



# **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

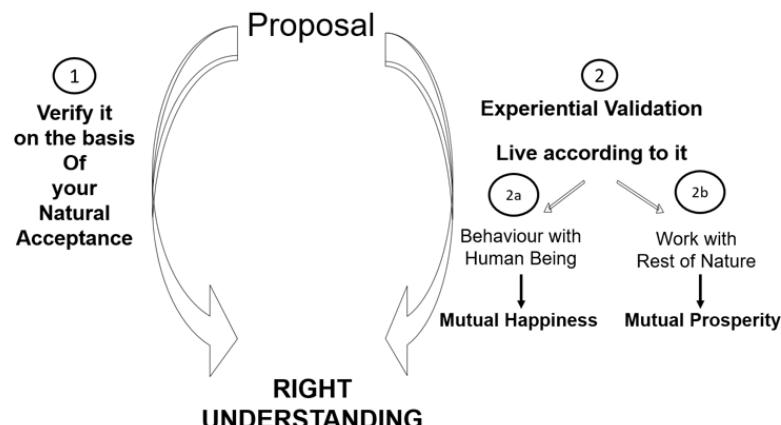
Harmony in Nature/Existence

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<br>मानव              | Self<br>मैं   | Co-existence<br>सहअस्तित्व  | Body<br>शरीर |
|----------------------------------|---|---|--------------|
| <b>Need</b><br>आवश्यकता          | <b>Happiness (e.g. Respect)</b><br>सुख (जैसे सम्मान)  | <b>Physical Facility (e.g. Food)</b><br>सुविधा (जैसे भोजन)                          |              |
| <b>In Time</b><br>काल में        | <b>Continuous</b><br>निरन्तर                          | <b>Temporary</b><br>सामयिक  |              |
| <b>In Quantity</b><br>मात्रा में | <b>Qualitative (is Feeling)</b><br>गुणात्मक (भाव हैं) | <b>Quantitative (Required in Limited Quantity)</b><br>मात्रात्मक (सीमित मात्रा में) |              |

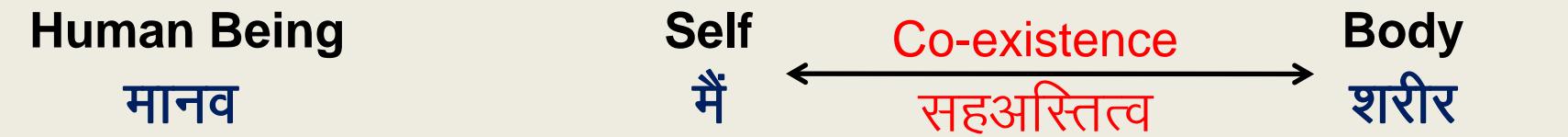
Are these needs are of different types or of same type?

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?





| Need<br>आवश्यकता              | Happiness (e.g. Respect)<br>सुख (जैसे सम्मान)           | Physical Facility (e.g. Food)<br>सुविधा (जैसे भोजन)                          |
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| Fulfilled By<br>पूर्ति के लिए | Right Understanding &<br>Right Feeling सही समझ, सही भाव | Physio-chemical Things<br>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

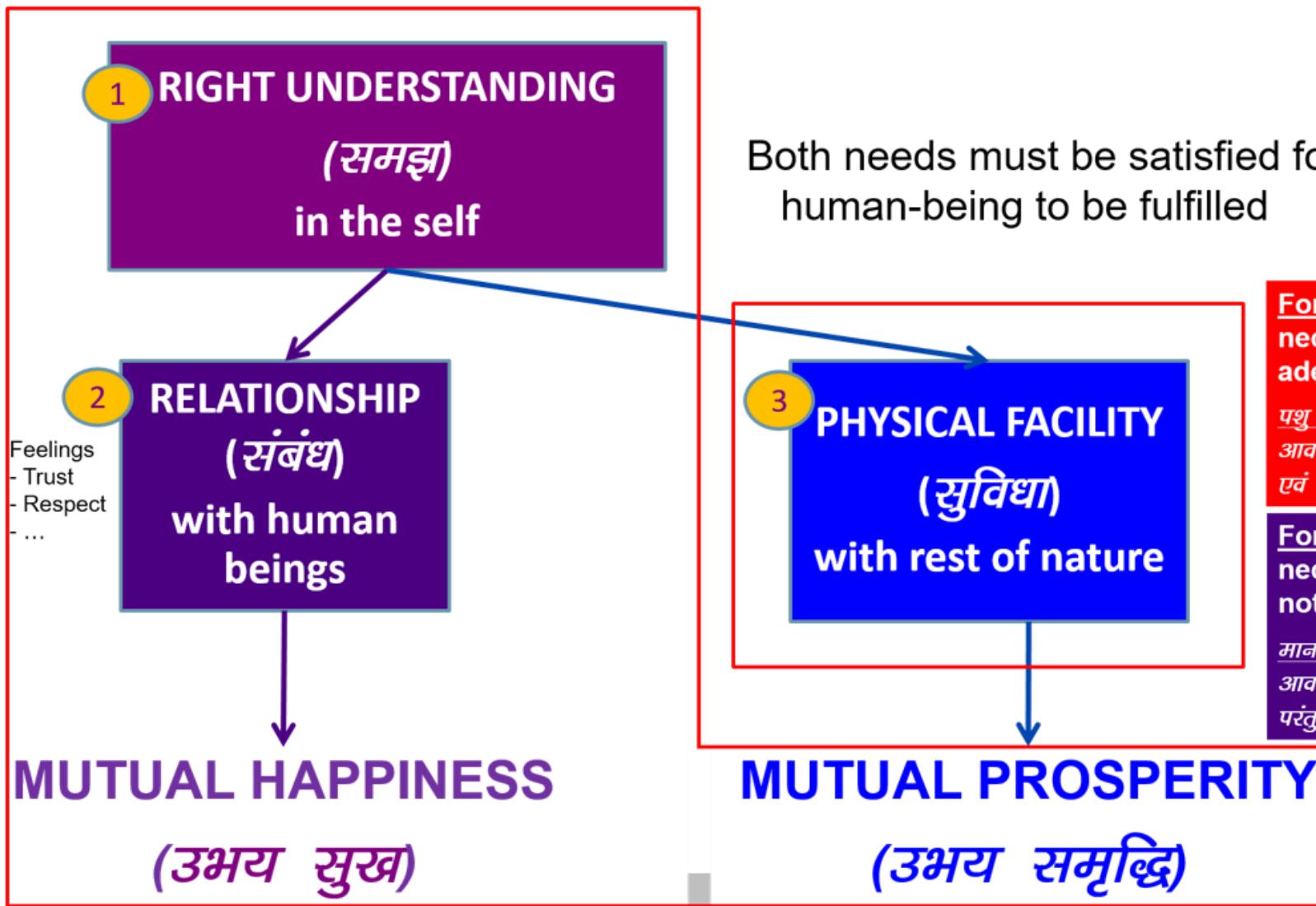
**In living, what is the priority?**

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

| Human Being<br>मानव                  | Self<br>मैं   | Co-existence<br>सहअस्तित्व  | Body<br>शरीर |
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| <b>Activity</b><br>क्रिया            | <b>Desire, Thought, Expectation...</b><br>इच्छा, विचार, आशा...  | <b>Eating, Walking...</b><br>खाना, चलना...  |              |
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| <b>Response</b>                      | <b>Knowing, Assuming*, Recognising, Fulfilling</b><br>जानना, मानना, पहचानना, निर्वाह करना | <b>Recognising, Fulfilling</b><br>पहचानना, निर्वाह करना                             |

\* Assuming or Accepting

# Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem समस्या

Education-Sanskar

Resolution KNOWING

समाधान

ASSUMING



RECOGNISING  
FULFILLING

Preconditioning or  
Assuming without Knowing

Assumptions keep changing

Conduct is indefinite (Dependence, Partantrata)

To see the reality as it is, in its completeness, by direct observation

**Knowing through self-verification**

**It is definite, continuous and universal**

**– on the basis of Natural Acceptance &**

**– on the basis of living accordingly**

What I accept about that reality, which may or may not be same as the reality as it is

(acceptance can be on the basis of knowing the reality in completeness or

acceptance can also be without knowing the reality in completeness,

i.e. one has not seen the reality or not seen it in its completeness

but assumed something about it)

**Assumptions are definite (on the basis of knowing)**

The relationship with that reality (Swaraj being or rest of nature)

The relationship with that reality (human being or rest of nature)

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|                                      |  | Consciousness चैतन्य  | Material जड़ |



# Distinguishing between the Needs of the Self and the Body

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Continuous Happiness and Prosperity

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

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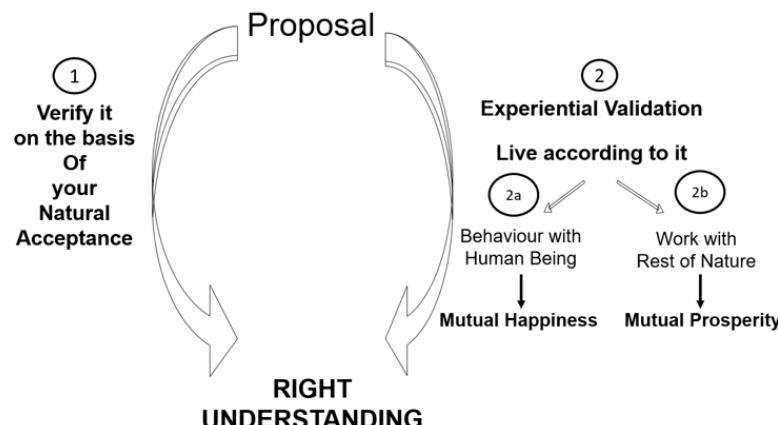
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What is my purpose?



|                                      |   |   |
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↓  
**Consciousness**

Need of the Self = Continuous happiness  
 Fulfilled by = Right Understanding and Right Feeling in the Self  
 (can not be fulfilled by material) = Need of consciousness  
 = Activities of consciousness



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

|                                      |   |   |
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↓  
**Material**

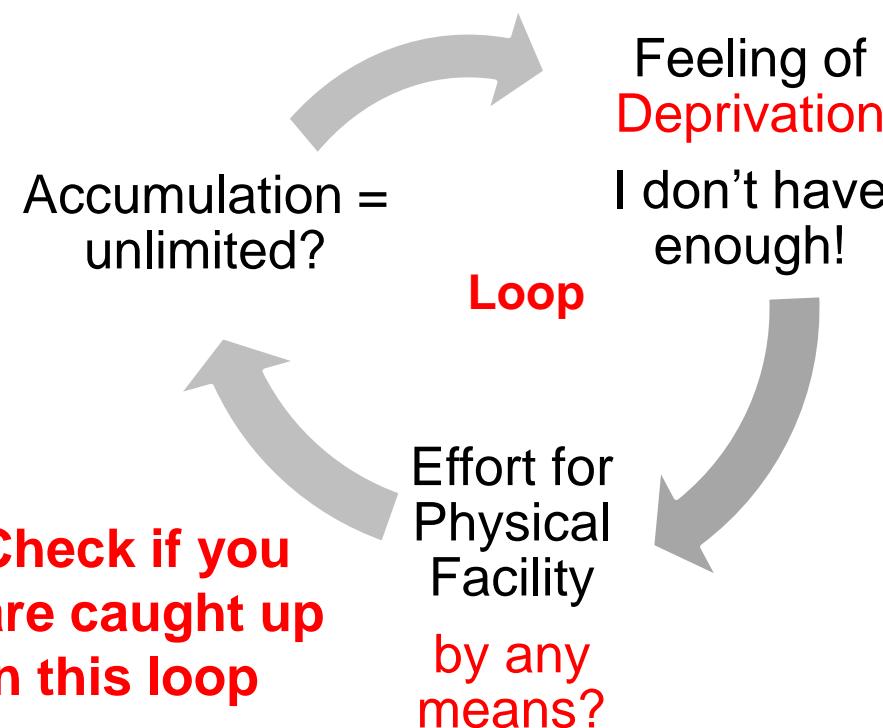
|                  |                          |                      |
|------------------|--------------------------|----------------------|
| Need of the Body | = Physical facility*     | = Material in nature |
| Fulfilled by     | = Physio-chemical things | = Material in nature |

**(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<br>मानव | Self (I)<br>मैं       |   |
|---------------------|-----------------------|---|
| Need<br>आवश्यकता    | Respect<br>सम्मान     | = |
|                     | Continuous<br>निरन्तर | = |



|   |   |
|---|---|
| Body<br>शरीर  | X |
| Physical Facility<br>(Eg. Food, Clothes)<br>सुविधा (जैसे—भोजन, कपड़ा) | X |
| Unlimited<br>असीमित   | X |

↓

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

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**Harmony in the Human Being – Self**

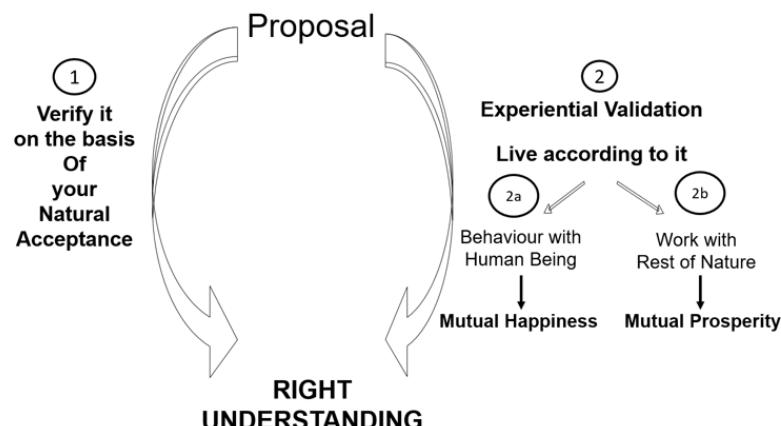
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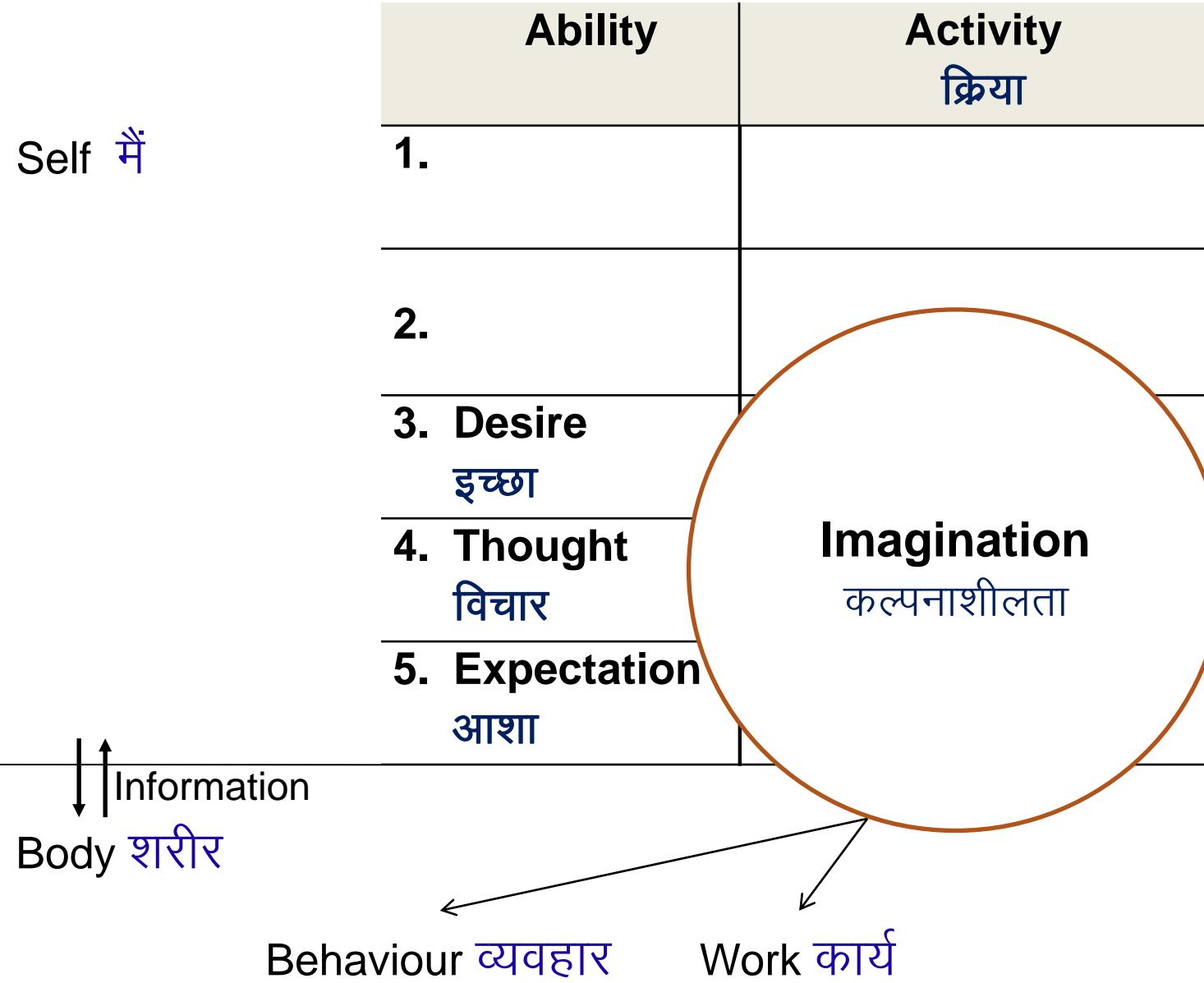
Verify it on your own right



What is my role (value) with myself?



# Activities of Self मैं की कियाएं



# Activities of Self मैं की क्रियाएं

Self मैं

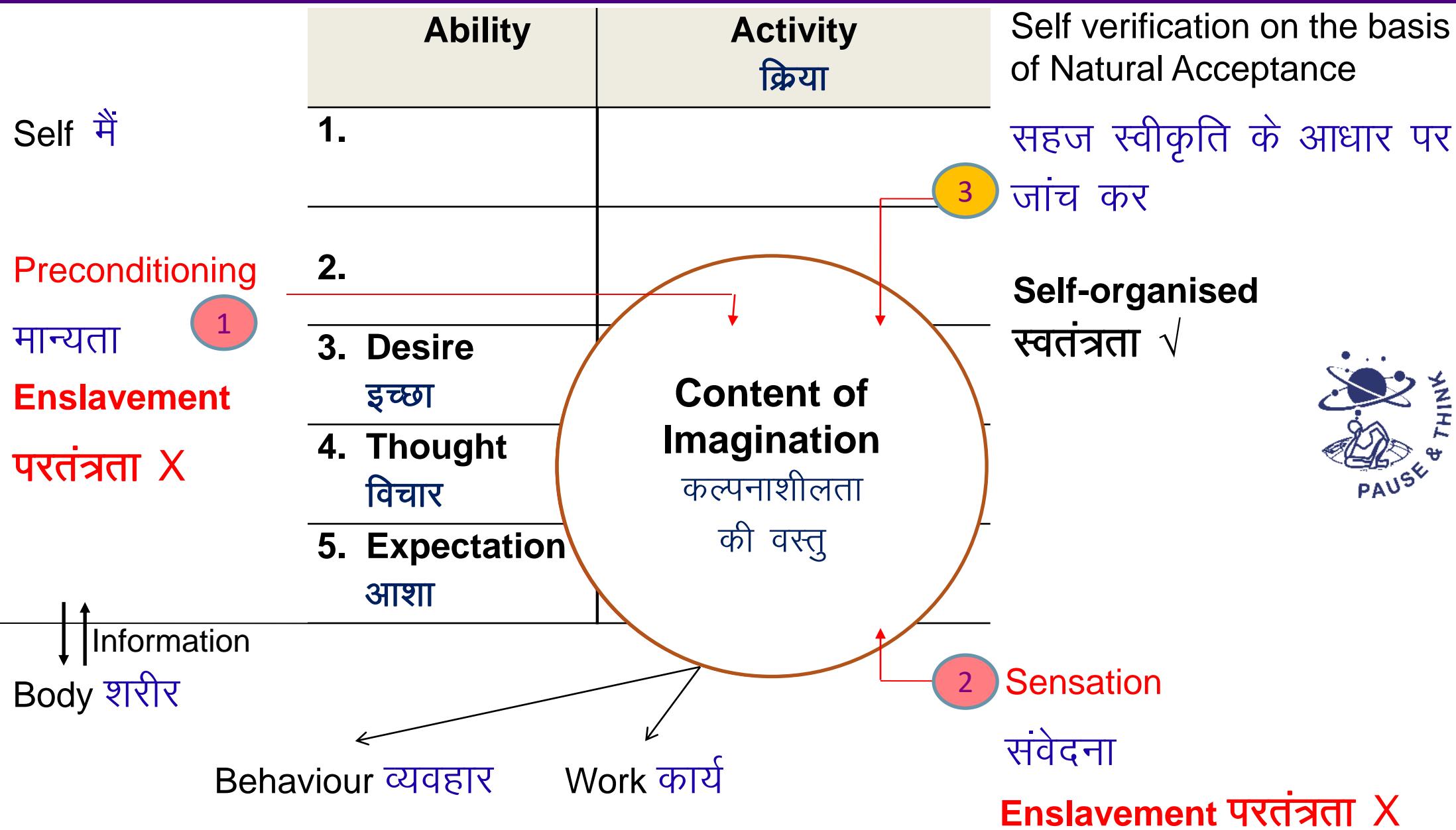
↓↑  
Information  
Body शरीर

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

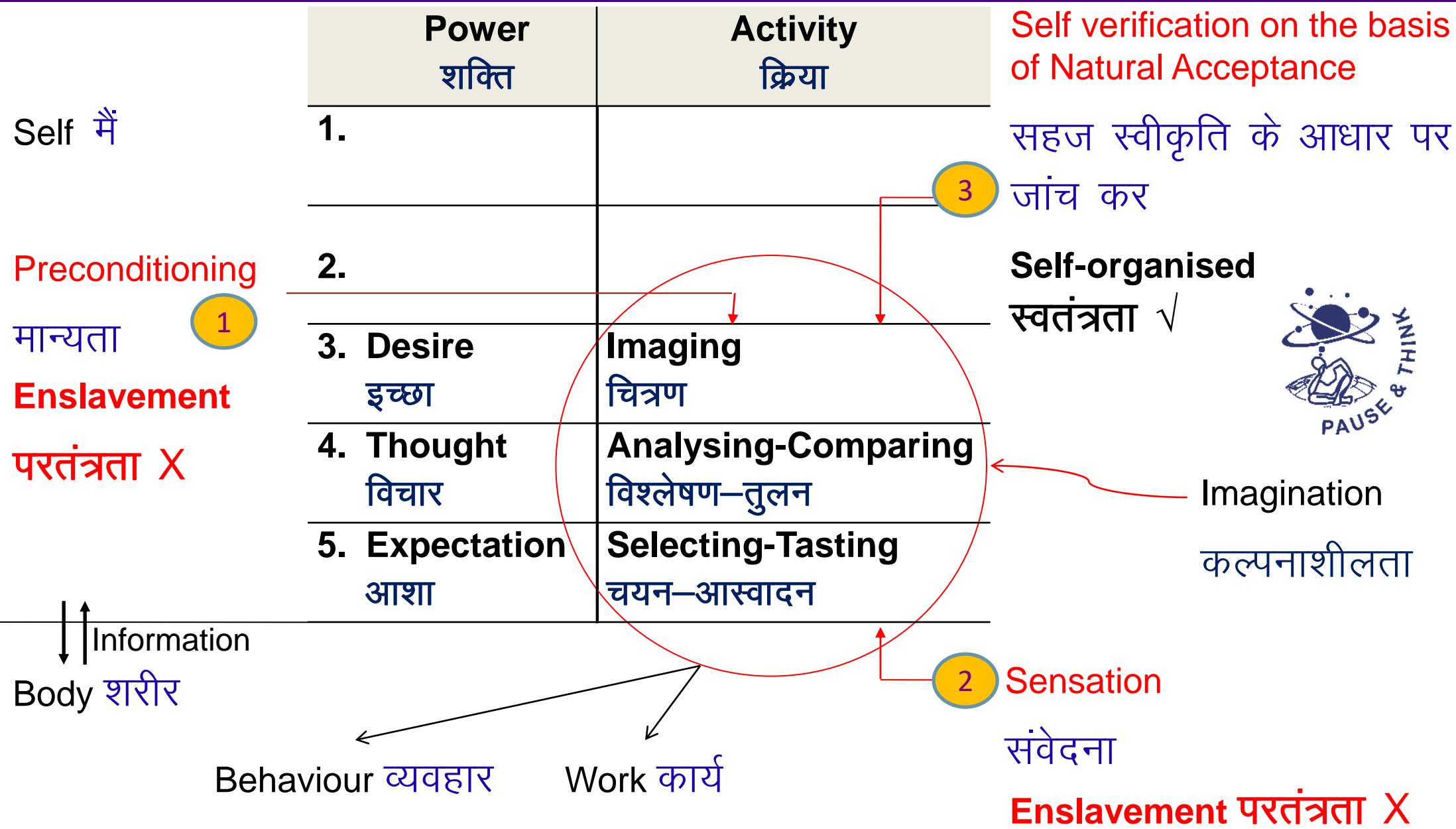
Imagination  
कल्पनाशीलता



# 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

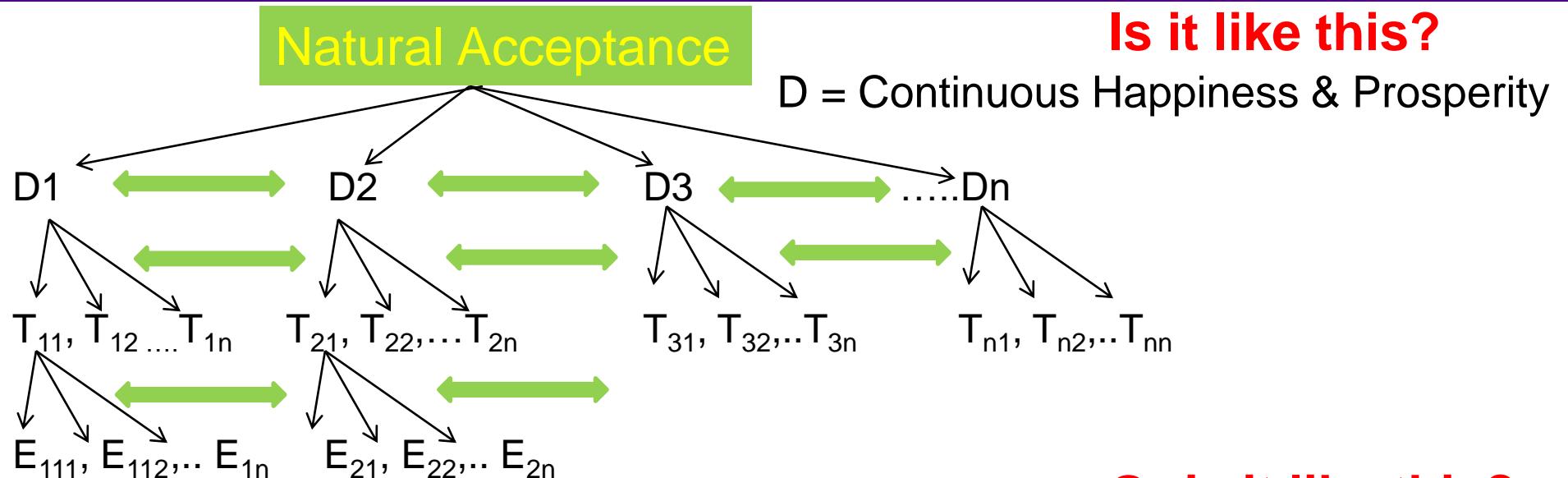
**Natural Acceptance:** Purpose or what to be, what to do as a human being. Leads to harmony (happiness) within, continuity is desirable, possible

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

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

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

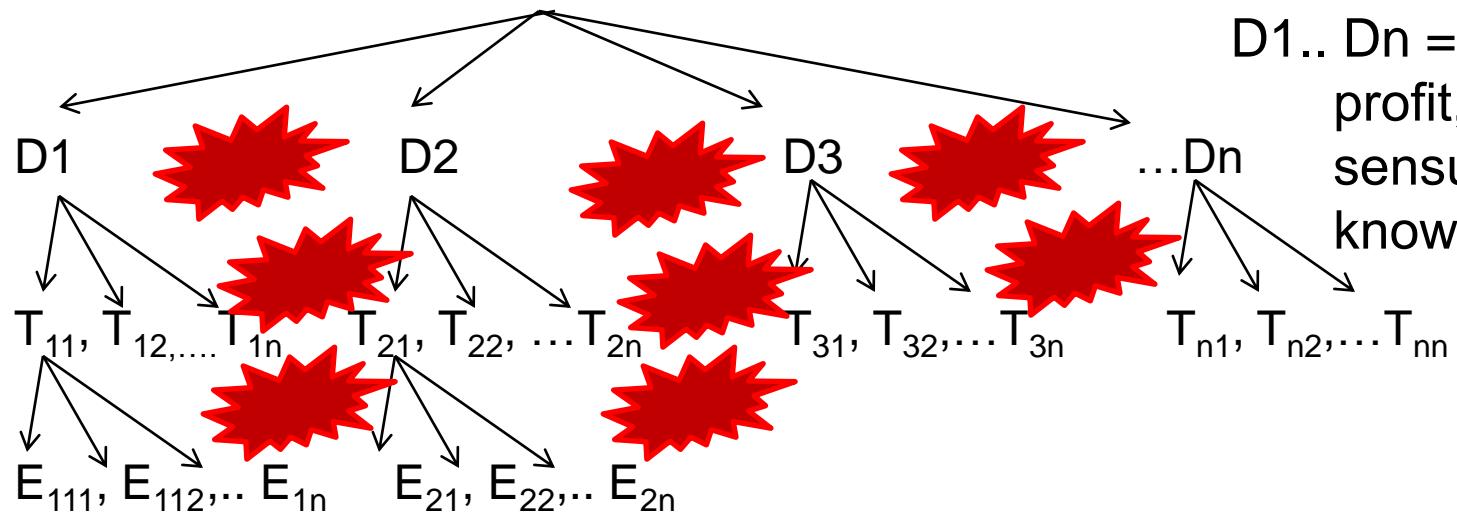
# Content of Imagination in the Self



**Is it like this?**

**Or is it like this?**

**Natural Acceptance**    **Preconditioning**    **Sensation**



D = ?

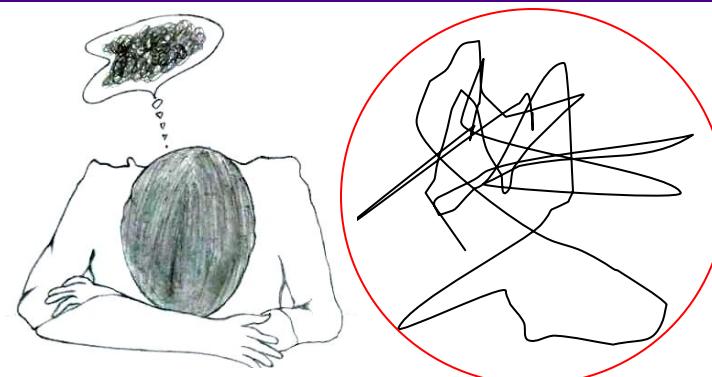
D1.. Dn = Consumption,  
profit, name, fame...  
sensual pleasure ...  
knowledge,...



## State of Imagination – Random and Disorganised

If the imagination is random and disorganised

It indicates a state of confusion



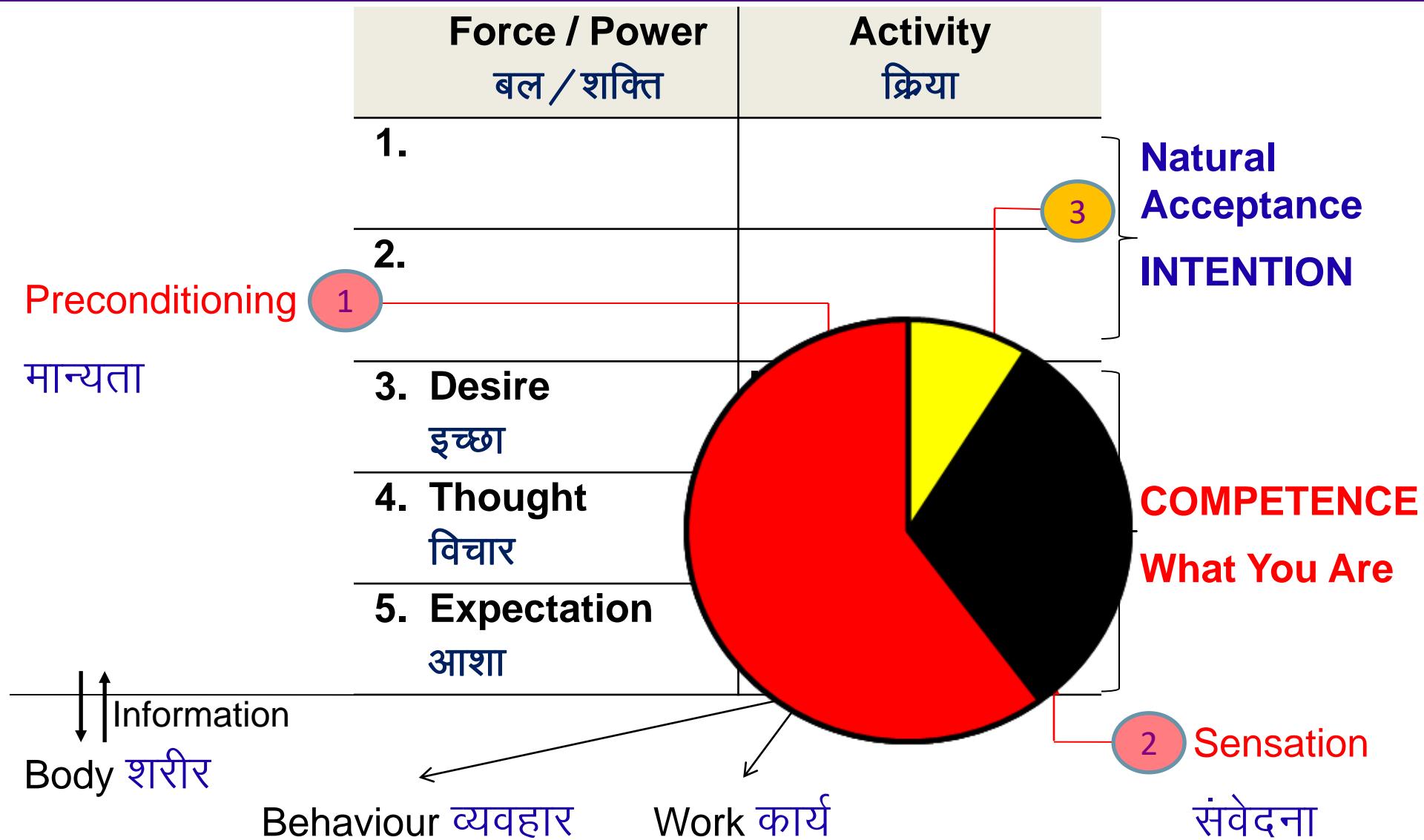
Many of these imaginations may be  
contrary to each other and contrary to the natural acceptance

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

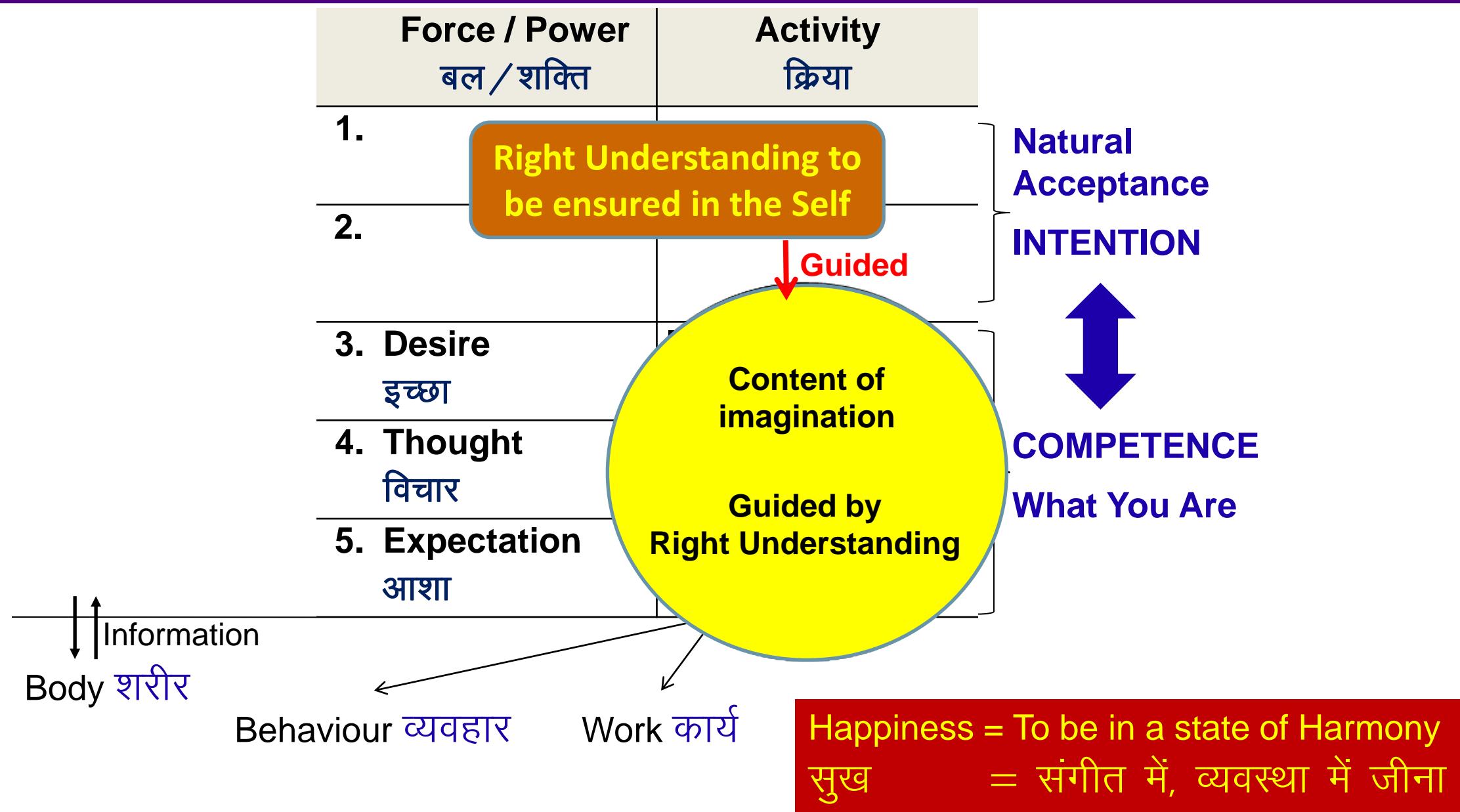
Harmony in the Self is realised when there are no contradictions in the imagination  
and all imagination is in accordance with natural acceptance



# 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

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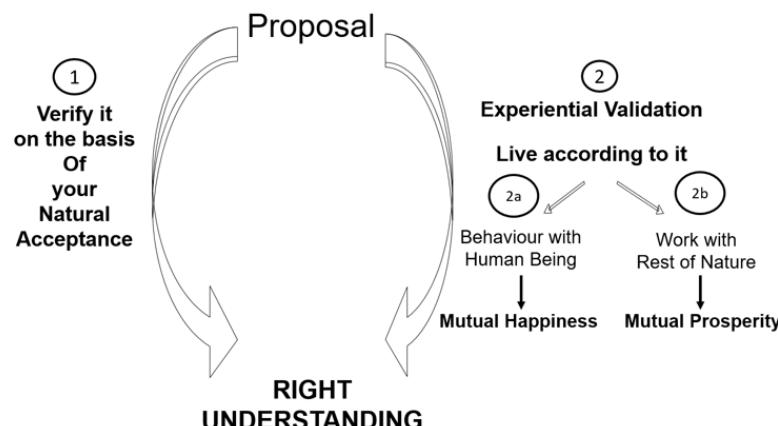
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मानव

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# Co-existence

सहअस्तित्व

# Body

शरीर

|                                      |  |   |
|--------------------------------------|--|---|
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| <b>Activity</b><br>क्रिया            | <b>Desire, Thought, Expectation...</b><br>इच्छा, विचार, आशा...                           | <b>Eating, Walking...</b><br>खाना, चलना...  |
| <b>In Time</b><br>काल में            | <b>Continuous</b><br>निरन्तर   | <b>Temporary</b><br>सामयिक  |
| <b>Response</b>                      | <b>Knowing, Assuming, Recognising, Fulfilling</b><br>जानना, मानना, पहचानना, निर्वाह करना | <b>Recognising, Fulfilling</b><br>पहचानना, निर्वाह करना                             |

Consciousness चैतन्य

Material जड़



**Self**

**Body**

**Consciousness**

**Material**

**INFORMATION**

Instruction

Sensation

**Self**

**Body**

**Consciousness**

**INFORMATION**

**Material**

Instruction

Sensation

I am

My body is

I want to live

My body is used as an instrument

# Self

# Body

## Consciousness

## INFORMATION

Instruction  
Sensation

## 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 (<1/4<sup>th</sup>)

# Self

# Body

## Consciousness

## INFORMATION

Instruction  
Sensation

## 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 (<1/4<sup>th</sup>)

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

Instruction  
Sensation

## 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 (<1/4<sup>th</sup>)

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 (<1/4<sup>th</sup>)

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)**

# 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 – Health and Prosperity**

Harmony in the Family

Harmony in the Society

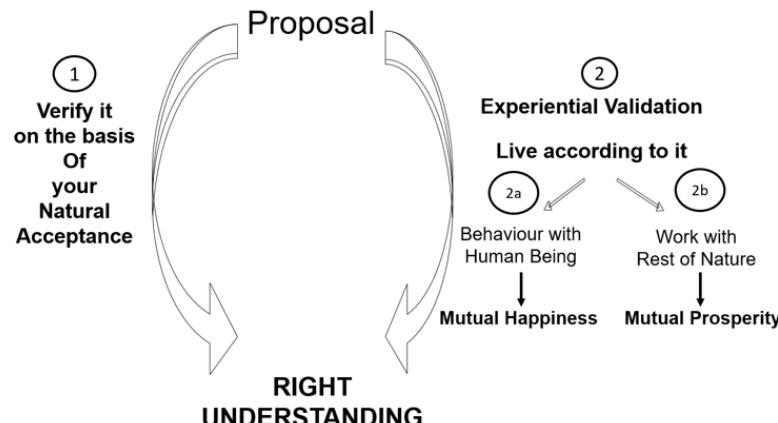
Harmony in Nature/Existence

Process of Understanding

**Self Exploration**

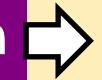
Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

Verify it on your own right



What is my role (value) with my Body?



|                                      |  |  |
|--------------------------------------|--|--|
| <b>Need</b><br>आवश्यकता              | <b>Happiness (e.g. Respect)</b><br>सुख (जैसे सम्मान)   | <b>Physical Facility (e.g. Food)</b><br>सुविधा (जैसे भोजन)   |
| <b>Fulfilled By</b><br>पूर्ति के लिए | <b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव<br><br><b>Feeling of Self-regulation (संयम)</b><br><br>Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body | <b>Physio-chemical Things</b><br>भौतिक—रासायनिक वस्तु<br><br> <b>Health</b><br><br>1. The Body acts according to the Self<br>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

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

and 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)

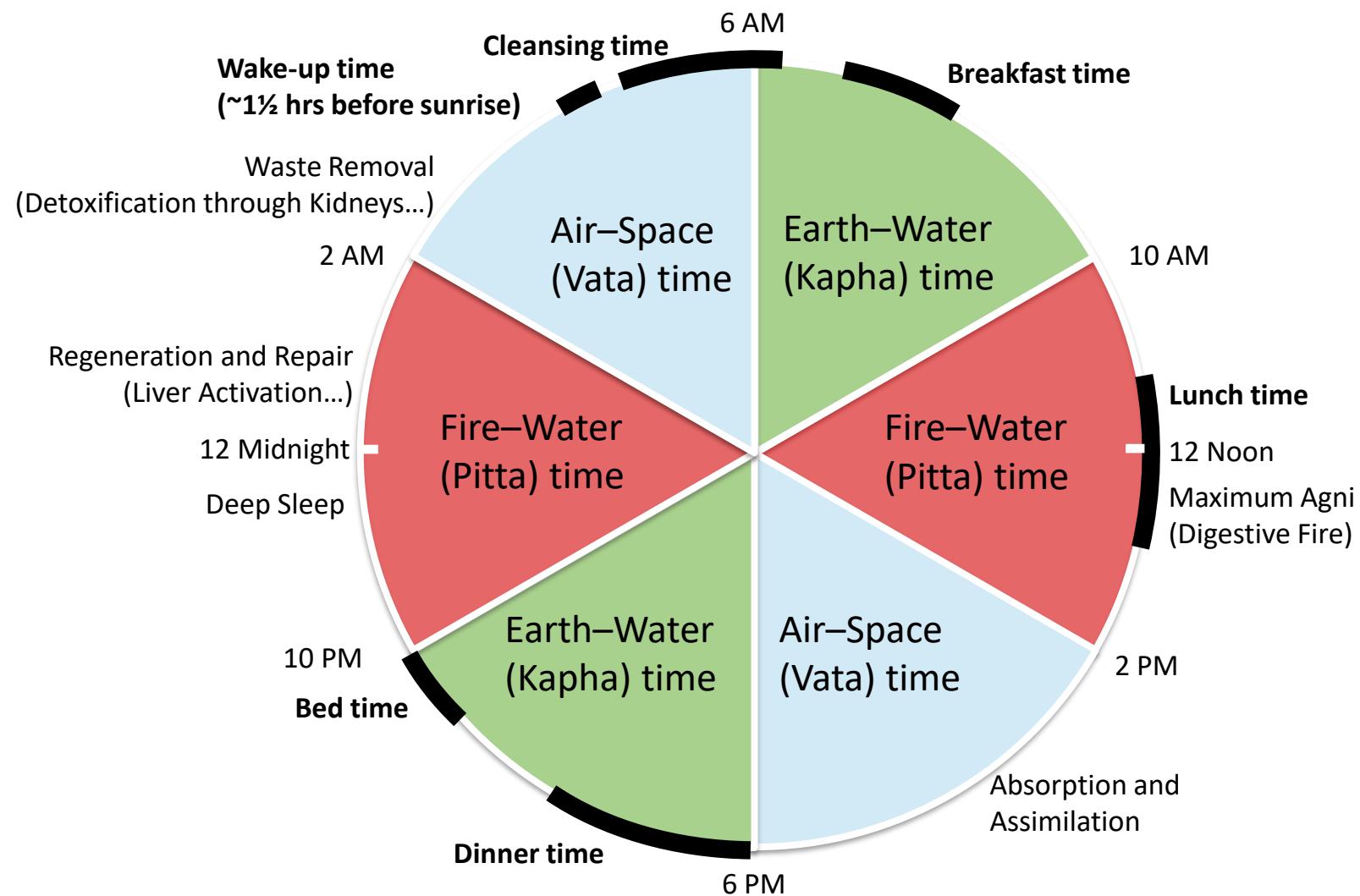
## The Body Lifecycle Rhythm

- 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

## (A) For Staying Healthy

1

1 Intake and Routine (Lifestyle)

1a

2 Labour and Exercise

1b

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

2

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

3

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

4 Medicine

and

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

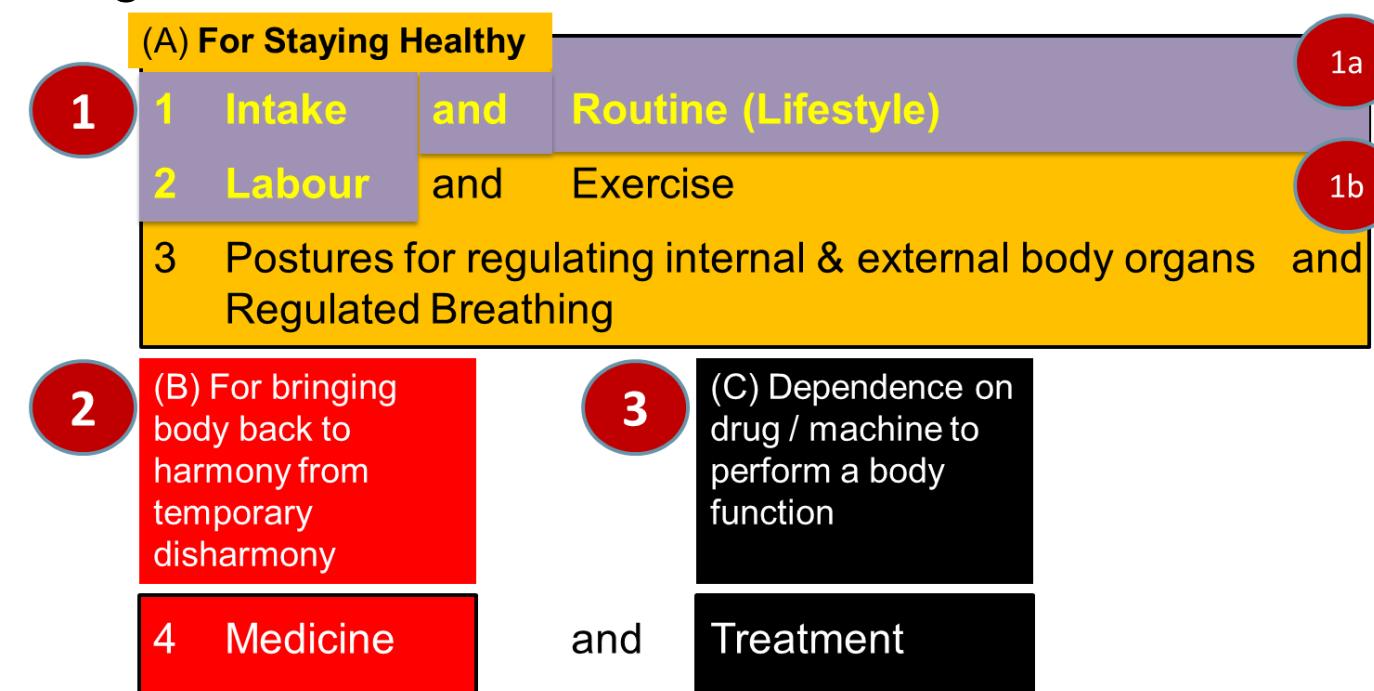


# Sum Up

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**

Instruction  
Sensation

**Material**

Needs: Happiness, Prosperity → Continuity

Physical Facility

Needs & activities are continuous in time

Temporary in time

**Self is central to human existence**

**Body is  
an instrument of the Self**

# Self

# Body (Instrument)

## Consciousness

## INFORMATION

Instruction  
Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

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

Physical Facility

Temporary in time

# Self

# Body (Instrument)

## Consciousness

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

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

## INFORMATION

Instruction  
Sensation

## Material

Physical Facility

Temporary in time

## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

**Physical Facility is required to fulfill the responsibility of the Self toward the Body (to keep the Body in good health)**  
**– for nurturing, protection and right utilisation of the body**

**The required physical facility can be identified**

# Self

# Body (Instrument)

## Consciousness

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

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

↓              ↓              ↓              the Body  
Food... Clothes, Shelter... Instruments...

## INFORMATION

Instruction  
Sensation

## Material

Physical Facility

Temporary in time

## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

The required physical facility can be recognised along with the required quantity

The quantity of food... required for nurturing the body – is it limited or unlimited?

Clothes, shelter... for protection of the body – is it limited or unlimited?

Instruments, equipments... for right utilisation of the body – is it limited or unlimited?

# Self

# Body (Instrument)

## Consciousness

## INFORMATION

Instruction  
Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

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

↓  
Food...

↓  
Requires  
in limited  
quantity

**Physical Facility is required to keep the body in good health,  
so that right utilisation of the body can be ensured**

i.e. physical Facility is required only for  
nurturing, protection and right utilisation of the body

If we can see that, the physical facility for  
nurturing, protection and right utilisation of the body  
is required in a limited quantity,  
then we can understand the meaning of prosperity

Physical Facility

Temporary in time

## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

# Prosperity (समृद्धि)

Prosperity – The feeling of having / producing more than required Physical Facility

2

1

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1

2

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

## 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)