

Unit - 2

HARMONY IN SELF

Understand human being

Human beings are complex creations of the elements of nature.

- Physically they are a **composition of minerals and water**
- At the second level human beings are **capable of movement and the ability to respond to stimuli.**
- At the third level human beings are **thinking** being who **have intellect and emotions.**
- At the highest level human beings have a **spiritual aspect.**

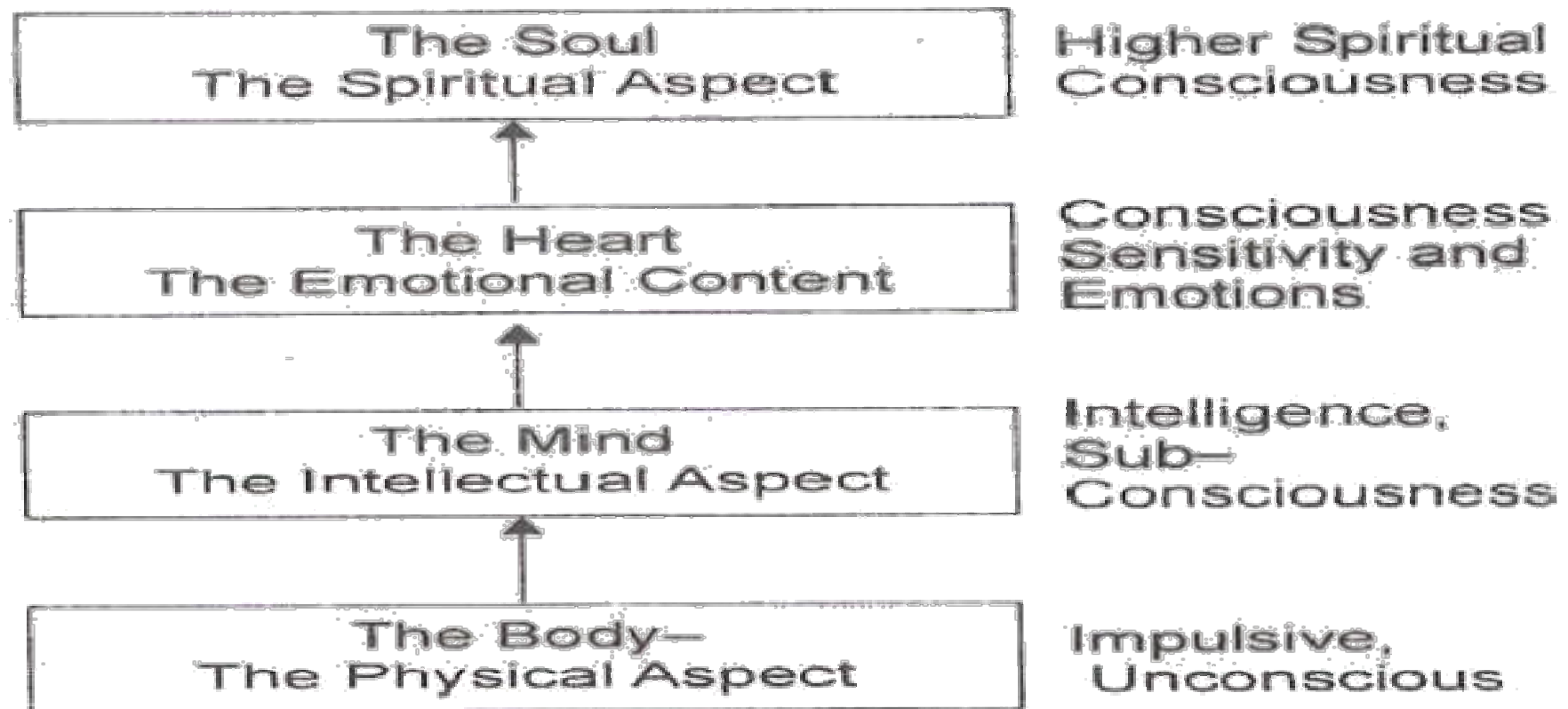


Fig. 2.1 The Aspects of The Human Being

Human being as a combination of the sentiment 'I' and material body

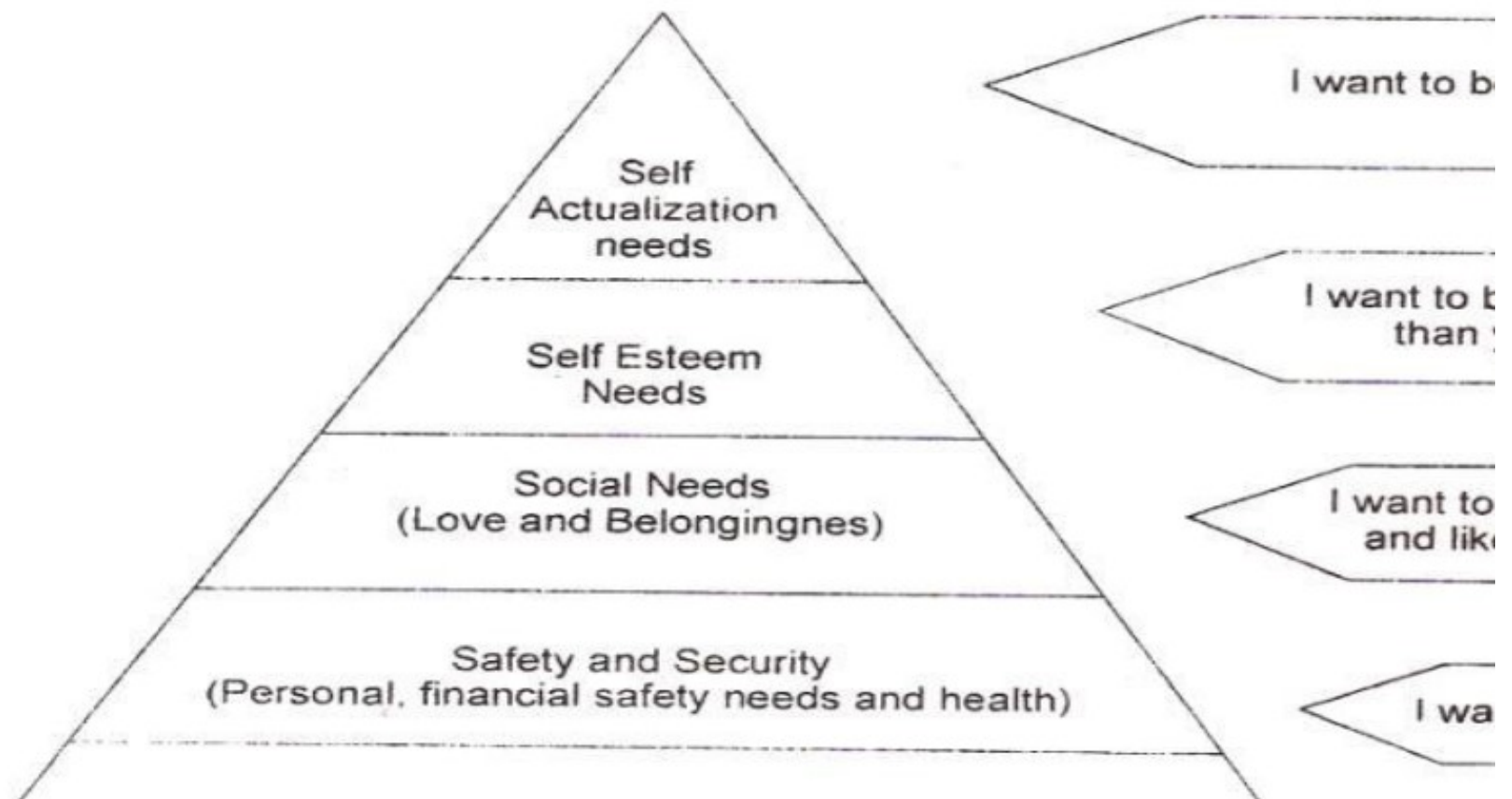
- Human beings are a complex combination of the sentiment 'I' which relates to all the feelings and the material 'body' which refers to all the physical facilities available to them.
- Often there is a clash between the needs of the body and the feelings.
- Ex. The state of depression or sadness. In this state the body needs food and nourishment but the feelings over-ride the situation.
- Both these aspects of feelings and body needs and requirements form an essential part of 'what we are'. This co-existence must be harmonious.

Human needs

- **Physiological needs**

- Breathing,
- Water
- Food,
- Shelter
- Clothing
- Sound sleep
- Mental satisfaction

- Air, water and food are **metabolic requirements** for survival in all animals, including humans. Clothing and shelter provide necessary protection from the elements



Safety needs

- Personal security
- Financial security
- Health and wellbeing
- Safety net against accidents/illness and their adverse impacts

Social needs

- Humans need to feel a sense of belonging and acceptance, whether it comes from a large social group, such as clubs, office culture, religious groups, professional organizations, sports teams, gangs or small social connections (family members, intimate partners, mentors, close colleagues, confidants).
- They need to love and be loved (sexually and non-sexually) by others.
- **In the absence of these elements, many people become susceptible to loneliness, social anxiety, and clinical depression.**

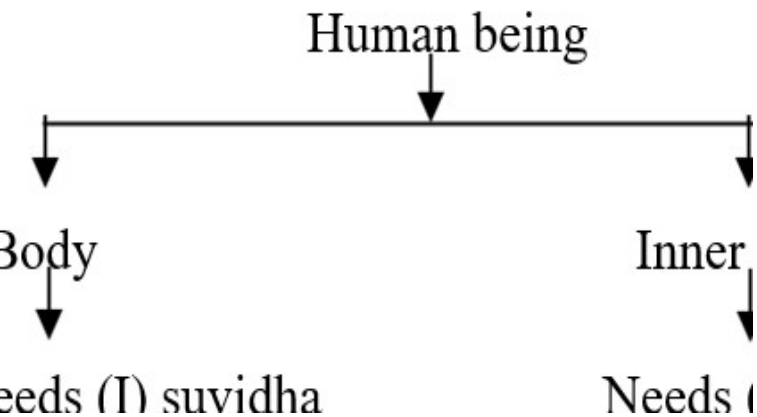
Self esteem

- All humans have a need to be respected and to have self esteem and self-respect.
- **Also known as the belonging need, esteem presents the normal human desire to be accepted and valued by others.**
- Imbalance at this level can result in low self-esteem or an inferiority complex.
- People with low self-esteem need respect from others.

Self actualization

- **This level of need pertains to what a person's full potential is and realizing that potential.**
- In order to reach a clear understanding of this level of need one must first not only achieve the previous needs, physiological, safety, love, and esteem, but master these needs.

Simple Classification



Suvidha:

- It implies that it is looking for physical comforts and all the sources of attaining such comforts.
- When our body gets used to a certain level of comfort then we will only feel comfortable at that level.
- Ex. comfort in fan, cooler or air conditioner.
- Different people have a different perception of suvidha and will seek a corresponding level of suvidha according to their perceptions.

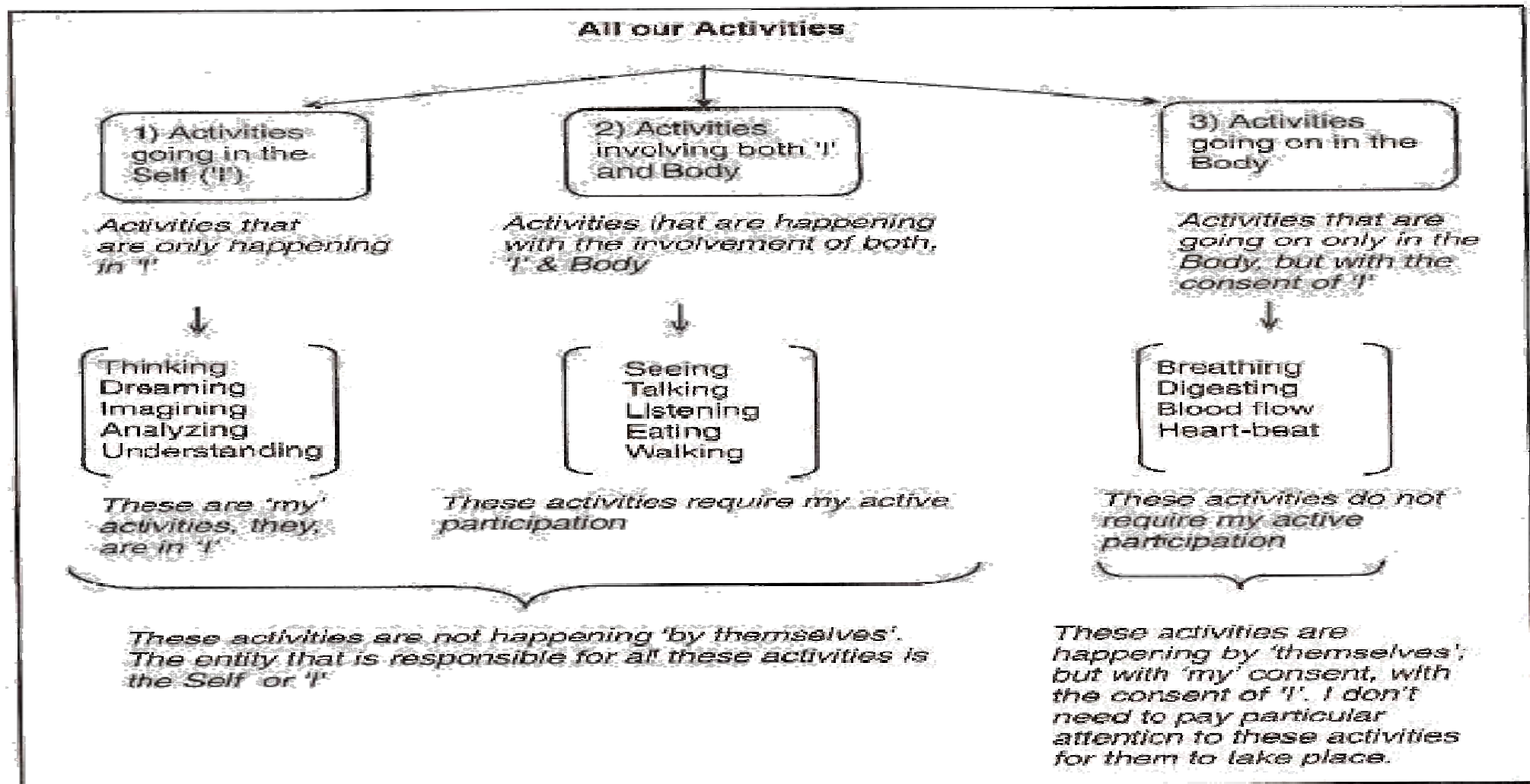
Sukh :

The beauty of sukha is that it is a holistic and encompassing state of mind that creates inner harmony.

Understanding myself as co-existence of self and body

			I	Body
Needs	<i>Needs are...</i>	→	Trust, Respect...	Food, Clothing...
		→	Happiness (<i>sukh</i>)	Physical Facilities (<i>suvidhā</i>)
	<i>In Time, needs are...</i>	→	Continuous	Temporary
	<i>In Quantity, needs are...</i>	→	Qualitative (no quantity)	Quantitative (limited in quantity)
	<i>Needs are fulfilled by...</i>	→	Right understanding and right feelings	Food, clothing, etc
Activities	<i>Activities are...</i>	→	Desiring, Thinking, etc	Breathing, heart-beat, etc
		→	Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
Type	<i>It is of type...</i>	→	Conscious (non-material)	Physico-Chemical (material)

Understanding activities in the self and activities in the body



Knowing, assuming, recognizing and fulfilling in 'I' and recognizing and fulfilling in body

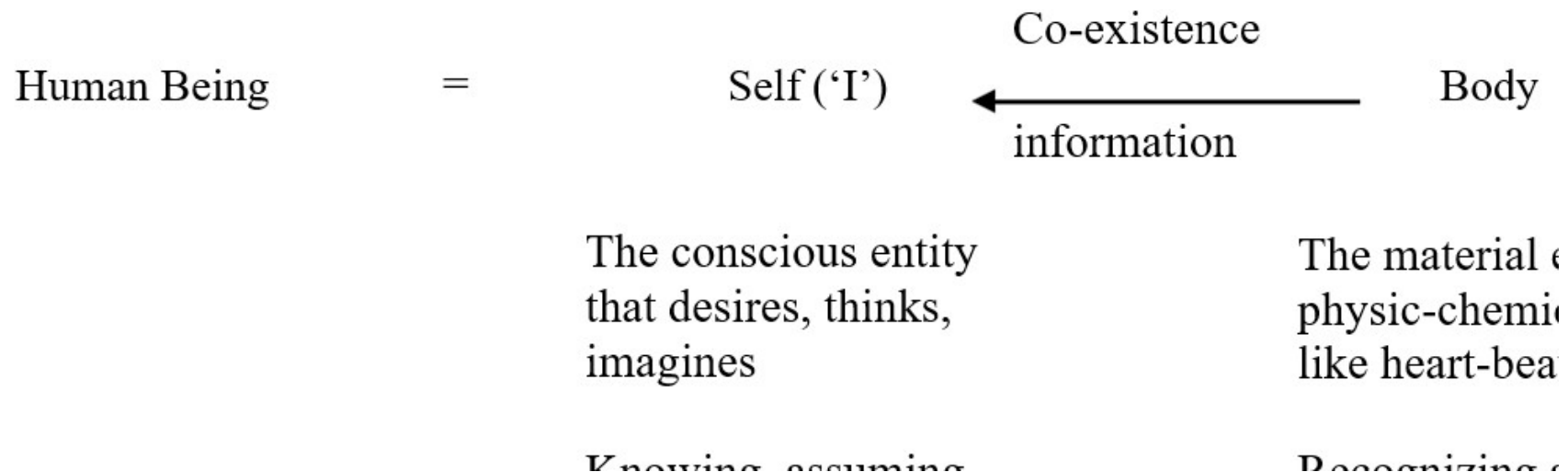
- Activities of recognizing and fulfilling in the body
- Activities of knowing, assuming, recognizing and fulfilling in the self ('I')
 - We assume
 - We recognize
 - We fulfill

Assuming → recognizing →

Knowing leads to Assuming leads to Recognizing leads

Understanding the self ('I') as the conscious entity, the body as the material body

- Any entity that has the capacity of knowing, assuming, recognizing and fulfilling can be called as conscious entity, or consciousness, or 'I' or jeevan.
- 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.

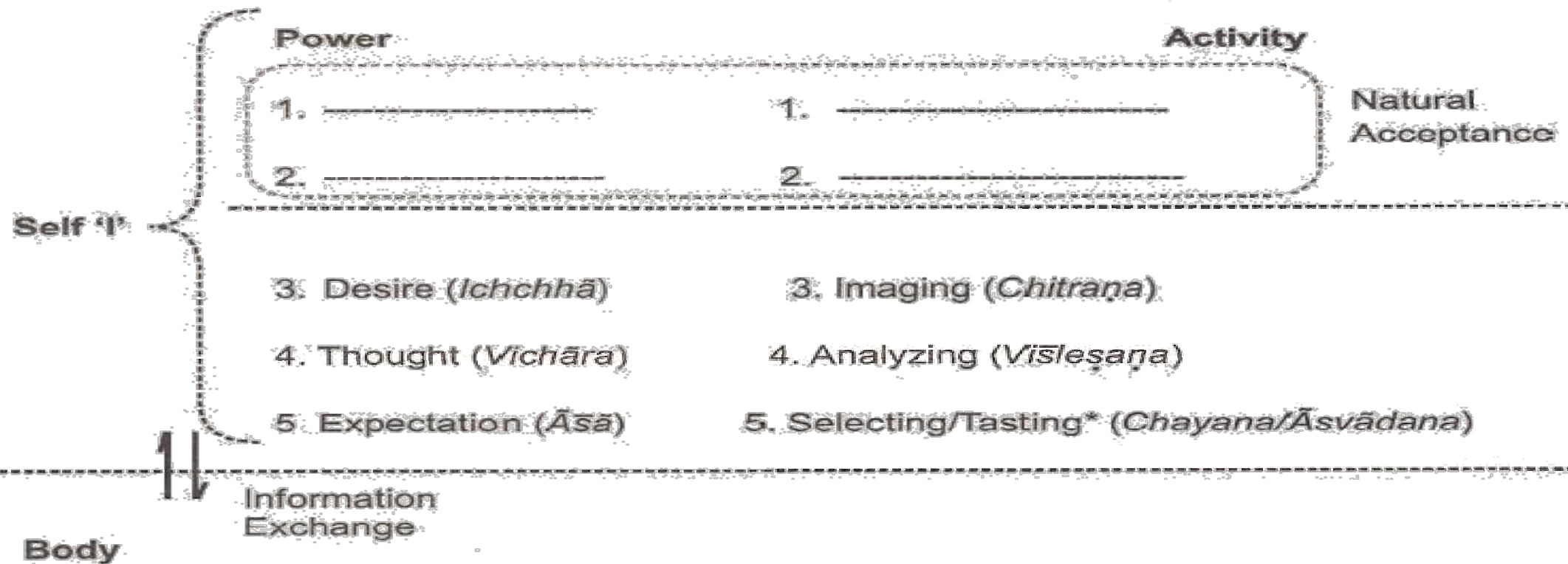


Harmony in Self – Understanding Myself

- **Why Should I Study Myself:**
- The self is the basis of everything we do. **All the desires and expectations we have are all there in self.** For e.g. to be famous, to get good marks, get great job, having good relationships in our family.
- Hence, it becomes important to understand these desires, thoughts, and activities in self, so that we know whether they are right.
- To understand happiness better and the causes for unhappiness because happiness and unhappiness are states in self.
- It helps us have more clarity about how we are within.
- **This helps us become self-confident.** It also helps in establishing proper synergy between the self and the body.
- Study of self **unable us to know our weaknesses and how to remove.**
- The more we understand ourselves, the more we understand other person as well and our relationship with them.
- It helps us to better understand our program, i.e. what is valuable to us, or what do we ultimately want and how do we fulfill them.

Activities in Self

Activities in Self (I)



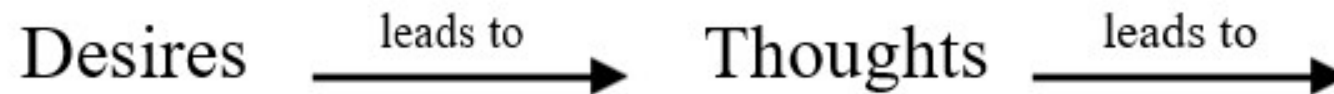
Form outside (the body) to inside (in 'I')

- Self receives sensations from body tasted in 'I' e.g. our self see a car through the information via 'eyes'.
- Based on taste, thought could be triggered e.g. we start thinking about the car.
- Based on these thoughts, desires may be set e.g. when we starts thinking about the car it forms an image that we are leading a good life by using a car and this way a good life by having a car becomes a desire.



Form inside (in 'I') to outside (the body)

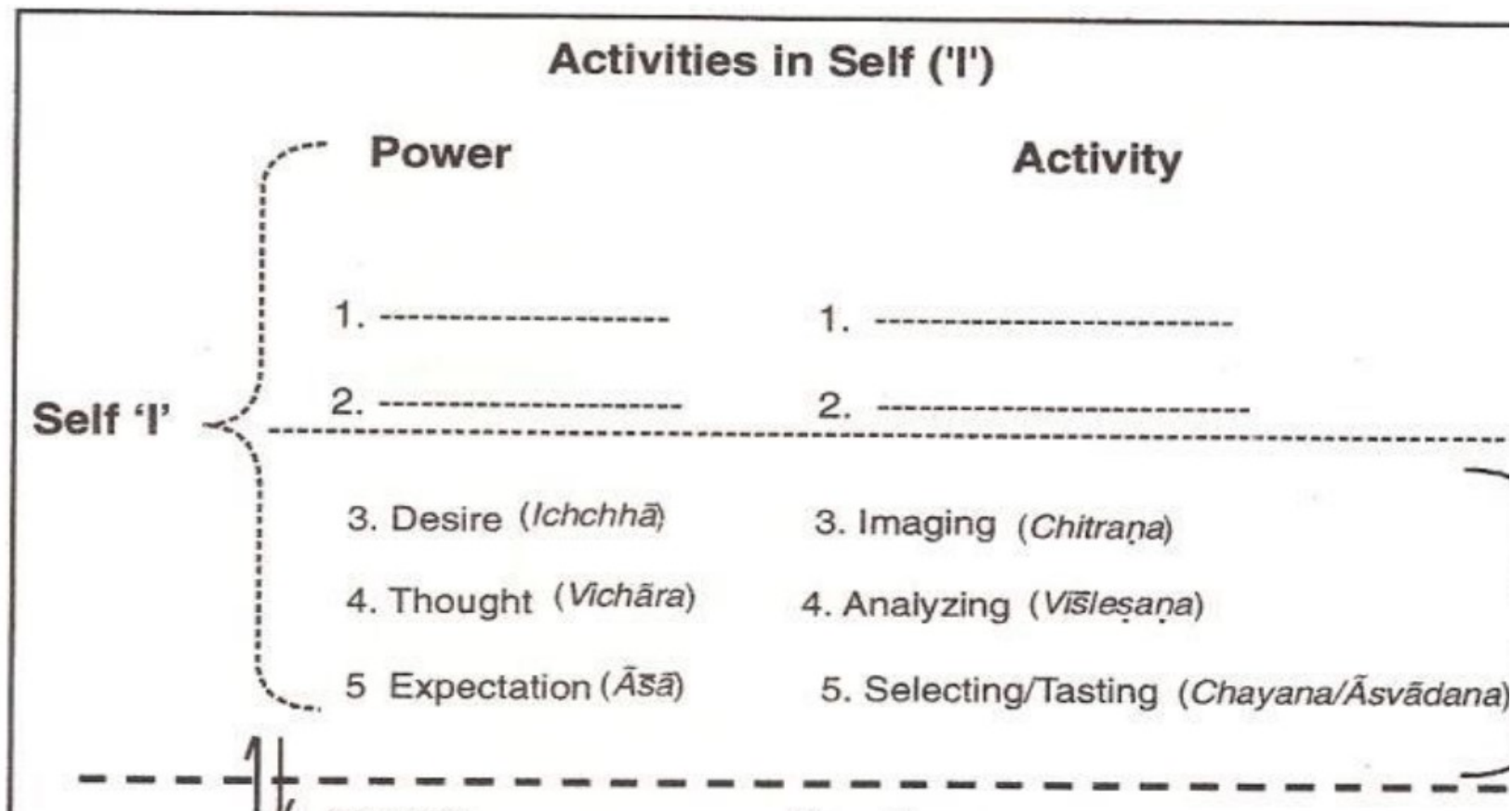
- When desire is set we start forming thoughts about fulfilling this desire.
- E.g. with the desire of a good life via the car, we start thinking about how to get the car, what is the cost of the car, how can I have that car, etc.
- Based on this we make selection to fulfill these thoughts e.g. we choose the car its shape color etc and then end up buying it.



Together we call these activities as imagination. Activities in self are con

Selection leads to Thoughts leads to Desires leads to Thoughts

Imagination = Desires + Thoughts + Expectations

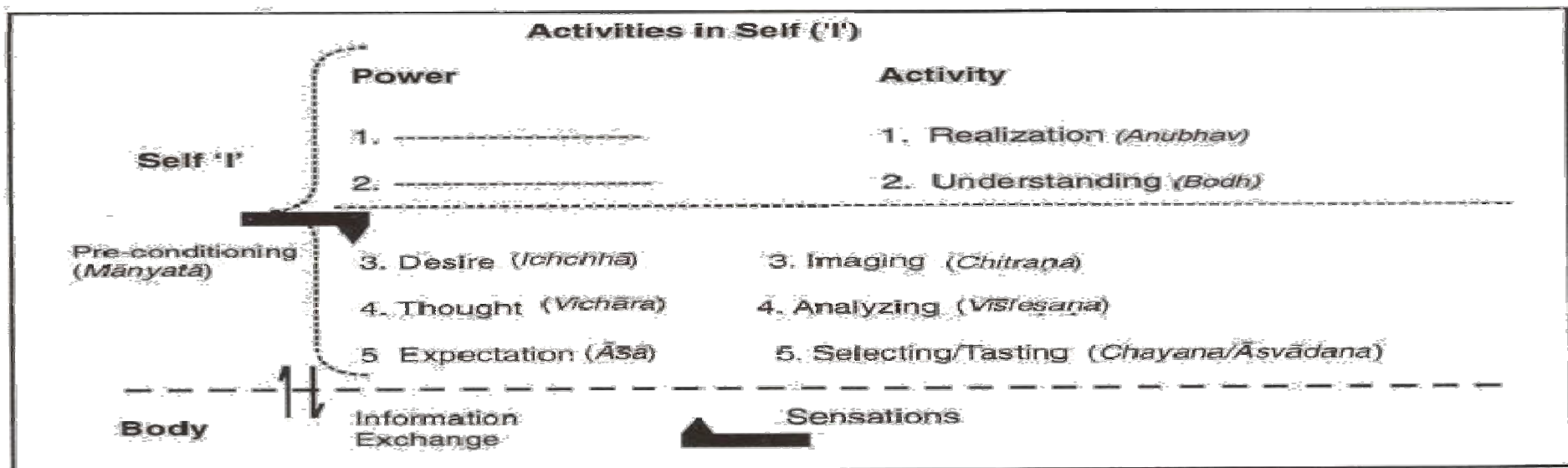


Preconditioning

- **Preconditioning means we have assumed something about it on the basis of prevailing notion about it.**
- We have not verified the desires in our own right.
- As a result, we are not clear about what we will get out of fulfillment of that desire.
- What is the issue with that?
- Unless we verify our desires, we may not even know whether they are our!
- We may end up spending an entire lifetime accumulating desires that are not our, and in running about trying to fulfill them!

Sensations

- A perception associated with stimulation of a sense organ or with a specific body condition: the sensation of heat; a visual sensation.
- A term commonly used to refer to the subjective experience resulting from stimulation of a sense organ, for instance, a sensation of warm, sour, or green.
- Suppose you had seen the bike and not associated it with ‘greatness’; rather you only liked the way it ‘looked’ then this is based on the sensation.



Effects of the problem

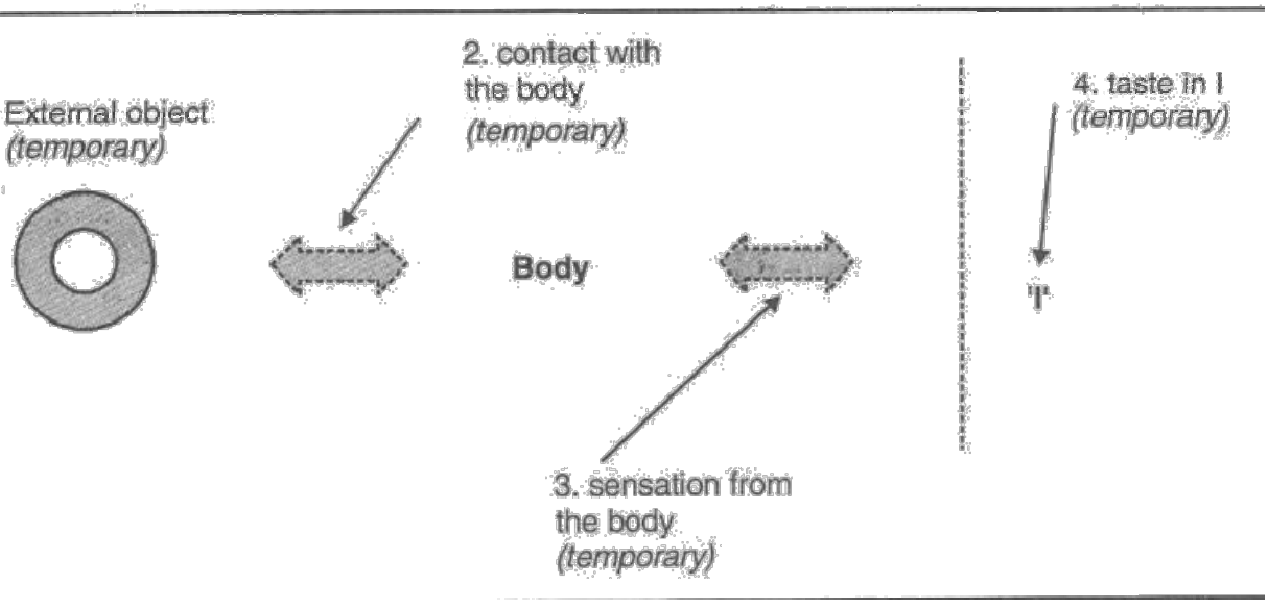
- Conflicts and contradictions in 'I' as a result of pre-conditioned desire
 - Wavering aspirations
 - Lack of confidence
 - Unhappiness/conflicts
 - Lack of qualitative improvement in us
 - State of resignation

To sum up, **if our desires, thoughts and expectations are based on pre-conditionings, we are generally in a state of great confusion.**

Short lived nature of pleasure from sensations

- **The pleasure obtained from sensations is short-lived.**
- We are driven by five sensations (sound from the ears, touch from the skin, sight through eyes, taste from the mouth, and smell from the nose) and most of the time we are busy trying to get pleasure from sensations, from the senses.
- We have so much dependent on sensations that instead of giving us some sensory pleasure, it becomes the source for our happiness. Then what is the issue with this is?

Short lived nature of pleasure from sensations



- The external object is temporary in nature the contact of the external object with the body is temporary in nature.
- The sensation from the body to 'I' is temporary. And at last the taste of the sensation from the body in 'I' is also temporary.
- The need of the 'I' is continuous, i.e. we want to have happiness, and it is continuous. Therefore, if the source of our happiness is temporary by definition, then our need for continuous happiness will never be fulfilled.
- Hence, any sensation we have from the body can't be the source for our lasting happiness.