



# Lecture 11

## Harmony of the Self with the Body

# About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places  
**Should not depend on sect, creed, nationality, race, gender, etc.**
2. Rational – the content must be amenable to logical reasoning  
**Should not be based on blind beliefs**
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)  
**Should not be asked to believe just because it is stated in the course**
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)  
**Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.**



# 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

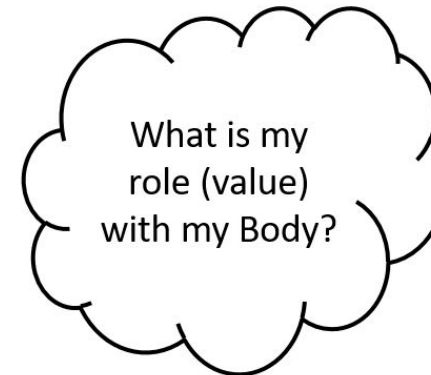
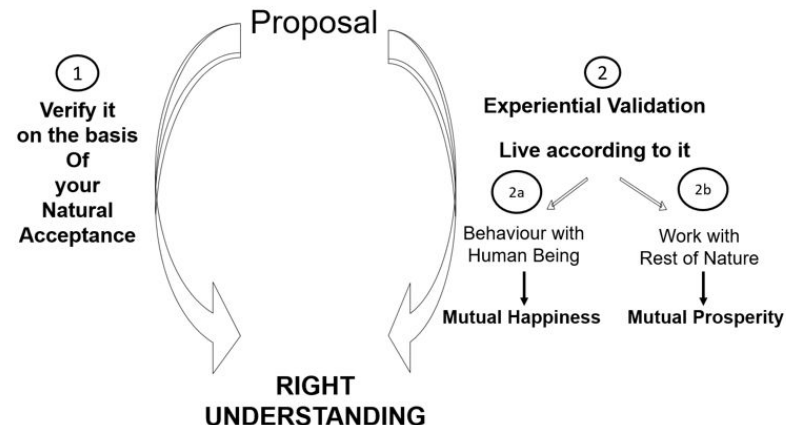
Harmony in Nature/Existence

## Process of Understanding

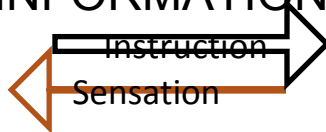
### Self Exploration

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

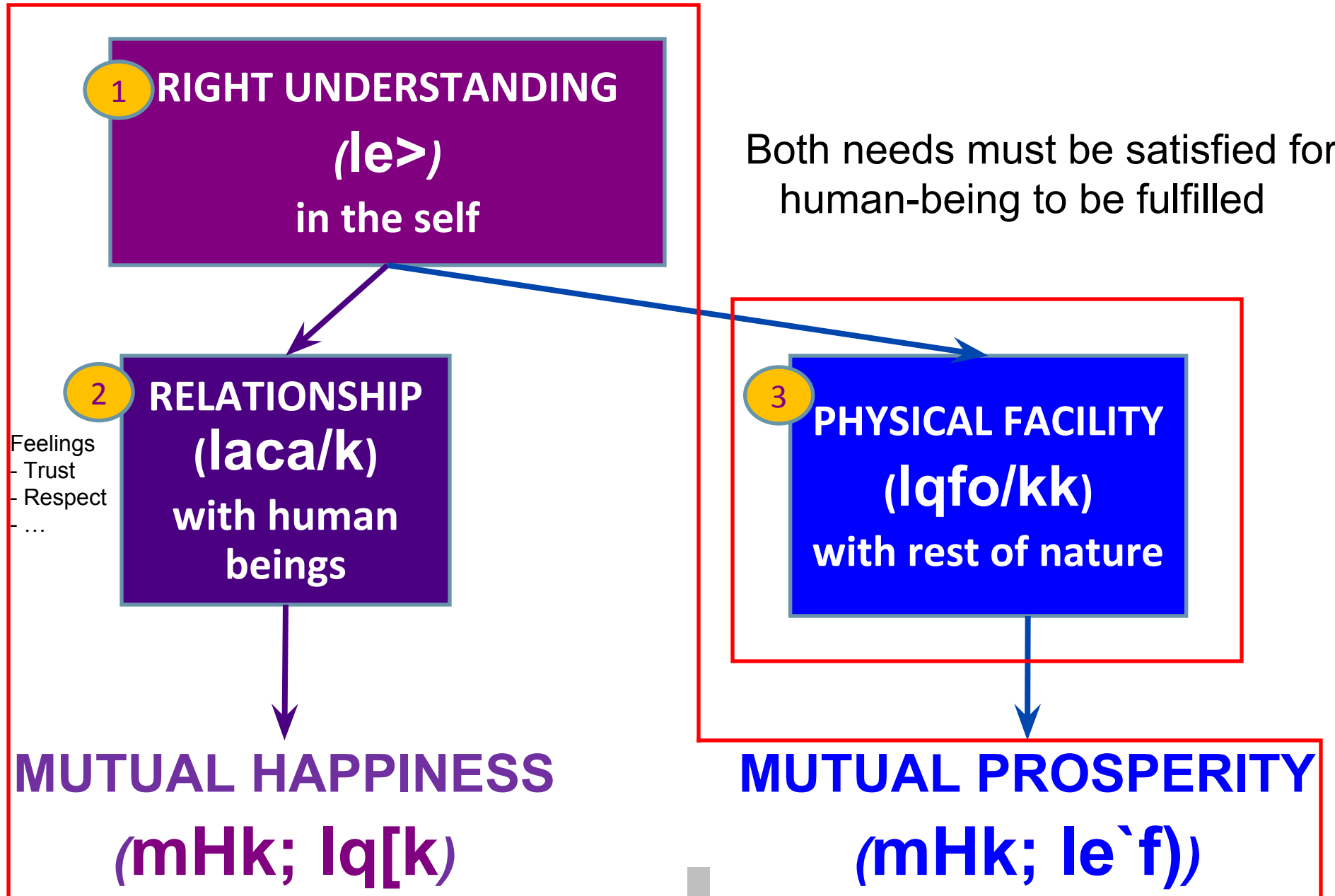
**Verify** it on your own right

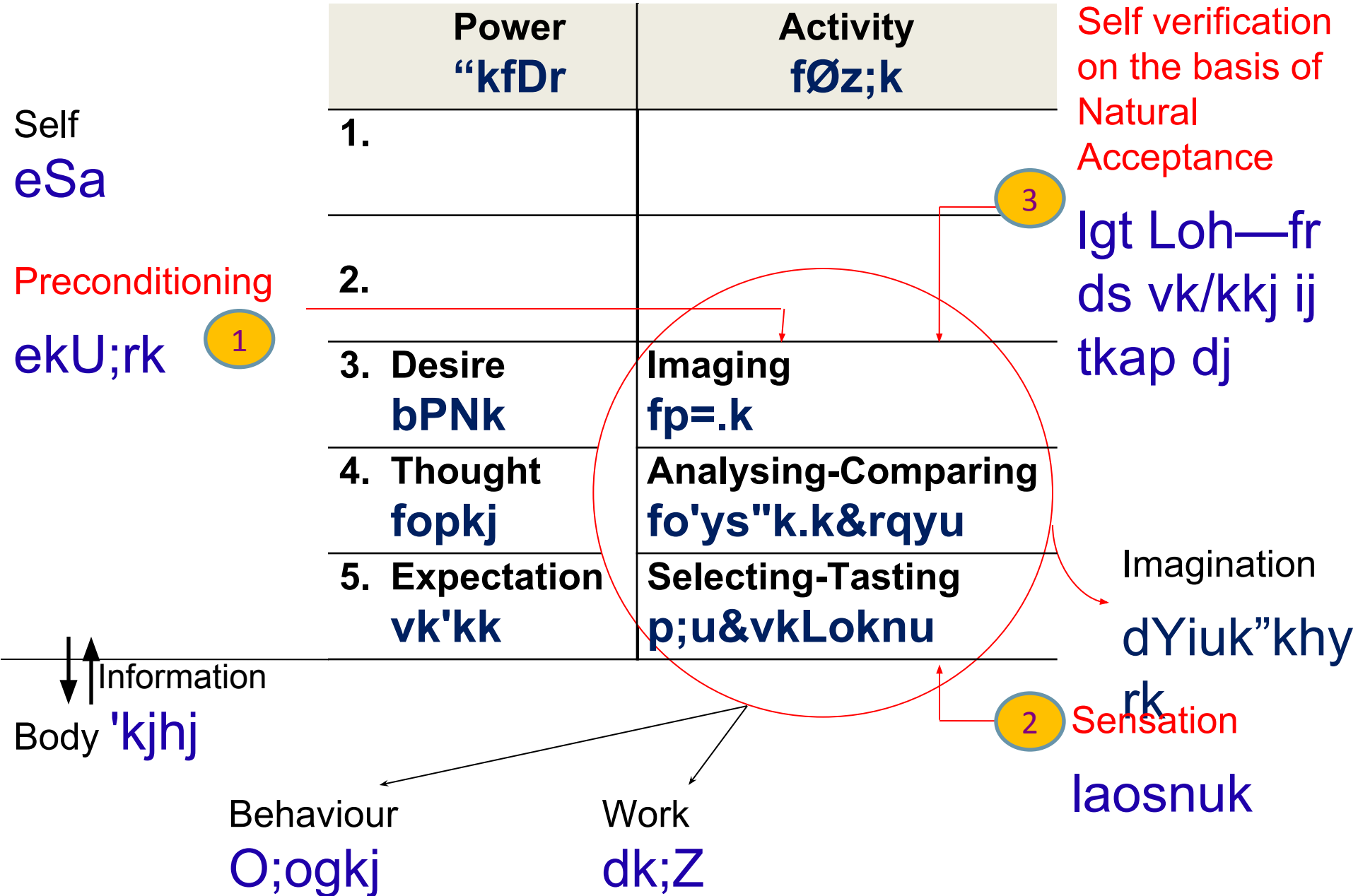


Human Being Ekkuo		Self eSa	Co-existence IgvfLrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSIs IEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSIs Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½		
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
Response	Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk	Recognising, Fulfilling igpkuuk] fuokZg djuk		

Consciousness	INFORMATION	Material
		
I am		My body is
I want to live		My body is used as an instrument
I want to live with continuous happiness		Physical facility is required for nurturing, protection and right utilization of the body
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		Production, protection and right utilization of physical facility is a part of my program (<1/4 <sup>th</sup> )
I am the: Seer, Doer, Enjoyer (Experiencer) nz'Vk] drkZ] HkksDrk		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

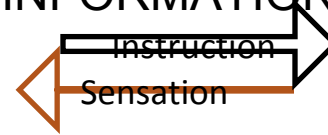






## Consciousness

## INFORMATION



## Material

Needs: Happiness, Prosperity □ Continuity

Needs & activities are continuous in time

**Self is central to human existence**

Physical Facility

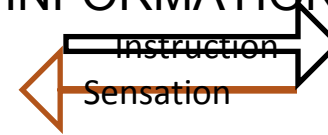
Temporary in time

**Body is  
an instrument of the Self**



## Consciousness

## INFORMATION



## Material

Needs: Happiness, Prosperity □ Continuity

Needs & activities are continuous in time

### Self-regulation (संयम)

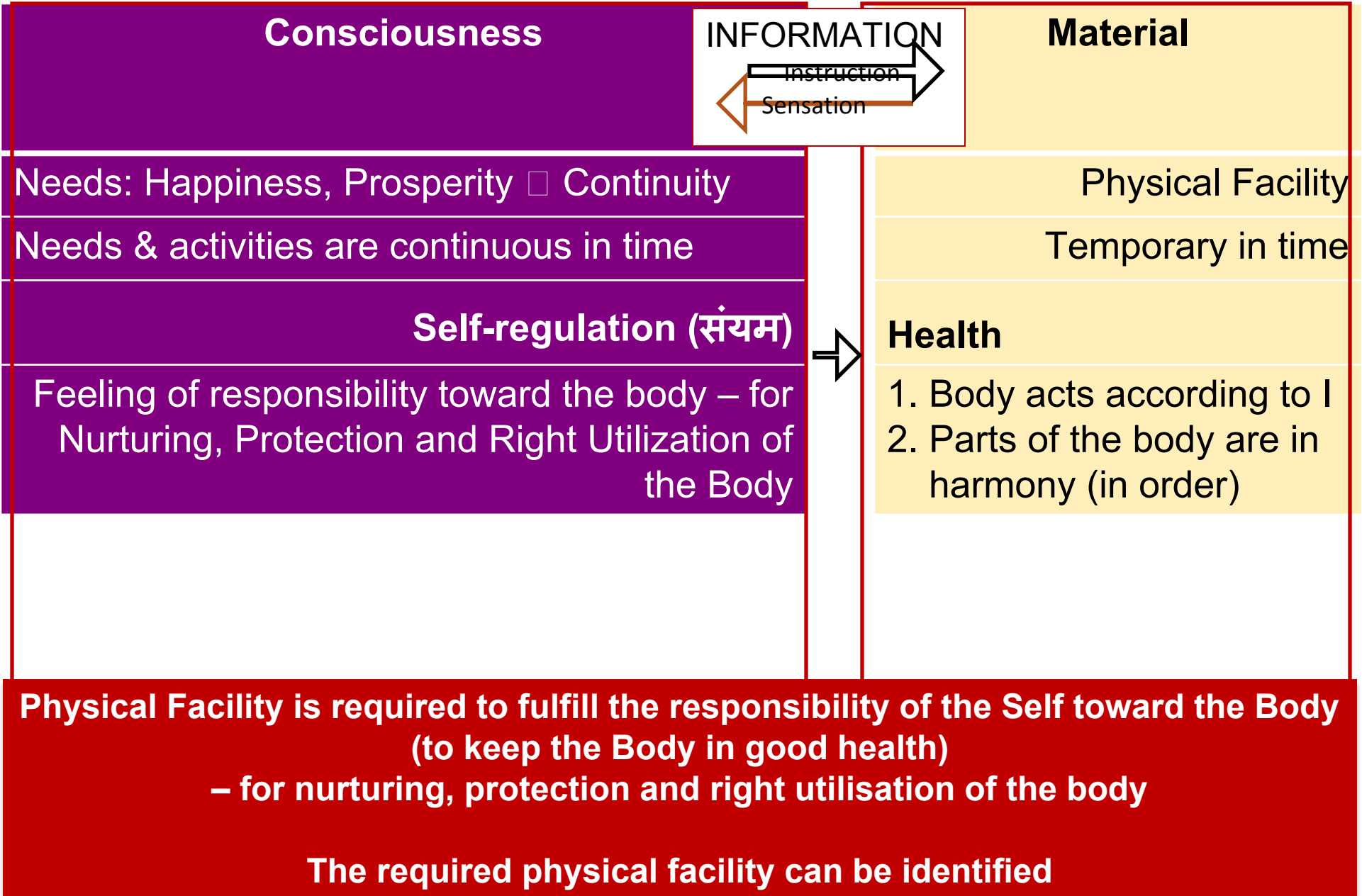
Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
the Body

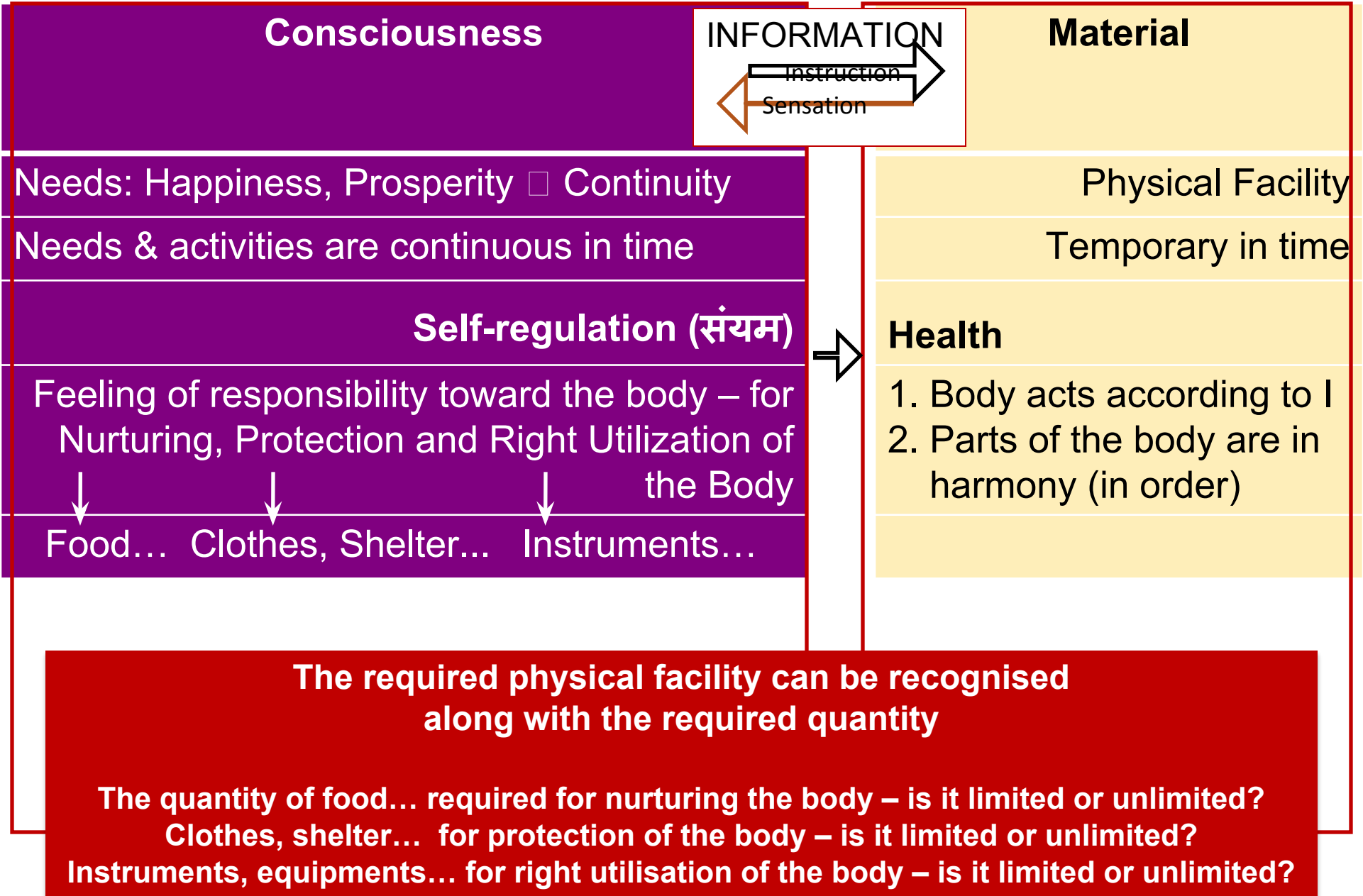
**Self is central to human existence**

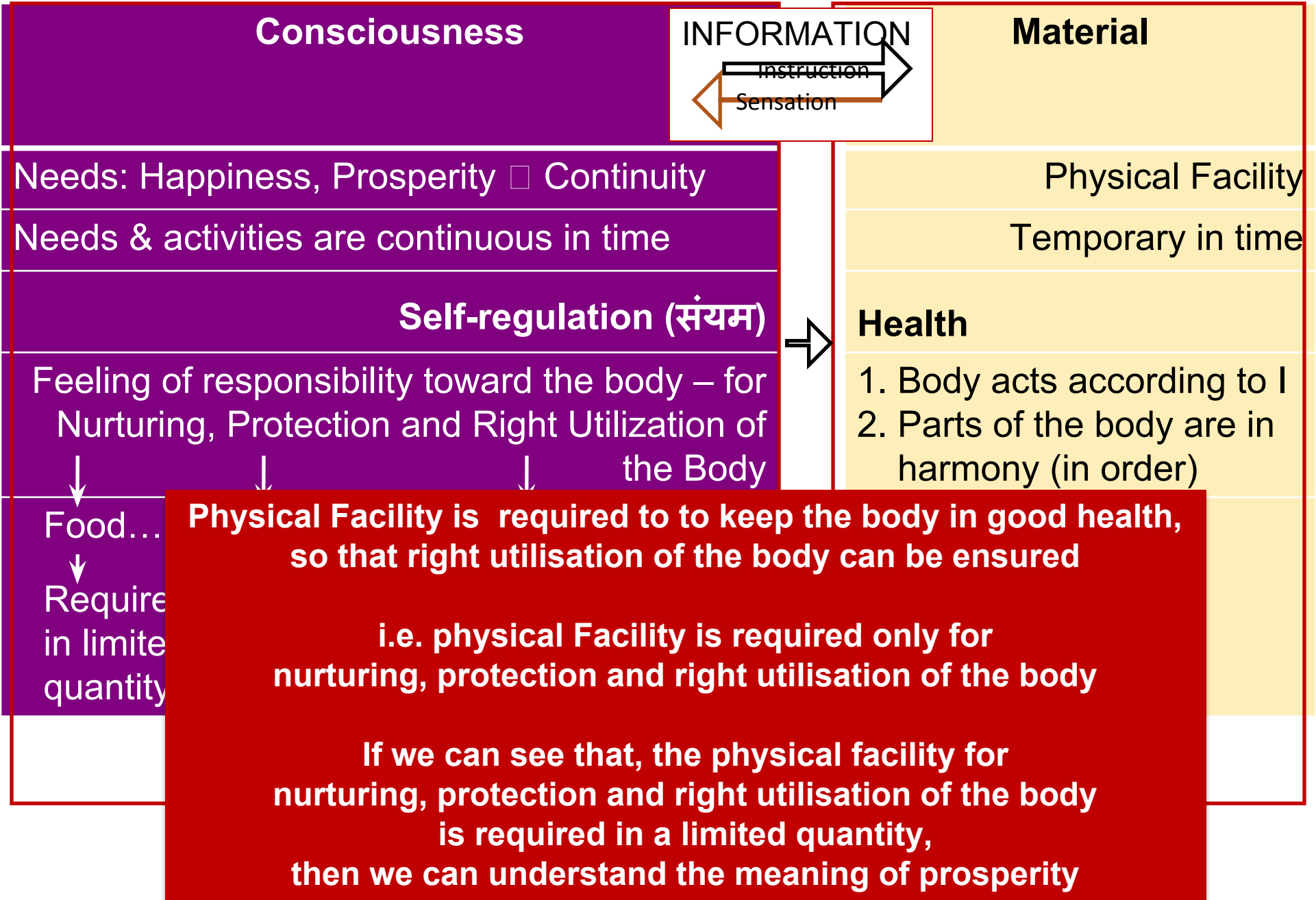
Physical Facility

Temporary in time

**Body is  
an instrument of the Self**







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 (le`f))

Prosperity – The feeling of having / producing more than required Physical Facility  
2 1

le`f) & vko”;d lqfo/kk Is vf/kd dh miyfC/k@ mRiknu dk Hkko  
1 2

1 – Identification of required physical facility (including the required quantity) – with right understanding

vko”;d lqfo/kk dk fu/kkZj.k & lgh le> Is

2 – Ensuring availability/ production of more than required physical facility – with right skills

vf/kd dh miyfC/k@ mRiknu] HkkSfrd jklk;fud oLrqvksa dk & lgh gquj Is

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

le`) O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS

nfjnz “ laxzg “ “ “kks"k.k “ “ “ “



In a previous session, we had seen that we can observe two categories of human beings

**blhfy, vHkh nks rjg ds euq”; fn[kkbZ nsrs gSa&**

1. Lacking physical facility, unhappy deprived (**lqfo/kk foghu nq[kh nfjnz** )
2. Having physical facility, unhappy deprived (**lqfo/kk laiUu nq[kh nfjnz** )

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 – **tcfd ge gksuk pkgrs gSa&**

3. Having physical facility, happy prosperous (**lqfo/kk laiUu lq[kh le`**))

This is possible only with

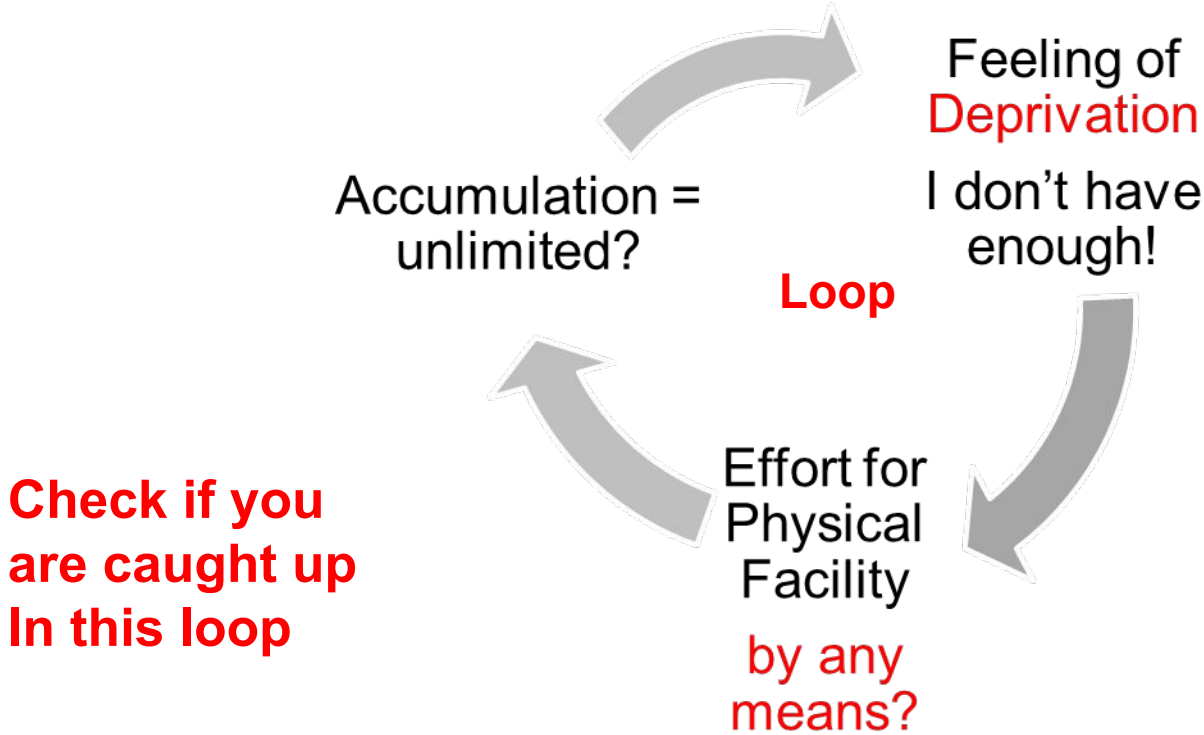
- a- the right identification of required physical facility and
- b- availability / production of more than required physical facility





Gross Misunderstanding 1 – Human Being = Body

Human Being Ekkuo	Self (I) eSa	=	Body “kjhj	✗
Need vko’;drk	Respect lEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSlS&Hkkstu] diM	✗
	Continuous fujUrj	=	Unlimited vlhfer	✗



↓

Accumulation of Physical Facility – Unlimited! ✗

Lqfo/kk laxzg & vlhfer!

↓

Deprivation nfjnzrk ✗

## Gross Misunderstanding 2 – Resources are less than our need

**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**

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 1/3<sup>rd</sup> 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>



# Right Utilisation of Physical Facility

Indulgence – Happiness from sensation

Renunciation

Right Utilisation – Relationship, Order

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

Self is central to human existence, the Body is used as an instrument

The nurturing, protection and right utilisation of the Body is the responsibility of the Self

Physical facility is required to fulfil that responsibility towards the Body

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



# FAQs for Lecture 11

Harmony of the Self with the Body

# Questions

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?
- Why do we need “more than required” physical facility to feel prosperous?
- It is said that “desires are unlimited, resources are limited”. So how can there be prosperity?
- ...



# Self Reflection



- Now with the clarity of human being as co-existence of Self and Body, the needs can be more precisely identified and prosperity can be discussed with more definiteness
- While many questions regarding prosperity have been discussed in earlier lectures (particularly lectures 3, 5 and 6), we can revisit some of these questions and discuss few new questions

- Why do we need “more than required” physical facility to feel prosperous?

To ensure Prosperity-

1. We identify the required physical facility for the family (including the required quantity) – with right understanding
2. We produce more than the required physical facility using cyclic, mutually enriching process – with right skills
3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of Self-regulation
4. We share the rest for mutual fulfillment in relationship and for order in society – with a sense of responsibility in relationship
5. So that more is for sharing in relationship, not for indulgence or over-consumption.

- Can we really identify our need? How much money is really required- can we determine?

I am asking because prices keep changing and there is no guarantee that we will not have some accident or some illness where we don't know how much the treatment will cost. We have to include insurance for all these contingencies...

We can certainly identify the need of physical facility for nurturing, protection and right utilisation of the body as discussed in the session.

However, when we try to convert it into money or any currency, there may be problem because the terms of exchange of physical facility with respect to money (or currency) is defined by the human being, by the prevailing norms in the society. In societal setup where there is unequal terms of exchange (therefore injustice) then certain physical facility may be assigned low price and certain other facilities may be assigned very high price. Even knowledge and feeling which is the activity of consciousness can become a mode of getting money.

Continued...

## Response (continued)

If value in terms of money assigned to a particular facility is not defined on the basis of labour that has been put up in producing that facility and its utility then any value can be assigned to the physical facility depending upon the prevailing norms of the society.

Example- Cost of a bread may be 1 rupee when you have to prepare it in home but it may cost 10 rupees or even 100 rupees when you are in a restaurant.

When I was studying at IIT Kanpur, Education fee was 250 rupees per semester, now it is around 1 lakh.

As far as your health problem is concerned, you will never be able to decide how much money will be required, so even insurance will not work.

And when you talk about health, are you talking about keeping your body healthy or getting treatment

One fundamental question regarding insurance is that whether the assurance is in accumulation of physical facility or in relationship and societal system.

# Response (continued)

Body	Physical Facility	Money (Currency)	Digital
	currency... <b>Terms of Exchange between</b> - PF ... Currency - currency 1 ... currency 2 (now even Knowledge and currency)		
Possible to identify qty In terms of PF	Difficult to identify amount of money as indefinite, unequal terms of exchange...		
Existential realities	Construct of human being		
Governed by Existential laws Universal, Definite...	Governed by Prevailing man-made regulations Vary from place to place, indefinite...  (made by human beings with right understanding, right feeling?) (or by people with assumptions, feeling of opposition...?)		

- It is said that “desires are unlimited, resources are limited”. So how can there be prosperity?

- Desires, if we understand properly, is definite i.e., continuity of happiness and prosperity.

The amount of physical facility required for ensuring prosperity is limited and can be identified.

Availability of resources in nature and capacity to produce in human being is more than what is required.

Therefore, prosperity is possible for everyone.

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

- We certainly need development, but, for what? For satisfaction, for fulfillment, isn't it? How can there be a development which is against satisfaction?

The problem today is that we have not been able to define our need with definiteness, therefore, there is no completion point, it is undefined, open ended. Now, irregard if whatever we achieve, we remain dissatisfied.

As a result, development has no completion point, it is undefined, open ended; we are moving forward but, we don't know where we want to reach- no clarity about the goal and therefore, the development today is directionless.

...continued



## Question(s):

## Response

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

...continued

We need to work out a process of development with a well defined goal and definite direction. This is what we are trying to do.