

Understanding the harmony of I with the body:-
④ How can we achieve harmony between mind, body and soul?

- ① Switch to a natural lifestyle.
⇒ cultivate self-awareness.
⇒ Daily practice of yoga, meditation and spirituality.
⇒ Switch to Ayurveda lifestyle and diet.

contd.

- ② 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 Svasthya:-

Q) Write the meaning of Sanyam and Svasthya:

→ Sanyam means self-control.

→ Svasthya 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 svasthya in a proper way.

→ Svasthya means welfare. Welfare is possible only when there is physical and mental health.

⇒ Svasthya has two elements:

1) the body act according to me.

2) and there is harmony in the one ~~body~~

Orders in Nature :-

- ① There are four orders in nature:
- 1) material order [peda tha padartha awastha]
(soil, water, air, man made materials, etc)
 - 2) organic order [prana wastha]
(plants)
 - 3) animal order [jeeva wastha]
(animals and birds)
 - 4) Human order [gryana wastha]
(It includes the human beings and physical body and self of 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.
- confd.
 - ⇒ 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.

- (1) clear communication:-
- (2) active listening :-
- (3) ask question :
(when in doubt, ask clarifying questions to confirm your understanding of the topic)
- (4) consider multiple perspectives :-
(try to view the situation or information from different viewpoints to gain more understanding)
- (5) open-mindedness :-
(be willing to change your belief or opinion, if new information presents a better understanding of the situation.)
- (6) critical thinking :-
(evaluate information logically & systematically to avoid bias)