



# 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

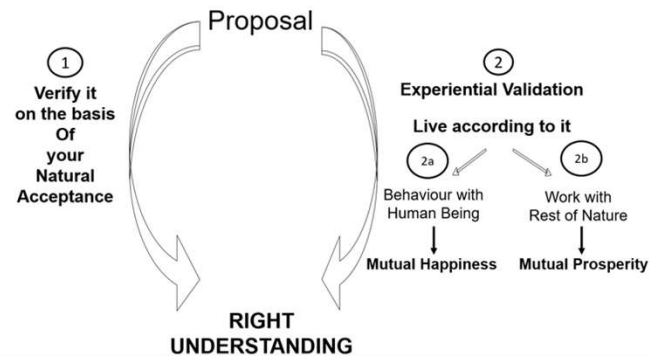
Harmony in Nature/Existence

## 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

- What do you visualize when you read the words human being?
- Is your imagination as: human body with its familiar form and features.
- Is a human being just the Body or something more than that?
- The proposal is that human being is the co-existence of the Self and the Body.



## The Needs of the Self and the Body

- The need of the Self is happiness.
- Need of the Body, it is physical facility.

Human Being	Co-existence	
	Self	Body
Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)

- Do you think, one can be replaced by the other?

- 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?**

## Needs – Are they Temporary or Continuous?

- One of our friends came to visit with his ten-year old daughter. A conversation was taking place. At one point someone asked her “does your father love you”? She was silent for a few minutes. The person asked “Does he not love you”? She looked at him and said “he loves me but, why does he shout at me and beat me”? Taken aback, the friend defended himself by saying “I have scolded you few times, but I haven’t beaten you, have I”? Her response was, “remember, the night before Diwali... two years ago”.
- Since feeling/respect is needed in continuity, even a small gap is not acceptable.

- All the needs related to the Self, like the need for respect, the need for trust, the need of relationship, the need of happiness – all these are continuous in time
- All the needs related to the Body, like the need for food, the need for shelter – all these are required for a limited time.
- Any physical facility is required in a limited quantity.
- the feeling of respect, trust, etc. is not quantitative
- The needs related to the Body depend on the age, health condition, shape and size of the Body, the needs of the Self are definite.
- Activity of the Body is not continuously, any activity of the Self is continuous

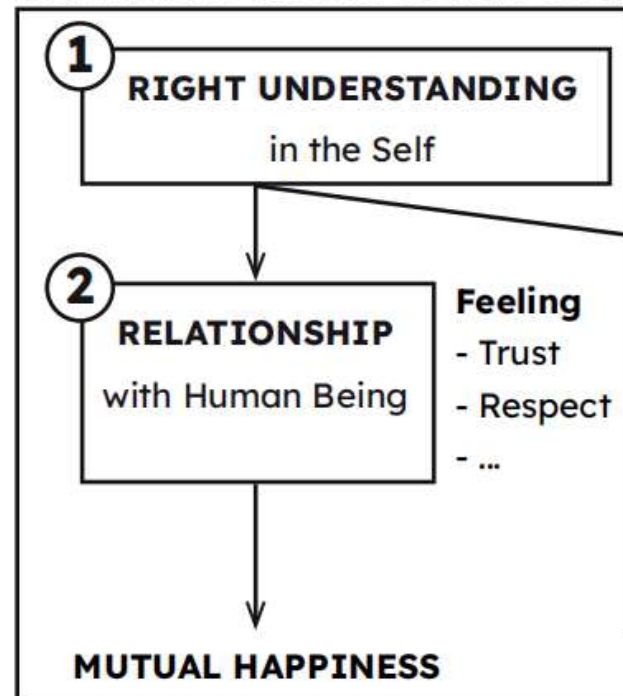
## Fulfilment of the Needs of the Self and the Body

- All the needs related to the Body, which are in terms of physical facility, are fulfilled by some physio-chemical things. All the needs related to the Self are in terms of feeling, and they are fulfilled by right understanding and right feeling.

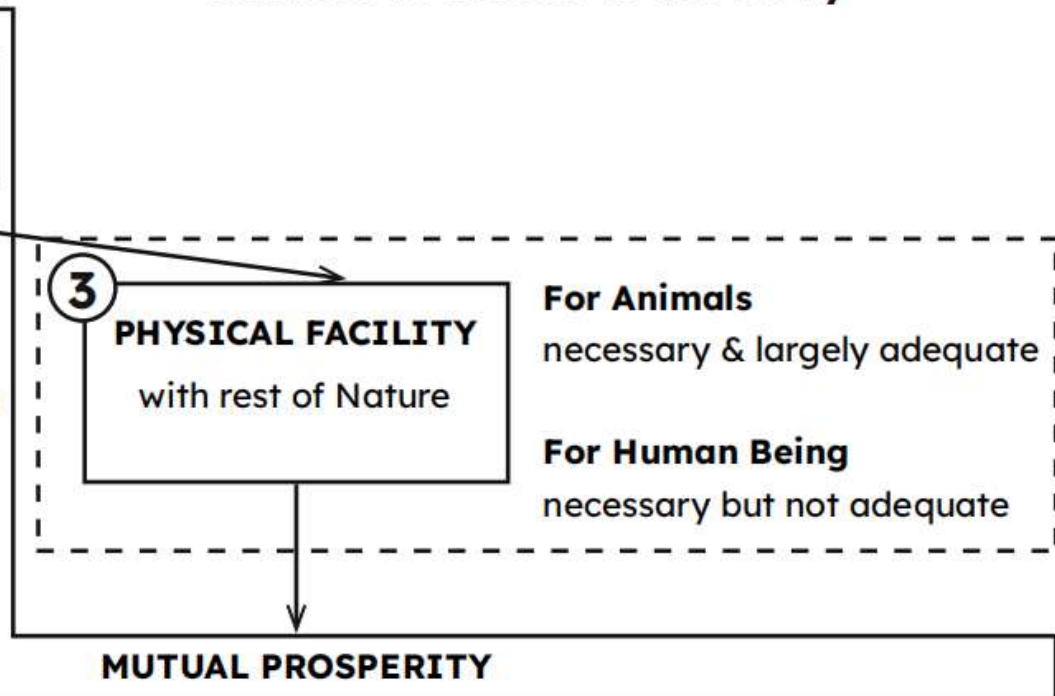
Human Being	Co-existence	
	Self	Body
Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things



## Related to Needs of the Self



## Related to Needs of the Body



It is necessary to fulfil both types of needs for fulfilment of human being

## Response of the Self and the Body

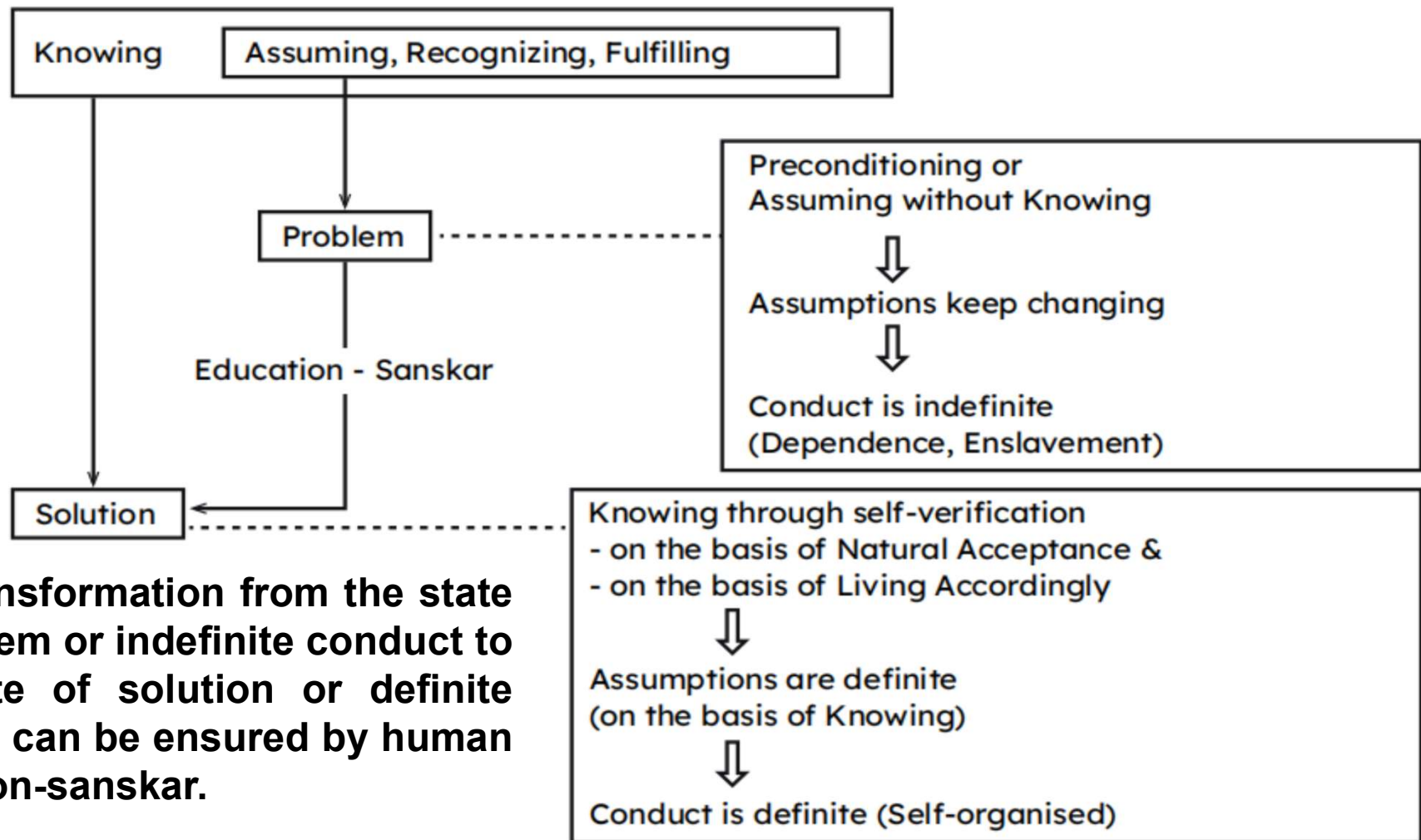
- The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling
- The recognition and fulfilment of the Body will be the same
- The recognition and fulfilment of the Self depends upon the assumption.
- The assumptions keep changing based upon the influence of circumstances, peer pressure, society, media, etc.; our recognition and fulfilment, our conduct also keeps varying throughout the day.

- if you observe people around you, they have various assumptions in themselves, many a times, not based upon right understanding but influenced by the sensation, media, advertisement, preconditioning prevailing in the society, etc.
- Due to differences in assumption, their recognition and fulfilment is different. Hence, there is a lot of difference in the conduct of various people.

## The Response of the Self and the Body

- The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling

Human Being	<div>Self ← Co-existence → Body</div>	
	Response	
	Knowing, Assuming, Recognising, Fulfilling	Recognising, Fulfilling



**This transformation from the state of problem or indefinite conduct to the state of solution or definite conduct can be ensured by human education-sanskar.**

## The Self as the Consciousness Entity, the Body as the

- The need, fulfilment, activity and the response of Self and Body are completely different. They are two different types of reality – the Self (which is also called as Jeevan) is the domain of consciousness, while the Body is the domain of material.
- The domain of consciousness is characterised by the activity of knowing, assuming, recognising and fulfilling.
- The domain of material only has the activity of recognising and fulfilling.

<b>Human Being</b>	<div> <div>Self</div> <div>Co-existence</div> <div>Body</div> </div>	
<b>NEED</b>	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
<b>In Time</b>	Continuous	Temporary
<b>In Quantity</b>	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
<b>Fulfilled By</b>	Right Understanding & Right Feeling	Physio-chemical Things
<b>ACTIVITY</b>	Desire, Thought, Expectation...	Eating, Walking...
<b>In Time</b>	Continuous	Temporary
<b>RESPONSE</b>	Knowing, Assuming, Recognising, Fulfilling	Recognising, Fulfilling
	↓ <b>Consciousness</b>	↓ <b>Material</b>

# Gross Misunderstanding

**Assumption: Human Being = Body**

Needs of human being = Physical facility and Feelings **X**

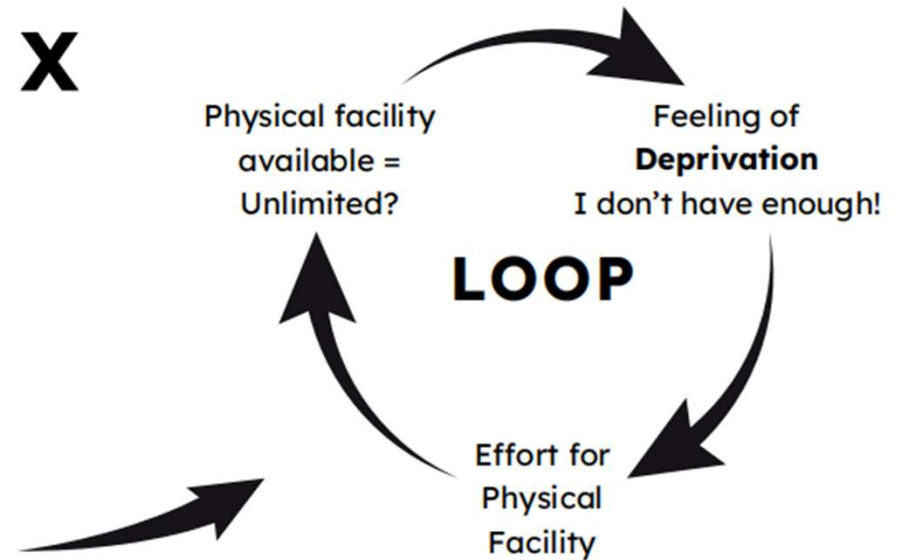
Need for feeling (like respect) is continuous



All needs are fulfilled by physical facility **X**  
(E.g., clothes, house, car... will fetch respect)



**Physical facility required = unlimited! X**





## 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



# **Distinguishing between the Needs of the Self and the Body and Understanding of Harmony in self**

## 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

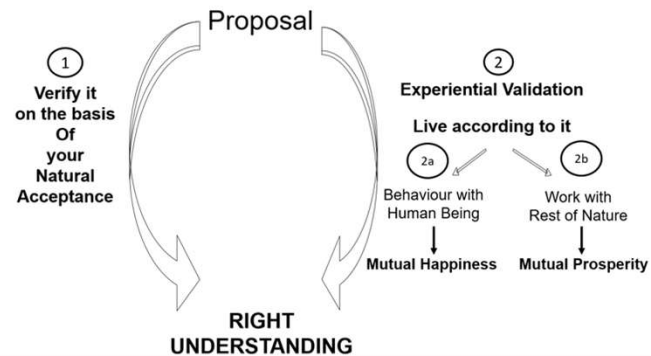
Harmony in Nature/Existence

## Process of Understanding

### Self Exploration

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

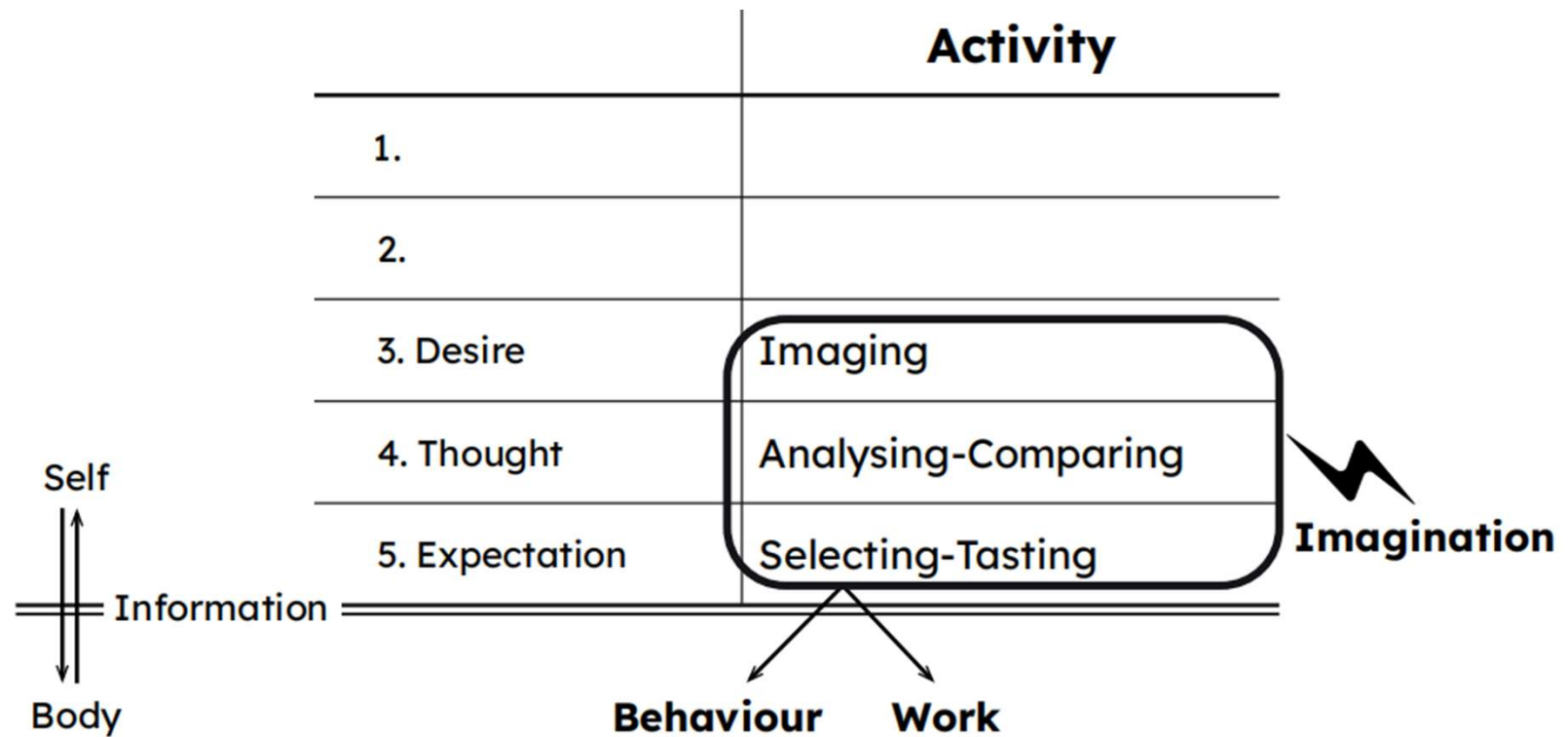
**Verify** it on your own right



Who am I?  
What is my  
purpose?



# Activity of Self



- **Desire: What I want to be My feeling within**
  - **Thought: How to go about it, How to ensure fulfillment of the feeling (its details)**
  - **Expectation: What I have to do outside for expression of the feeling**
- 
- Desire is about 'what to be' and thought is about how to fulfil the desire, 'how to be' and expectation is about 'what to get from outside'.

## Possible Sources of Imagination

- The seed or root of the imagination is the desire.
- desire – where is it coming from?
- “what is the motivation that is driving our imagination”?
- There are three possible sources of motivation for imagination:
  - 1. Preconditioning
  - 2. Sensation
  - 3. Natural Acceptance

- **Preconditioning:**

- It means the beliefs, notions, norms, ideas, views, assumptions, dictums, goals, etc. picked by oneself, or prevailing in the family, in the society which may influence our imagination.
- 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:**

- Sensation is the information we get from the Body through the five sense organs – of sound (through ears), touch (through the skin), sight (through the eyes), taste (through the tongue) and smell (through the nose).
- tasty-necessary → tasty-unnecessary → tasteless-unnecessary → intolerable

- **Natural Acceptance:**

- It is an authentic Source of Motivation for Imagination
- Self-verification on the basis of our natural acceptance can be the third possible source.
- 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, complementarity, not for opposition]

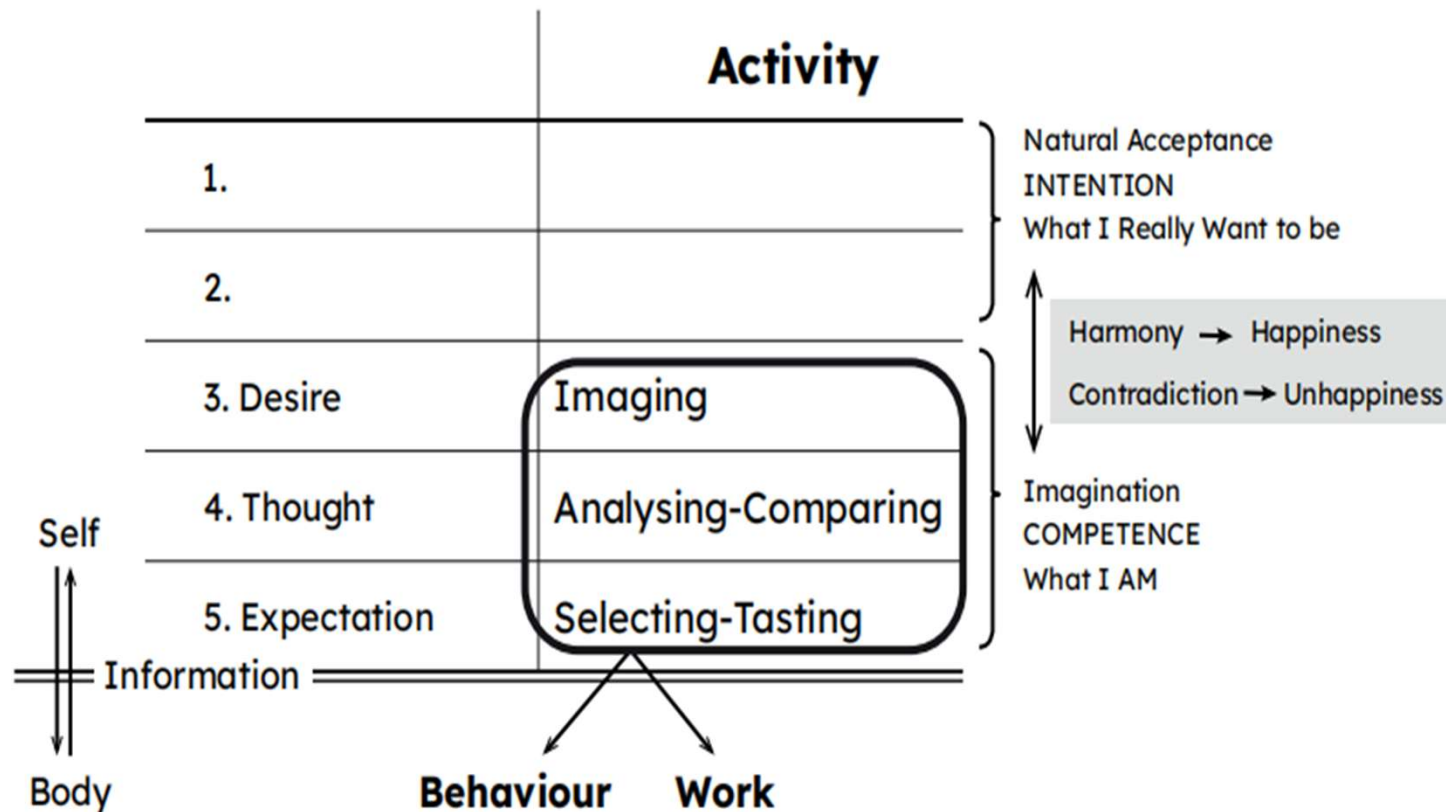
For Harmony                      [for mutual enrichment, not for exploitation- being in  
harmony within, and harmony with                      outside]

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



## Ensuring Harmony in the Self by way of Self-exploration

- The state of harmony within is 'harmony in the Self'; and it is desirable.
- Once we are in harmony within, we are self-organised, in a state of continuous happiness.
- To reach to this state, we need to:
- Know our natural acceptance.
- Be aware of our imagination
- Find out how much of our accumulated imagination is motivated by preconditioning, sensation and natural acceptance.
- Work out a way to sort out our imagination till it is fully in line with our natural acceptance, i.e., our desires, thoughts and expectations are in line with relationship, harmony and co-existence; and free of opposition, exploitation and conflict.



## 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

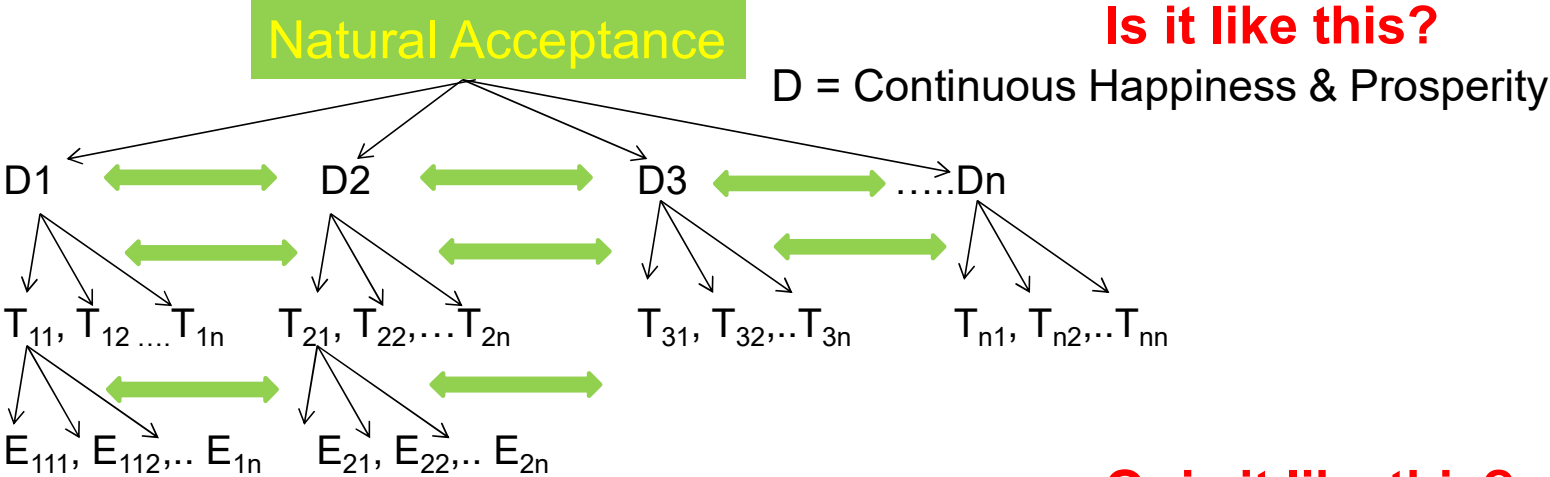
**Natural Acceptance:** Purpose or what to be, what to do as a human being. Leads to harmony (happiness) within, continuity is desirable, possible

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

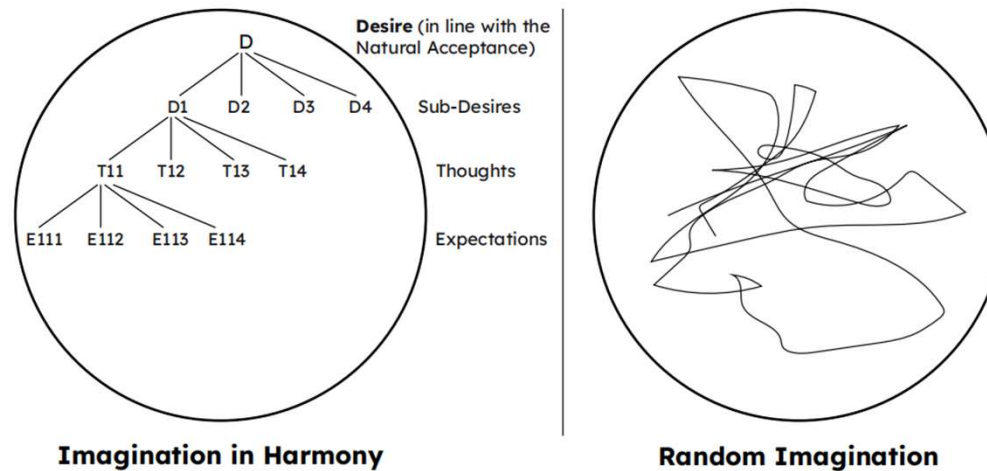
For Harmony      [for mutual enrichment, not for exploitation- being in harmony within, and harmony  
with      outside]

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

Content of Imagination in the Self

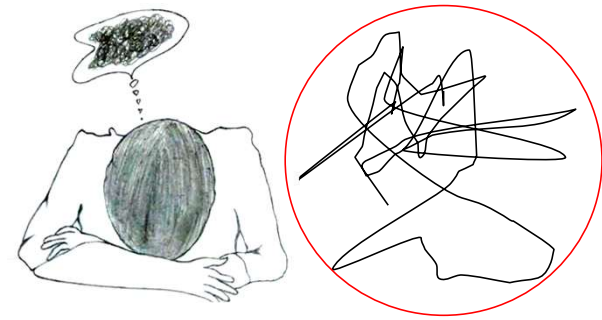


- Your imagination could be well organised, in harmony or it could be a random mixture of harmony and contradiction. It could be in harmony or in contradiction with your natural acceptance.



## 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

## 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



## 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

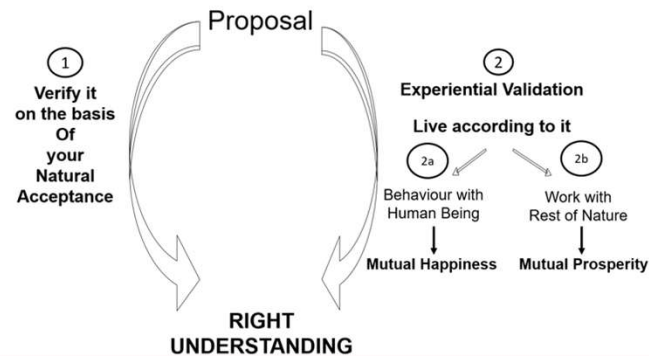
Harmony in Nature/Existence

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?



**Self**

**Body**

**Consciousness**

**INFORMATION**

Instruction

Sensation

**Material**

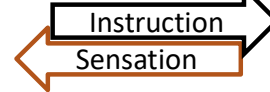
## Self

### Consciousness

I am

I want to live

### INFORMATION



## Body

### Material

My body is

My body is used as an instrument

## Self

### Consciousness

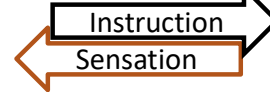
I am

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

### INFORMATION



## Body

### Material

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

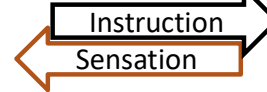
Production, protection and right utilization of physical facility is a part of my program

## Self

## Body

### Consciousness

### INFORMATION



### 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)

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

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



## 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

## Activity 3

- 1.How is human beings co-existence of self and body? write suitable example
- 2.Explain pre-conditioning, sensation, and natural acceptance? write suitable example
- 3.Analyze how needs of the self are continuous in time and limited in the quantity, while those of the body is not. explain it with suitable example
- 4.The need of self is qualitative whereas the need of the body are quantitative. Illustrate.
- 5.Distinguish between the needs of the self and the needs of the body. write suitable example

## Activity 3

- Take 10 list of desires. For each desire, identify the primary source of motivation (sensation, preconditioning or natural acceptance).

<b>Desire</b>	<b>Motivated by Preconditioning</b>	<b>Motivated by Sensation</b>	<b>Motivated by Natural Acceptance</b>

- write down your observations:
- a. What percentage (approximately) of your desires are motivated by your natural acceptance?
- b. What percentage (approximately) of your desires are motivated by Sensation?
- c. What percentage (approximately) of your desires are motivated by your Preconditioning



# **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

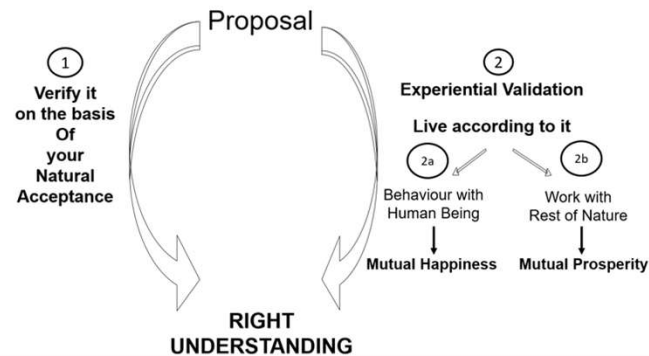
Harmony in Nature/Existence

## 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

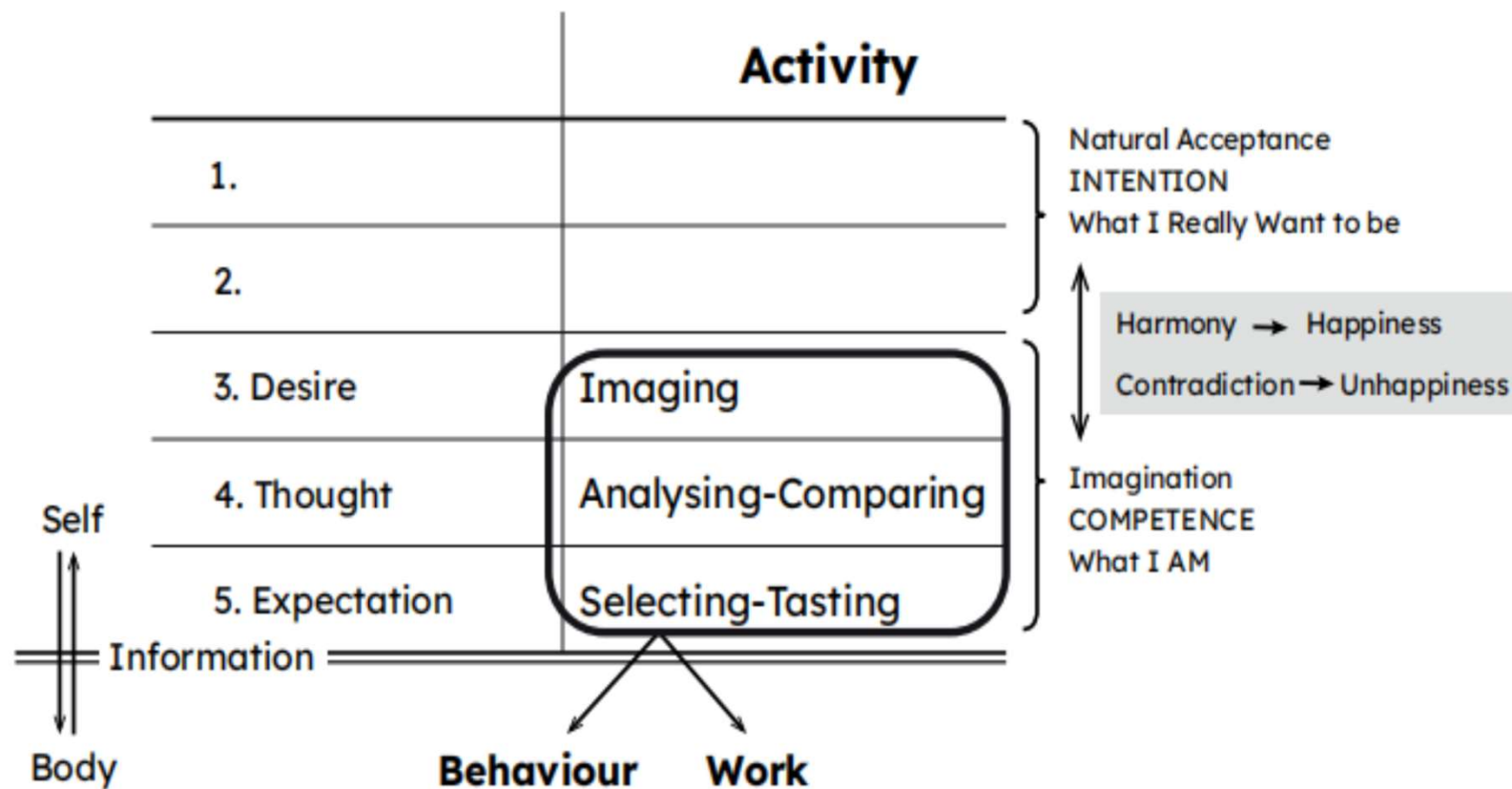


What is my  
role (value)  
with my Body?



## Ensuring Harmony in the Self by way of Self-exploration

- The state of harmony within is 'harmony in the Self'; and it is desirable. Once we are in harmony within, we are self-organised, in a state of continuous happiness. To reach to this state:
  1. Know our natural acceptance.
  2. Be aware of our imagination
  3. Find out how much of our accumulated imagination is motivated by preconditioning, sensation and natural acceptance.
  4. Work out a way to sort out our imagination till it is fully in line with our natural acceptance,



## 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.

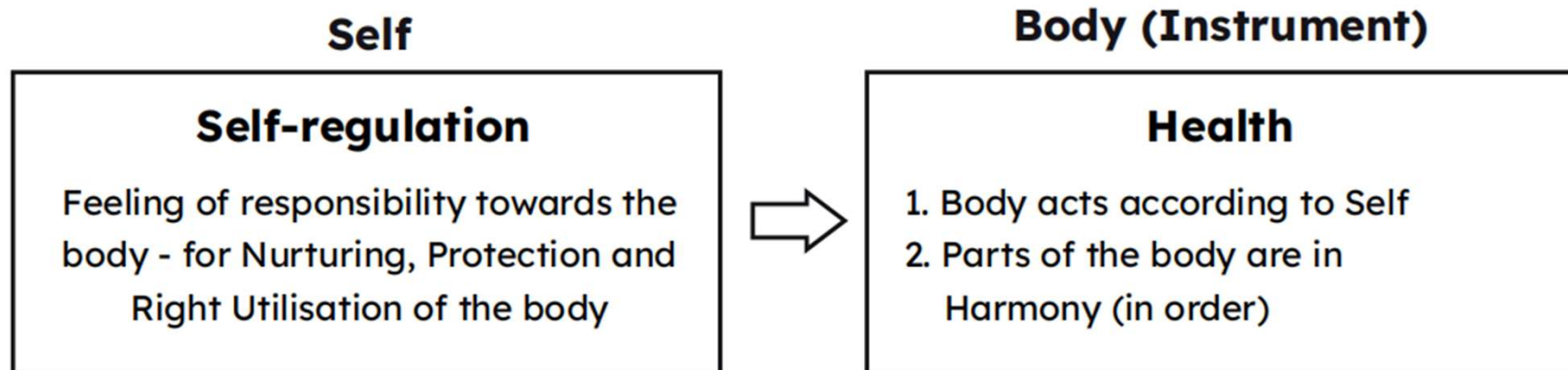
This will ensure health in the Body





## Harmony of the Self with the Body

- Our responsibility toward the Body is in terms of nurturing the Body, protecting the Body and rightly utilizing the Body.
- Nurturing the Body is by providing the right air, water, food, sunlight, etc.
- Protection is from unfavourable conditions.
- Right utilisation would mean using the Body for the purpose of the Self.
- The feeling of responsibility toward the Body is called as the feeling of self-regulation.
- This self-regulation is not restraining or controlling, but rather it is identifying the responsibility and having commitment towards the Body.



- Health of the Body =

1. The Body acts according to the instructions of the Self
2. The parts of the Body are in harmony (in order)

## Programme for self-regulation and Health

- How will the feeling of self-regulation in the Self be expressed?
- What will be the programme for maintaining health of the Body?
- A programme must necessarily include nurturing the Body, protection of the Body and right utilisation of the Body.
- Nurturing means providing the necessary inputs to it. The right inputs nurture the Body, without disturbing its harmony.
- The state of the Body, the inputs and the environment together could be a cause for disharmony in the Body.

## Nurturing the Body

- The Body is, by nature, a harmonious organisation.
- Nurturing means providing the necessary inputs to it.
- The right inputs nurture the Body, without disturbing its harmony
- The state of the Body, the inputs and the environment together could be a cause for disharmony in the Body.

## Programming to nurture the body

Programme for nurturing and maintaining health of the Body includes the following:

- 1a. Intake      1b. Routine
- 2a. Physical Labour      2b. Exercise
- 3a. Balancing internal and 3b. Balancing breathing of body external organs of body
- 4a. Medicine 4b. Treatment

# 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

and

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

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

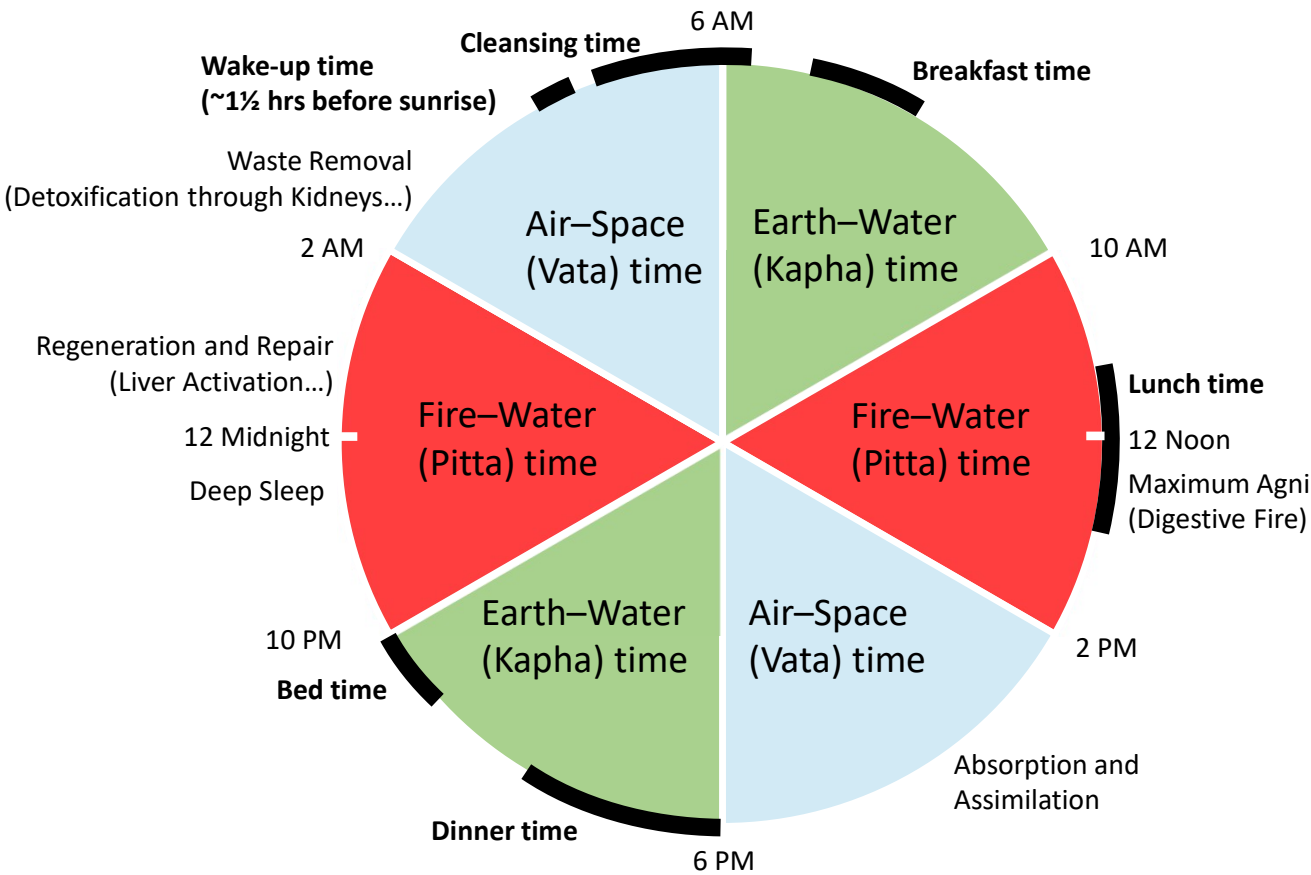
- Childhood – growth
- Youth
- Old age

(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:

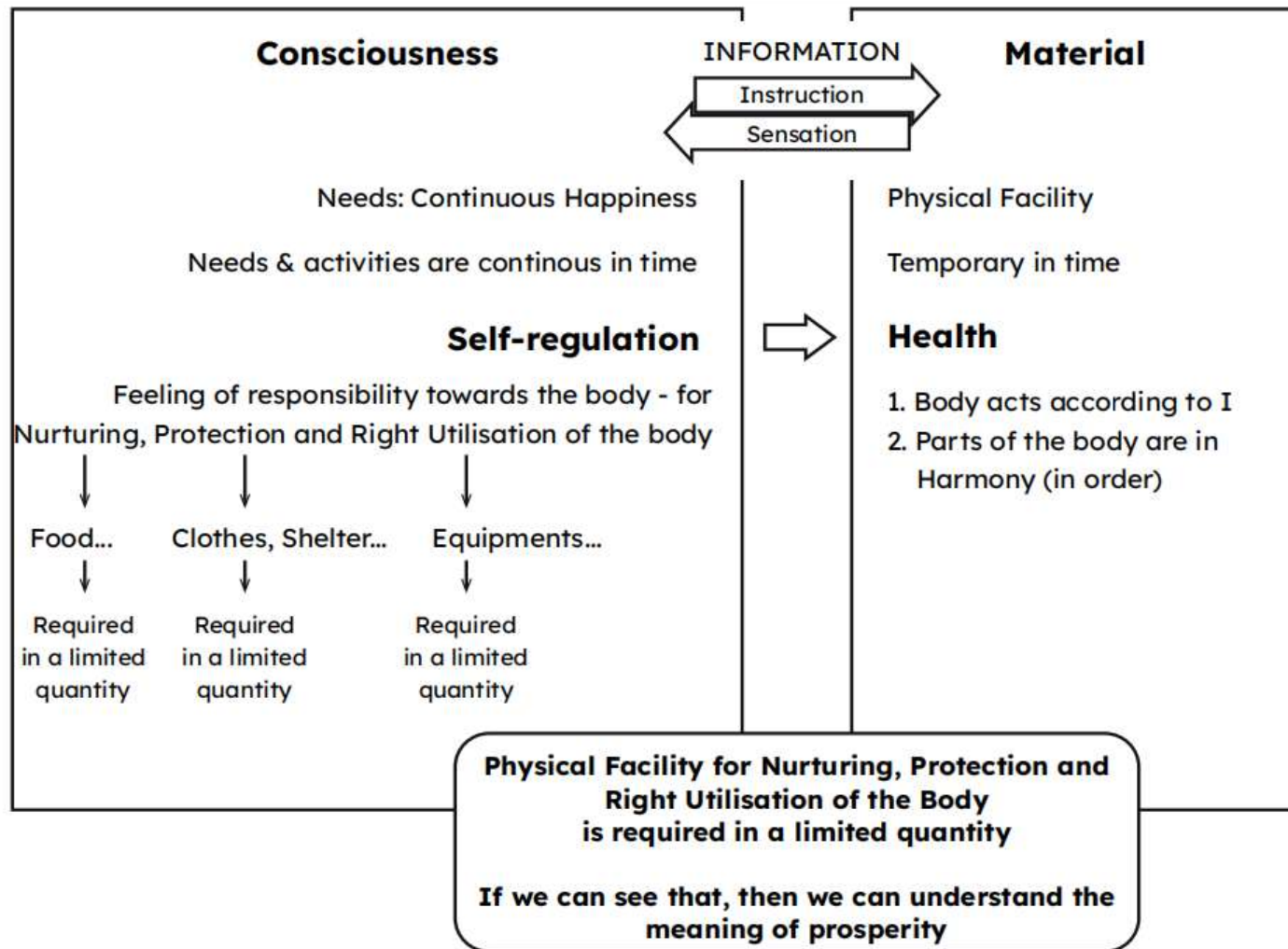
- Insulin
- Dialysis
- Ventilator

## Protecting the body

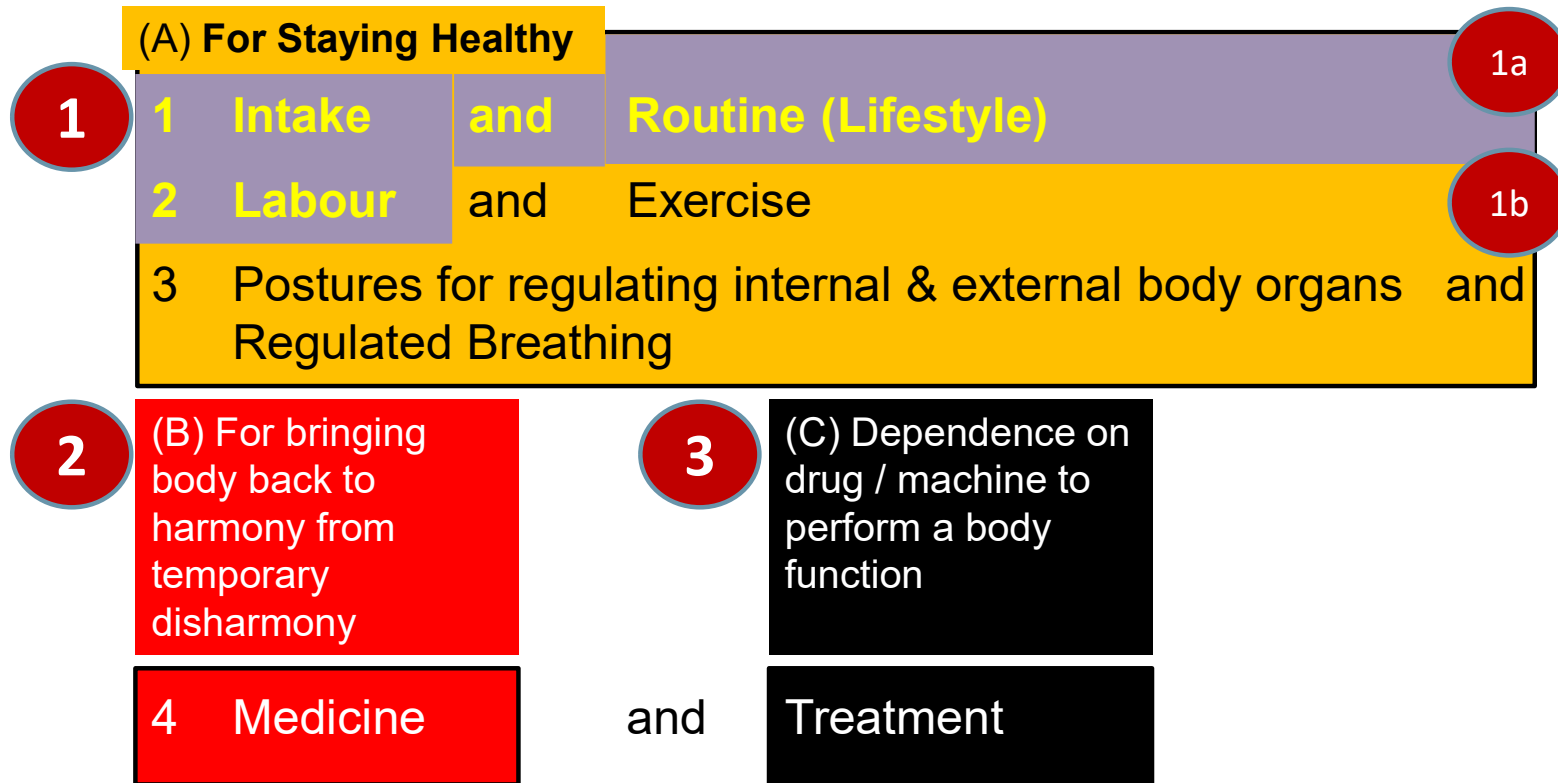
- Providing a conducive physical environment includes clothing, shelter, vaccinations, etc. is all a part of protection of the Body.
- Weather-appropriate clothing is required to protect the Body from excessive heat, cold, rain, etc.
- Shelter is required while the Body is resting.
- Vaccinations are necessary for developing antigens to protect the Body from viruses etc.
- Protecting the Body is largely to ensure that the Body does not deteriorate faster than its natural rate

## Right Utilisation of the Body

- Right utilisation of the Body would mean that it is used in the process of fulfilling human aspiration.
- It would mean using the Body for right understanding and right feeling.
- Right utilisation of the Body would also include work with rest of nature to produce physical facility, to protect it and to rightly utilize it.



## Program – Priority



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



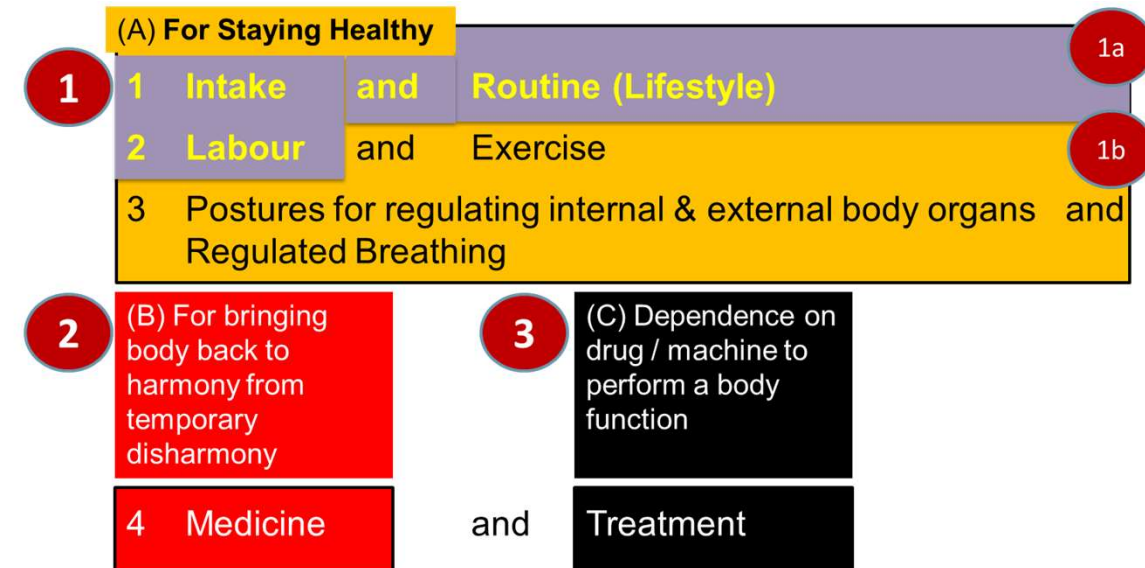


## Sum Up

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

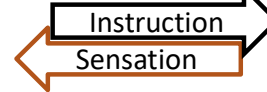


## Self

## Body

### Consciousness

### INFORMATION



### 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)

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

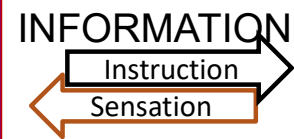
**The Self is  
central to human existence**

**The Body is  
an instrument of the Self**

## Self

## Body

### Consciousness



### Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

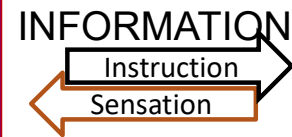
**Self is central to human existence**

**Body is  
an instrument of the Self**

## Self

## Body (Instrument)

### Consciousness



### Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

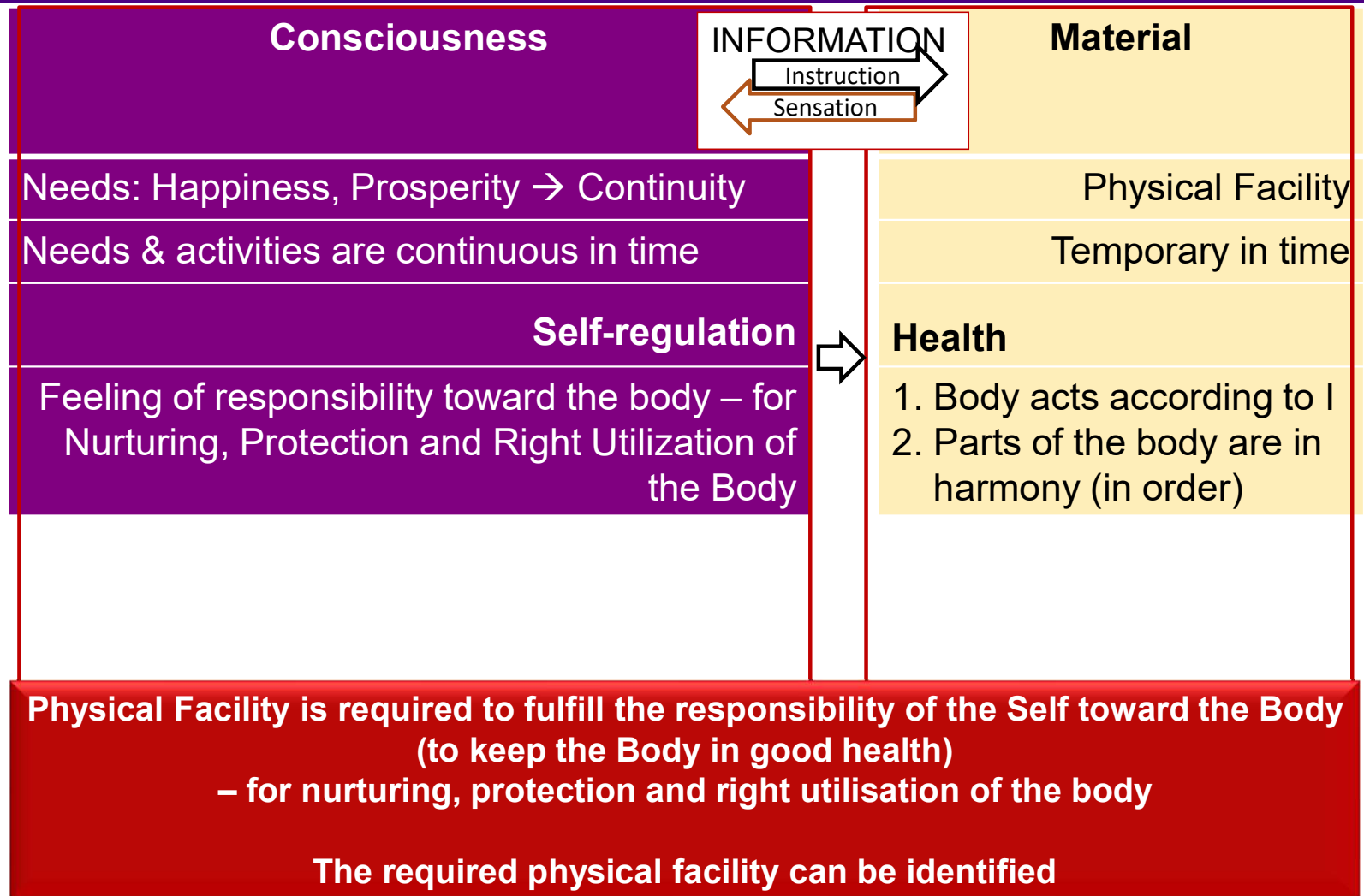
Temporary in time

### Self-regulation

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

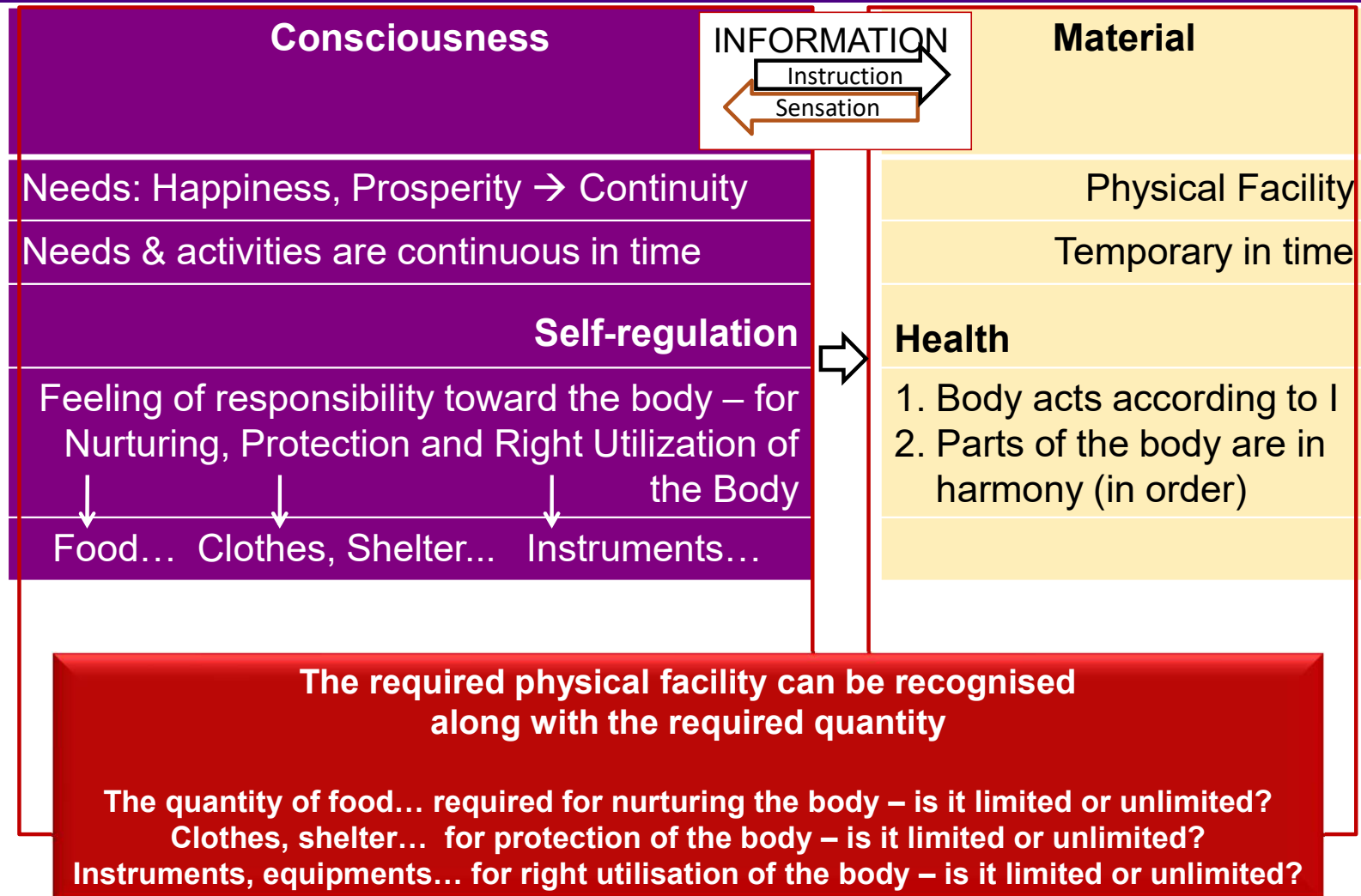
## Self

## Body (Instrument)



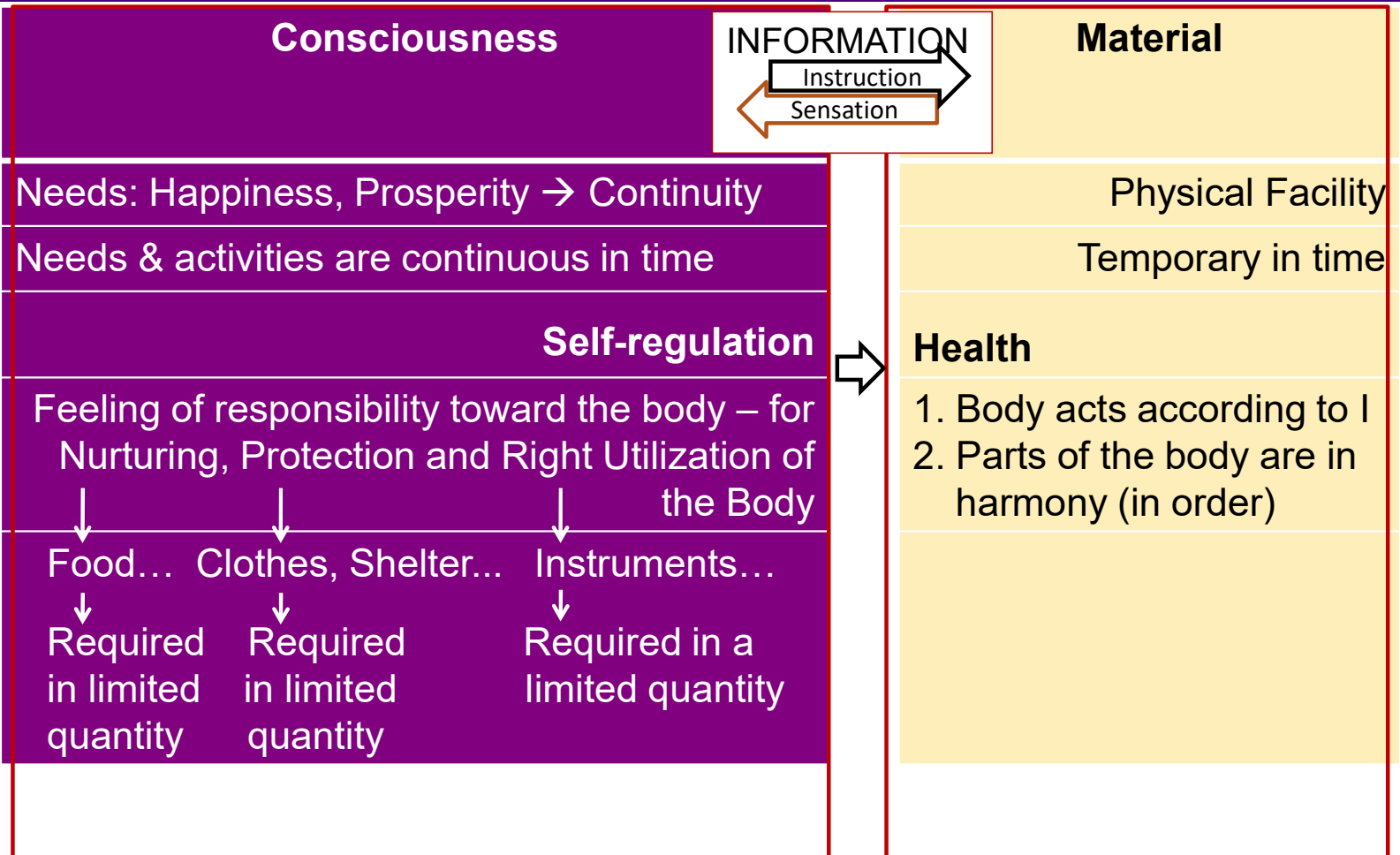
## Self

## Body (Instrument)



## Self

## Body (Instrument)



**Physical Facility is required to 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**



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?

## 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

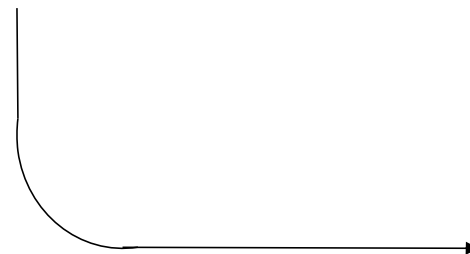


All needs are fulfilled by physical facility ❌

(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

## Gross Misunderstanding 2 – There is a Shortage of Physical Facility

**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 (11 May 2011)**

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>



## 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)