



Understanding Human being as the Co-existence of the Self and the Body

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

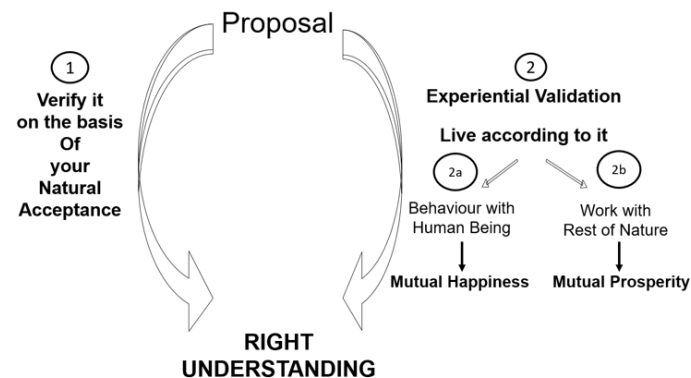
Harmony in Nature/Existence

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



Who am I?
What is my
purpose?



Human Being
मानव

Self
मैं

Co-existence
सहअस्तित्व

Body
शरीर



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)

Are these needs are of different types or of same type?

Are both types of needs important / Do we want fulfillment of both types of needs?

Are we working to fulfill both types of needs?

What is the priority between the needs of the Self & the needs of the Body?



<div> <div>Human Being मानव</div> <div>Self मैं</div> <div>Co-existence सहअस्तित्व</div> <div>Body शरीर</div> </div>		
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Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone
The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately
Both type of needs have to be fulfilled separately

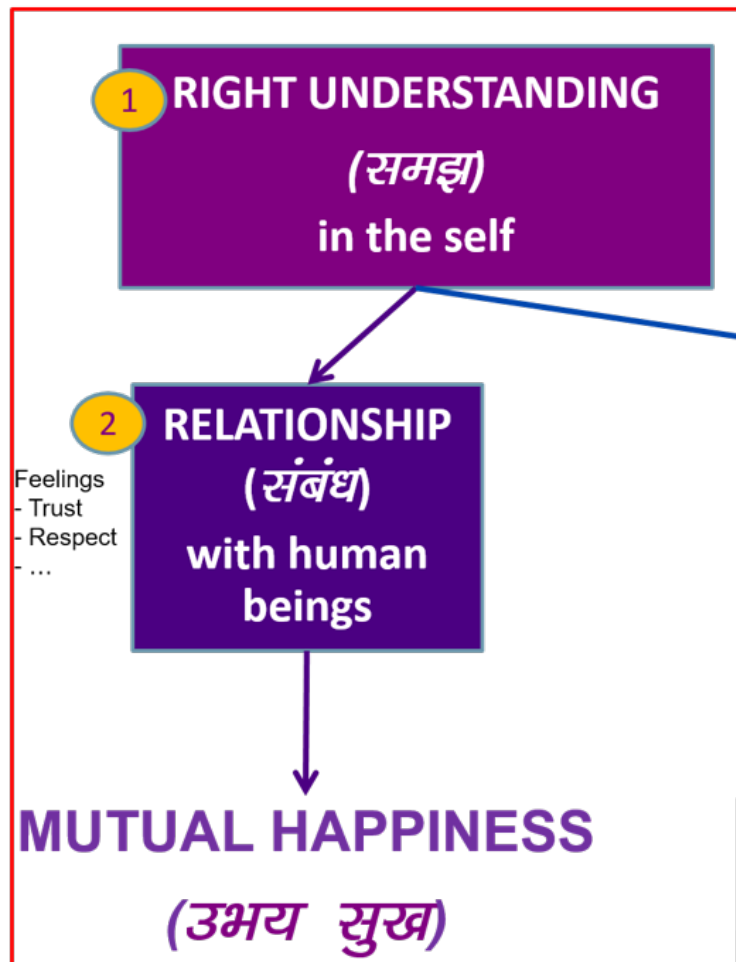
In living, what is the priority?

How much time & effort is spent for right understanding & right feelings?

How much time & effort is spent for physical facility?

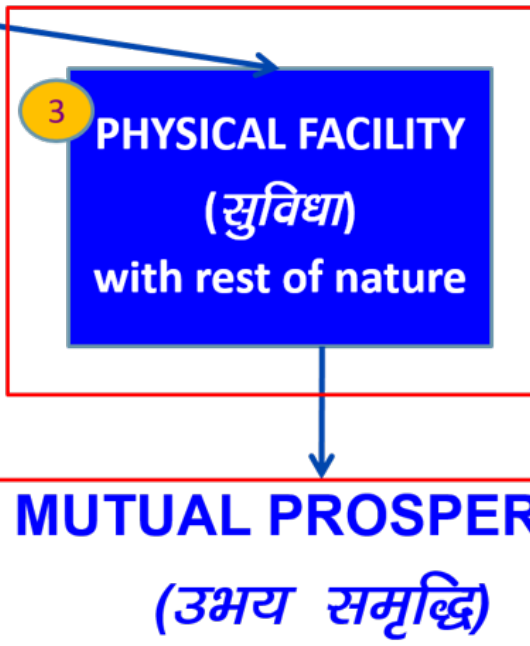


Related to Needs of the Self



Related to Needs of the Body

Both needs must be satisfied for human-being to be fulfilled



For animals:
necessary &
adequate

पशु के लिए
आवश्यक
एवं पूर्ण

For human being:
necessary but
not adequate

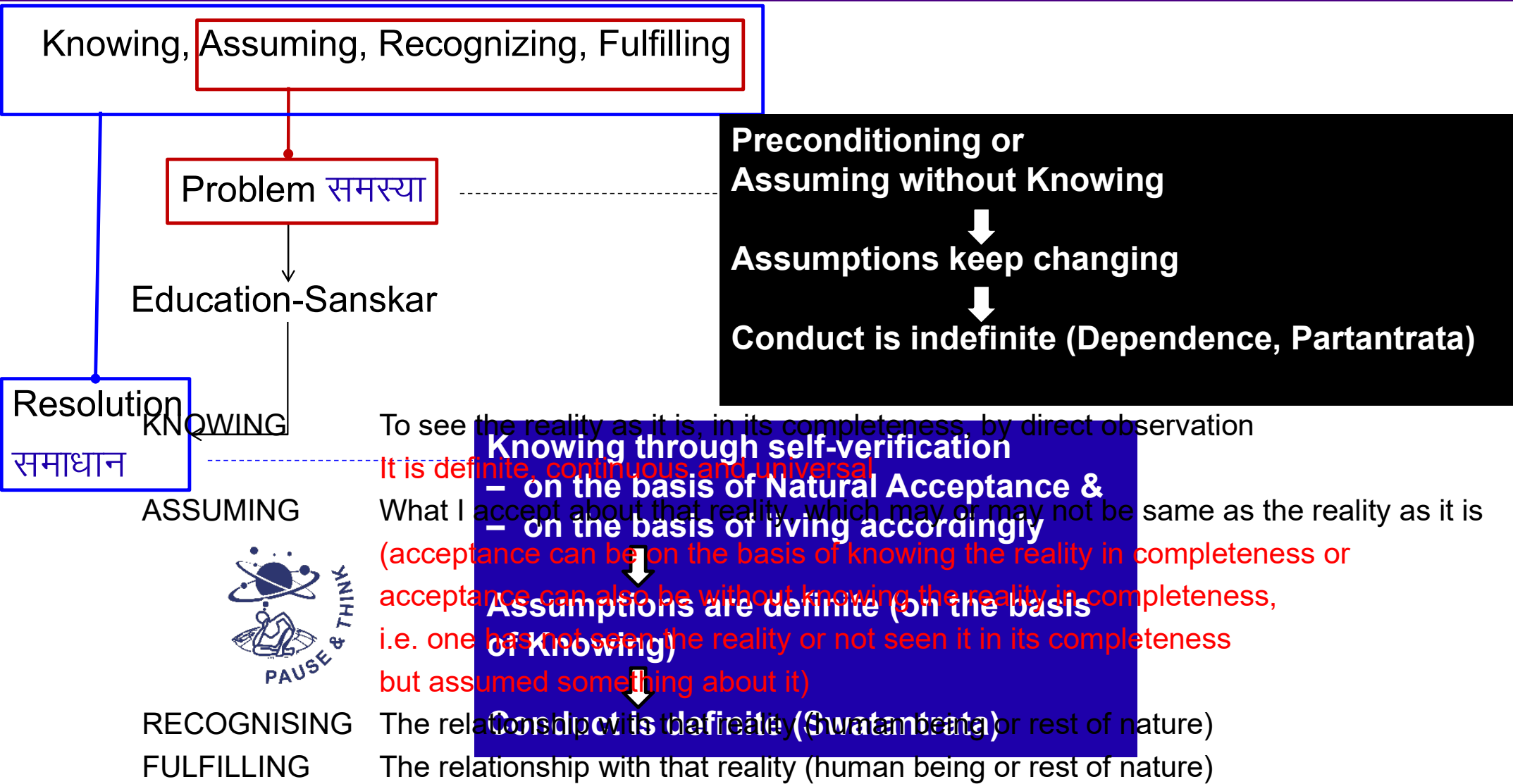
मानव के लिए
आवश्यक
परंतु पूर्ण नहीं

<div> <div>Human Being मानव</div> <div> Self मैं <div> Co-existence सहअस्तित्व </div> </div> <div>Body शरीर</div> </div>		
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Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक

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Response	Knowing, Assuming*, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

* Assuming or Accepting

Knowing & Assuming (Accepting)



Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
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	Consciousness चैतन्य		Material जड़



Distinguishing between the Needs of the Self and the Body

the	Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
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↓
Consciousness

Need of the Self = Continuous happiness = Need of consciousness

Fulfilled by = Right Understanding and Right Feeling in the Self = Activities of consciousness

(can not be fulfilled by material)

(The need of consciousness is fulfilled by activities of consciousness)



the	Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
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				↓ Material

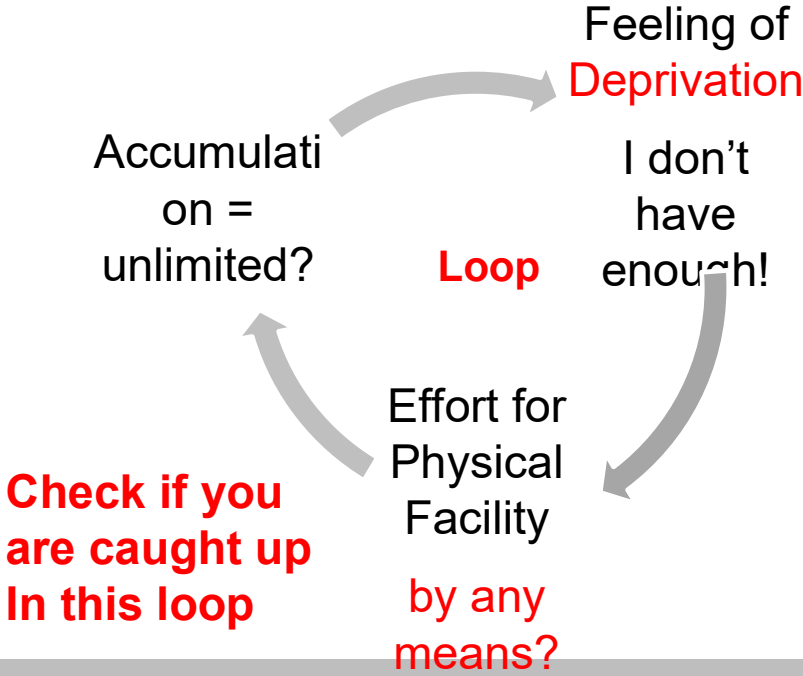
Need of the Body	= Physical facility*	= Material in nature
Fulfilled by	= Physio-chemical things	= Material in nature

(The need of material is fulfilled by material)

*physical facility is required for nurturing, protection and right utilization of the Body

Gross Misunderstanding

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



Accumulation of Physical Facility – Unlimited! ✗
सुविधा संग्रह – असीमित!



Deprivation ✗
दरिद्रता



Sum Up

Human being is a co-existence of Self (consciousness) and Body (material)

The needs of the Self and the Body are of two different types, and they have to be fulfilled separately

The need of the Self is continuous happiness

The need of the Body is physical facility

The need of consciousness is fulfilled by activity of consciousness (it can not be fulfilled by material)

The needs of material is fulfilled by material

Sum Up

The Body is a material unit

The Self is a unit of consciousness

(consciousness is characterized by the activity of assuming and knowing)

The response (recognition & fulfillment) of the body is definite

The response (recognition & fulfillment) of the Self depends on assuming

- If the assuming is based on knowing, the response is definite (the conduct is conduct)
- If the assuming is without knowing, the response is not definite (the conduct is indefinite)

A gross misunderstanding is to assume the human being to be the Body (material), and to assume that all human needs can be fulfilled by material – this leads to deprivation, exploitation, etc



Understanding Harmony in the Self

Basic Human Aspiration

Continuous Happiness and Prosperity

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Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



Harmony in the Human Being – Self

Harmony in the Family

Harmony in the Society

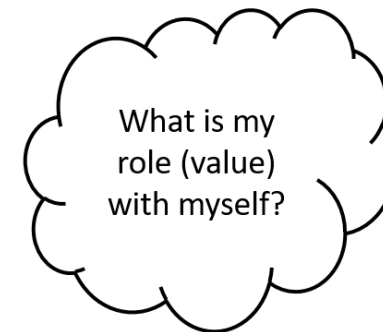
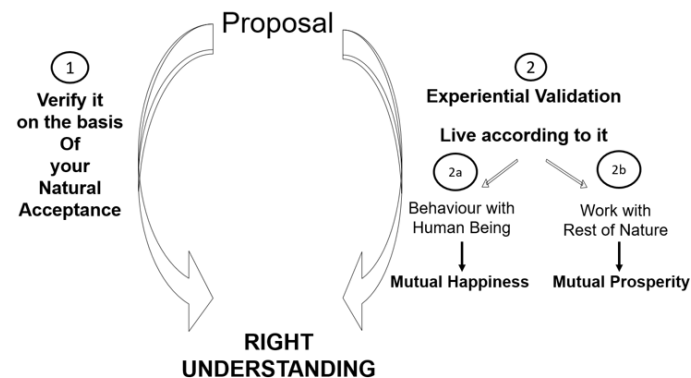
Harmony in Nature/Existence

Process of Understanding

Self Exploration

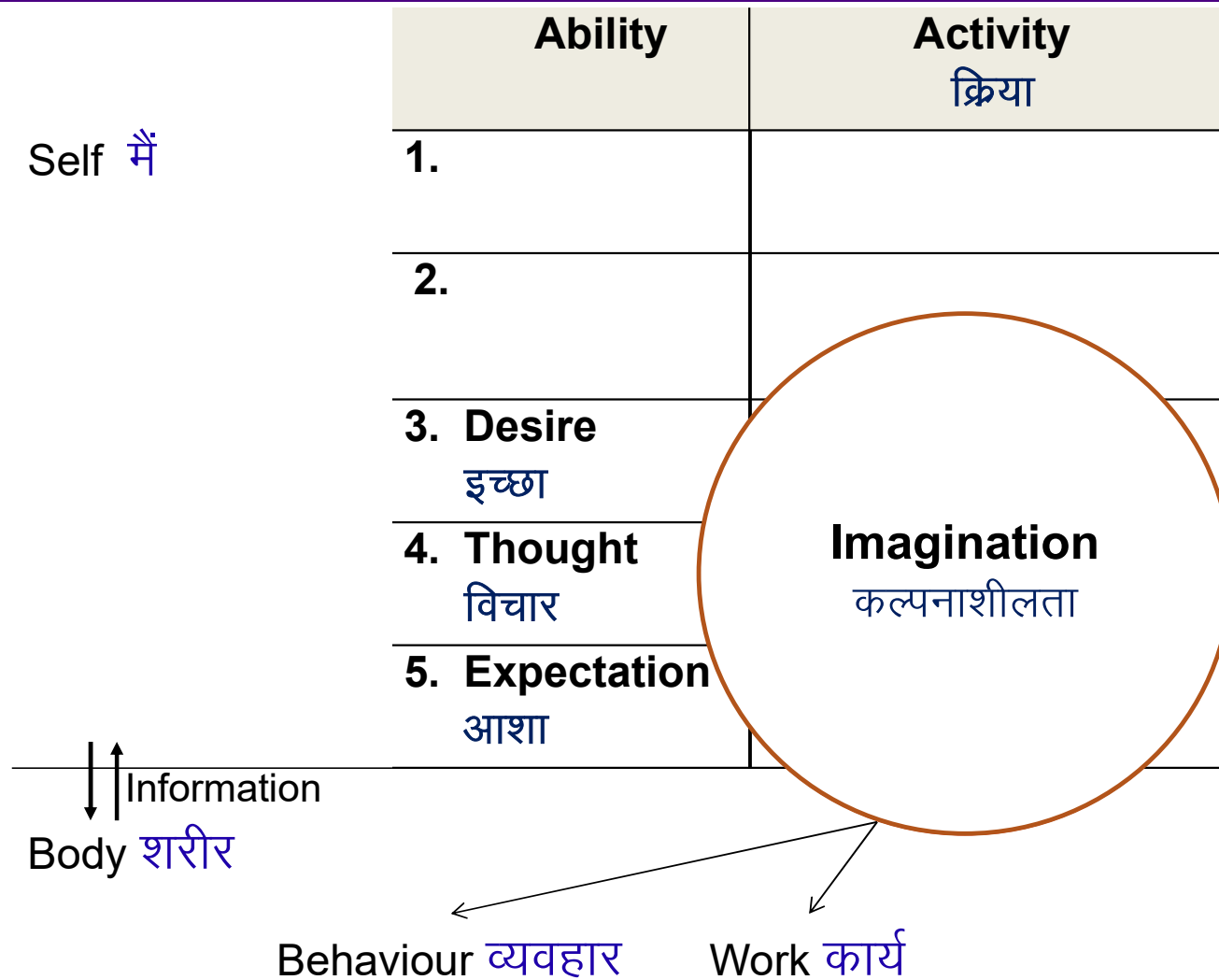
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Activities of Self मैं की क्रियाएं

Self मैं



Activities of Self में की क्रियाएं

Self में

Power शक्ति	Activity क्रिया	Meaning
1.		
2.		
3. Desire इच्छा	Imaging चित्रण	What I want to be My feeling within
4. Thought विचार	Analysing-Comparing विश्लेषण-तुलन	How to go about it How to ensure fulfillment of the feeling (its details)
5. Expectation आशा	Selecting-Tasting चयन-आस्वादन	What I have to do outside for expression of the feeling

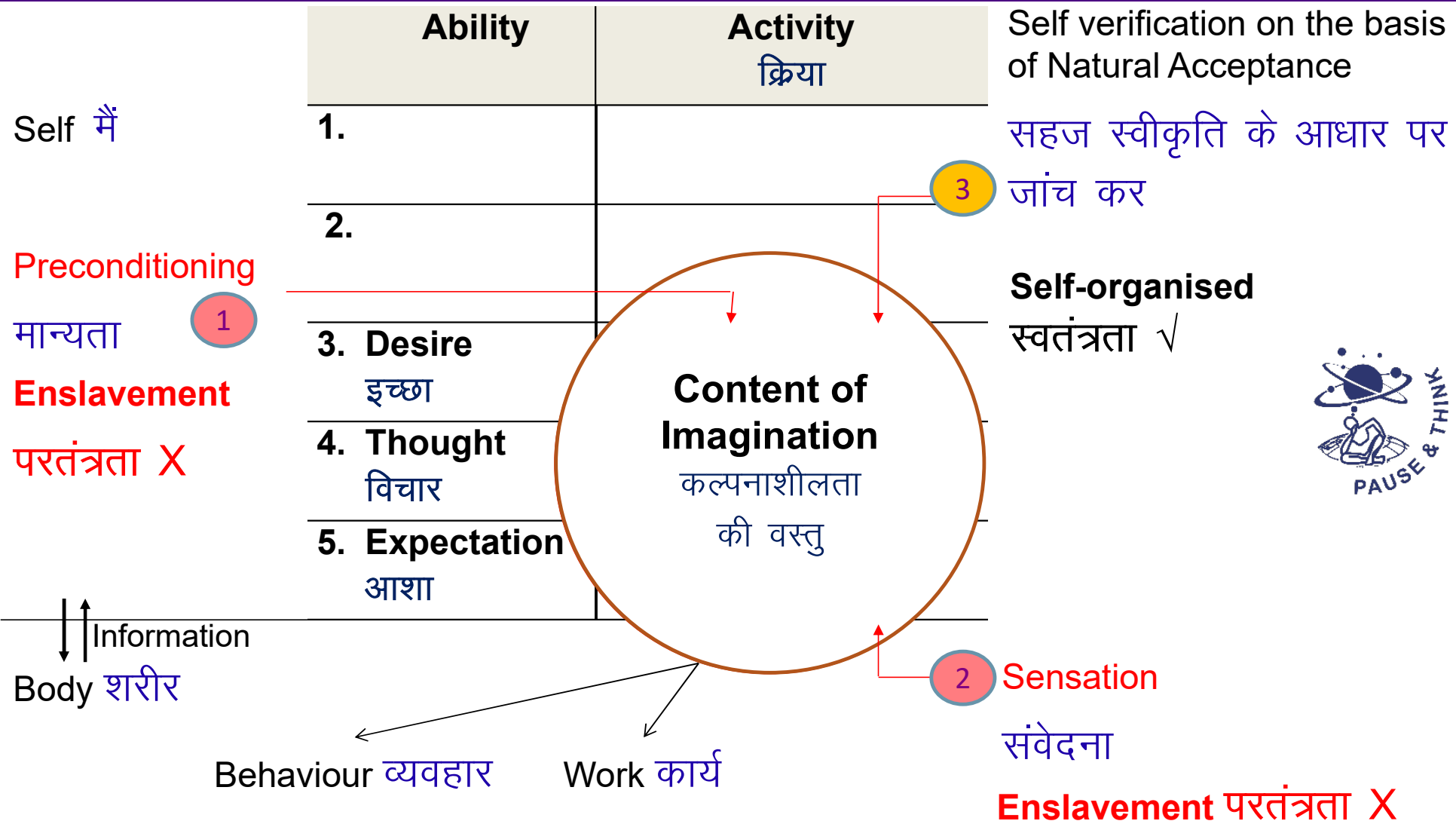
↓↑ Information
Body शरीर

Imagination

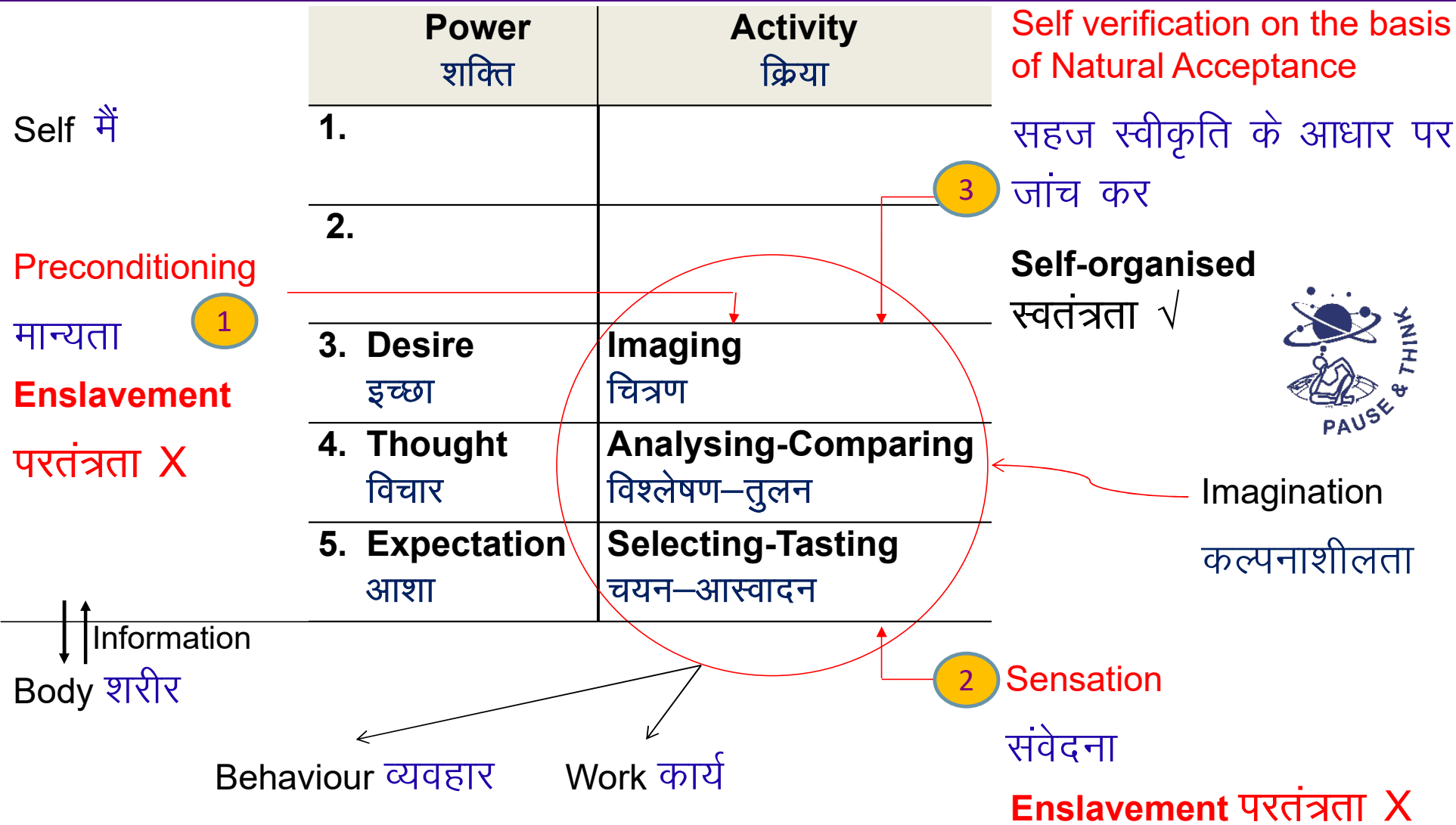
कल्पनाशीलता



Sources of Motivation for our Imagination and its Implications



Source of Motivations for our Desires - Its Implications



Preconditioning, Sensation and Natural Acceptance

Preconditioning: Assuming without knowing. Depends on something or someone outside, keeps changing. Not sure if it leads to harmony or if it leads to contradiction

Sensation: Happiness from favourable sensation of Sound, Touch, Form, Taste, Smell through body

Happiness from indulgence

tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

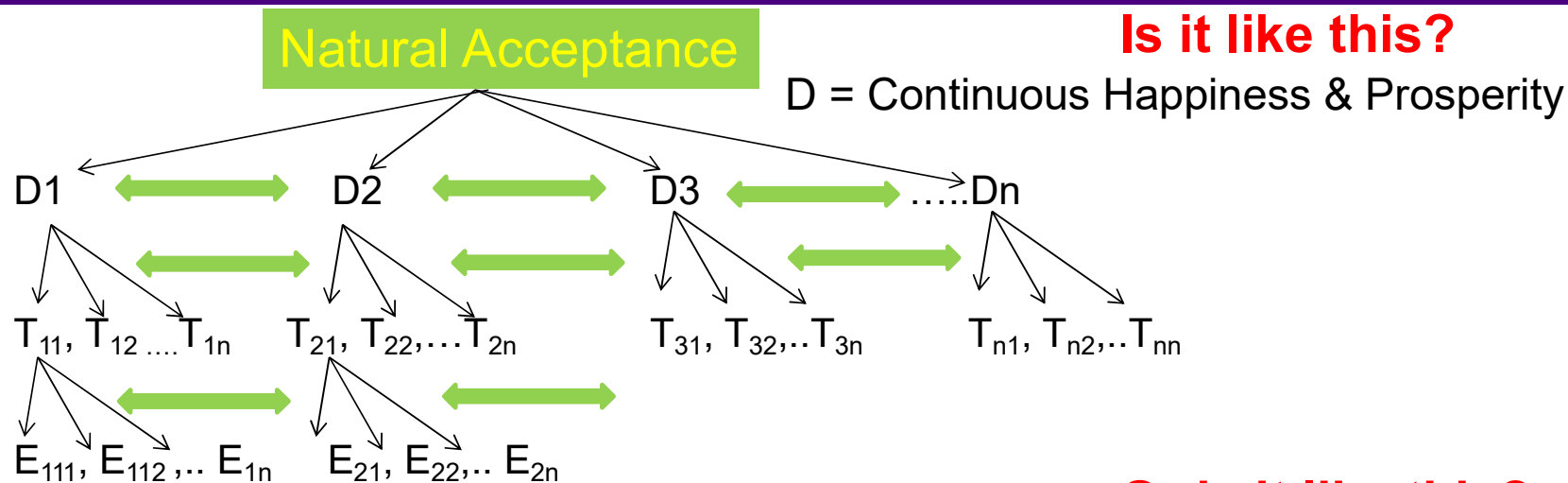
Natural Acceptance: Purpose or what to be, what to do as a human being. Leads to harmony (happiness) within, continuity is desirable, possible

For Relationship [for mutual fulfillment, complementarity, not for opposition]

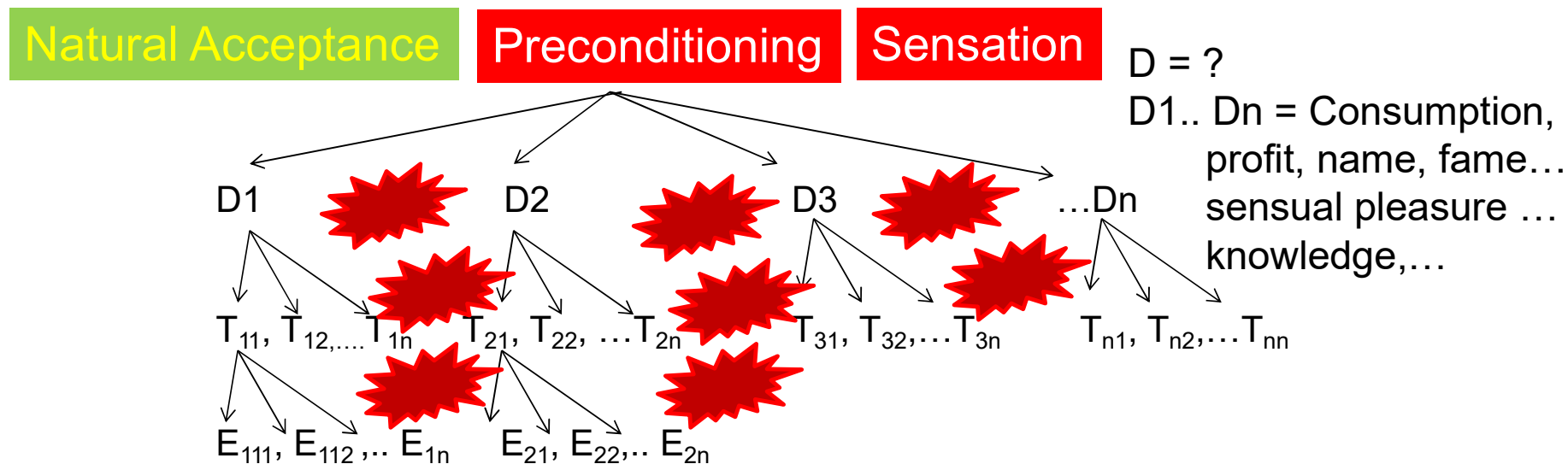
For Harmony [for mutual enrichment, not for exploitation- being in harmony within, and harmony
with outside]

For Co-existence [for co-existence, not for conflict]

Content of Imagination in the Self

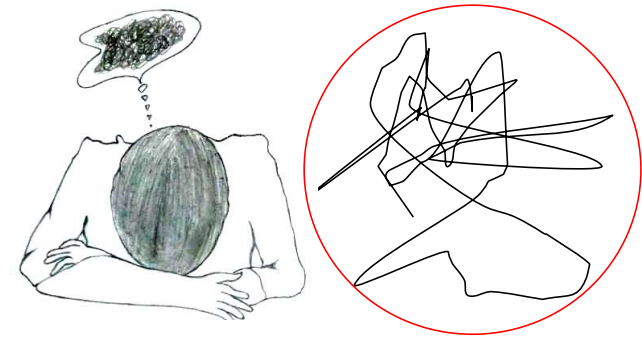


Or is it like this?



State of Imagination – Random and Disorganised

If the imagination is random and disorganised
It indicates a state of confusion



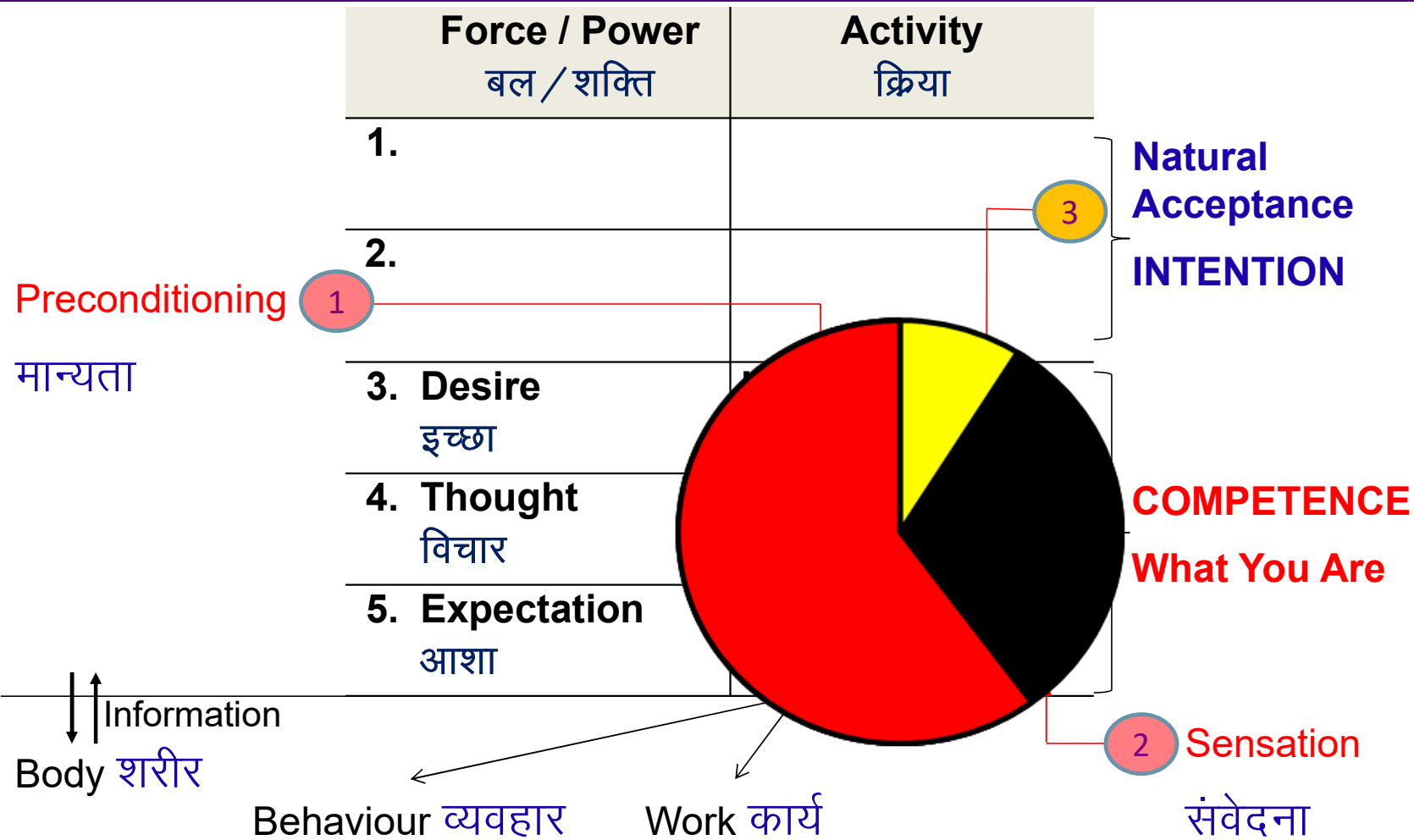
Many of these imaginations may be
contrary to each other and contrary to the natural acceptance

If we observe carefully, we realize that we have accumulated a lot of desires, which are resulting in numerous thoughts and expectations

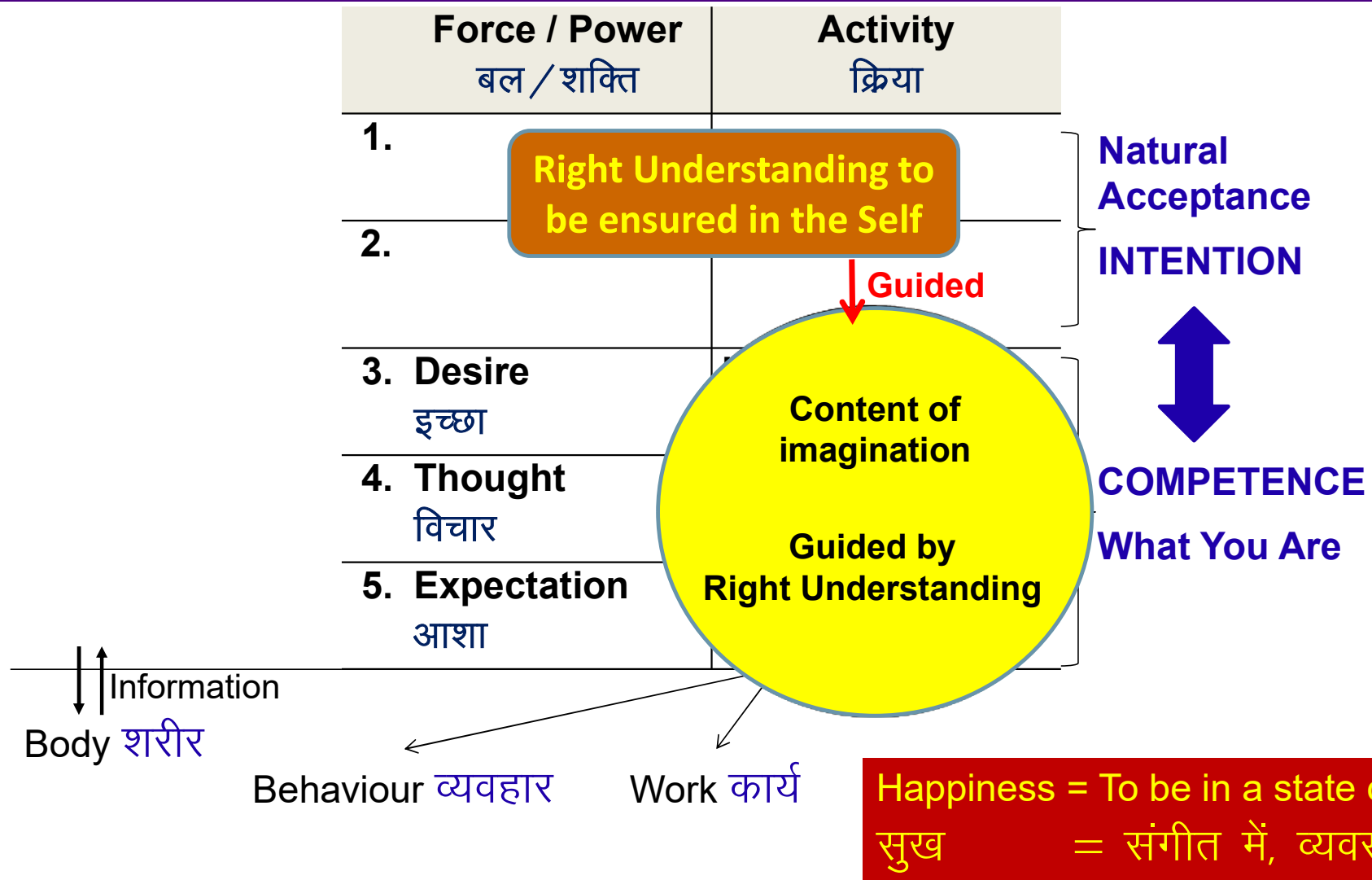
Harmony in the Self is realised when there are no contradictions in the imagination
and all imagination is in accordance with natural acceptance



State of Imagination – Random and Disorganised



Harmony in Self = D, T, E in accordance with Natural Acceptance



Sum Up

The Self is a unit of consciousness. It consists of various activities which are going on continuously

- The activities of desire, thought and expectation are together called imagination
- We can begin to observe the Self by becoming aware of our
 - imagination and
 - natural acceptance
- Behaviour and work are expressions of imagination

Imagination may be motivated by preconditioning or sensation or natural acceptance

- When imagination is fully motivated by natural acceptance, the Self is in harmony; and therefore in a state of continuous happiness. This is the state of self-organization (स्वतंत्रता). In this state, the conduct is definite and human
- When the imagination is motivated by preconditioning or sensation, the Self may be in harmony or disharmony/contradiction; and thus in a state of happiness or unhappiness. The state of the self is largely decided by external influence. This is a state of enslavement (परतंत्रता). In this state, the conduct is indefinite (it may be human or inhuman)



The Body as an Instrument of the Self

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

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Harmony in the Human Being – Self and Body

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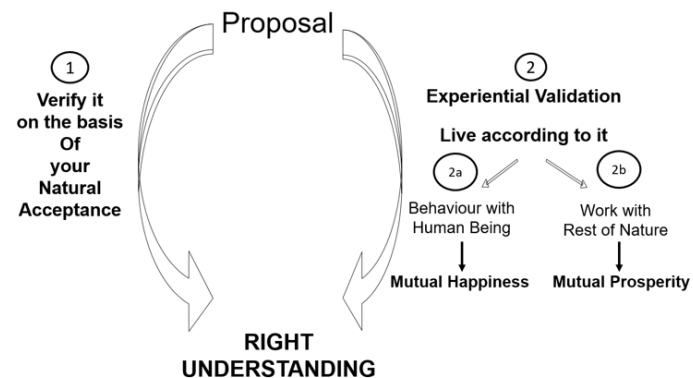
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Who am I?
What is my
purpose?



Self

Body

Consciousness

INFORMATION

Instruction

Sensation

Material

Self

Consciousness

I am

I want to live

INFORMATION

Instruction

Sensation

Body

Material

My body is

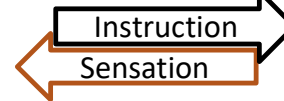
My body is used as an instrument

Self

Body

Consciousness

INFORMATION



Material

I am

I want to live

I want to live with continuous happiness

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

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

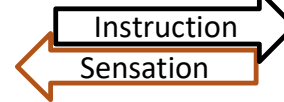
Production, protection and right utilization of physical facility is a part of my program (<1/4th)

Self

Body

Consciousness

INFORMATION



Material

I am

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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

I am the:

Seer, Doer, Enjoyer (Experiencer)

द्रष्टा, कर्ता, भोक्ता

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

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

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

Self

Body

Consciousness

INFORMATION



Material

I am

I want to live

I want to live with continuous happiness

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

I am the:

Seer, Doer, Enjoyer (Experiencer)
द्रष्टा, कर्ता, भोक्ता

**The Self is
central to human existence**

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

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

I use the body as an instrument for fulfillment of my program

**The Body is
an instrument of the Self**



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



Harmony of the Self with the Body

(Understanding Health and Prosperity)

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Harmony in the Human Being – Health and Prosperity

Harmony in the Family

Harmony in the Society

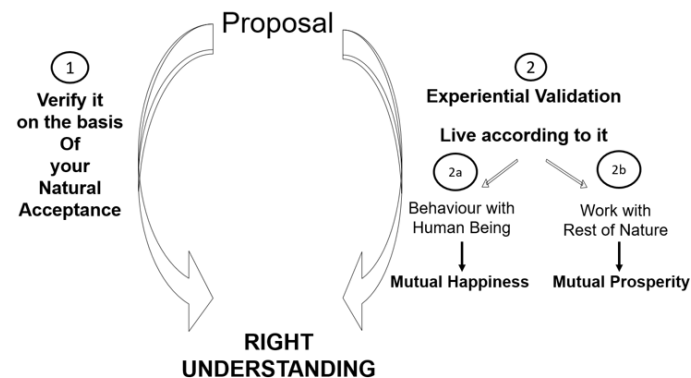
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What is my
role (value)
with my Body?





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Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव Feeling of Self-regulation (संयम) Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body	Physio-chemical Things भौतिक-रासायनिक वस्तु <div>⇒ Health</div> <ol style="list-style-type: none"> 1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)



Feeling of Self-regulation → Program for it → Health in the Body

The Body is an orderly system (a harmony). It has definite conduct.

The cells in the body work together, in harmony with each other, participate in the larger order to form tissues, organs and organ systems...

I (Self) have to ensure the continuity of that harmony (at least not disturb it).

If I have a feeling of responsibility toward the body, I do what is required for fulfilling that responsibility.

This will ensure health in the Body

Program

(A) For Staying Healthy

1 Intake and Routine (Lifestyle)

2 Labour and Exercise

3 Postures for regulating internal & external body organs and Regulated Breathing

(B) For bringing body back to harmony from temporary disharmony

4 Medicine

and

(C) Dependence on drug / machine to perform a body function

Treatment

1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable), all intake through our senses (sound, sight, smell etc)

1b. Rising time, sleeping time, eating time...

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise

Intake

Intake includes all that we take in through our sense organs – air, water, sunlight, food... Along with this, we also have feelings and thoughts in response to outside events/circumstances etc.

To maintain health:

- Intake of food that is not only tasty but also nutritious and digestible and rich in fibre (making its waste easily and efficiently excretable)
- Intake of water in the right amount and at the right time
- Daily exposure to fresh air and sunlight
- Awareness of choice of food as above and how much to eat (sensation of fullness)
- Avoiding distractions by other intake through our senses and the thoughts they generate in us, especially while eating.

e.g. what we are seeing (focusing on the meal or watching TV, playing games on the mobile etc) and hearing/being a part of (?arguments with others)



Routine

The Circadian Rhythm

- Body response to the solar cycle

(Understanding this helps in setting up a harmonious daily routine)

The Rhythm of Seasons

- Body response to the seasons
- Availability of complementary plants in various seasons

(Understanding this helps in deciding appropriate seasonal intake, necessary protection of the Body and setting up a harmonious seasonal routine)

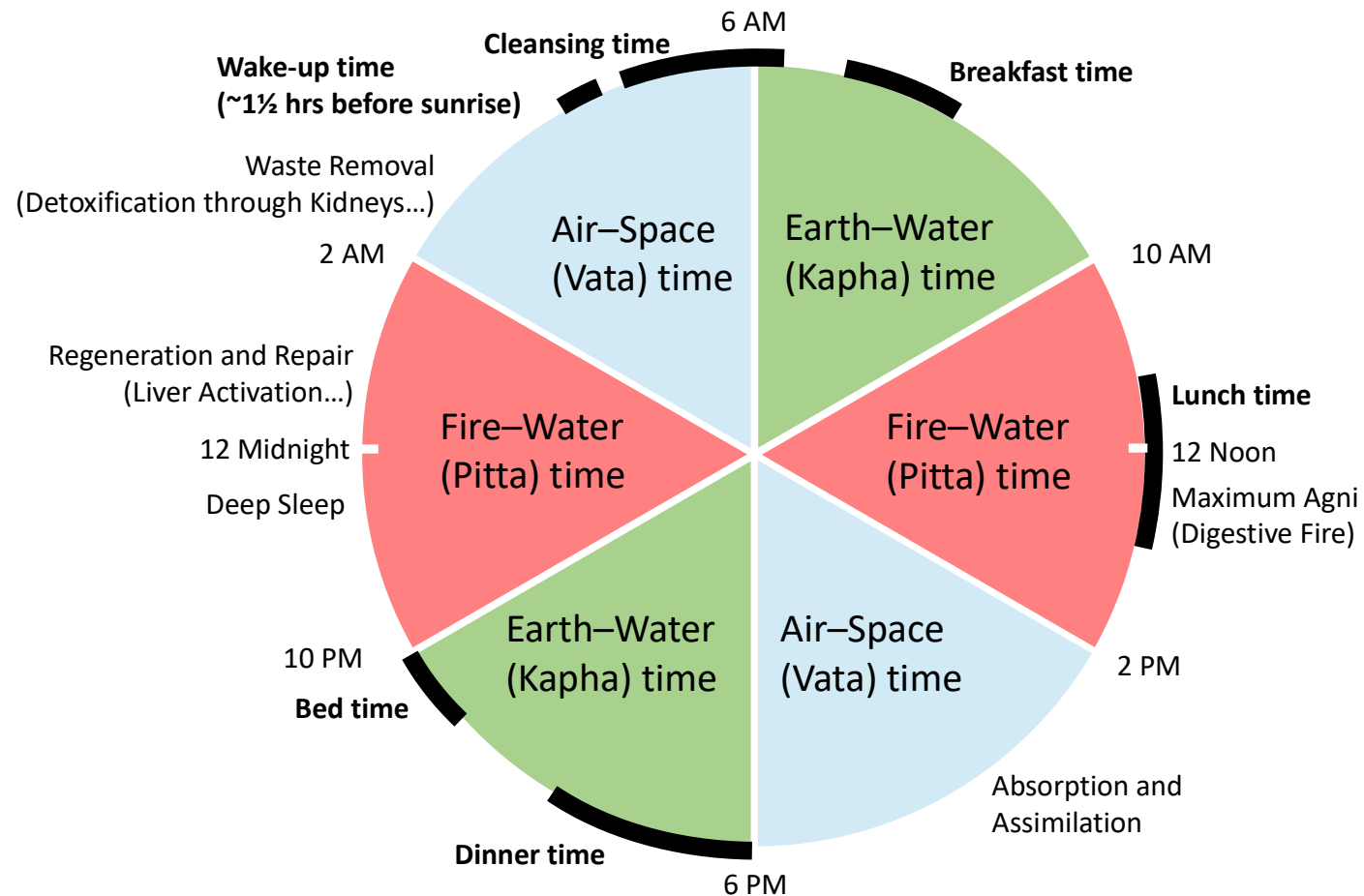
The Body lifecycle Rhythm

- Childhood – growth (cuf)
- Youth (pitta)
- Old age (vata)

(Understanding this helps in deciding a harmonious lifestyle for each stage of life)



Daily Routine – in Harmony with Nature (Circadian Rhythm)



Labour

Ensure adequate movement of the Body + production of physical facility

Examples:

- Sweeping and swabbing your room / house / hostel
- Kitchen gardening
- Cycling to your college and back...

Exercise

Ensure adequate movement of the Body

Examples:

- Jogging outdoors
- Weight training in a gym
- Exercise cycling in a gym
- Recreational cycling outdoors

Postures

Postures for regulating internal and external body organs

Example: Yoga

Breathing

Regulated Breathing

Example: Pranayam

Medicine

For bringing body back to harmony from temporary disharmony

Examples:

- Home remedies
- Integrated systems of medicine

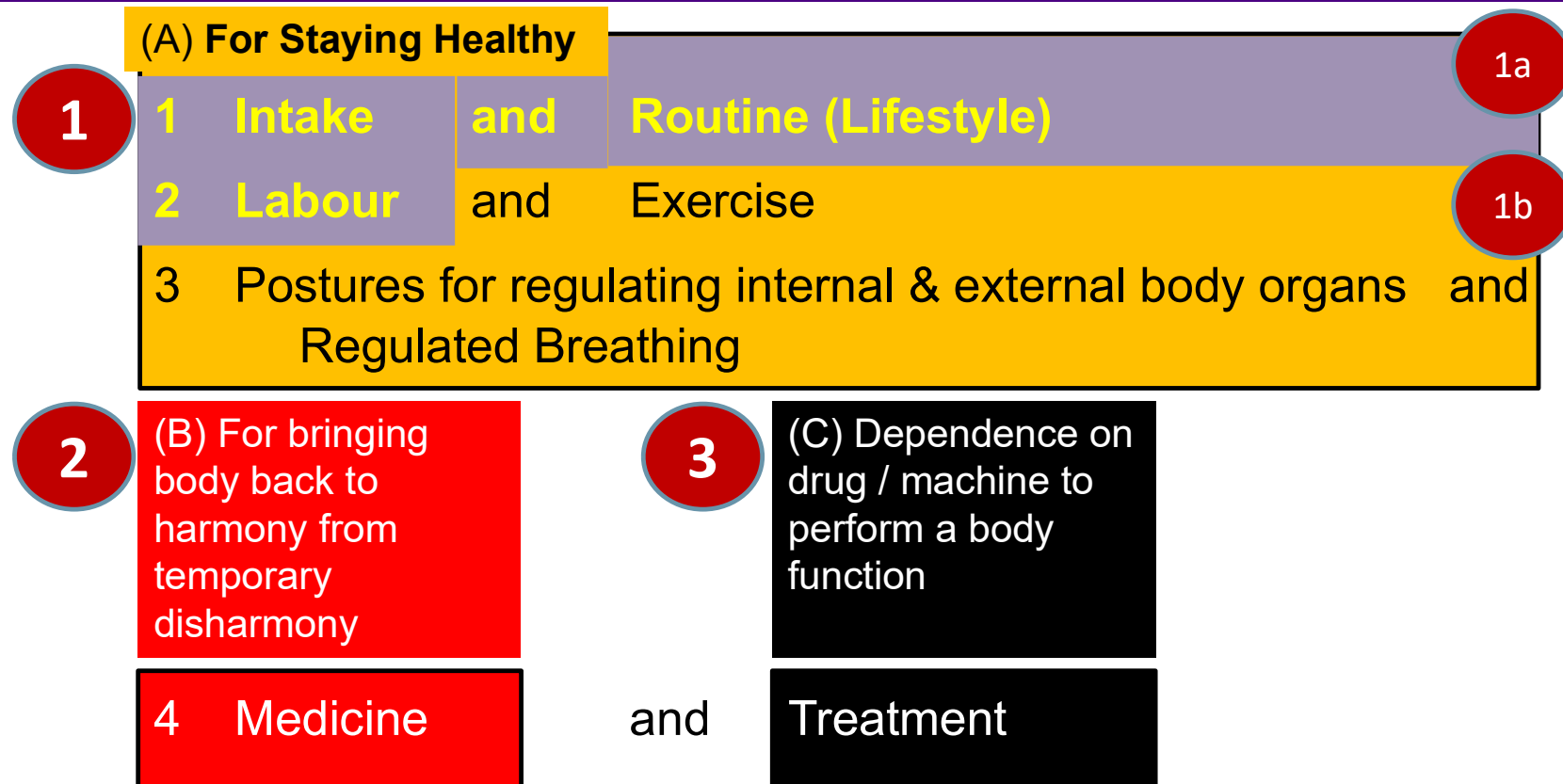
Treatment

Using a drug / machine to perform a body function (dependence)

Examples:

- Insulin
- Dialysis
- Ventilator

Program – Priority



1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable), all intake through our senses (sound, sight, smell etc)

1b. Rising time, sleeping time, eating time...

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise

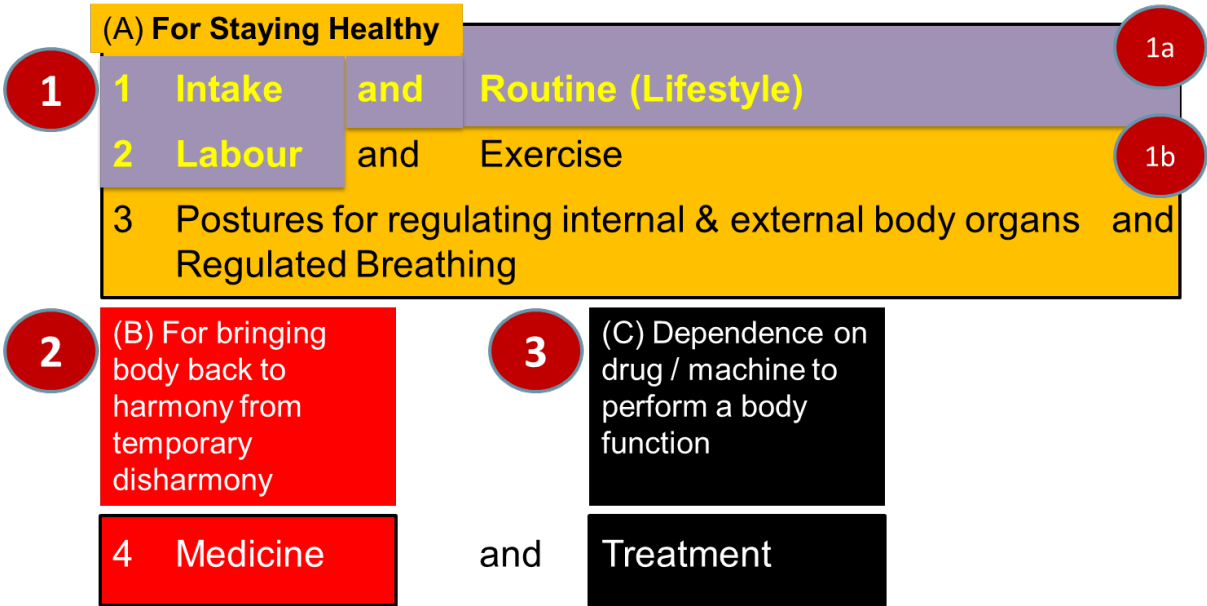


Sum Up

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

- Self-regulation = Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self and parts of the body are in harmony (in order)

Program



Self

Body

Consciousness

INFORMATION



Material

I am

I want to live

I want to live with continuous happiness

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

I am the:

Seer, Doer, Enjoyer (Experiencer)
द्रष्टा, कर्ता, भोक्ता

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

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

I use the body as an instrument for fulfillment of my program

**The Self is
central to human existence**

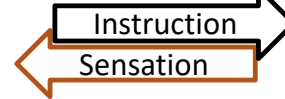
**The Body is
an instrument of the Self**

Self

Body

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

Self is central to human existence

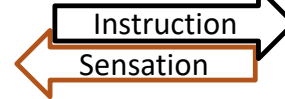
**Body is
an instrument of the Self**

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

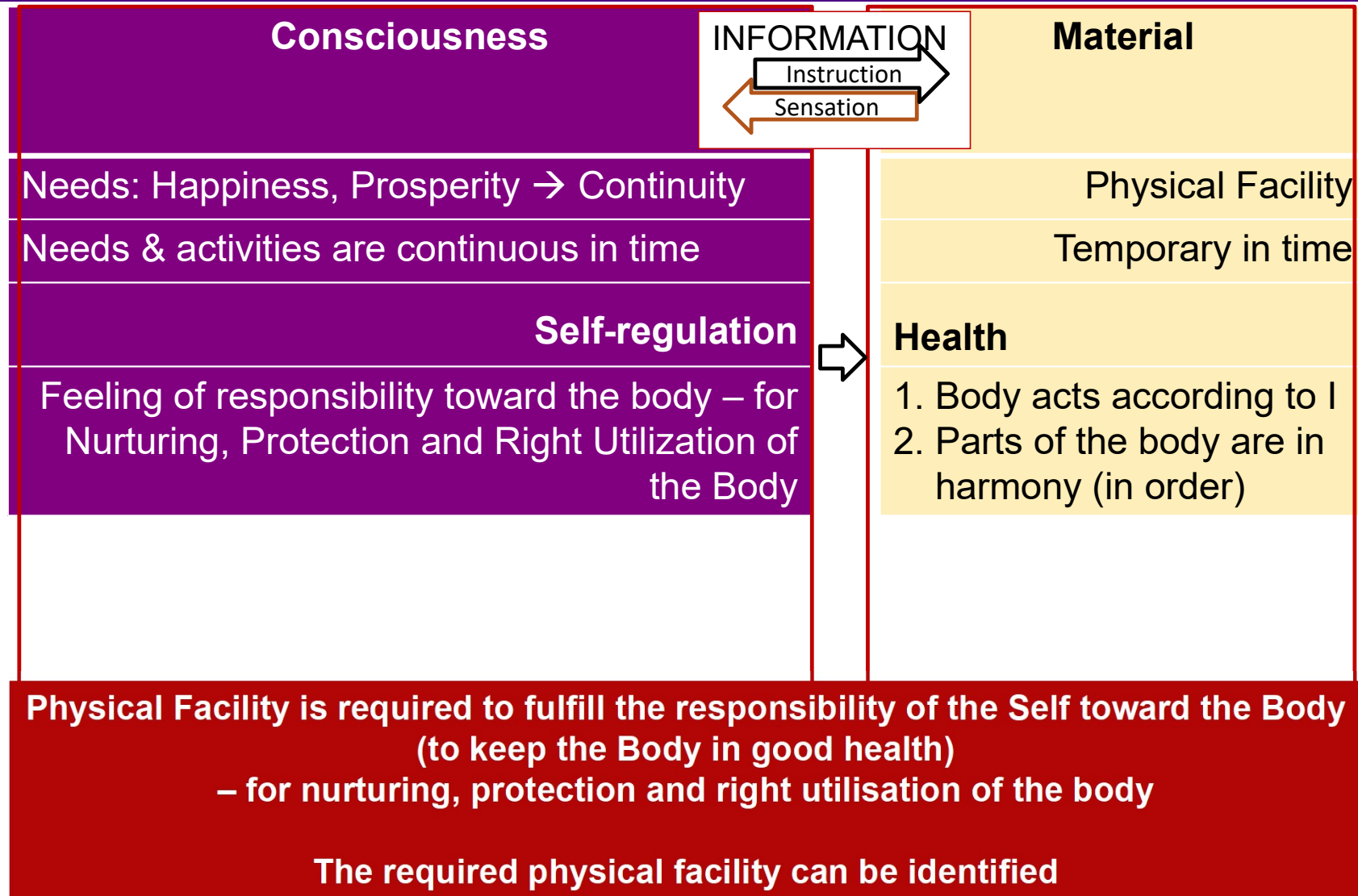
Temporary in time

Self-regulation

Feeling of responsibility toward the body – for
Nurturing, Protection and Right Utilization of
the Body

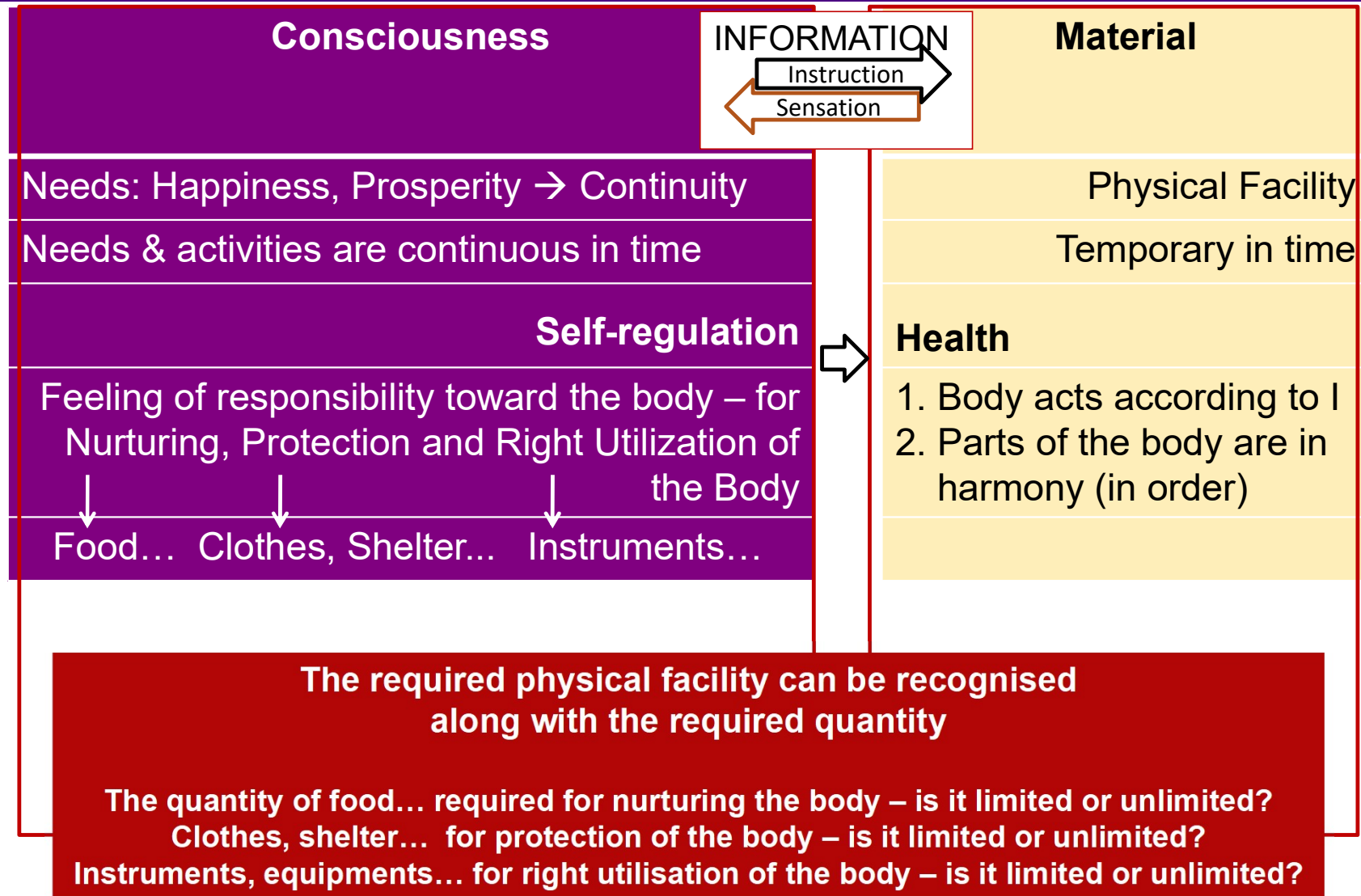
Self

Body (Instrument)



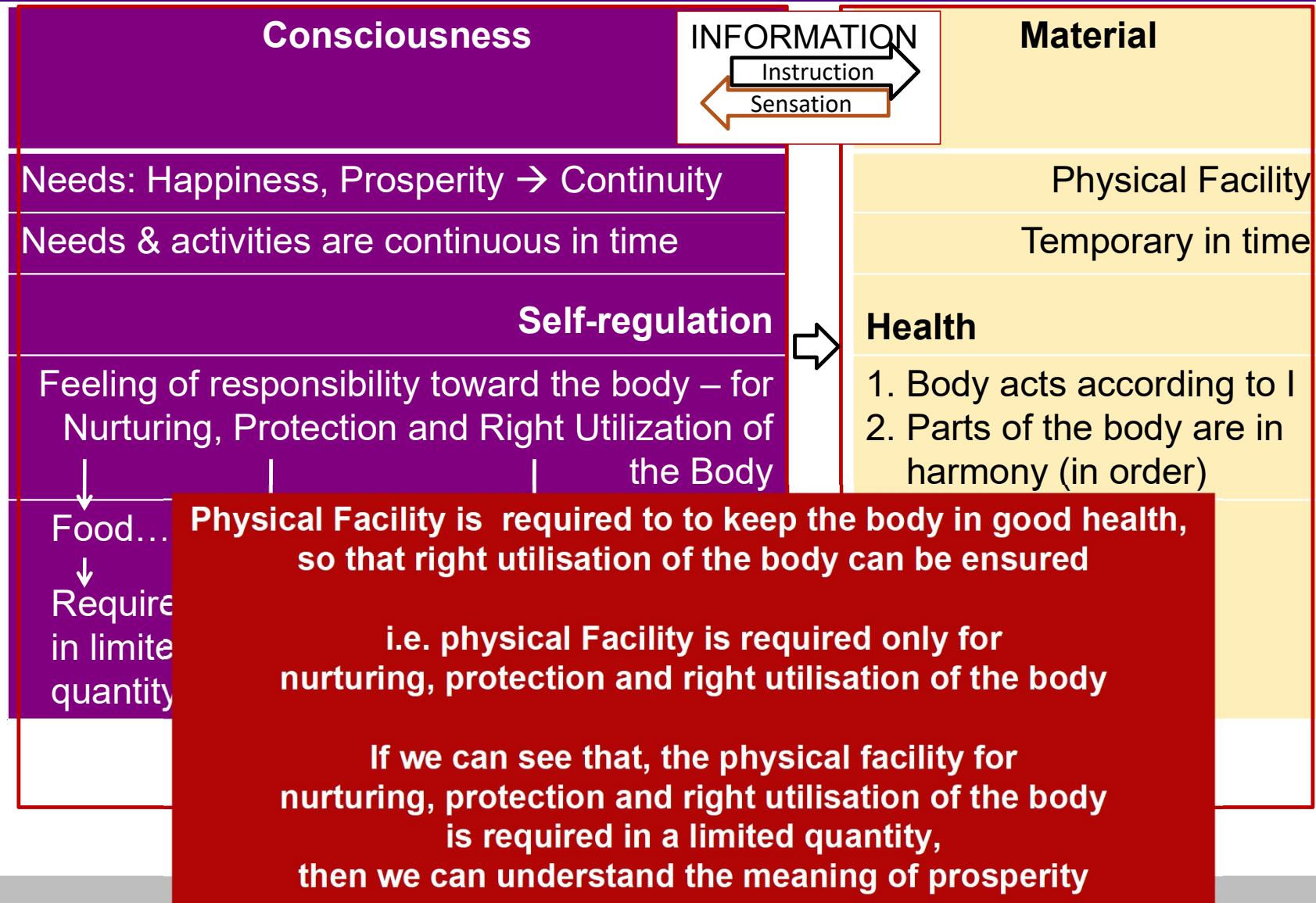
Self

Body (Instrument)



Self

Body (Instrument)



Harmony of the Self with the Body = Self-regulation (feeling of responsibility toward the body) in the Self and Health in the Body

Other than these 3 (Nurturing, Protecting and Right Utilization of the Body), what would you need PF for?

The outcome of putting in so much time & effort is only PF – and it has only this much utility

Have you been able to make an assessment of your need for PF?

Are you able to see whether you have more than what your needs are?

Ex: Find out – how much PF is required; how much PF is available; are you prosperous or deprived?

Prosperity (समृद्धि)

Prosperity – The feeling of having / producing 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 “ “ “ “

In a previous session, 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

- a- the right identification of required physical facility and
- b- availability / production of more than required physical facility

Gross Misunderstanding 1 – Human Being = Body

Assumption: Human being = Body ❌

Needs of human being = physical facility
and feelings

Need for feelings (like respect) is continuous

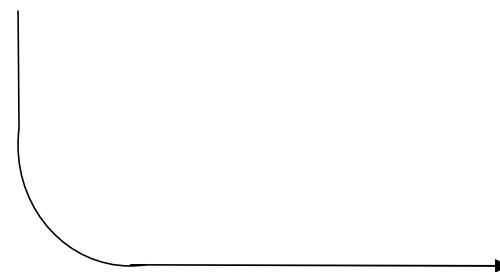


All needs are fulfilled by physical facility ❌

(Eg. clothes, house, car... will fetch respect)



Physical facility required = unlimited! ❌



Physical
facility
available =
unlimited?



Feeling of
Deprivation

I don't
have
enough!



Effort for
Physical
Facility



Gross Misunderstanding 2 – There is a Shortage of Physical Facility

Data: Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011)

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new study commissioned by the United Nations Food and Agriculture Organization (FAO)

Global Food Production is 6 times requirement
Global Food Wastage is 1/3rd of production
Wastage is enough to feed 1300 crore people/year

Have we understood human needs?

Have we understood right utilisation?

Is it a question of production or distribution?

Is it a question of relationship?

Is it a question of right understanding?

It is a question of right education-sanskar



<http://www.un.org/apps/news/story.asp?NewsID=38344&Cr=fao&Cr1>

Sum Up

Human Being is co-existence of Self and Body

The Self is central to human existence; Body is an instrument of the Self

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

Physical Facility is required, in a limited quantity, for Nurturing, Protection & Right Utilisation of the Body

Prosperity = Feeling of having / producing more than required physical facility

1. Identification of required physical facility (including the required quantity) – with right understanding
2. Ensuring availability/ production of more than required physical facility – with right skills

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

- Self-regulation = Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self and parts of the body are in harmony (in order)