



Lecture 9

The Body as an Instrument of the Self

About this Material and Effort on Universal Human Values

It has been prepared by UHV TEAM (uhv.org.in)

This work is licensed under CC0 1.0.

To view a copy of this license, please visit <https://creativecommons.org/publicdomain/zero/1.0>

We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

☞ **Harmony in the Human Being – Self and Body**

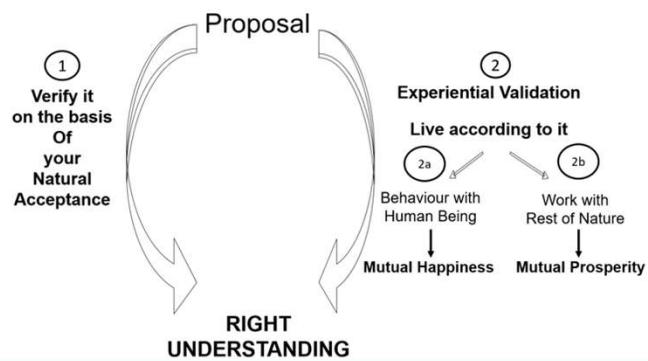
Harmony in the Family
Harmony in the Society
Harmony in Nature/Existence

Process of Understanding

Self Exploration

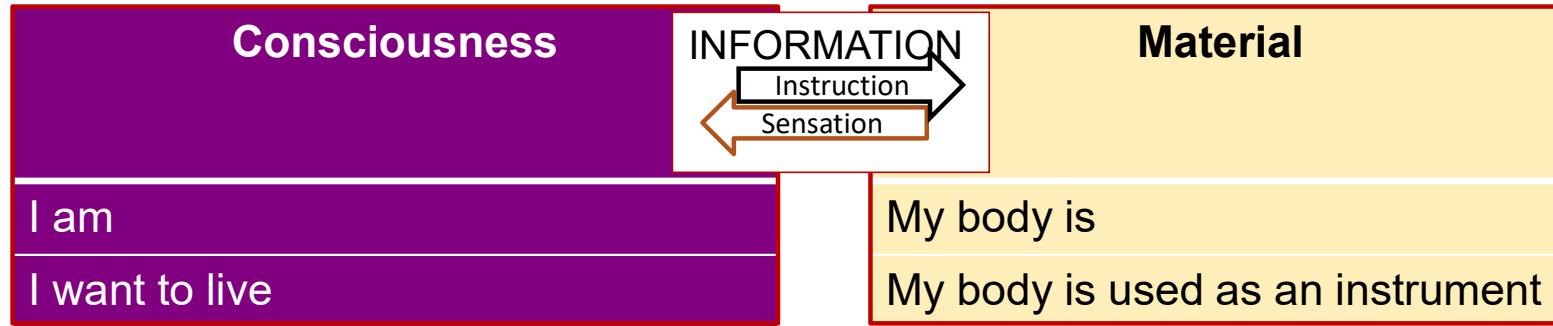
Whatever is stated is a Proposal (Do not assume it to be true/ false)

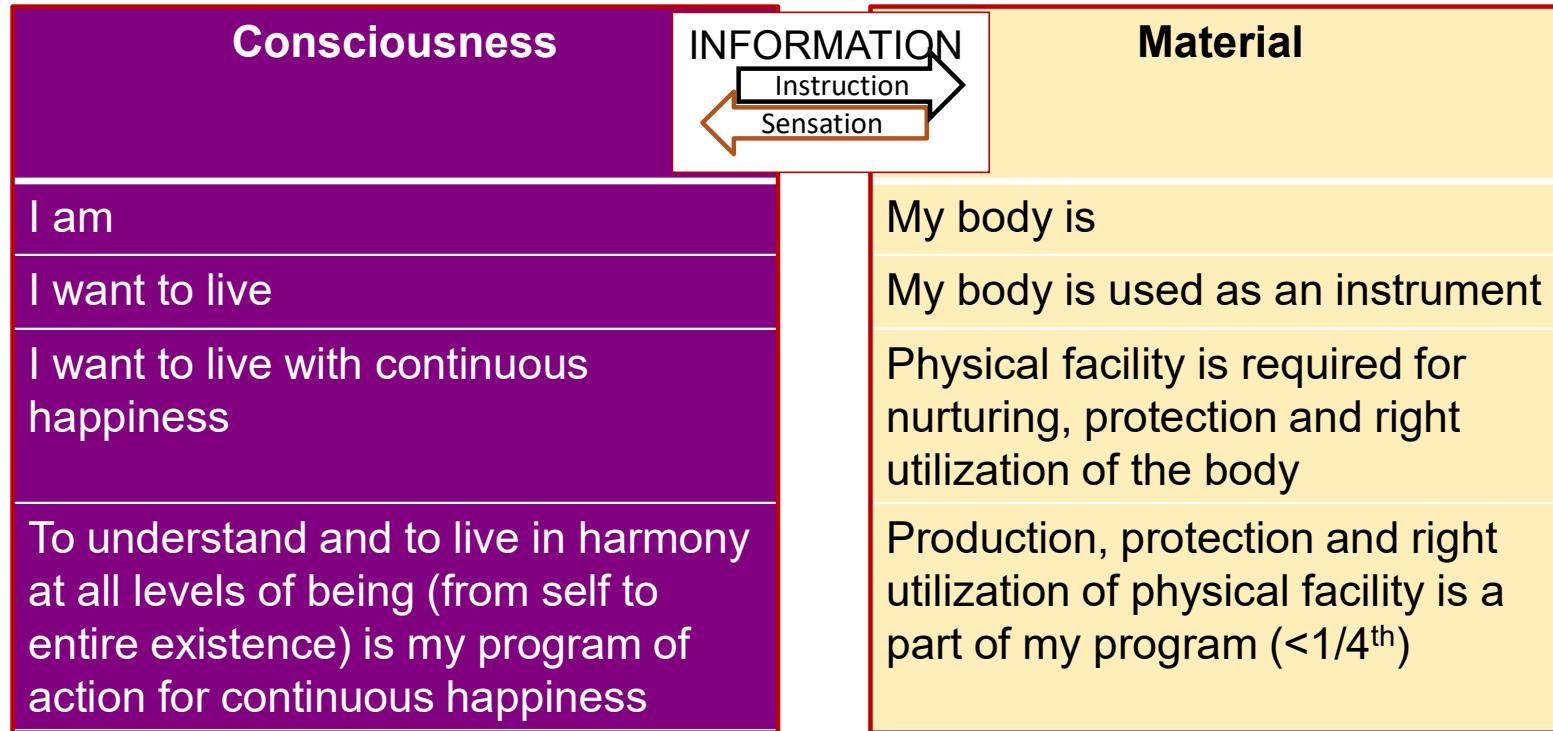
Verify it on your own right



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







Consciousness	INFORMATION Instruction Sensation	Material
I am		My body is
I want to live		My body is used as an instrument
I want to live with continuous happiness		Physical facility is required for nurturing, protection and right utilization of the body
To understand and to live in harmony at all levels of being (from self to entire existence) is my program of action for continuous happiness		Production, protection and right utilization of physical facility is a part of my program (<1/4 th)
I am the: Seer, Doer, Enjoyer (Experiencer) द्रष्टा, कर्ता, भोक्ता		I use the body as an instrument for fulfillment my program

I am the 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 sees via the eyes – the eyes don't see themselves

Like that all the 5 senses are just the instrument that enable the Self 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 ‘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

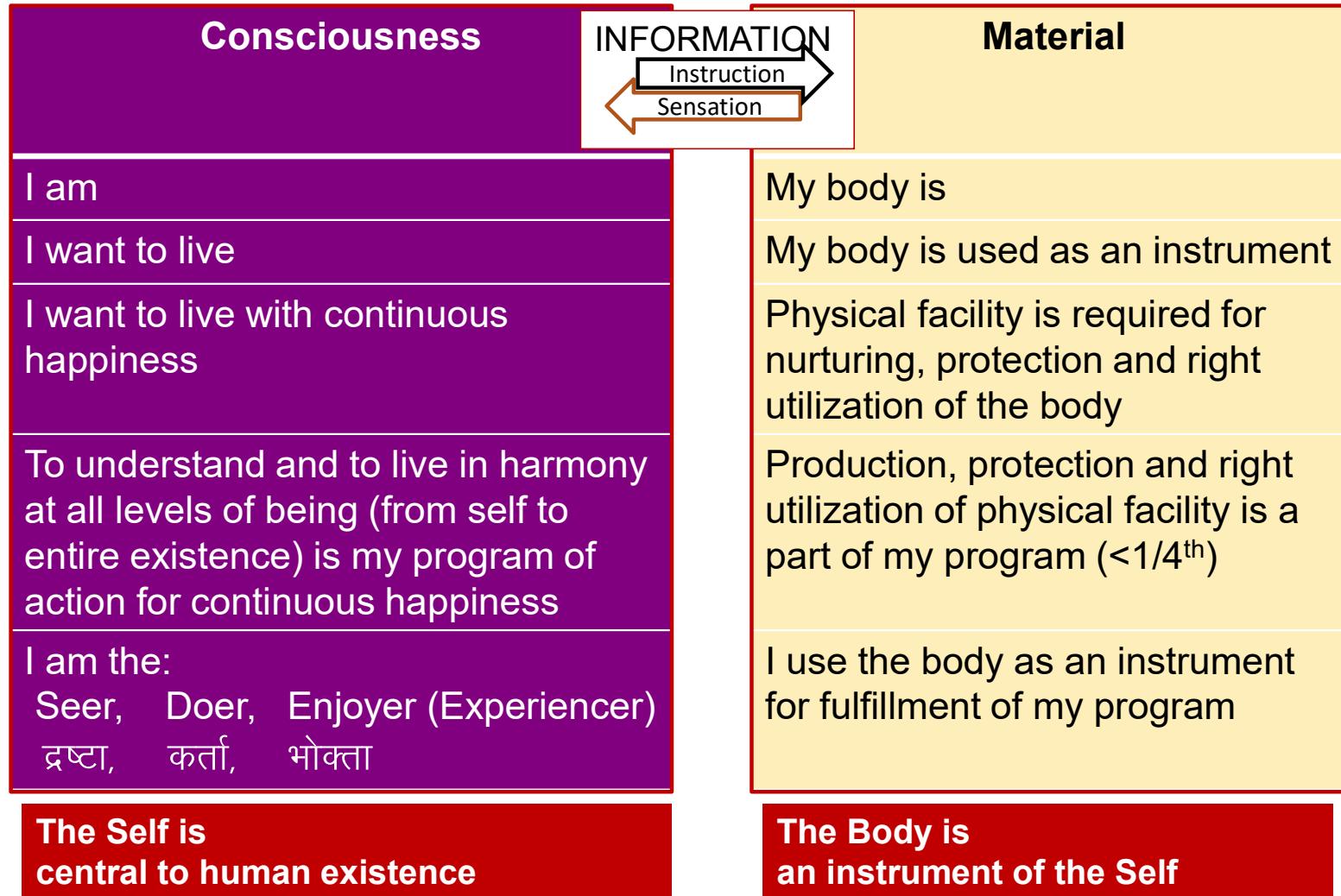
I am the Enjoyer (Experiencer)

“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 and Body

The Self is the seer, doer and enjoyer – it is central to human existence

The need of the Self is continuous happiness

For this, the program of the Self is:

To understand harmony &

To live in harmony

at all levels of being

- 1. As an individual human being
- 2. As a member of the family
- 3. As a member of society
- 4. As an unit in nature/existence

Production, protection and right utilization of physical facility is a part of my program (<1/4th)

The Body is an instrument of the Self

The transaction between Self and Body is only in the form of information



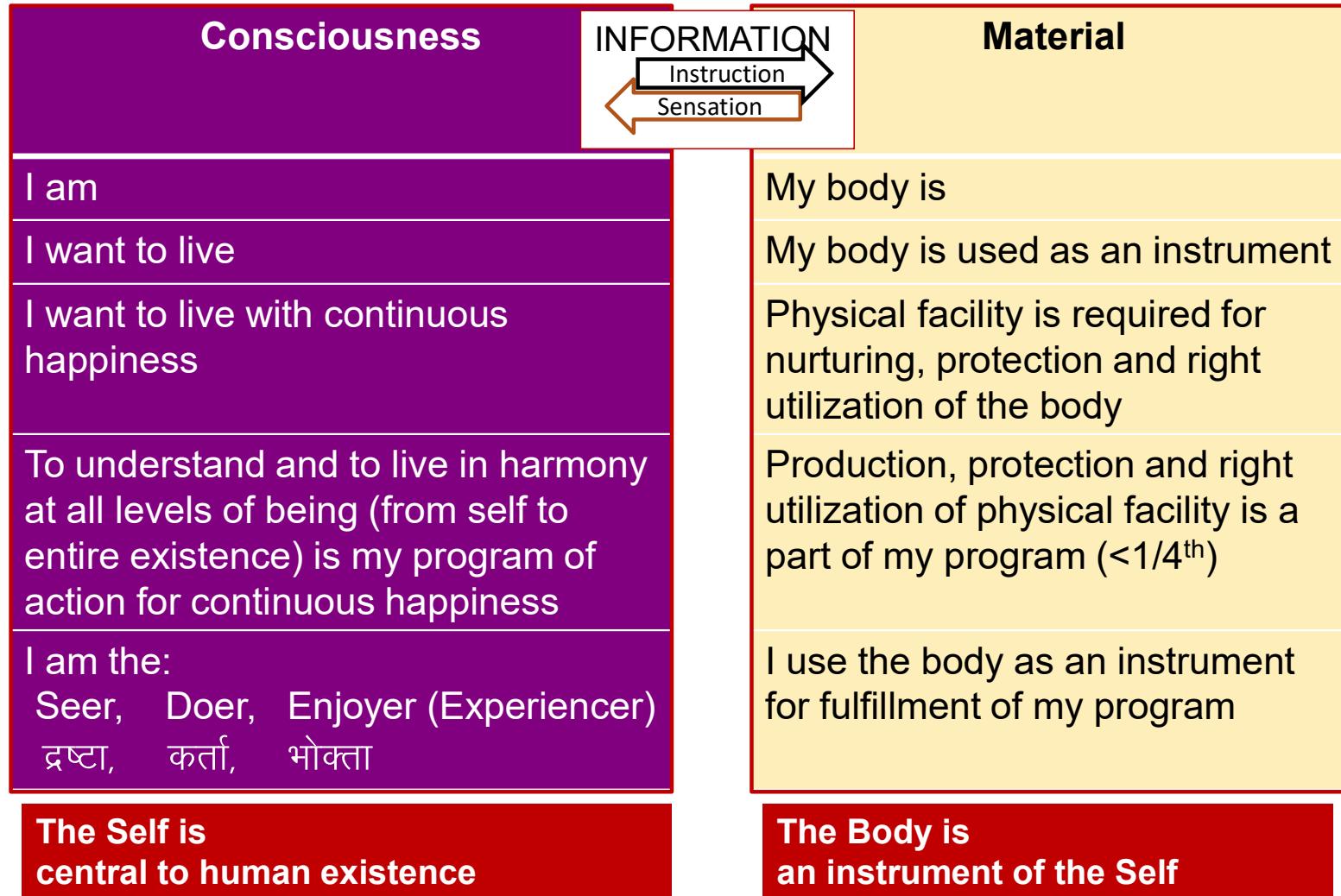
Self Reflection



Key Points

The Body as an Instrument of the Self

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



I am the 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 sees via the eyes – the eyes don't see themselves

Like that all the 5 senses are just the instrument that enable the Self 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 ‘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

1. Instructions from self to body + reading sensations from body (not hard wired)
2. Body as an instrument of Self
3. Seer = ? Doer = ? Enjoyer = ?



FAQs for Lecture 9

The Body as an Instrument of the Self

Question(s):

- If there is a pain in the body, the Self has to read that sensation, but it seems automatic in case of extreme pain. Please elaborate.

Response

- When we are not aware of the self, then even the ordinary sensations are read by the self while we are unconscious of it, therefore, it seems automatic. When we become aware, atleast we can see that these ordinary sensations are read by the self by choice. Then, comes this question about case of extreme pain. We will have to develop our capacity of being aware of the self in the case of extreme pain as well, then we will be able to see that self is reading the extreme pain by choice only, and that it can respond to the pain and not react, i.e. it will think of what to do for relieving this pain, rather than start crying.

Question(s):

- Please elaborate on Self as the seer, doer and enjoyer

Response

- What is being said is that self is central in most of the human activities. When we are seeing something, it is the self who is seeing, in the process if necessary, it uses the 5 senses of the body to get the necessary information, for example, so many things are passing in front of our eyes but, we do not take note of them, we take note of only those things which self considers important. So, self is the seer. Similarly, when we want to do something, it is the self who is deciding what to do; once decided by the self, then if necessary, it takes help of the body for execution of that activity. Hence, self is the doer. It is certainly the self who experiences happiness or unhappiness. In that sense self is the enjoyer.



Question(s):

- People take drugs like “ecstasy” for mood enhancement. Similarly medicines are used to take people out of depression. Does this not show that the body has an effect on the Self? (why go to drugs etc. – even unfavorable temperature, too hot or too cold, may be enough to put people in a foul mood)

Response

- Body certainly has an effect on the self, if the self is reading some sensation from the body and is influenced by it. Presently, we are so identified with the body that we almost think that what is happening to the body is happening to us, the self and therefore we react to any input that comes from body, we are not able to respond to it. For example, as we discussed in case of extreme pain, do we respond in terms of doing something to relieve the pain or we start crying. When a medicine is given to person in depression, he may seem to be out of it for sometime, but, does he really get cured, is it just a temporary diversion? Experiment being conducted by BIW, under the supervision of Dasho Pema Thinley is a good example of it and we would like to listen from him about it.

Question(s):

- Mental retardation is a problem with the body or the self?
- Feelings are in the heart. When a person gets a heart transplant, do the feelings also get transplanted?

Response

- Retardation in a person can be there for two reasons- either there is some problem at the level of body or at the level of self. So, this we have to find out first. For example, as body grows older, certain capacity of the body gets retarded, and we see its impact on the old people. On the other hand, we see many mad persons who seem very healthy at the level of body, this is a case of the problem of the self (mental).
- What do you think? It will be interesting to check with a person who got a heart transplanted.

Question(s):

- In one slide, it is written that production of physical facility is less than 1/4th of my program. Please explain why.

Response

- To ensure the fulfillment of the need of self i.e. continuous happiness, the program is to understand the harmony and live in harmony at all levels of our being. We identified the 4 levels as individual human being, family, society, nature/existence. Out of these 4, harmony in human being is 1 (1/4). Now, to ensure harmony in human being, we need to ensure harmony in the self and harmony with the body. To ensure harmony with the body, we need physical facility, so production of physical facility is part of my program of ensuring harmony in human being, which itself is $\frac{1}{4}$ of my total program. Therefore, it is said that production of physical facility is less than 1/4th of my program.

Question(s):

- We have been using the words self and body here. we also have these words like brain and mind. How do they relate to self and body? Can you explain them and their interrelationship?

Response

- Self is a conscious unit and body is a material unit (with their specific needs, activities and response) as we discussed in last three lectures.
Mind is a part of the self. In essence, it is the imagination part which includes the activities of desire, thought and expectation, this we will discuss in the next lecture.
Brain is a part of the body. Its role to coordinate the activities of different parts of the body. Information from different part of the body is collected in the brain and is available for the self to read. Similarly, instruction from the self is received in the brain and distributed to different parts of body. So, the brain does the work of coordination of the activities of different parts of the body.

Question(s):

- As per science, thought, memory etc. are complex functions of the brain. Is that not true?

Response

- When we assume that human being is just the body, then every activity of human being has to be placed in the body. Now, when we look at human being as co-existence of the self and the the body (along with mind and brain as explained), we can understand the define the activities of the human being much better. But, this we have to work through and see it for ourselves. Probably, by the end of the course, we will be able to say this with much more affirmation than now.

Question(s):

- How do I make out if the activity is taking place in the Self or the Brain?

Response

- One possible way could be to see the activities of these. If the activity performed is continuous, it is the activity of the self, if the continuity can not be maintained, it is the activity of the body which includes the brain. Thinking, for example, can go on continuously, therefore it is activity of the self. On the other hand if I instruct the body through brain to keep working according to my thinking continuously, it cannot; it will get tired after sometime, so, it is the activity of the body, coordinated through brain.

Question(s):

- People lose their memory in accidents. In some cases the memory comes back after some time. How does this happen?

Response

- Memory is stored in the self, and it keeps updating it as per the importance it gives to the information. For example, if you have visited some place a year back, do you remember everything that you saw there? No, you remember those things which you consider important.
Further, to recall these memory, you may need some input from outside or from the body. If this is the case, then there is role of the body or brain in recalling the memory. Therefore if there is some degeneration in the brain, it may be difficult to recall these information.

...continued

Question(s):

- People lose their memory in accidents. In some cases the memory comes back after some time. How does this happen?

...continued

Response

In case of accident, it may be self does not want to recall that information because it is painful; so, till it comes to term with it, it does not want to recall. On the other hand, maybe it requires some input from outside or from the body, in that case, self will require the involvement of the brain; now, if there is some temporary problem with brain, then self will have to wait till the brain gets recovered. So, when brain gets recovered, self will be able to recall that particular information.

I think that it is good to take this response as a conjecture and work on its details, then it will give us finer description of this process.

Question(s):

- What is coma?
- When someone is brain dead what happens to the Self?

Response

- Coma seems to be state when the self is not able to transact the information with body for all practical purposes. It therefore can not regulate the body, and somebody from outside has to help keep even the minimal functioning of the body.

