



# **Harmony of the Self with the Body**

## **(Prosperity and Health)**

Human Being

मानव

Self

में

Co-existence



सहअस्तित्व

Body

शरीर

<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)	<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर	<b>Temporary</b> सामयिक
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)	<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव	<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु
<b>Activity</b> क्रिया	<b>Desire, Thought, Expectation...</b> इच्छा, विचार, आशा...	<b>Eating, Walking...</b> खाना, चलना...
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर	<b>Temporary</b> सामयिक
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> जानना, मानना, पहचानना, निर्वाह करना	<b>Recognising, Fulfilling</b> पहचानना, निर्वाह करना

↓  
**Consciousness** चैतन्य

↓  
**Material** जड़

# Self

# Body

## Consciousness

INFORMATION

Instruction

Sensation

## 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

**INFORMATION**

Instruction

Sensation

## 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)

## Consciousness

INFORMATION

Instruction

Sensation

## 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



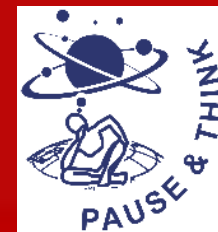
## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

**Physical Facility is required to fulfill the responsibility of the Self toward the Body (to keep the Body in good health)**

**– for nurturing, protection and right utilisation of the body**

**The required physical facility can be identified**



# Self

# Body (Instrument)

## Consciousness

INFORMATION

Instruction

Sensation

## 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



## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

↓ ↓ ↓  
Food... Clothes, Shelter... Instruments...

The required physical facility can be recognised  
along with the required quantity



The quantity of food... required for nurturing the body – is it limited or unlimited?  
Clothes, shelter... for protection of the body – is it limited or unlimited?  
Instruments, equipments... for right utilisation of the body – is it limited or unlimited?

# Self

# Body (Instrument)

## Consciousness

## INFORMATION

Instruction

Sensation

## 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

## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

↓ ↓ ↓  
Food... Clothes... Shelter... Instruments...

**Physical Facility is required to to keep the body in good health,  
so that right utilization of the body can be ensured**

**Two important Conclusions from here:  
Program for Prosperity  
Program for Health**

# Right Understanding of Prosperity (समृद्धि)

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

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

2 1

1 2



# Program for Prosperity

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

आवश्यक सुविधा का निर्धारण – सही समझ से

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

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “



# Right Understanding of Health (स्वास्थ्य)

1. Body acts according to the Self
2. Parts of the body are in harmony (in order)



# Body – an Orderly System

The Body is a harmony (an orderly system)

Trillions of cells

They are complementary to each other... participate in the larger order... form tissues, organs, organ systems... the Body

Body, a material unit, has a definite conduct (definite recognition and fulfilment)

It is naturally in harmony with the rest of nature (trees, plants, soil, water...)

# Role of the Self

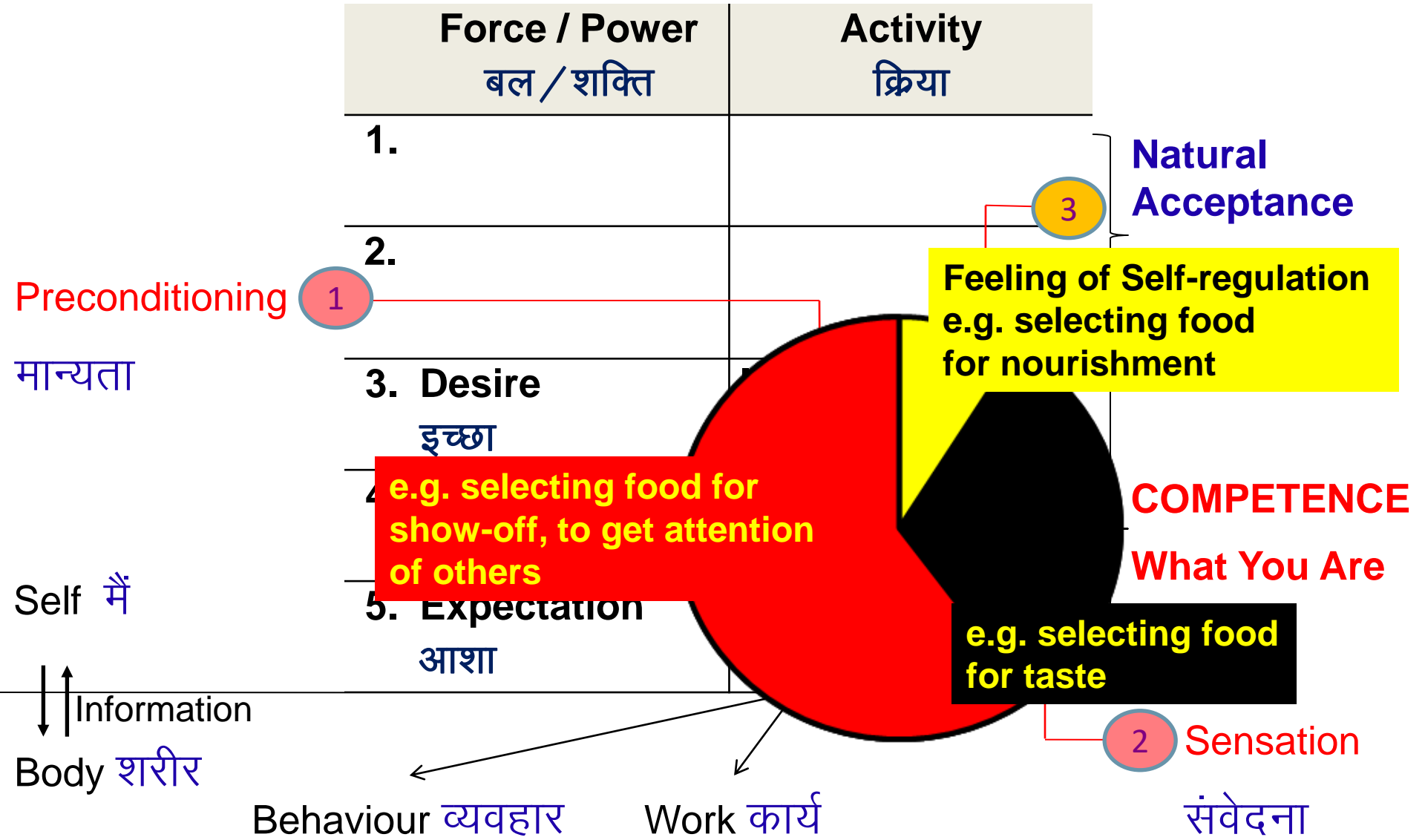
I (Self) only have to ensure the harmony in the Body

If I have the feeling of responsibility toward the body,

Then I will do what is required for fulfilling that responsibility

This will ensure health in the Body

# Present state



# Program for Health

## (A) For Staying Healthy

1 Intake and Daily 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

(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

# Priority

1

(A) For Staying Healthy

1 Intake and Daily Routine (Lifestyle)

1a

2 Labour and Exercise

1b

3 Postures for regulating internal & external body organs  
and Regulated Breathing

2

(B) For bringing  
body back to  
harmony from  
temporary  
disharmony

3

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

4 Medicine

and

Treatment



Health (in the Body)

1. *The Body acts according to the Self*
2. *Parts of the body are in harmony (in order)*



# 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)







# Self Reflection



**Questions?**