

Unit II

HARMONY IN THE HUMAN BEING

Understanding the co-existence of self and body.
Human beings mainly have four components i.e.

1. Body
2. Mind
3. Heart
4. Soul

The Soul
The spiritual aspect

Higher spiritual consciousness

The heart
The emotional content

Consciousness sensitivity and emotions

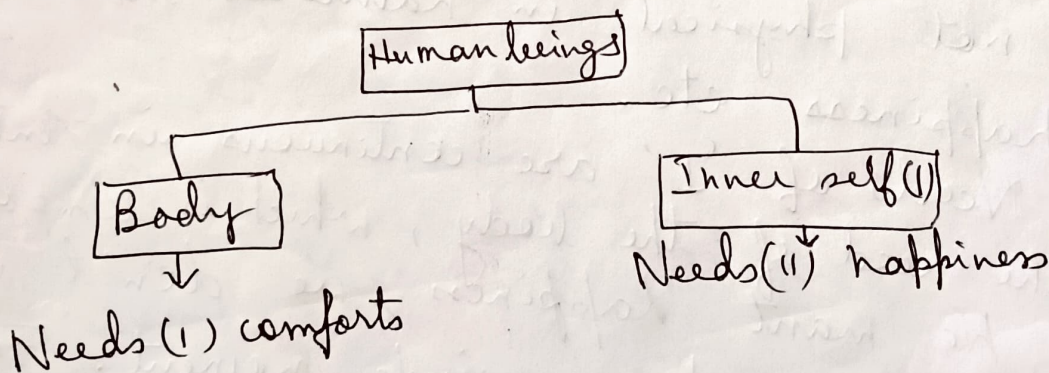
The mind
The intellectual aspect

Intelligence sub-consciousness

The body
The physical aspect

Impulsive unconscious

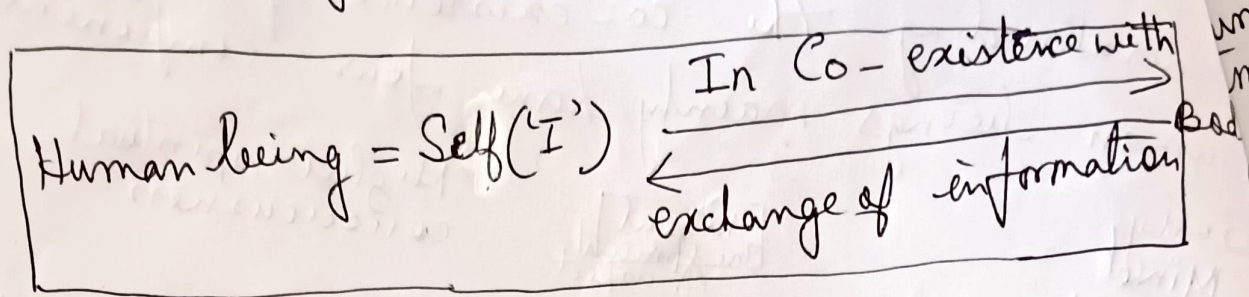
HUMAN DESIRES



Human needs are of two types

1. Comforts - It means physical comforts and sources of attaining such comforts.
2. Happiness - Beauty of happiness is that it is a holistic and all-encompassing state

of mind that creates inner harmony.
Understanding myself as co-existence of self as a body (Two way traffic)



① Needs of the body - It needs food for nourishment, clothes for protection and instruments to ensure right utilization can be categorized as being 'physical' in nature, or also called 'physical facilities' (Suvidha) whereas the need of I is essentially to live in a state of continuous happiness i.e. (Sukh). The needs of the body are physical in nature whereas the needs of the self ('I') are not physical in nature - like trust, respect, happiness etc.

② Needs of 'I' are continuous in time, unlike the need of the body, which is temporary in time. We want happiness, we don't want to be unhappy even for a single moment. Food, clothing, shelter etc are needed for some amount of time.

③ Quantity and quality of needs - Physical facilities are needed for the body for a limited amount of time but if it exceeds the limit then it

Self is a problem for us for sometime. For example
eg. If we eat (say rasgulla) they are
necessary in the beginning but if we keep
suming, it becomes intolerable with the passage
time. The following pattern results:

- (i) Necessary and tasteful
↓
- (ii) Unnecessary but tasty
↓
- (iii) Unnecessary and tasteless
↓
- (iv) Intolerable

(4) Need of the self 'I' — for happiness (Sukh)
is ensured by right understanding and
right feelings. While the need of the body
for physical facilities (Sukidha) is ensured
by appropriate physico-chemical things.
Common mistake today is that we mix these
two sets of needs.

- (a) Happiness (Sukh) for I and
- (b) physical facilities (Sukidha) for the body.

Understanding activities in the self and activities
in the body

1. Activities in the self
- (i) Thinking (ii) Desiring (iii) Believing
 - (iv) Dreaming (v) Feeling (vi) Imagining
 - (vii) Understanding (viii) Analyzing

Activities involving both the self (I) and the body are:

These activities are:

- (i) Walking (ii) Seeing (iii) Eating (iv) Listening
(v) Talking (vi) Speaking

Take the example of eating:

first decide which food to eat, then make the choice to take the food inside the body, use my hands to carry the food to the mouth, use the mouth to chew the food and then swallow it. Thus, eating is an activity which involves both the self 'I' where the choice is being made and the body, with which the activity is carried out.

Activities in the body but without the consent of

Body is a set of 'self organized activities' that are occurring without any consent or active participation by (I). There are functions like:

- (i) Digesting (ii) Breathing (iii) blood flow
(iv) Nourishment (v) Heart beat.

Activities of recognizing and fulfilling in the body :- All material entities recognize and fulfill their relation with each other. We saw that Breathing, Heart beat, Digestion etc were activities in the body.

Activities of knowing, assuming, recognizing and fulfilling in the self (I). When it comes to self (jivan or 'I') which is a sentient entity i.e a conscious entity, we will see that in addition

Recognizing and fulfilling' there is also the
activity of assuming and that of knowing. In
things will depend upon knowing and/or assuming.
Activities in 'I'

1. Knowing
2. Assuming
3. Recognizing
4. Fulfilling

Meaning of the terms 'conscious entity and material entity':—

Any entity that has the capacity of knowing, assuming, recognizing and fulfilling can be called as conscious entity or consciousness or 'I'. On the other hand any entity that does not have the activity of knowing and assuming is not a conscious entity. Similarly any entity that has the activity of recognizing and fulfilling only can be called a material body. According to the activities of self and body we can say that the self ('I') is the conscious entity and the body is a material entity.

Questions

1. What are the few components of human body and their mechanisms?
2. Illustrate the types of human needs and desires.
3. Explain co-existence of 'I' and body.
4. Differentiate between the needs of the self 'I' and the needs of the body.
5. Illustrate the activities in the self 'I' and that of the body.
6. Explain the term self 'I' as the conscious entity and the body as the material body.