

Tuesday

## Value Education #8

11/04/2023

→ Chapter 5 & chapter 6 being discussed from the VE book

→ Discussion on Right understanding arising from relationships and physical ~~physic~~ facilities.

→ Talk about the concept of 'I' & the "Body".

→ Body as an interface for 'I' to accomplish its desire.

→ Definition of health wrt to 'I' & "Body".

→ Health of 'I' can be defined as ease of existing without conflict.

→ SIR defined holistic health as the ability of the body to fulfil the instructions of the 'I'.

→ Various objections were raised to this definition.