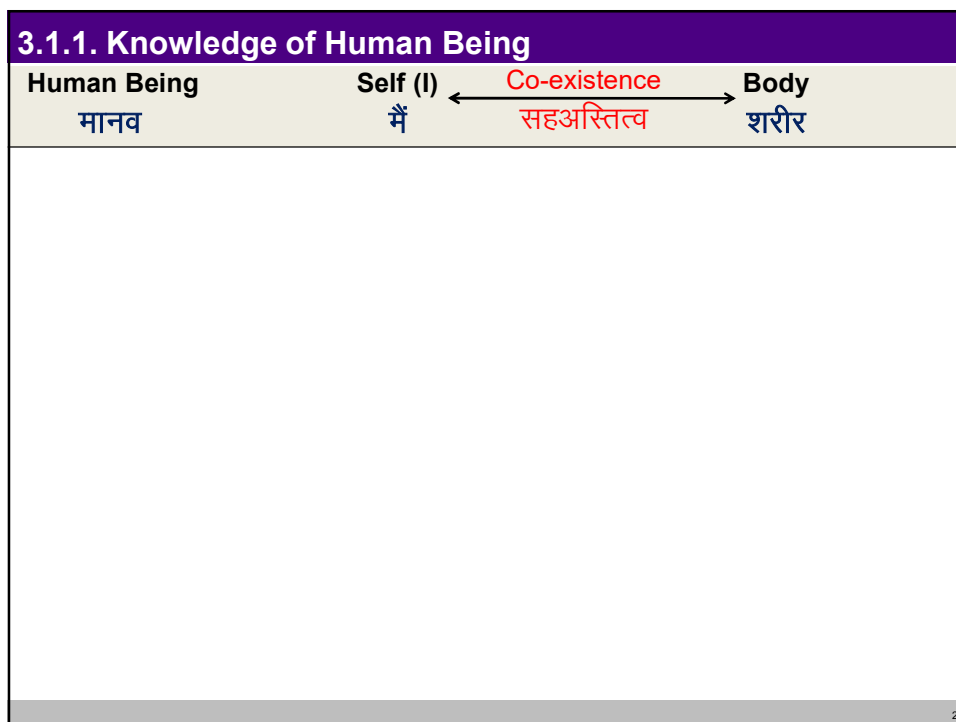


## Module 3: Activities of the Self

### Lecture 10: Human Being

1



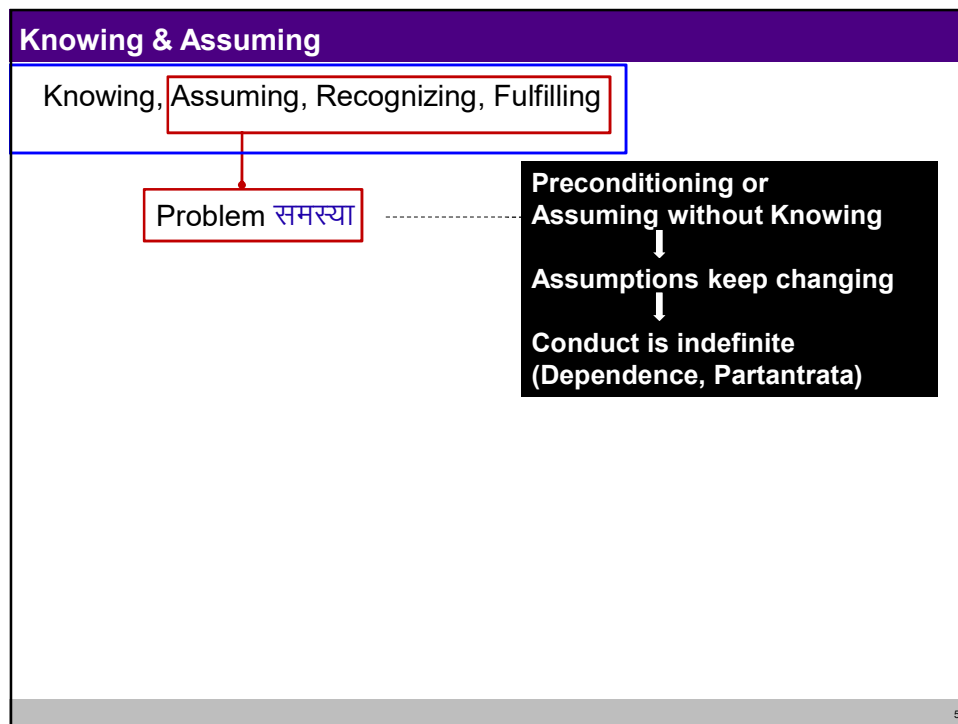
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Human Being मानव	Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)		<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर		<b>Temporary</b> सामयिक
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)		<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव		<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु
<b>Activity</b> क्रिया	<b>Desire, Thought, Expectation...</b> इच्छा, विचार, आशा...		<b>Eating, Walking...</b> खाना, चलना...
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर		<b>Temporary</b> सामयिक
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> जानना, मानना, पहचानना, निर्वाह करना		<b>Recognising, Fulfilling</b> पहचानना, निर्वाह करना
	<b>Consciousness</b> चैतन्य		<b>Material</b> जड़

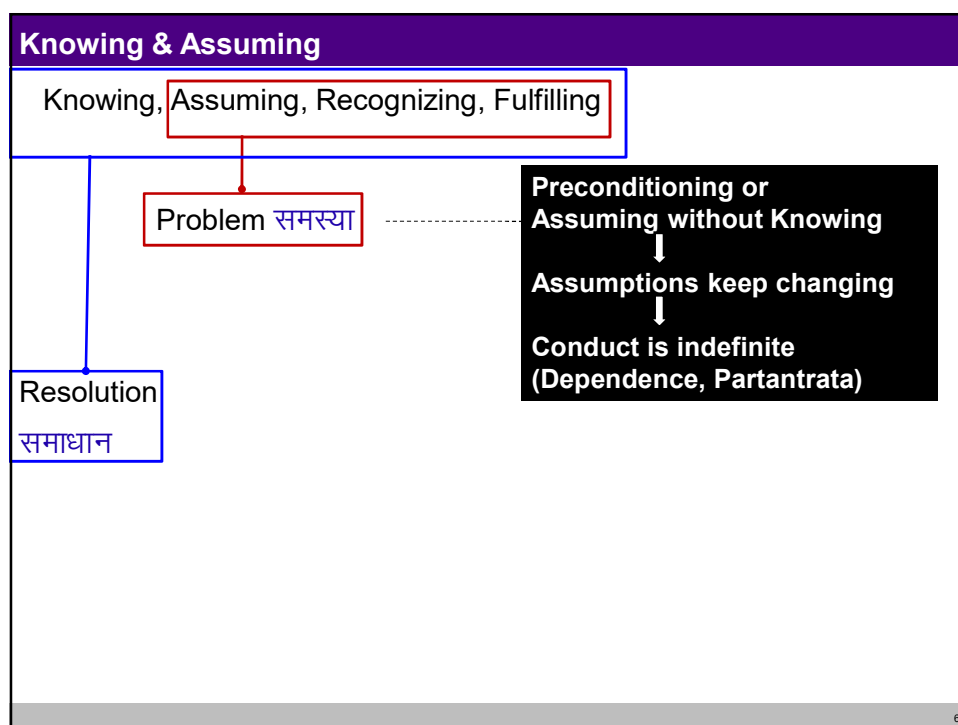
3

Knowing & Assuming	
Knowing, Assuming, Recognizing, Fulfilling	
KNOWING	To see the reality as it is as well as purpose by direct observation <b>Seer</b> Clarity of what & why, of relationship, harmony, co-existence <b>Definiteness, Continuity &amp; Universality</b>
ASSUMING	Acceptance to live in accordance to the purpose <b>(acceptance can be on the basis of knowing or even without knowing)</b>
RECOGNISING	The relationship (with human being and with rest of nature) <b>Doer</b>
FULFILLING	The relationship (with human being and with rest of nature)

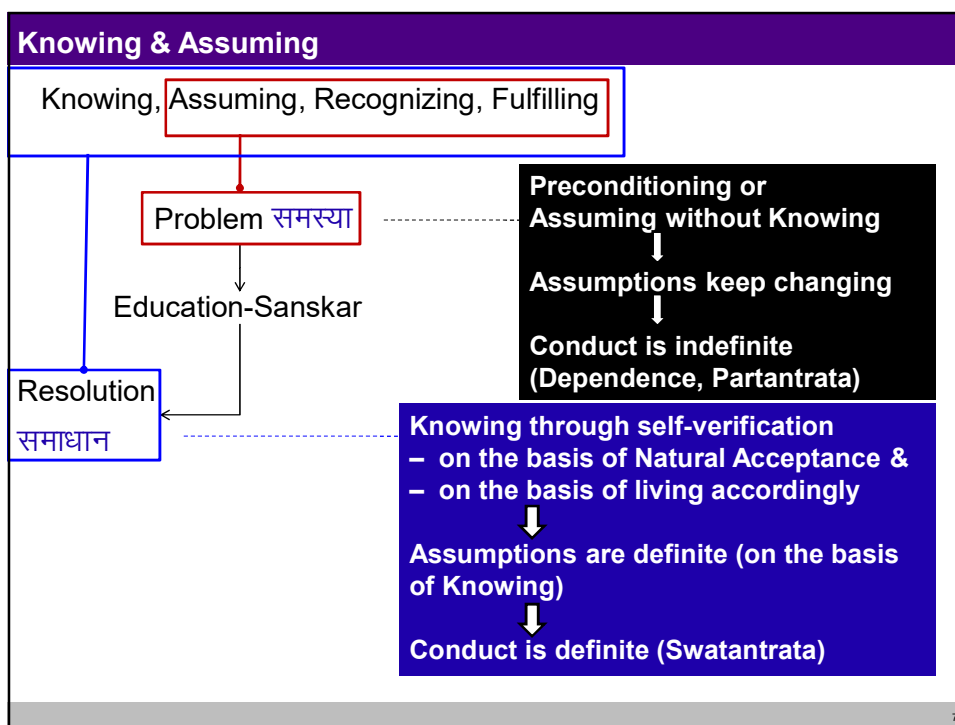
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6



7

Human Being मानव	Self (I) मैं	Co-existence INFORMATION	Body शरीर
	Consciousness चैतन्य		Material जड़
In Time काल में	Continuous निरन्तर		Temporary सामयिक
Type प्रकार	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना		Recognising, Fulfilling पहचानना, निर्वाह करना

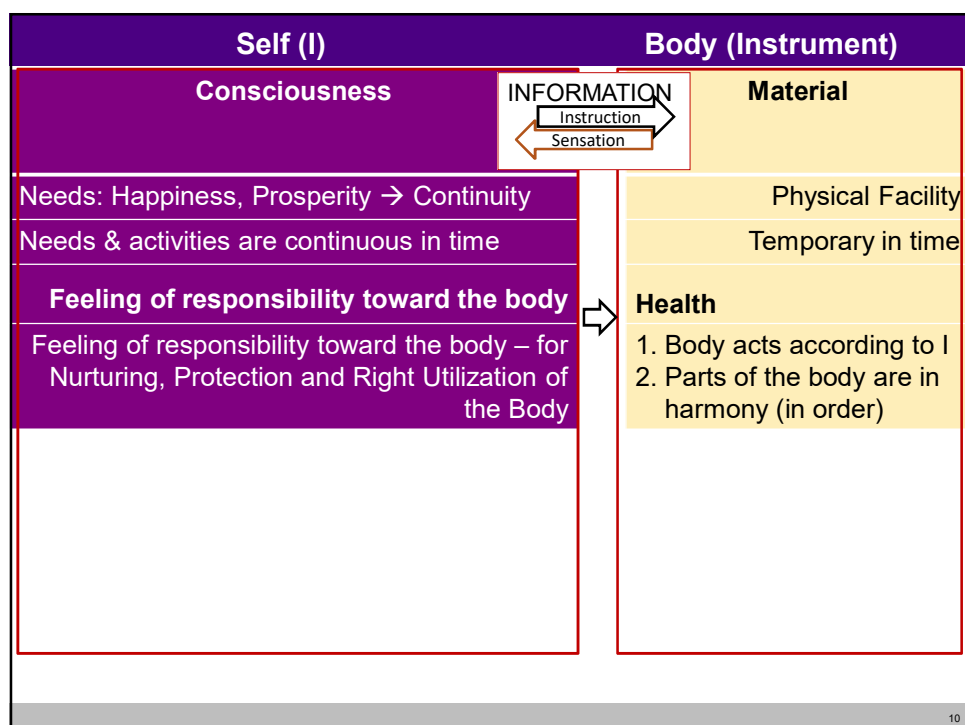
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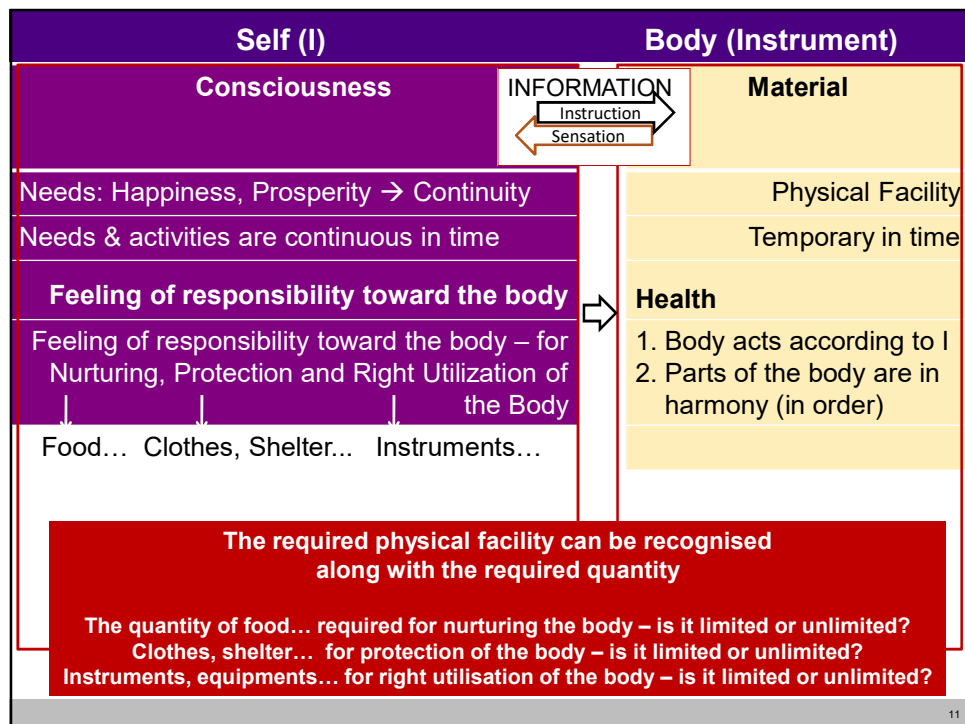
## Module 3: Activities of the Self

### Lecture 11: Interaction between the Self and the Body

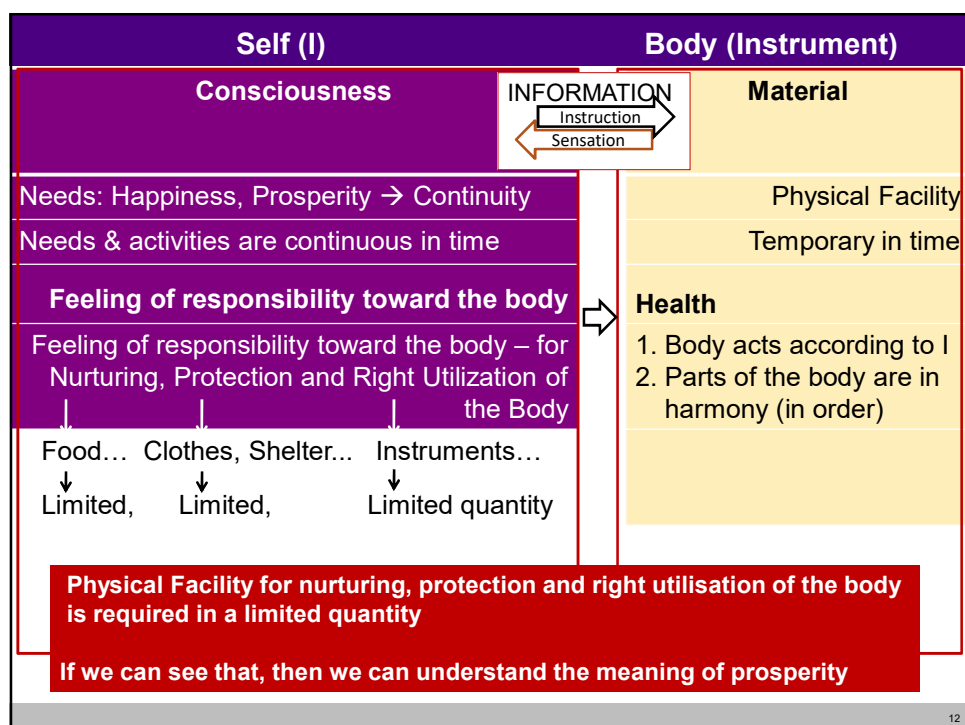
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10



11



12

## Prosperity (समृद्धि)

Prosperity – The feeling of having more than required Physical Facility

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1 – Identification of required physical facility (including the required quantity)  
– with right understanding

आवश्यक सुविधा का निर्धारण – सही समझ से

2 – Ensuring availability/ production of more than required physical facility  
– with right skills

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other  
“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है  
दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “

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13

We had seen that we can observe two categories of human beings

इसीलिए अभी दो तरह के मनुष्य दिखाई देते हैं-

1. Lacking physical facility, unhappy deprived (सुविधा विहीन दुखी दरिद्र)
2. Having physical facility, unhappy deprived (सुविधा संपन्न दुखी दरिद्र)  
(now we can see that if the identification of required physical facility is missing, then one can only shift between category 1 & category 2)

While we want to be – जबकि हम होना चाहते हैं-

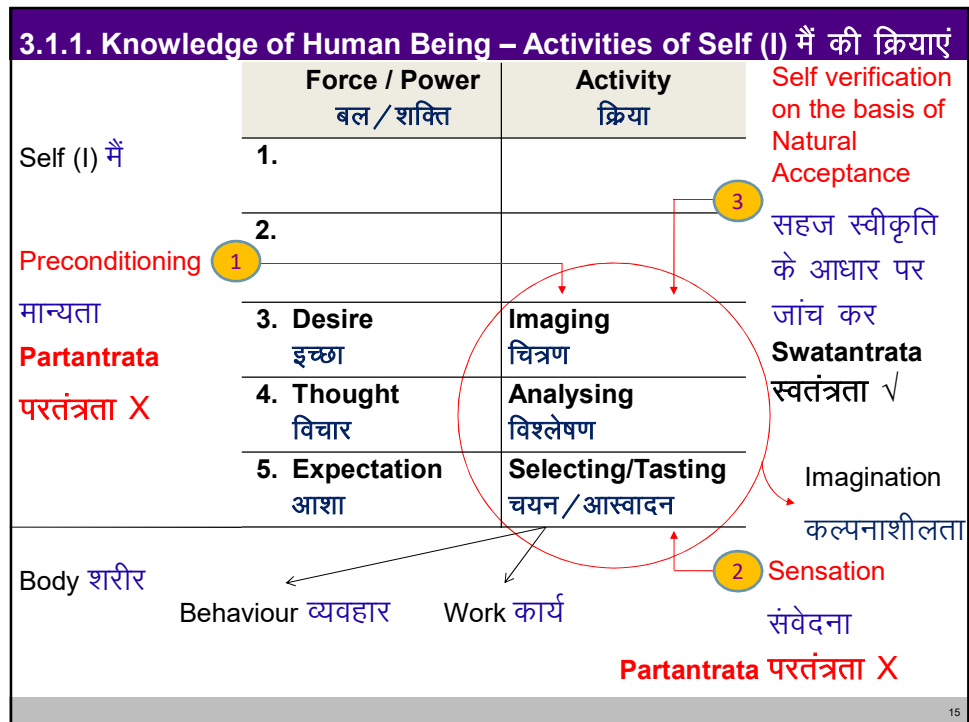
3. Having physical facility, happy prosperous (सुविधा संपन्न सुखी समृद्ध)

This is possible only with

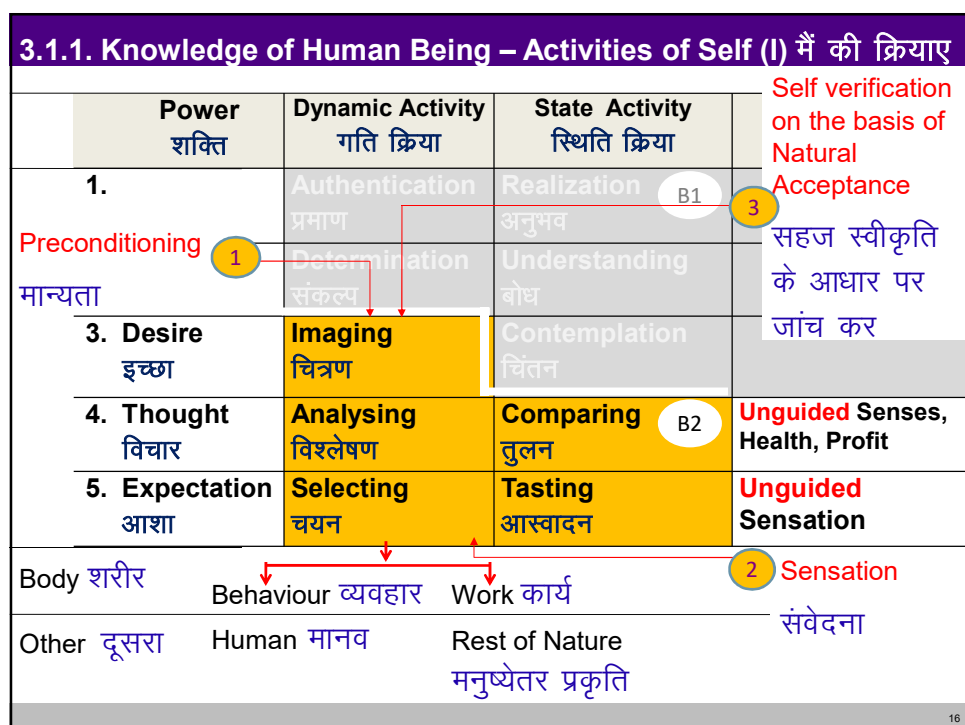
- 1- the right identification of required physical facility and
- 2- availability / production of more than required physical facility

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14



15



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## Module 3: Activities of the Self

### Lecture 12: Higher Activities of the Self

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3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1	
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	
Body शरीर	Behaviour व्यवहार		Work कार्य	Participation भागीदारी
Other दूसरा	Human मानव	Rest of Nature मनुष्येतर प्रकृति		in larger Order व्यवस्था में

18

Innateness & Natural Characteristic of 4 Orders					
ORDER 4 अवस्था	UNITS इकाई	ACTIVITY क्रिया	INNATENESS धारणा स्वयं में व्यवस्था (Self-organisation)	NATURAL CHARACTERISTIC स्वभाव व्यवस्था में भागीदारी (Participation)	INHERITANCE अनुवंशीयता
Physical पदार्थ	Soil, Metal मिट्टी, धातु	Formation- Deformation रचना-विरचना	Existence अस्तित्व	Composition- Decomposition संगठन-विघटन	Constitution based परिणाम अनुवंशी
Bio प्राण	Plants, Trees पेड़, पौधे	"-" + Respiration श्वसन-प्रश्वसन	" + Growth पुष्टि	" + Nurture-Worsen सारक-मारक	Seed based बीज अनुवंशी
Animal जीव	Animals, Birds पशु, पक्षी	"-" , " in Body शरीर में Selecting/Tasting in I चयन/आस्वादन मैं में	" , " in Body शरीर में Will to live in I मैं में जीने की आशा	" , " in body शरीर में Cruelty, Non-cruelty in I मैं में क्रूरता, अक्रूरता	Breed based वंश अनुवंशी
Human ज्ञान	Human Beings मनुष्य	"-" , " in Body शरीर में Imaging, Analysing, Selecting/Tasting in I चित्रण, विश्लेषण, चयन/आस्वादन मैं में Potential for Understanding in I समझने की क्षमता मैं में	" , " in Body शरीर में Will to live with continuous happiness in I मैं में निरंतर सुखपूर्वक जीने की आशा Right Feeling & Thought समाधान Right Understanding ज्ञान	" , " in body शरीर में Perseverance, Bravery, Generosity... in I मैं में धीरता, वीरता, उदारता...	Education- Sanskar based शिक्षा-संस्कार अनुवंशी
Natural Characteristic: Participation in larger order			Inheritance: Basis of definite conduct across generations		

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3.1.1. Knowledge of Human Being – Activities of Self (I) मैं की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव B1	
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Clarity of Relationship, Natural Characteristic, Participation in Larger Order
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन B2	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	
Body शरीर	Behaviour व्यवहार	Work कार्य	Participation भागीदारी	
Other दूसरा	Human मानव	Rest of Nature मनुष्येतर प्रकृति	in larger Order व्यवस्था में	

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3.1.1. Knowledge of Human Being – Activities of Self (I) मैं की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization अनुभव	<div>B1</div> <div>Clarity of Harmony in Nature, Self-organisation, Innateness</div>
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	<div>B2</div>
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature  
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ॐ	1.	Authentication प्रमाण	Realization अनुभव	Clarity of Co-existence in Existence, Submergence
	2.	Determination संकल्प	Understanding बोध	
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	

Body शरीर

Behaviour व्यवहार

Work कार्य

Participation भागीदारी

Other दूसरा

Human मानव

Rest of Nature  
मनुष्येतर प्रकृति

in larger Order व्यवस्था में

3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) ऋ	1.	Authentication प्रमाण	Realization B1 अनुभव	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing B2 तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation
Body शरीर      Behaviour व्यवहार      Work कार्य      Participation भागीदारी Other दूसरा      Human मानव      Rest of Nature मनुष्येतर प्रकृति      in larger Order व्यवस्था में				

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**Ex.**

**Awareness:**

1. Find out the object of attention (D,T,E)
2. For how much time you are aware of object of attention?
3. Awareness / attention keeps shifting to what you consider important
4. Can you decide on what to focus on? Or is it decided 'automatically'?

An example:

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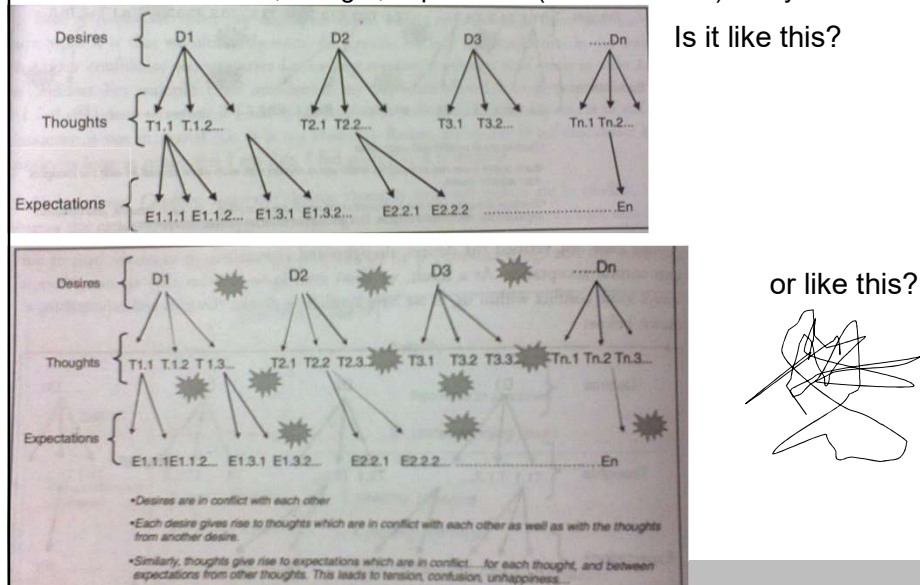
graph TD
    A(My home) --> B(My family)
    B --> C(The moment when I left my home for college)
    C --> D(My college)
    D --> E(My friends in college)
    E --> F(My friend's family members)
    F --> G(Next??)
    G --> B
  
```

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### Ex. Focus on the Underlying Desire (Feeling)

#### Desire (Feeling), Thought and Expectation in the Self

Observe the desire, thought, expectation (selection/taste) every moment.



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### Realisation of Co-existence & it's expression – Universal Human Order

	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया		
Self (I) अहं	1.	Authentication प्रमाण	Realization अनुभव	B1 Co-existence सह-अस्तित्व	REALISATION WITHIN
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था	
	3. Desire इच्छा	Imaging चित्रण	Contemplation वितन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी	
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Co-existence, Harmony, Justice Guided Senses, Health, Profit	
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation	
Body शरीर	Behaviour व्यवहार	Work कार्य	Participation भागीदारी		
Other दूसरा	Human मानव	Rest of Nature मनुष्येतर प्रकृति	in larger Order व्यवस्था में		
	Mutual Happiness उभय सुख	Mutual Prosperity उभय समृद्धि	Fulfillment of Human Goal मानव लक्ष्य की पूर्ति		
	Undivided Human Society अखण्ड मानवीय समाज	EXPRESSION OUTSIDE	Universal Human Order सार्वभौम मानवीय व्यवस्था		Human Tradition मानवीय परंपरा

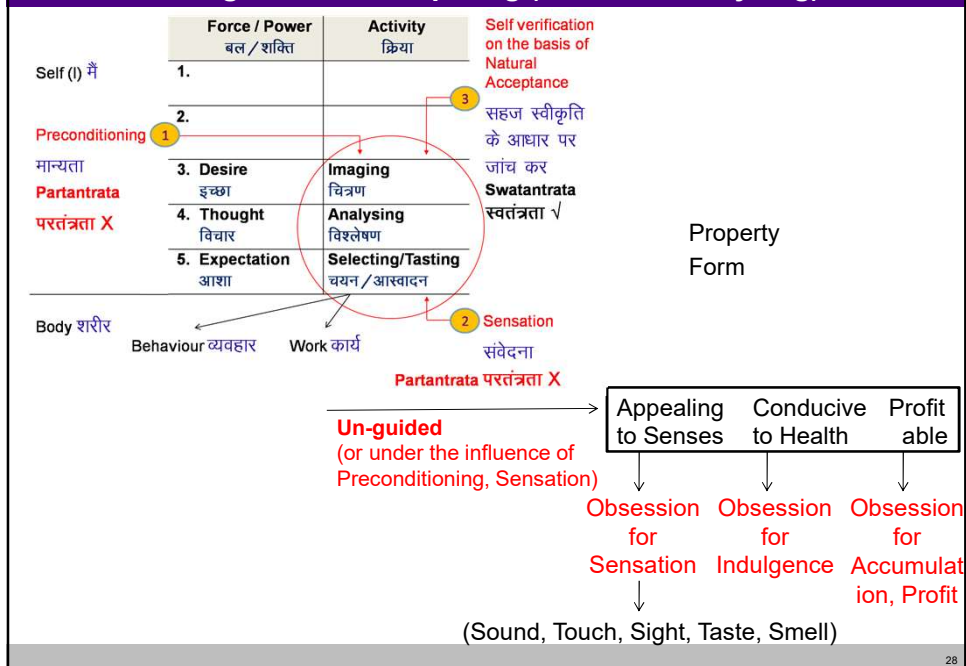
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## Module 3: Activities of the Self

### Lecture 13: Basis for Analysing-Comparing

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#### 3.1.1. Knowledge of HB– Comparing (Basis for Analysing)



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### Sensation for Happiness?

Physical object → Contact with body → Sensation in body  
(Sound, Touch, Form, Taste, Smell)



Tasted by self (I)

- If taste is favorable → Happiness (Temporary)
- If taste is unfavourable → Unhappiness (Temporary)

**Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable**

Sensation can be a source of temporary happiness (excitement)

**It can not be a source of continuous happiness (harmony)**

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### Sensation for Health of Body & Fulfillment of Purpose of Self (I)

Role of sensation or right utilisation of sensation

1. To keep body in good health by nurturing, protection of body
2. To exchange right understanding & right feeling (Education-sanskar)

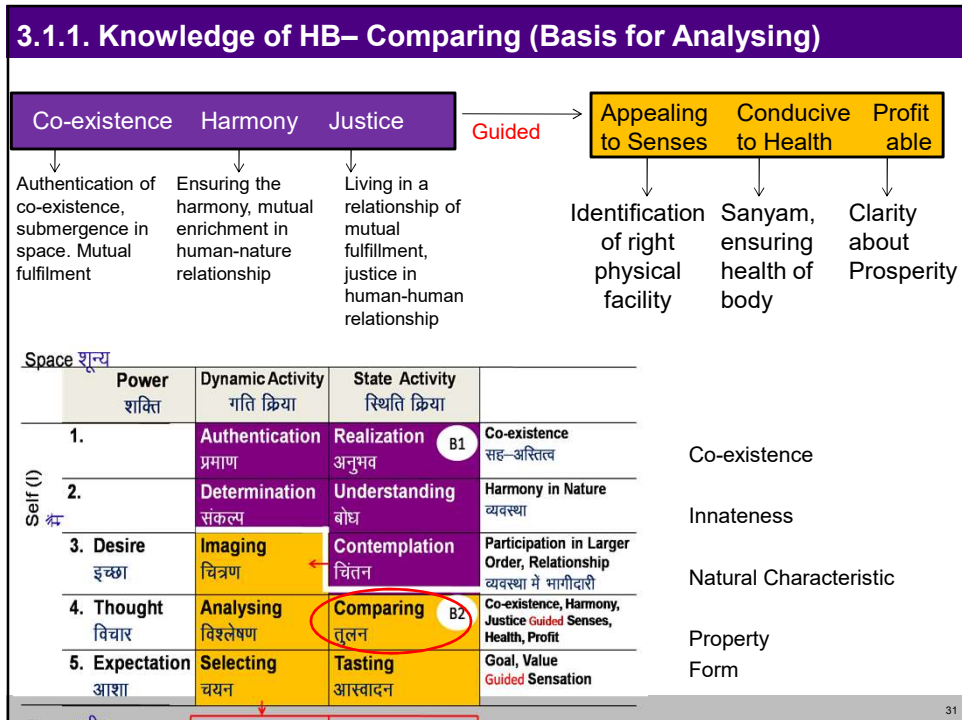
Sensation in animal	naturally restrained (by nature) for health
Sensation in human being	can make right utilisation of sensation only with right understanding

Right utilisation of body [body is an instrument of the Self (I)]

1. As an instrument for communication
2. As an instrument for labour, to obtain necessary physical facility for the body
3. As an instrument for continuity of Human Tradition (new body)

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Mutual Fulfilment with every unit, ensuring the comprehensive Human Goal and unconditional justice in human-human relationship are then the primary criteria for Comparing. These three guide the right use of sensation, body and physical facility. So these guided choices enable using sensation for selecting appropriate physical facility for nurturing and protection, ensuring health of the body; using the body for self-development and societal development (comprehensive Human Goal); and using physical facility for ensuring mutual prosperity.

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### Comparing (Basis for Analysing)

Authentication of co-existence, the submergence (संपृक्तता) in space सत्य

Authentication of harmony (व्यवस्था), i.e. human-nature relationship, mutual enrichment (mutual prosperity) धर्म

Authentication of relationship (सम्बन्ध), i.e. human-human relationship, mutual fulfillment (mutual happiness) न्याय

↓ Guided से नियंत्रित

For identification of physical facility that is nurturing for the body, for protection of body, for behaviour / work, sharing knowledge, feeling प्रिय

Sanyam, clarity about program for sanyam ensuring health of body, so that body is capable of being used for ensuring right understanding and right feeling in the self as well as its authentication in living, including behavior, work and participation in larger order हित

For clarity about prosperity (identification, production & right utilisation of physical facility), so that nurturing, protection and right utilisation of the body and right utilisation of physical facility is ensured for relationship and societal order लाभ .

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### Profit

- Production inherent capacity to multiply in nature  
e.g. 1 seed of rice → 100 grains of rice
- Exchange on basis of labour value, free from profit or loss

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3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
Self (I)	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
	1.	Authentication प्रमाण	Realization अनुभव	B1 Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था, पूरकता
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing तुलन	B2 Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	
Body शरीर      Behaviour व्यवहार      Work कार्य      Participation भागीदारी Other दूसरा      Human मानव      Rest of Nature मनुष्येतर प्रकृति      in larger Order व्यवस्था में				

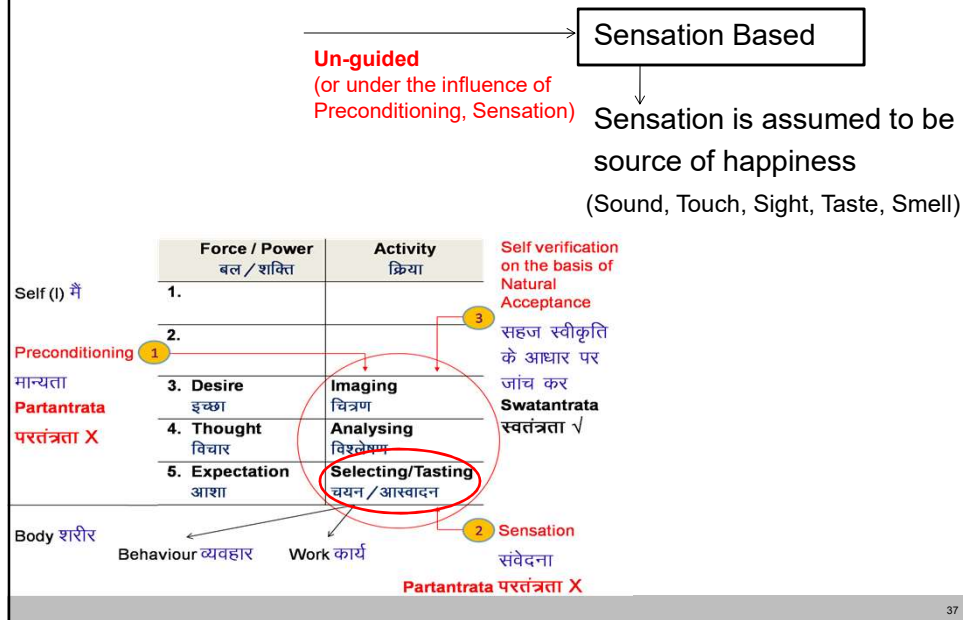
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## Module 3: Activities of the Self

### Lecture 14: Basis for Selecting-Tasting

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### 3.1.1. Knowledge of HB– Basis of Selection, Tasting



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### Sources of Excitement (Temporary Happiness)

<b>2. Right Feeling</b>	Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
– From Other	Temporary, Dependence on Other, No completion point, Continuity not possible
<b>3. Sensation, PF</b>	Sound, Touch, Form, Taste, Smell
– Through Body	Temporary, Dependence on Body & Other, No completion point, Continuity not possible
Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable	

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## Sources of Continuous Happiness

### 1. Right Understanding

- Harmony at all levels of being  
Human Being, Family, Society, Nature/Existence
- in Self (I) Definite completion point, Continuity is possible, Swatantrata

### 2. Right Feeling

- Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
- in Self (I) Definite completion point, Continuity is possible, Swatantrata

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## Purpose of Right Understanding, Right Feeling, Sensation/PF

### 1. Right Understanding

- Harmony at all levels of being  
Human Being, Family, Society, Nature/Existence
- in Self (I) for happiness in the Self(I), definite completion pt.

### 2. Right Feeling

- Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
- in Self (I) for happiness in the Self(I), definite completion pt.
  - From Other For evaluating state of other Self(I) to identify complementarity in relationship

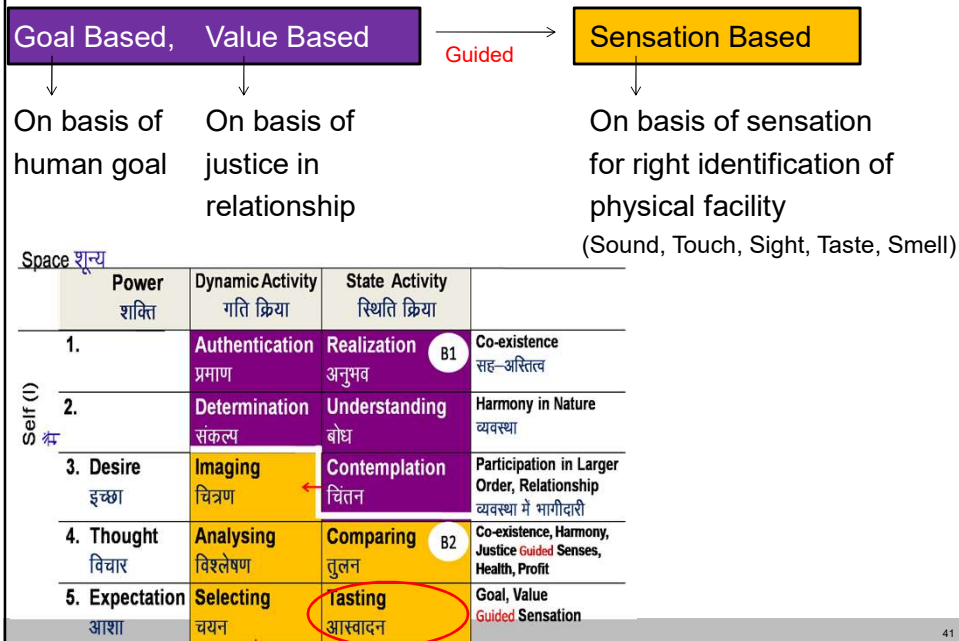
### 3. Sensation, PF

- Sound, Touch, Form, Taste, Smell
- Through Body For evaluating state of physical facility to identify if it is OK for nurturing, protection of body (health of body)  
For behaviour / work, sharing knowledge, feeling

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### 3.1.1. Knowledge of HB– Basis of Selection, Tasting



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### Basis of Selection

Selecting on the basis of human goal based tasting लक्ष्य मूलक अस्वादन

- Awakening (in the self) – Harmony in the self leading to happiness, peace, satisfaction, bliss in the self (based on comparing on the basis of co-existence)
- Harmony (with entire nature) – Participation in larger order leading to 1-right understanding, and resolution (right feeling & right thought) in the self, 2-prosperity in every family, 3-fearlessness (trust) in society and 4-co-existence in existence (based on comparing on the basis of harmony)

Selecting on the basis of human value (feeling) based tasting मूल्य मूलक अस्वादन

Justice in behaviour with human being (based on comparing on the basis of justice)

↓ Guided से नियंत्रित

Selecting on the basis of sensation based tasting रुचि मूलक अस्वादन

For identification of physical facility that is nurturing for the body, for protection of body

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3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
Self (I) मैं	1.	Authentication प्रमाण	Realization B1 अनुभव	Co-existence सह-अस्तित्व
	2.	Determination संकल्प	Understanding बोध	Harmony in Nature व्यवस्था
	3. Desire इच्छा	Imaging चित्रण	Contemplation चिंतन	Participation in Larger Order, Relationship व्यवस्था में भागीदारी
	4. Thought विचार	Analysing विश्लेषण	Comparing B2 तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation
Body शरीर	Behaviour व्यवहार	Value (Relationship) मूल्य (संबंध) का आस्वादन Sound, Touch, Sight, Taste, Smell शब्द, स्पर्श, रूप, रस, गंध का आस्वादन		
Other दूसरा	Human मानव	Awakening, Harmony लेख्य (व्यवस्था) का आस्वादन		

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3.1.1. Knowledge of Human Being – Activities of Self (I) में की क्रियाएं				
Space शून्य				
	Power शक्ति	Dynamic Activity गति क्रिया	State Activity स्थिति क्रिया	
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	4. Thought विचार	Analysing विश्लेषण	Comparing B2 तुलन	Co-existence, Harmony, Justice Guided Senses, Health, Profit
	5. Expectation आशा	Selecting चयन	Tasting आस्वादन	Goal, Value Guided Sensation
Body शरीर	Behaviour व्यवहार	Work कार्य	Participation भागीदारी	
Other दूसरा	Human मानव	Rest of Nature मनुष्येतर प्रकृति	in larger Order व्यवस्था में	

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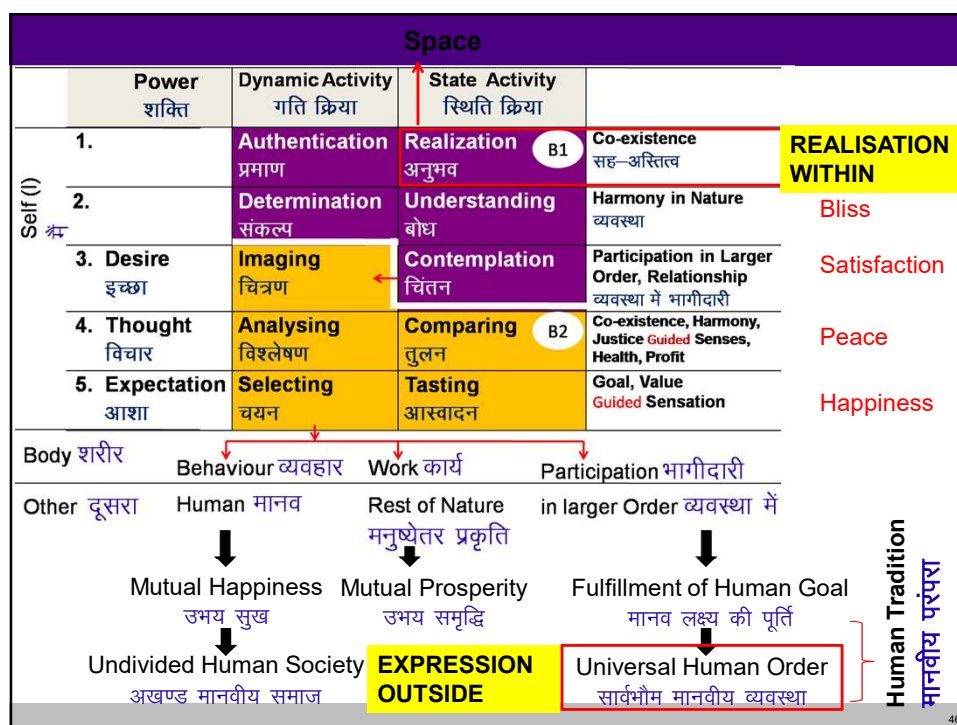
The higher level activities:

1. Observe
2. Evaluate
3. Inspire

the lower level activities

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## Module 3: Activities of the Self

### Lecture 15: Possible Sources of Happiness

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#### Sources of Excitement (Temporary Happiness)

- |                         |  |
|-------------------------|--|
| <b>2. Right Feeling</b> | Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love           |
| – From Other            | Temporary, Dependence on Other,<br>No completion point, Continuity not possible        |
| <b>3. Sensation, PF</b> | Sound, Touch, Form, Taste, Smell   |
| – Through Body          | Temporary, Dependence on Body & Other,<br>No completion point, Continuity not possible |

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

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Sources of Continuous Happiness	
<b>1. Right Understanding</b>	Harmony at all levels of being Human Being, Family, Society, Nature/Existence
– in Self (I)	Definite completion point, Continuity is possible, Swatantrata
<b>2. Right Feeling</b>	Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
– in Self (I)	Definite completion point, Continuity is possible, Swatantrata

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Purpose of Right Understanding, Right Feeling, Sensation/PF	
<b>1. Right Understanding</b>	Harmony at all levels of being Human Being, Family, Society, Nature/Existence
– in Self (I)	for happiness in the Self(I), definite completion pt.
<b>2. Right Feeling</b>	Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love
– in Self (I)	for happiness in the Self(I), definite completion pt.
– From Other	For evaluating state of other Self(I) to identify complementarity in relationship
<b>3. Sensation, PF</b>	Sound, Touch, Form, Taste, Smell
– Through Body	For evaluating state of physical facility to identify if it is OK for nurturing, protection of body (health of body) For behaviour / work, sharing knowledge, feeling

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### Some Prevailing Notions of Happiness

Owning / accumulating physical facility

For human being, physical facility is required, but it is not sufficient...

Pleasure (from favourable sensation)

Sound, Touch, Form, Taste, Smell – Through the Body

***Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable***

Attention, appreciation... (favourable feelings) from others

Dependence on the other, can't be continuous



Sometimes "happiness", excitement...

Sometimes unhappiness, depression...

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### Some Prevailing Means of Escape from Unhappiness, Depression

Over eating

Over sleeping

...

Gutka (Doma)

Alcohol

Drugs

...

Violence

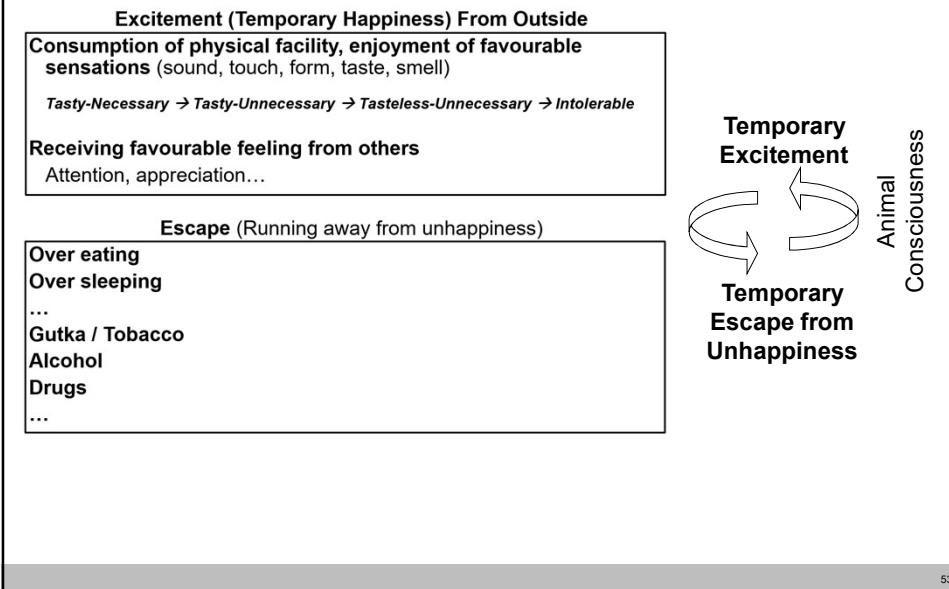
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Suicide

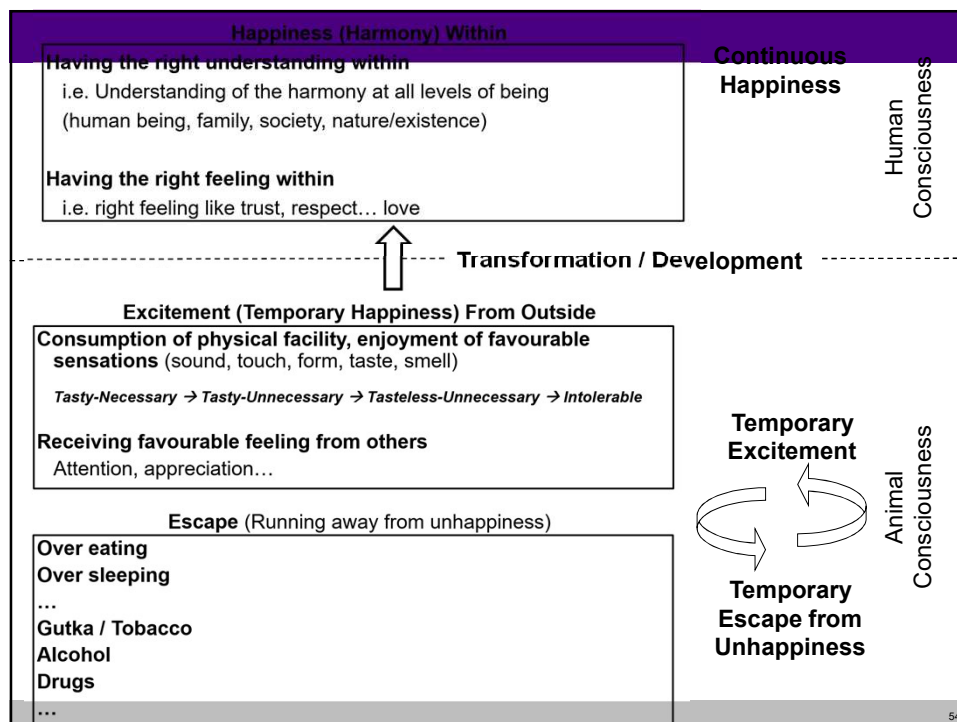
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## Excitement and Escape – Not Happiness



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