

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 ~~sentences~~ 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 samskara), they are necessary in the beginning, but if we keep consuming it becomes intolerable with the passage of time.
 - Necessary & tasteful
 - unnecessary but tasty
 - unnecessary & tasteless
 - Intolerable
- The need of self ('I'), for happiness (sumh.), is ensured by right understanding & right feelings.
- While the need of the body, for physical facilities (samskara), 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 doing"

→ 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 performing certain functions like picking up the phone, seeing the number and then dialling.

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

"I am ~~see~~8"

⇒ 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 enjoyed"

⇒ 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. [Bri 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 distract.
- 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 race.
- 5) self actualized people have purpose.

Activities of 'I'

① The activities that go on within the self are:

- ① Imagining
- ② Analyzing
- ③ And selecting or tasting
- ④ Desire
- ⑤ Thought
- ⑥ Expectation
- ⑦ Power
- ⑧ Activity