



UHV-II: Universal Human Values – Understanding harmony and Ethical Human Conduct

Module 2 – Harmony in the Human Being

Module 2 – Harmony in the Human Being (6 lectures and 3 tutorial/ practice sessions)

Lecture 7: Understanding Human being as the Co-existence of the Self and the Body

Lecture 8: Distinguishing between the Needs of the Self and the Body

Tutorial 4: Practice Session PS4 *Exploring the difference of Needs of Self and Body*

Lecture 9: The Body as an Instrument of the Self

Lecture 10: Understanding Harmony in the Self

Tutorial 5: Practice Session PS5 *Exploring Sources of Imagination in the Self*

Lecture 11: Harmony of the Self with the Body

Lecture 12: Programme to ensure self-regulation and Health

Tutorial 6: Practice Session PS6 *Exploring Harmony of Self with the Body*



Lecture 7

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

About this Material and Effort on Universal Human Values

It has been prepared by UHV TEAM (uhv.org.in)

This work is licensed under CC0 1.0.

To view a copy of this license, please visit <https://creativecommons.org/publicdomain/zero/1.0>

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 – Self and Body

Harmony in the Family

Harmony in the Society

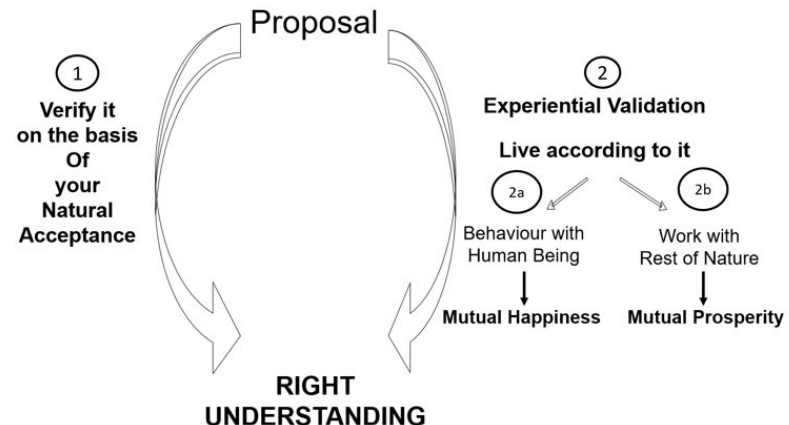
Harmony in Nature/Existence

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
Ekkuo

Self
eSa

Co-existence
IgvmLrRo

Body
“kjhj

<div> <div>Human Being Ekkuo</div> <div> Self eSa <div> Co-existence IgvfLrRo </div> </div> <div>Body “kjhj</div> </div>		
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 lkef;d
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½

- 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?



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 lkef;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		

The needs of th

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?



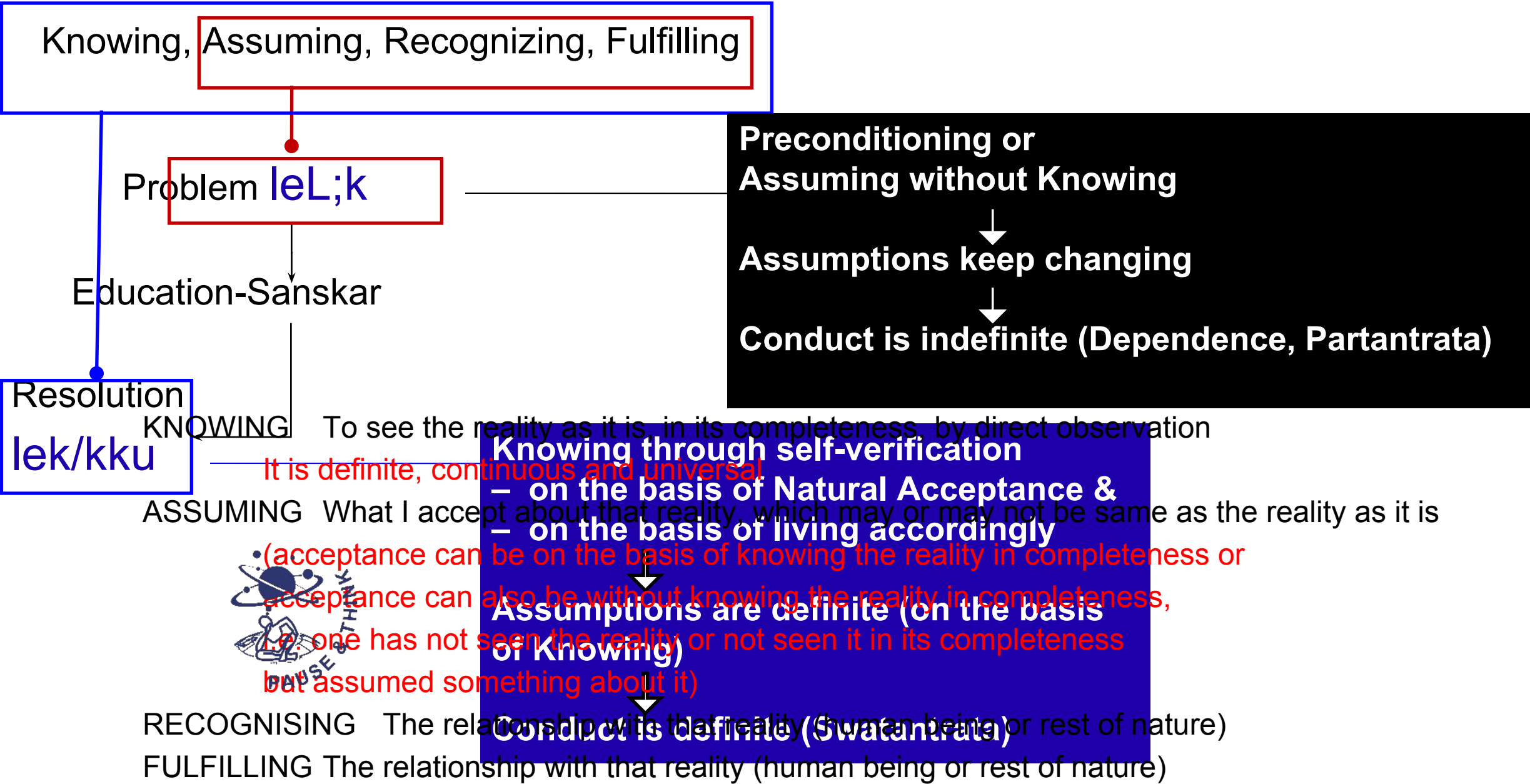
Human Being Ekkuo		Self eSa	Co-existence IgvfLrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSIs IEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSIs Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (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		

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 [kkuk] ekuuk] igpkuuk] fuokZg djuk	Recognising, Fulfilling igpkuuk] fuokZg djuk		

* Assuming or Accepting

* Assuming or Accepting

Knowing & Assuming (Accepting)



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		

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		

Human being is the co-existence of the Self and the Body

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)



Self Reflection



FAQs for Lecture 7

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

Questions

- The Body is tangible but I can't see the Self. It seems so intangible. How can we see the self? or do we have to assume it only?
- There is no talk of Self in Science, Medicine or Biology or Neuroscience etc. Then how can you talk about Self so authentically? What is the need to separate them?
- I don't think while sleeping. So, the activities of the Self should be also temporary, isn't it?
- Recognizing is taking place in Self as well as Body. What is the difference between these two?
- ...



Self Reflection

- The Body is tangible but I can't see the Self. It seems so intangible. How can we see the self? or do we have to assume it only?
- Body is tangible- to whom- self or body? How do you see the body? By observing the form of the body, then close your eyes and see if you can still feel that body is there. How do you feel that body is there? By observing the sensation from the body, now who is observing the sensation- self or body? Now, we can see that it is the self who is feeling the sensation and deciding that the body is there, similarly, it is the self who is seeing the form of the body and deciding that the body is there. So, now who is more authentic- self or body, is self authenticating that body is there or otherwise? Certainly, self is more authentic and it is authenticating that body is there.

- There is no talk of Self in Science, Medicine or Biology or Neuroscience etc. Then how can you talk about Self so authentically? What is the need to separate them?

- What we are saying is that every one of us can authenticate for himself that self is there; in fact, one can authenticate that he is the self in co-existence with the body and not just the body. If science includes this self, consciousness in its subject of study, it will be able to understand human being better than it is able to do today. So is the case with Medicine or Biology or Neuroscience etc.
- When we are alive, we can certainly see that self is there and it is using the body as an instrument, body does what self wants the body to do. Further, we can see that the need and activities of the self are continuous while that of body are temporary; this points towards the possibility of self being continuous while body being temporary. But, i will leave it open for you to reflect for the time being,

Some Implications of Perceiving/ Assuming Human Being = Body

Happiness is sought through

- sensation (through the body)
- getting the right feeling (like respect...) from the other

As a result

- The body is harmed due to excessive consumption or over indulgence to get favourable sensation
- Continuity of happiness can not be ensured
- There is a major impact on family, society, nature...

A large number of diseases are psychosomatic in nature

e.g. Over eating, consumption of "junk food" etc. for happiness - causing obesity and ill health

The lack of feeling (resulting in unhappiness) causes physical symptoms

The environment (family, society, nature...) is not a major concern or it is exploited

- Is there any strict boundary between the two? Is the Self inside the Body?
 - How are Self and Body connected?
- I think that this issue calls for lot of self-exploration before we can discuss about it. Only when we develop the capacity to see the self, the body and the interaction between the two that we will be able to sense of the response.
 - Transaction between the self and body is in the form of information. Self is giving some instruction to body (to eat for example) and self is reading some sensation (sensation of pain for example) from the body. We will discuss this in detail in later lectures. Two questions can be asked –
 - What is the transaction between the Self and the Body?
 - What is the basis for this?

Activities of the Self	Body	In the Body with involvement of Self
------------------------	------	--------------------------------------

Thinking

Digesting Food

Walking

Breathing

- I don't think while sleeping. So, the activities of the Self should be also temporary, isn't it?
- Are some of the needs of the Body also continuous? I always need air and water.
- Do you dream while sleeping? Does dream include thinking? Now,, try to be aware of your imagination when you are awake, then slowly you can be aware of your imagination even when you are asleep, then you will be able to verify whether you are thinking while sleeping or not.
- Needs and activities of the body are temporary. We breathe in and then breathe out, both breathing in and breathing out are temporary.

- | | |
|--|--|
| <ul style="list-style-type: none">• We do say that I got less respect than the other (on a particular occasion). So isn't respect also quantitative? | <ul style="list-style-type: none">• When we start focussing on the expression of the feeling of respect, it becomes more or less; e.g. One is presented with a flower while the other is not. However if focus on the feeling itself, we can see that either there is feeling of respect or not, nothing in between. |
| <ul style="list-style-type: none">• Can you explain more about this desire etc.? | <ul style="list-style-type: none">• We will do this as we proceed further in this section. |
| <ul style="list-style-type: none">• How are the activities of the Body and Self connected? | <ul style="list-style-type: none">• I have already given some hint when i said that Self is giving some instruction to body (to eat for example) and self is reading some sensation (sensation of pain for example) from the body. However, we will elaborate on it as we proceed further. |

Question(s) 3: Response of Self and Body Response

- Recognizing is taking place in Self as well as Body. What is the difference between these two?
- What is the difference between knowing, assuming and recognizing?
- If I know, I don't need to assume. Right? What is the role of assuming after knowing?
- In case of self, its recognising depends upon assuming as already mentioned.
- Knowing is to the reality as it is, in its completeness, assuming is some acceptance about the reality which may or may not be same as the reality as it is. Recognising has to do with recognition of my relationship with that reality.
- Assuming is used in the sense of my acceptance; this acceptance may be based on knowing or without knowing.

- What is the meaning of definite conduct here?
- Definite conduct here means that our feeling in relationship has become definite, e.g. feeling of respect; its expression may still have variety. So, there is space for creativity in expression of the feeling in definite conduct.