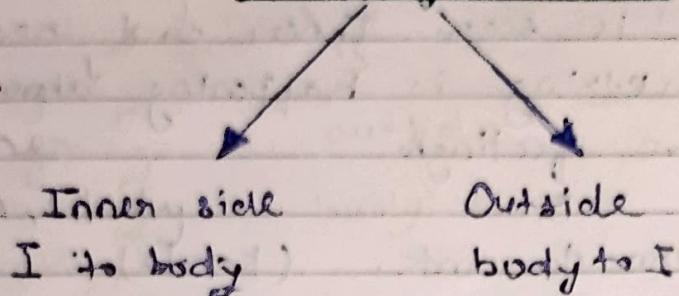
Continuity being seer, doer & enjoyer who is self with the help of body.

"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



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 (Svadha)

Human being \leftrightarrow Self (I) \leftrightarrow Body

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

Sanyam means self-control or ability to control one's 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.