

UHV

Activity 2.1

	Desires	Need of self	Need of body
1)	Wealth		✓
2)	Fame	✓	
3)	Success	✓	
4)	Peace	✓	
5)	Good Job		✓
6)	Peace	✓	
7)	Study Abroad		✓
8)	Good Relationship	✓	
9)	Good Job		✓
10)	To Travel whole world		✓
11)	Happiness	✓	

→ a) The needs of body are physical in nature, whereas the needs of self are not ^{in physical nature} like trust, respect, happiness, etc. Needs of body are physical facilities which is needed to body for limited quantity whereas needs of self are essential to live in state of continuous happiness.

→ b) ~~Roughly 60% of my ^{desires} needs are my self needs whereas 40% are my body needs~~

→ b) Roughly 60% of my desires are related to the needs of self and 40% of desires are related to the needs of body. Hence, if we fulfill the needs of self, we can automatically fulfill the needs of body.

	Activity	In the self	In the body	Involving both the self and the body
1)	Running			I made the decision to run. The body is running
2)	Eating			The body is eating. Body is getting nutrition & i am getting taste
3)	Meditation			Both mind & body is involved
4)	Catching train for college		body is catching train	
5)	Attending college lectures			Both mind and body is involved
6)	Reading	I made decision to read		
7)	Feeling excited	I am feeling excited		
8)	Breathing		This is happening in the body.	
9)	Blood circulation		This is happening in body	
10)	Sleeping			Both me and my body is involved

a) → The activity of the self does not involve the body. Activity of self in search of happiness, truth and honesty is not a natural process but a continuous one. The activities of self are not dependent on anyone.

b) → Activities of body involved some internal organs of body like heart and blood vessels. Some of these activities are cyclic like blood circulation, heartbeat while some are discontinuous like sneezing, blinking, etc.

→ c) Activities that involve both self and body:

1) Running : Sense organs : Eyes,

work organs : legs, hands, etc.

2) Eating : Sense organs : Eyes, nose, ~~tongue~~ tongue

work organs : Mouth, hands

3) Meditation : Sense organs : nose, eyes

work organs : hand, eyes, legs

~~if eating~~

4)