

Q) What do you mean by understanding the activities of the self and the body?

⇒ understanding the self (I) as the conscious entity and the body as the material body.

⇒ The entity that has the capacity of knowing, recognizing & fulfilling can be called as conscious entity, or consciousness or 'I' or jeevan.

⇒ Human beings are complex combination of the ~~sentence~~ sentiment 'I' which relates to all the feelings and the material body which refers to all the physical facilities available to them.

⇒ Both these aspects of feelings and body needs and requirements form an essential part of 'what we are'.

⇒ This co-existence must be harmonious.

Understanding the needs of self 'I' & body

⇒ The needs of the body are physical in nature whereas the needs of self (I) are not physical in nature - like trust, respect, happiness etc.

⇒ The needs of 'I' are continuous in time, unlike the need of the body, which is temporary in time.

⇒ We want happiness continuously and we also want the

feeling of respect continuously.

⇒ We do not want to be unhappy even for a single moment or lose the feeling of respect for ourselves for a single moment.

⇒ On the other hand, physical facilities are needed in the body in a limited quantity.

⇒ When we exceed these limits, it becomes trouble some for us after some time.

⇒ For example, physical facilities (say *soukha*), they are necessary in the beginning, but if we keep consuming it becomes intolerable with the passage of time.

- necessary & taste ful
- unnecessary but tasty
- unnecessary & tasteless
- Intolerable

• The need of self ('I'), for happiness (*sukh*), is ensured by right understanding & right feelings.

• While the need of the body, for physical facilities (*soukha*), is ensured by appropriate physio-chemical things.

Understanding the body as an instrument 'I' :-

• Meaning of the concept :-

⇒ It is 'I' has to take the decisions for the body to accordingly, for example..., requirement of food.

⇒ It is 'I' who decides to eat and thus, passes the information to the body.

⇒ For example, the moment 'I' choose to take food, the body shall eat food. The food shall be picked by, chewed & then ~~swallow~~ swallowed by the body.

⇒ Thus the body is used as an instrument of 'I'.

contd

"I am does"

⇒ When we are performing certain action, we are similarly engaged in the activity of 'doing' something.

⇒ For example, I am dialling phone to friend. I somebody asks me who is doing this and that, the answer shall be "I am doing".

⇒ In fact "I" consciousness is doing through the instrument of body and performs certain functions like picking up the phone, seeing the number and then dialling.

⇒ Thus "I" consciousness is the doer or Karta.

"I am seer"

⇒ We are involved in the activities of seeing and understanding when reading a book, watching T.V... etc.

⇒ When we see something nice like scenery, then we see something nice like scenery, then we say "I am seeing".

⇒ This will mean that our self 'I' is seeing through eyes.

⇒ Eyes are just used as instruments.

"I am enjoyer"

⇒ When I took the scenery and take picture, I am the one who sees and does so far.

⇒ When I see the picture I like it and enjoy it.

⇒ Thus, a flow is maintained of being doer, seer and enjoyer.

⇒ In the same way when I eat, I get taste from the tongue.

⇒ Whatever happens, happens to you, through you; you are the creator, enjoyer and destroyer of all you perceive. [Sri Nisargadatta Maharaj]

Understanding the characteristics of 'I' and harmony in 'I'

⇒ characteristics of 'I' or self:

- ⇒ 1) self-actualized people embrace the unknown.
- ⇒ 2) They do not seek to disturb.
- ⇒ 3) They are motivated by growth, not by the satisfaction of needs.
- ⇒ 4) They share deep relationships with a few, but also feel affection towards the entire human ~~rare~~ race.
- ⇒ 5) self actualized people have purpose.

Activities of 'I'

* The activities that go on within the self are:-

- * Imagining
- * Analyzing
- * And selecting or tasting
- * Desire
- * Thought
- * Expectation
- * Power
- * Activity