

# Understanding Human Being Comprehensively Human Aspiration & its Fulfillment (ROE-074)

## Lecture:5

### Human Being –

Self is Central to Human Existence & Body as an  
Instrument of the Self

**Student can able to Understand the “Self is Central to Human Existence & Body act as an Instrument for the Self.**

## About Human Being

Human Being (मानव)	Self (मैं) $\xleftrightarrow[\text{सहअस्तित्व}]{\text{Co-existence}}$ Body (शरीर)	
Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things
Activity	Desire, Thought, Expectation...	Eating, Walking...
In Time	Continuous	Temporary
Response	Knowing, Assuming Recognizing, Fulfilling	Recognizing, Fulfilling
	Consciousness चैतन्य	Material जड

## About Human Being

**Consciousness** चैतन्य

**INFORMATION**

Instruction  
Sensation

**Material** जड

- The transaction between the Self and the Body is only of information (no material transaction is taking place)
  - Instructions from the Self to the Body
  - Sensations from the Body to the Self
- The decision for every transaction is made by the Self
  - The decision to send instruction to the Body
  - The decision to read sensation from the Body

**Consciousness**  
चैतन्य

I am

I want to live

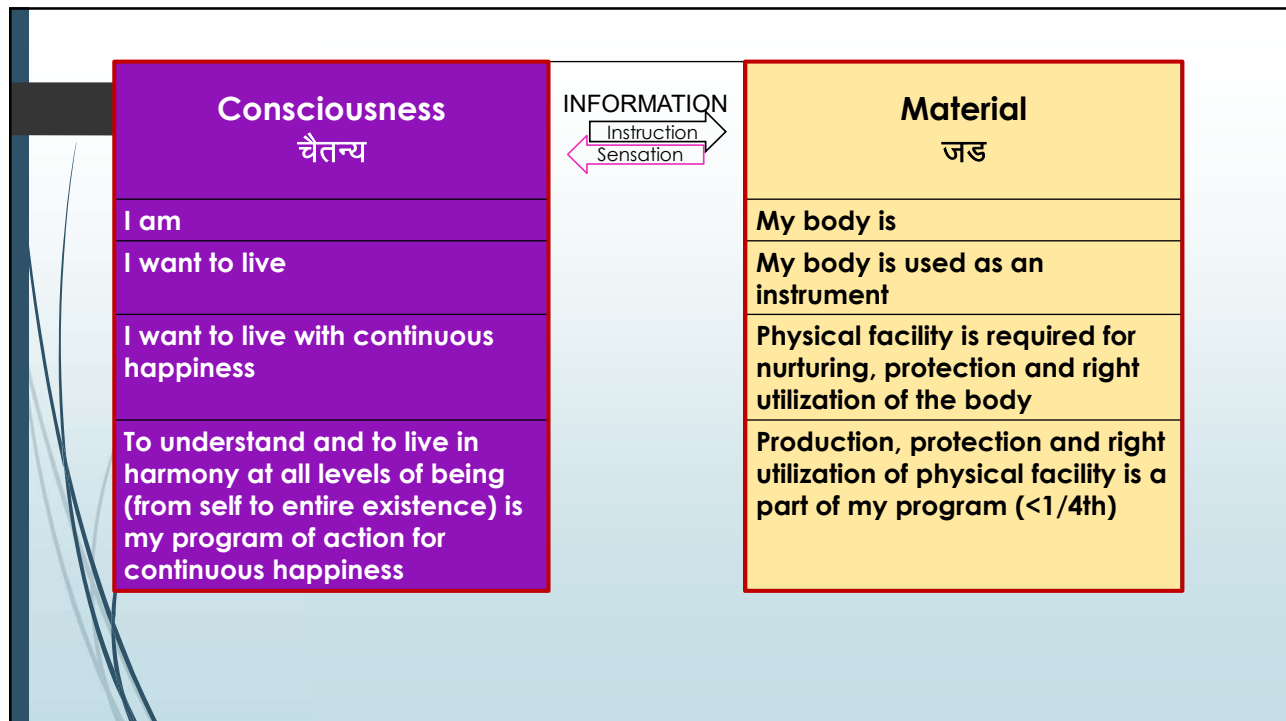
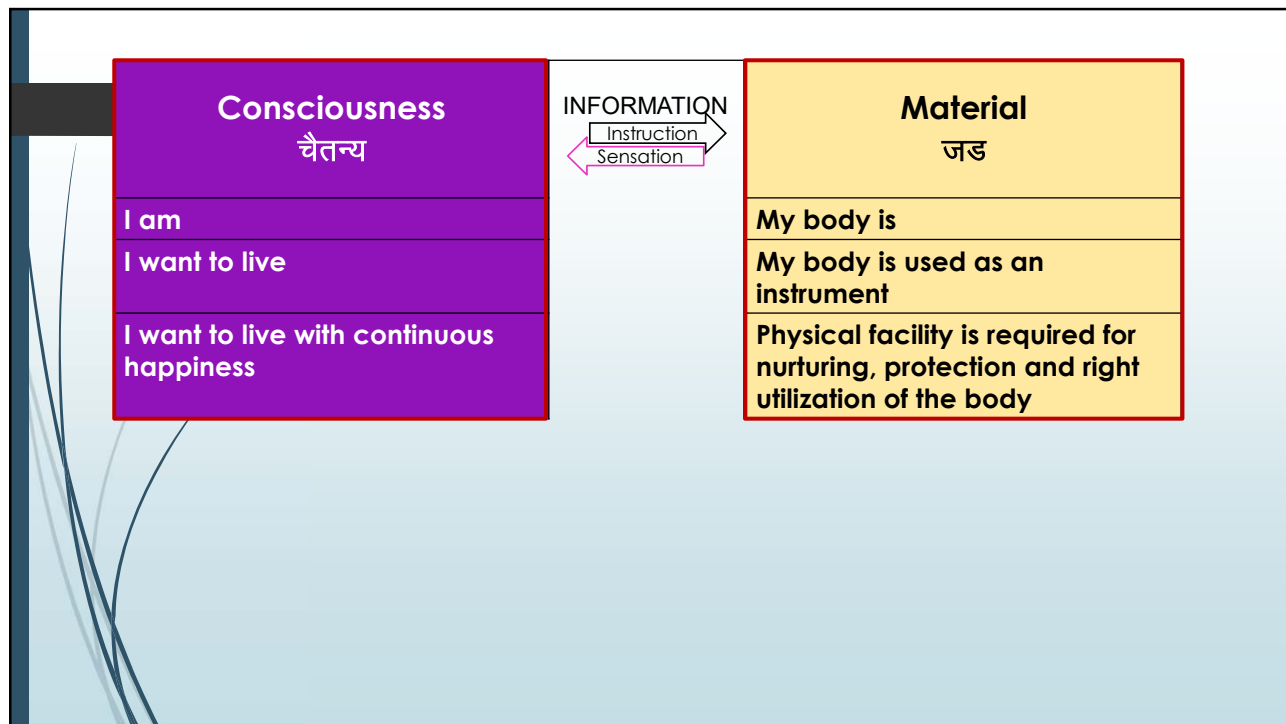
**INFORMATION**

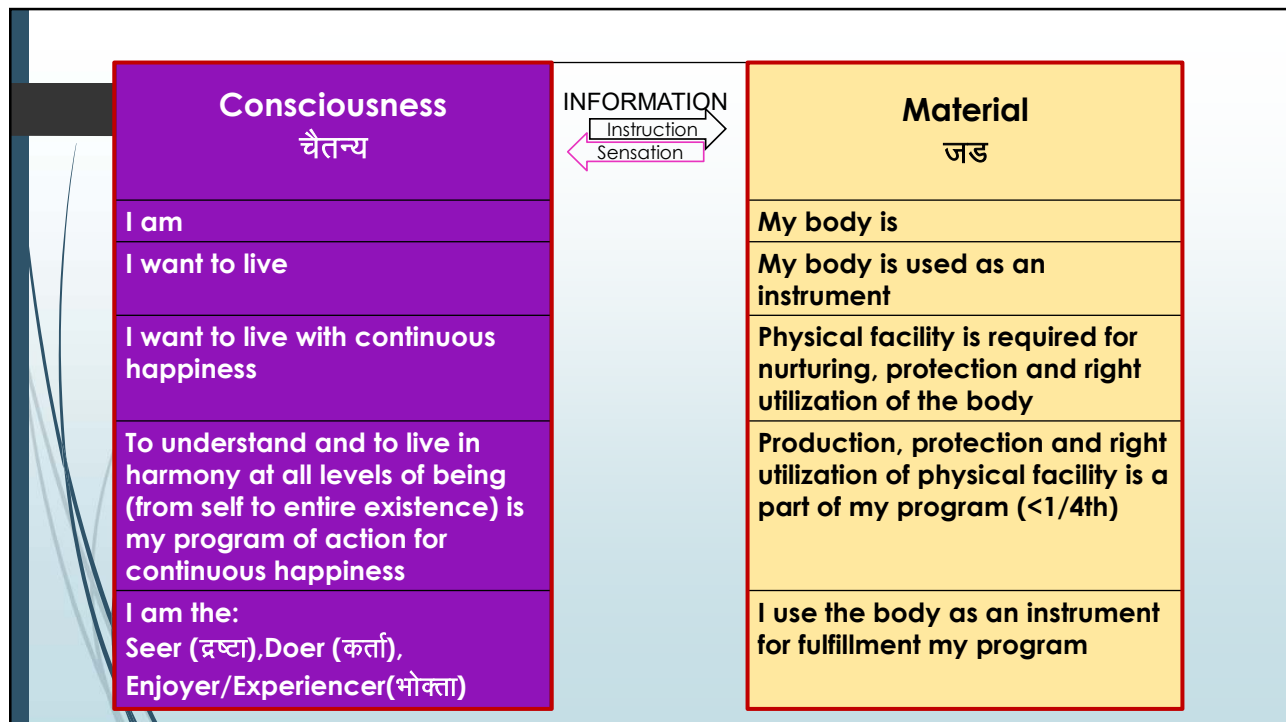
Instruction  
Sensation

**Material**  
जड

My body is

My body is used as an  
instrument





## I am Seer

- "Seer" means the one that sees / understands  
e.g. If you are given something in your hand and you conclude that it is a pen, it is not your eyes that concluded this. It is you that concluded this. The Self (I) sees via the eyes – the eyes don't see themselves
- Like that all the 5 senses are just the instrument that enable the Self (I) to see something outside
- Just like you see outside, you can also see 'within', without using the body for sensation  
e.g. You can 'see' that you are feeling happy, getting angry....
- Thus, the Self (I) 'sees' or understands, sometimes with the help of the body, sometimes without the help of body

**The Body is used as an instrument**

## I am the Doer

- "Doer" means the one that does, who takes decision to do

I am the one who decides. I decide what to do, what not to do...

- I may or may not use the body to do – what I think of is my decision. I do that thinking within myself (there is no role of the body in this)
- If required, the body is used to express my decision

The Body is used as an instrument

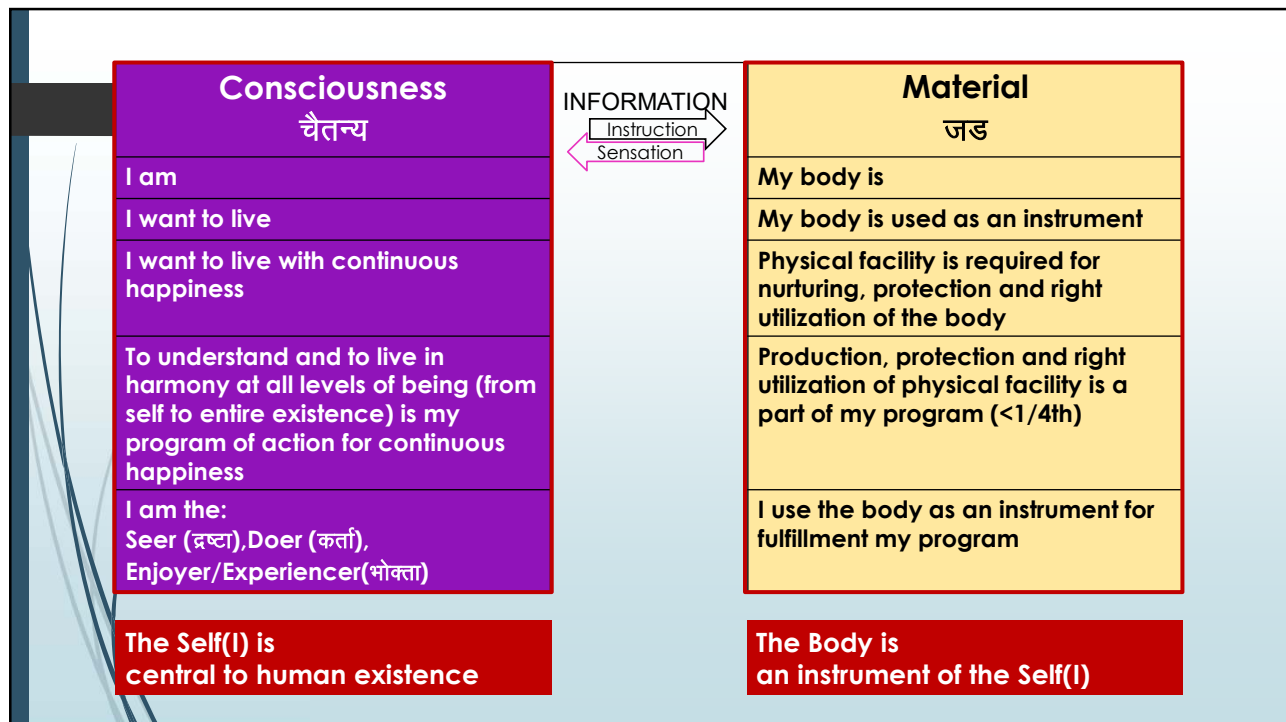
## I am the Enjoyer (Experiencer)

- "Enjoyer" means the one that experiences happiness / unhappiness

I am the one that feels enthused or depressed. I am the one that feels angry or delighted...

- I am the enjoyer, the experiencer

The Body is used as an instrument



## Sum Up:

- Human Being is co-existence of Self(I) and Body
- The Self(I) is the seer, doer and enjoyer – it is central to human existence
- The need of the Self(I) is continuous happiness
- For this, the program of the Self(I) is:
  - at all levels of being
    - As an individual human being
    - As a member of the family
    - As a member of society
    - As an unit in nature/existence
- To understand harmony & To live in harmony
- Production, protection and right utilization of physical facility is a part of my program (<1/4<sup>th</sup>)
- The Body is an instrument of the Self(I)
- The transaction between Self(I) and Body is only in the form of information

## Self – Reflection (Home Work)

- Are you able to see that your happiness and unhappiness depends on your own state of imagination?
- How much of your program for living is now based on happiness from within (harmony)?
- How much of it is based on happiness from outside (excitement) or running away from unhappiness?

THANKS