

Campus: PCE Course: B.TECH.
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Class/Section:
Name of Subject: HUMAN VALUES

Date:
Code: 103

UNIT II :- Understanding Harmony in the Human Being - Harmony in Myself

- It is important to understand what we are as human beings.
- Humans are regarded as the greatest living creature of God because of virtue of developed brain.
- Human being, a combined unit of body and soul so it is quite natural that there must be a perfect harmony between these two to live a happy & peaceful life.

When we are not aligned with HARMONY, we are not in balance.

BRING HARMONY WITHIN ONESELF:- In nature, as in life, we look to find a balance, a sense of harmony.

- Good humans, harmony means the gathering together in peace and friendship.

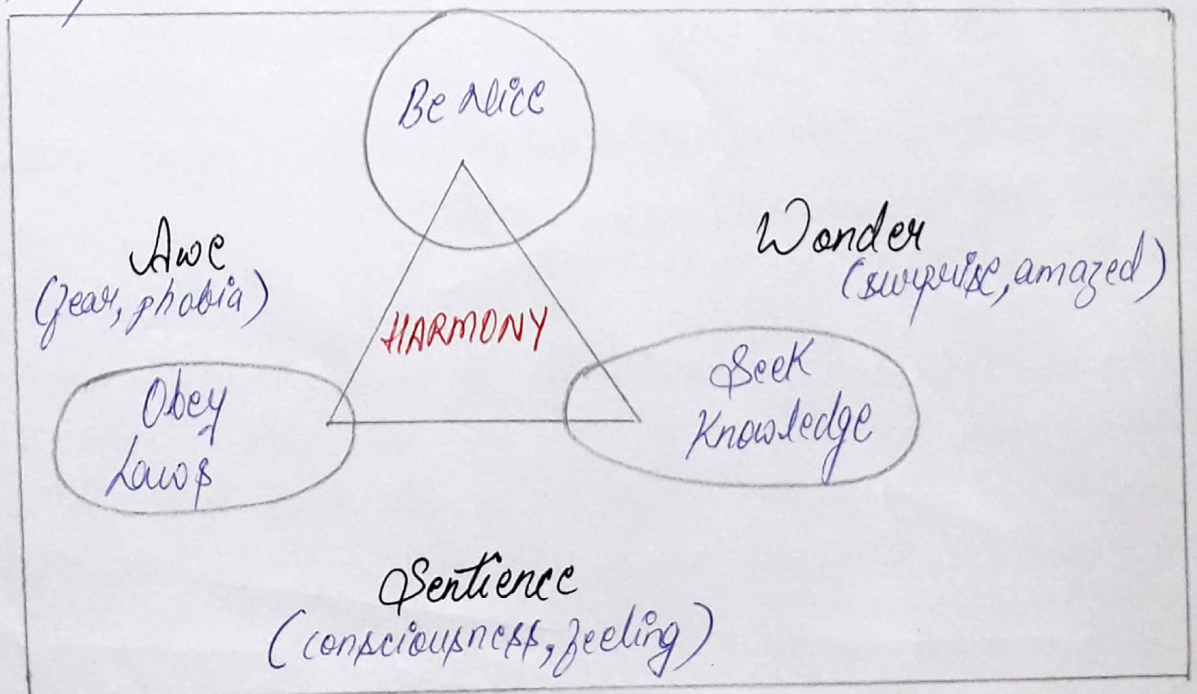


Fig:- Bringing Harmony within Oneself

HOW TO LIVE IN HARMONY WITH YOURSELF

To have harmony with yourself is to be rid of inner & outer inconsistency

Inner

Consistency

- harmony of inner life
- beliefs & actions work together
- honest with self & the way we feel
- Truthfulness resulting in peace within

↓ no remedy required

- * Just live with principles
- * Make your actions fit your principles

Inconsistency

- conflicting ideas / thoughts
- Contradicting beliefs & actions saying something, doing something
- dishonest with ourselves and ultimately with others too.
- Falsehood, deception being mental stress and uneasiness.

↓ remedy of inconsistency

To be honest with yourself and to live your principles

OUTER CONSISTENCY:- After having inner peace, we turn outward to seek outer peace. One cannot achieve outer peace if inner peace is not there. Inner complements the outer.

- Once our own truth, mode of life is understood, test the same on outer ground. The game is simple - let your inner peace / life be victorious over the outer life's chaos.
- Although you can't change the outer universe directly, you should not let it destroy your inner life.

Inner & outer consistency = Harmony within self

"You don't have to conquer the world but seek to not be conquered by the world"

Harmony at various levels

- 1) Harmony within myself
- 2) Harmony with Society
- 3) Harmony with Nature

Harmony Within Myself

↓ through

Self Introspection

Harmony within Society

Realization of duty to
participate in social
service activities

Service
to man
is the best
service

True service makes
you happy &
gives happiness
to others

Harmony with Nature

Acknowledging that
Human beings are
an integral part of
NATURE

Humans are
related and
dependent
on nature

The food that we
eat, the water that
we drink is nature's
gift. Establish understanding
of the fact.

Understanding human being as a co-existence of the sentient 'I' and the material 'BODY'

Human being is more than just a BODY. Here is a co-existence of both Self I/Jivana and the BODY. There is an exchange of information between the two. Our body acts according to the suggestions given by our "Jivana".

Human Being

Physical Body

Alive-ness [Jivana/I/self]

All the human feelings of happiness, sorrow, pain, excitement are experienced by 'I' and not the BODY.

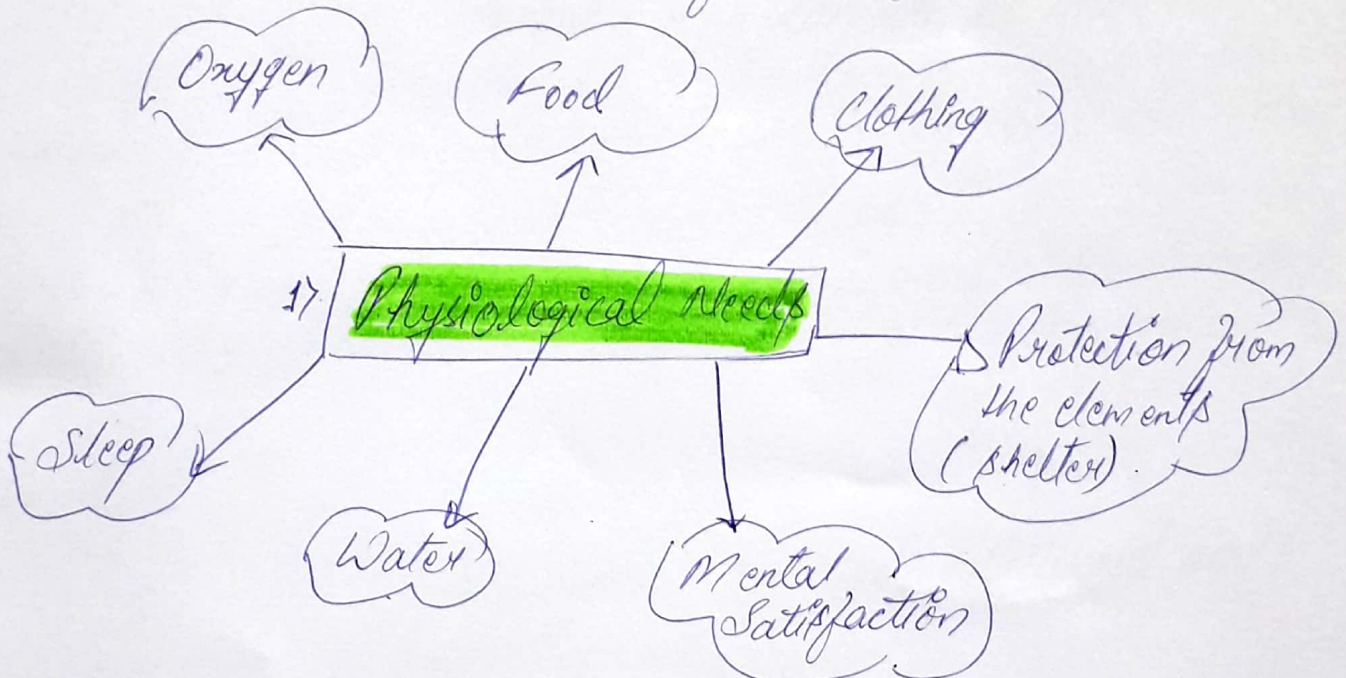
Understanding the needs of Self 'I' & 'BODY' - Sukh & Swidha

		I	BODY
Need	Needs are	Trust, Respect..... Happiness (Sukh) सुख	Food, clothing.... Physical activities (Swidha) श्रम
	In terms of time, needs are	Continuous	Temporary
	In terms of quantity needs are	Qualitative (no quantity)	Quantitative (limited in quantity)
Activities Type	Needs are fulfilled by	Right Understanding and right feelings desiring, thinking etc	Food, clothing etc breathing, heart beat
	Activities are	Knowing, assuming, recognizing, fulfilling	Recognizing Fulfilling
	It is of type	Conscious (non material)	Physio-chemical (material)

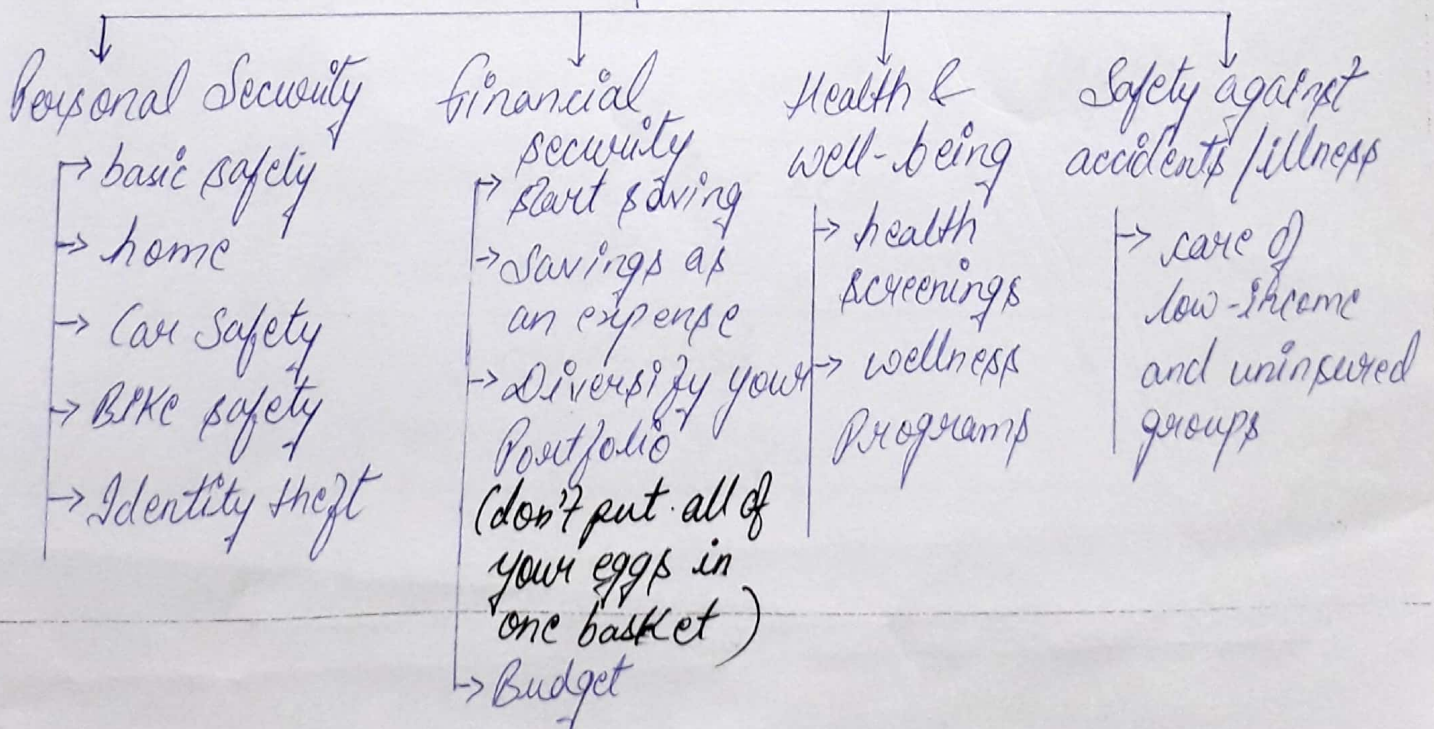
Fig:- needs of Self 'I' and 'BODY' - Sukh Swidha

Needs of HUMAN BEING :-

- 1> Physiological needs
- 2> Safety Needs
- 3> Love & belonging
- 4> Esteem
- 5> Self-Actualization



2> **Safety Needs**



37. Love and belonging:- (i) friendship (ii) Intimacy (iii) family
47. Esteem:- The belonging need, a desire to be respected and accepted
57. Self-Actualization:- 'what a man can be, he must be'
Realization of potential within. To become everything one is capable of becoming. This need is specific in every individual.

Maslow's Hierarchy of Needs

Maslow's (1943, 1954) hierarchy of needs is a motivational theory in psychology comprising a 5-tier model of human needs.

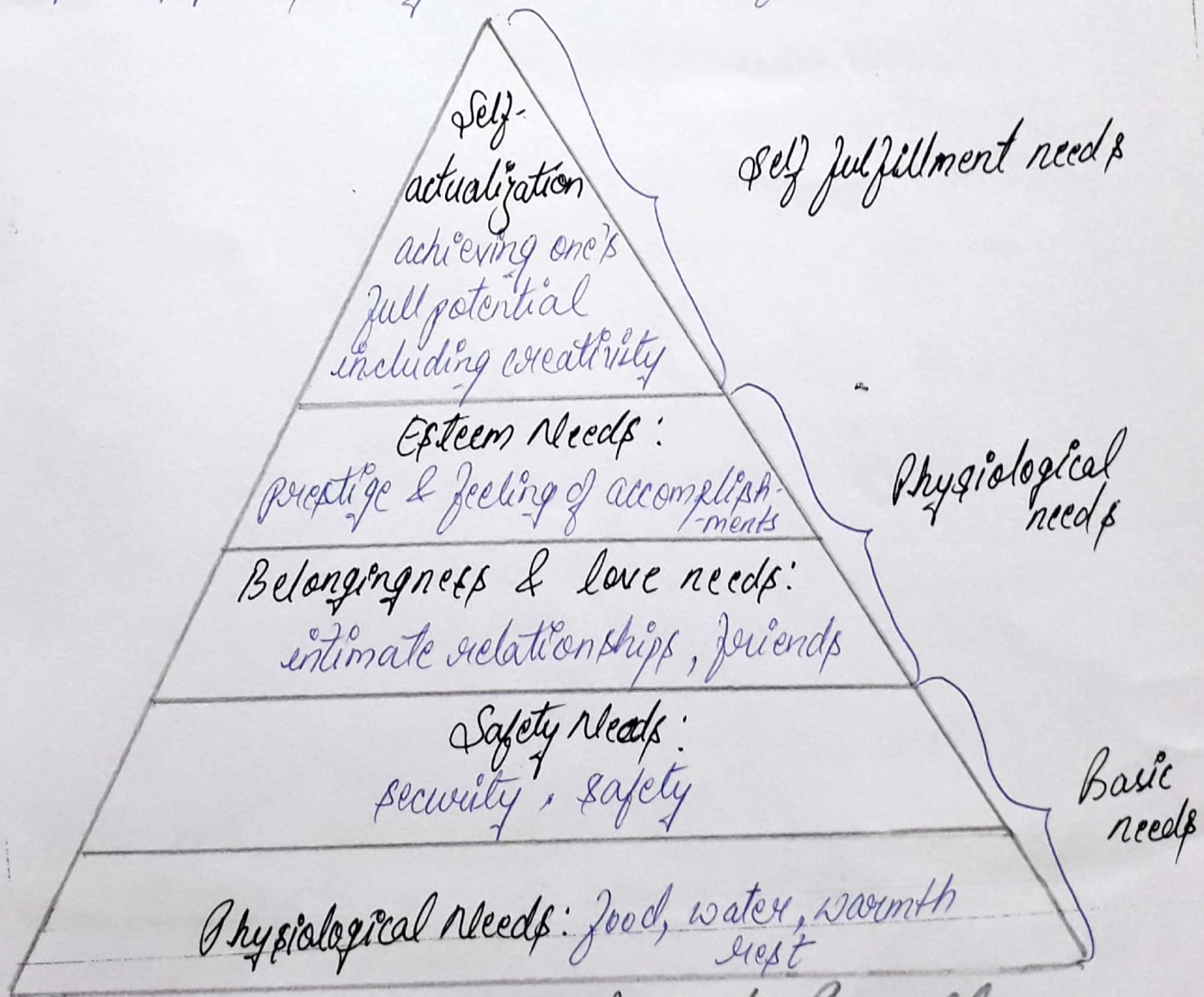


Fig:- Maslow's hierarchy of needs Pyramid

Understanding the Body as an instrument of 'I'

The human being is the co-existence of 'I' and BODY.
'I' and BODY are related But are separate too.

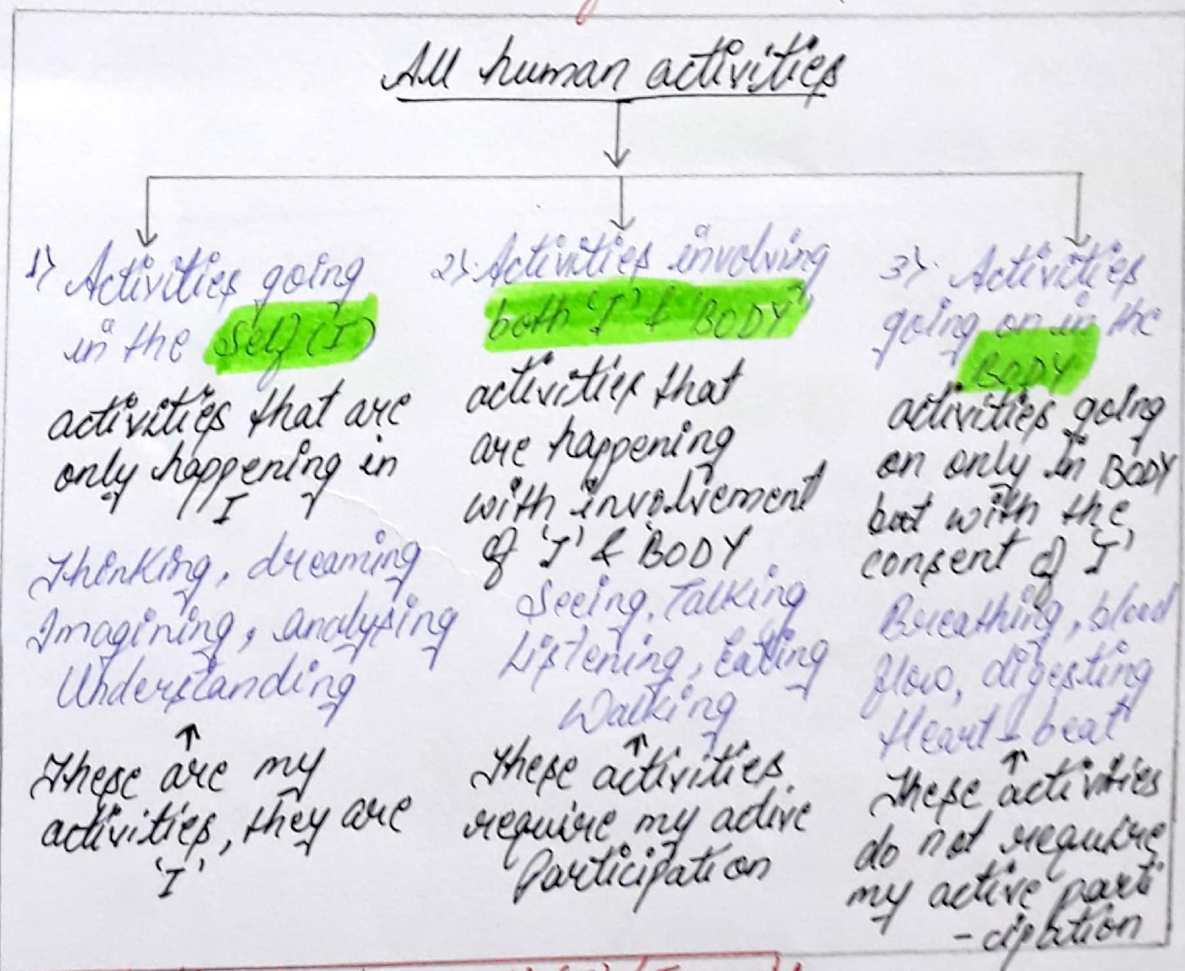
'I' Seer, Doer & Enjoyer	'BODY' Instrument
<ul style="list-style-type: none"> → 'I' am. → I know I exist, I am a conscious / sentient entity → I want to live → I takes decisions → I enjoys feelings of health and strength → I feel protected → I want to live in continuous happiness → my ('I') program for continuous happiness is to understand & to live in harmony 	<ul style="list-style-type: none"> → The 'BODY' is. → The body doesn't know, it is a material entity → Body is my instrument → The Body acts accordingly → Body enjoys & needs food → For protection my body needs clothing & shelter → For my happiness the body needs physical facilities → The body is provided with physical facilities to fulfill my program of achieving continuous happiness.

Today, we have ignored 'I', we know only of the existence of the 'BODY' & we are only aiming at having more & more physical facilities.

Understanding the characteristics & activities of 'I'

I am the Seer I am the Doer & I am the Enjoyer
 It is the 'I' that sees or understands something
 After understanding I decide what to do and what not to do
 It is 'I' who enjoys the pleasure derived out of activities of seeing doing & understanding

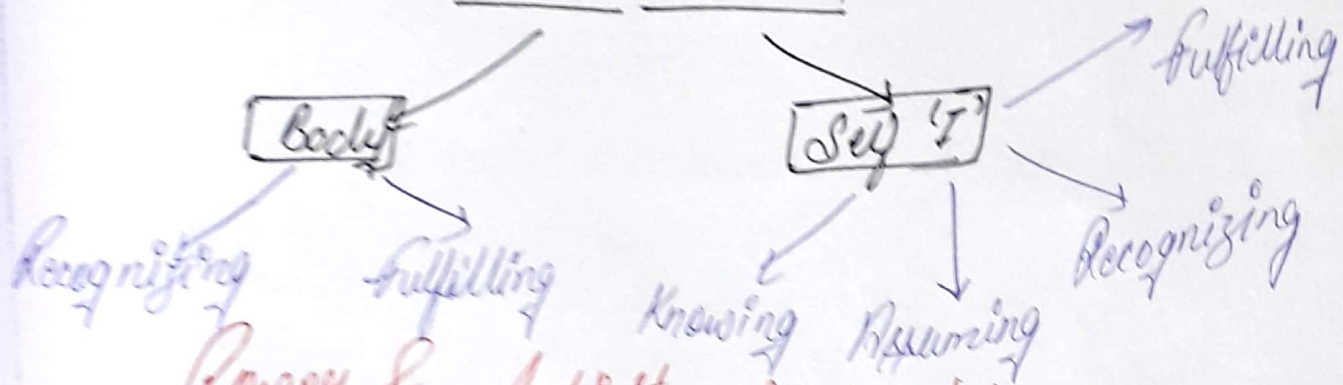
Activities in the Self 'I' & BODY



Activities in the Self 'I' / Jivana's

Knowing (janana) → Leads to Assuming (manana) → Leads to Recognizing (pahacharana) → Leads to Fulfilling (nirvaha Karana)

Human Activities



Power & Activity of Self 'I'

Self is conscious in nature, Body is physico-chemical in nature. Interaction between the 'I' & body is in the form of exchange of Information. So, the focus of attention is on two categories of attributes of the self namely:- the powers & corresponding activities

Powers

Basic capacity in the self 'I'

- 1) Desires (इच्छा)
- 2) Thoughts (चिन्ता)
- 3) Expectations

Activities

Activity is the process of utilizing the powers

- 1) Imaging (चित्रण)
- 2) Analyzing (विश्लेषण)
- 3) Selecting / Fasting (चयन / आस्वादन)

Information Exchange
BODY

Sensations

In today's time, based on sensations, thoughts are set, based on thoughts, desires are set. This means we are enslaved by the THOUGHTS and SENSATION.

Fig:- Activities in Self 'I'

Harmony in 'I':- Four step process is given below to ensure harmony in the self 'I'

Becoming aware that human is the co-existence of I and the BODY

Becoming aware that the body is only an Instrument of I
I is the seer, doer, enjoyer

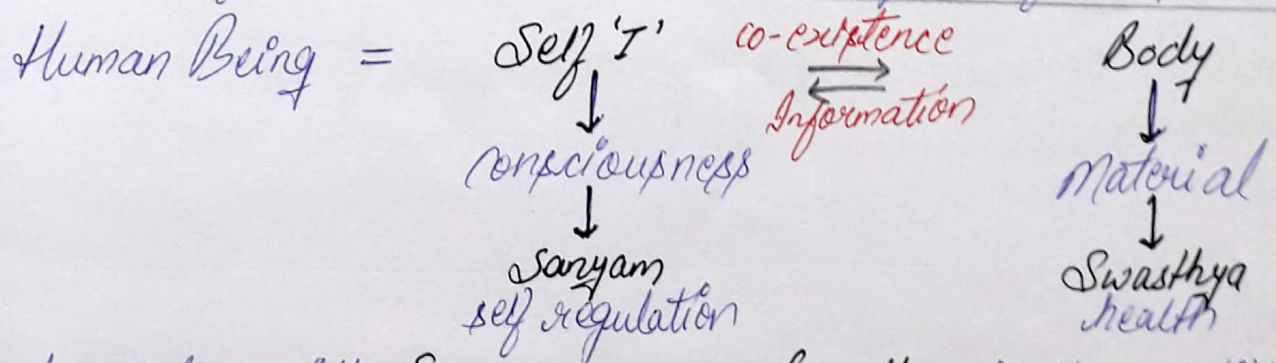
Becoming aware of the activities of desire, thoughts, expectations and pass each of these through natural acceptance

Understand the harmony at all levels of existence - by verifying the proposals placed at our level of natural acceptance. This leads to realization and understanding which becomes the basis for Desire, Thoughts and expectations this leads to Harmony in 'I' in continuity

Understanding the harmony of 'I' with the BODY:

Sanyam and Swasthya

The Harmony of I with the Body is in the form of Sanyam on the part of 'I' and Swasthya on the part of body.



When I live with Sanyam there is harmony in parts of Body & Body acts according to me as a useful instrument

Swasthya is the condition of body where every part is performing expected function Body is fit to be used by Self

- If Sanyama is there Swasthya can be ensured.
- If Sanyam is not there, a good health can also be lost. Sanyam is vital for Swasthya

Correct Appraisal of Physical NEEDS, Meaning of PROSPERITY in Detail We, humans are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people, and threatening for survival. For Prosperity two things are required:-

- 1> Identification of required quantity of physical facilities
- 2> Ensuring availability / production of more than required physical facilities.

Prosperity

Prosperity = $\frac{\text{Feeling of having more than required Physical facilities}}{2}$

- 1> Identification of required physical facility (including required quantity)
 - with right understanding
 - 2> Ensuring availability / production of more than required physical facility
 - with right skills
- A prosperous person thinks of right utilization, nurturing the other

Programs to ensure Sanyam & Swasthya:

Relation between the Self (I) and the BODY

Ensuring Sanyam and Swasthya

Responsibility for nurturing the BODY:-

- Proper food, Air, Water etc
- Protection of the Body

Right utilization of the BODY (Sadupyog)
सदुपयोग

Our Present Attitude towards the Body and its consequences

Human Body is self organized & highly sophisticated mechanism.
Today we are facing problems because of:-

- 1> Lack of responsibility towards BODY
- 2> Tendency for medication to suppress ailment
(pain in any part of BODY needs/alerts/signals for some disorder)
- 3> Polluted air, water, food

Human Body is a Self Organized Unit.

- 1> BODY acts as per needs of 'I'
- 2> BODY follows only the 'I'
- 3> There is HARMONY among parts of the BODY
- 4> There is strong coupling b/w 'I' & BODY:- 'I' am in disharmony will affect BODY too
- 5> 'I' have Sanyam, BODY has Swasthya
Sanyam is based on Swasthya