

... being is a ... For example
existence of the body and Self Justify the
statement.

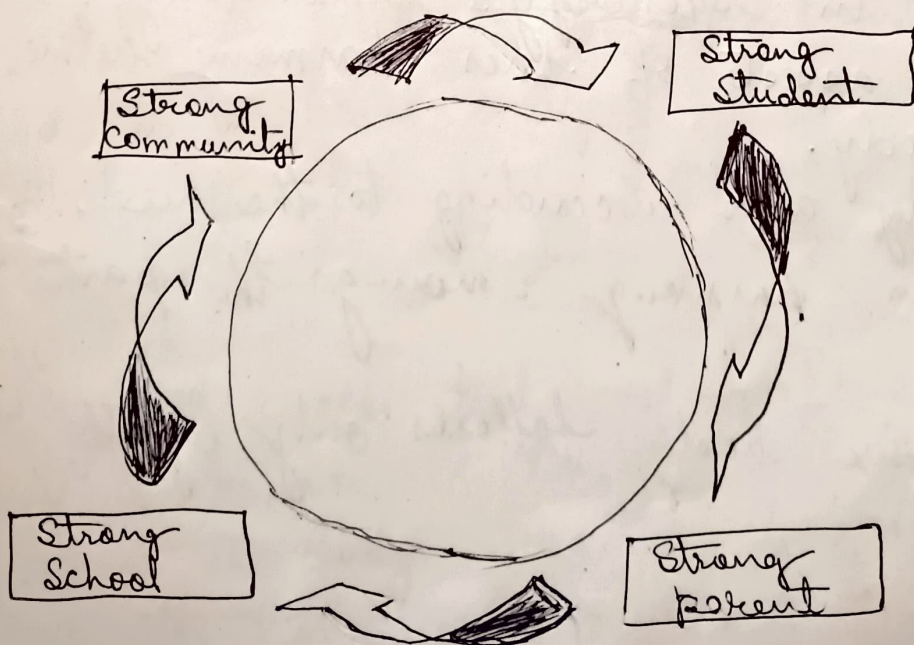
Human beings mainly have the four components.
i) Body ii) Mind iii) Heart and iv) Soul.

They are complex creations of the elements of nature and are a self organized sophisticated mechanism of several levels. At lowest levels their body is a composition of minerals and water. At the next level human beings are capable of movements and have ability to respond with intelligence. At the third level, human beings are thinkers who have intellect, sensitivity and emotions. At the highest level, human beings have spiritual aspect and aspire towards higher spiritual consciousness. The human being is the co-existence of 'I' and the body because there is a constant exchange of information between the two.

Harmony at various levels

Harmony of the self is very important because it channelizes the individual's efforts and energies in an efficient manner. You should not be attracted by materialistic temptations. To bring harmony one has to allow a change. There are two drivers to be changed. One is fear and another is love i.e. we change when we are 'scared enough' into it. Otherwise we prefer to stay within our comfort zone. When we approach crisis point then we take step. In the same way love can motivate one to change and mostly in case of a child. Change is inevitable. Everybody has to face the fast paced world and it is important to accept it. Ultimately this is value education which enable us to understand our needs and we decide our goals correctly and also helps to remove our confusion.

Universal human values and professional ethics



He should be aware of the present condition of his mind and weaknesses. To be aware of mind and weaknesses, i.e. it's dark and light states. Awareness is necessary to cleanse our thoughts, feelings and motives for peace and joy. This is ordinary purpose of introspection.

Another ordinary purpose of introspection is to establish harmony between body, mind, speech and action.

UNDERSTANDING THE HARMONY OF 'I' WITH BODY

OUR BODY

It is a self organized and sophisticated mechanism. Body is made of several organs and glands and different parts of the body keep working in close coordination. Heart keeps pumping blood throughout, lungs keep contracting and expanding. All these activities keep the body fit for the use of 'I' (jivana) so that 'I' (Jivana) and the body may work in synergy as human beings. Below are silent aspects of this harmony between 'I' and the Body.

- (1) The body acts according to the needs of 'I'
- (2) There is harmony among the parts of the body.
- (3) What our body follows only by the permission of 'I'

is a strong coupling between 'I' and the Body. If I am in disharmony, say in anger or stress it immediately starts affecting the Body adversely.

⑤ There are many diseases of the Body that are caused due to disharmony in 'I'. These are called psychosomatic diseases such as asthma, allergies, migraine, diabetes, hypertension etc. On the other hand if there is a severe pain in the Body then it distracts 'I' from the normal functions.

⑥ Where Sanyama is there, then health can be ensured, if Sanyama is not there, good health can also be lost.

⑦ Harmony of 'I' with the Body is very important for good health. They are useless ^{for each other} if there is no harmony.

⑧ Human beings are the co-existence of the self 'I' and the Body. There is exchange of information between the two. 'I' is sentient entity while the Body is material entity.

⑨ I have the feeling of 'Sanyama' for the Body and the Body has 'Svasthya'. 'Sanyama' is basic to Svasthya.

⑩ 'Sanyama' is the feeling of responsibility in the self to ensure nurturing, protection and light utilization of the Body. 'Svasthya' has two elements. One that the Body acts according to self and

Second there is harmony between the parts of the body.

(11) The need for physical facilities for nurture, protection and right utilization of the Body is limited.

(12) When we evaluate our state today we find that we are not quite responsible towards taking care of the Body today. We tend to go for medication in place of ensuring the health of the Body. Even the air, water, food etc that we consume are no more fully suited to health.

(13) We need to understand and live with Sanyama to ensure health.

(14) Clarity of the needs of the Body, paves way towards ensuring prosperity.

Sanyam

It is the self control i.e control of the mind and its desires, urges, emotions and delusions.

It controls outgoing tendencies of the mind and the senses and bringing back to our Self within.

Self control is the key to success in any field of life. Self is directly related to the pressure you face i.e

1. Good Pressure - when you want to like these around you, you gain self control.
2. Bad Pressure - when depressed loose self control.
3. No Pressure - when you are free and there is no competition.

control

control - It is done by blockading the knowledge organs

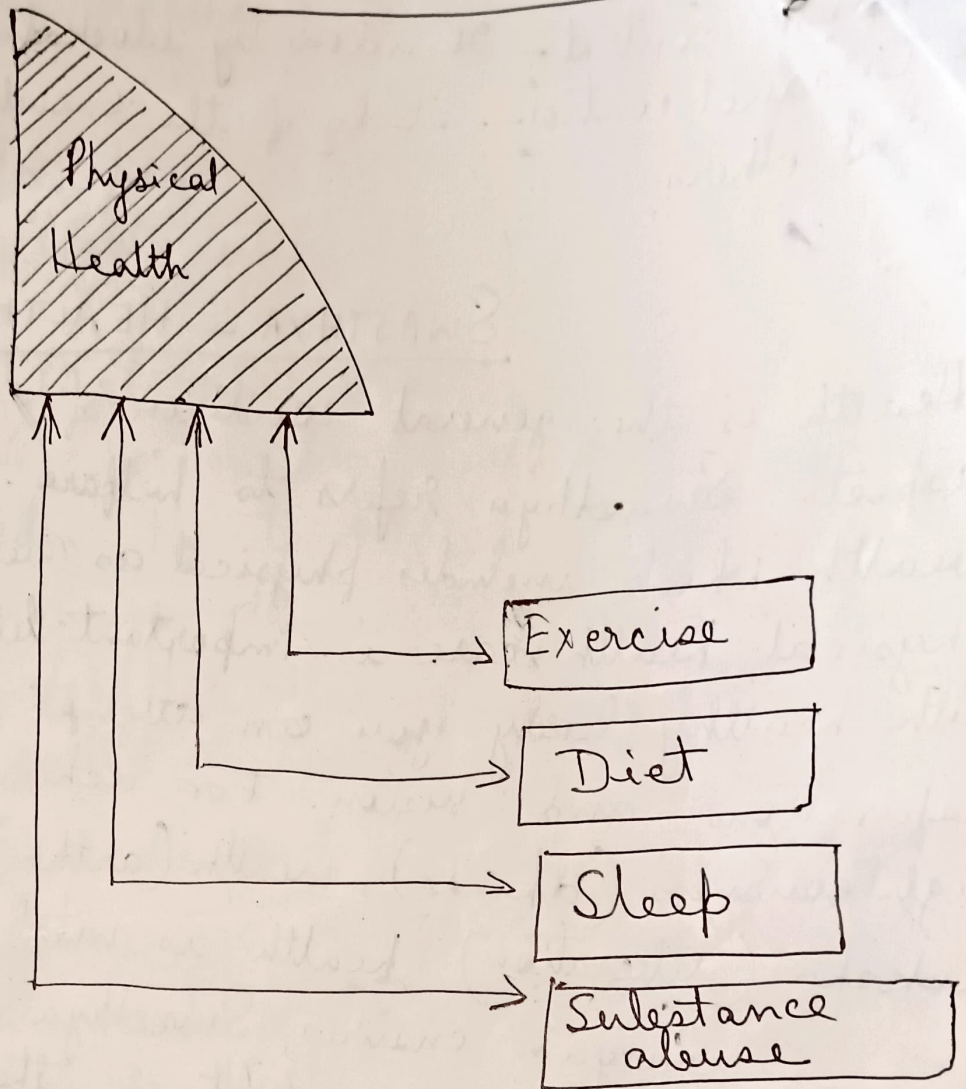
dual control - Study of the knowledge of the self others.

SWASTHYA - HEALTH

Health is the general condition of a person in all aspects. Swasthya refers to welfare. It is the real wealth which includes physical as well mental wellbeing. Physical health care is important because only with healthy body you can attempt to your dreams, aspirations and vision. For achieving four-fold righteousness (dharma), wealth (artha), desire (Kama), moksha (liberation), health is vital.

Sanyam ensures Swasthya. Sanyama means the feeling of responsibility in the self (I) for nurturing, protection and right utilization of the body. Sanyama is self control. Swasthya is the condition of the body. The word Swasthya literally means being anchored to the self, being in close harmony with the self. So, sanyam ensures swasthya.

SWASTHYA - HEALTH



Q.1. What is Sanyam? How is it necessary in ensuring Swasthya?

Q.2. Suggest any two programs that you can undertake to improve the health of your body.