

Understanding the harmony of I with the body:-

⑧ How can we achieve harmony between mind, body and soul?

⑧ Switch to a natural lifestyle.

⇒ cultivate self-awareness.

⇒ Daily practice of yoga, meditation and spirituality.

⇒ Switch to Ayurveda lifestyle and diet.

contd.

⑧ How do you establish harmony at the level of self and body.

A To define where you are now.

⇒ To define where you want to get and who you want to become.

⇒ To accept everything you are, have and have done.

⇒ Learn to listen to your mind

⇒ To meditate.

⇒ To respect our desires and needs.

Sanyam and Swasthya:-

Q) Write the meaning of Sanyam and Swasthya:

⇒ Sanyam means self-control.

⇒ Swasthya means welfare.

⇒ or in other words:-

⇒ SANYAM:- control over ones own self by having good habits and having control over own senses is called Sanyam/

⇒ The Sanyam or self control makes a person healthy. If he or she has Sanyam, will never get hooked with bad habits or addictions.

Contd.

⇒ The Sanyam hence keeps the Swasthya in a ~~proper~~ proper way.

⇒ Swasthya means welfare. Welfare is possible only when there is physical and mental health.

⇒ Swasthya has two elements:

1) The body act according to me.

2) And there is harmony in the one ~~body~~ day

Orders in Nature :-

① These are four orders in nature:

- 1) material order [~~padartha~~ padartha awastha]
(soil, water, air, man made materials, etc)
- 2) pranic order [prana wastha]
(plants)
- 3) Animal order [jeeva wastha]
(animals and birds)
- 4) Human order [Gyana wastha]
(It includes the human beings and physical body and self or I.)

Vision for human order :-

The vision for human order has three elements:

- ① Humanistic Education :-
Education which transforms the animal consciousness of human to human consciousness putting a check on our actions.
- ② Humanistic constitution :-
[It is the framework of human, living in harmony with himself and with the other orders]
- ③ Humanistic order :-
It includes the right understanding in the society living continuously with harmony and happiness.

What are the solutions for Right understanding?

⇒ It is better to understand something than to know it. - (Quartz)

⇒ It involves not just reading or hearing information but also being able to analyze it critically and form one's own opinions based on evidence.

⇒ Right understanding requires active engagement with the material rather than simply passive consumption.

contd.

⇒ Knowledge is the key to understanding.

⇒ Understanding is the key to achieving and achieving is the key to becoming.

⇒ Right understanding refers to higher order human skills - the need to learn and utilize our intelligence most effectively.

⇒ In order to resolve the issues in human relationships, we need to understand them first, and this would come from right understanding of relationship.

Solution tips for right understanding: contd.

- ⊗ clear communication:
- ⊗ Active listening:
- ⊗ Ask question:
(When is doubt, ask clarifying questions to confirm your understanding of the topic)
- ⊗ consider multiple perspectives:-
(try to view the situation or information from different view points to gain more understanding)
- ⊗ open-mindedness:-
(be willing to change your belief or opinion, if new information presents a better understanding of the situation.)
- ⊗ critical thinking:-
(evaluate information logically & systematically to avoid bias)

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