



Lecture 11

Harmony of the Self with the Body

Basic Human Aspiration

Continuous Happiness and Prosperity

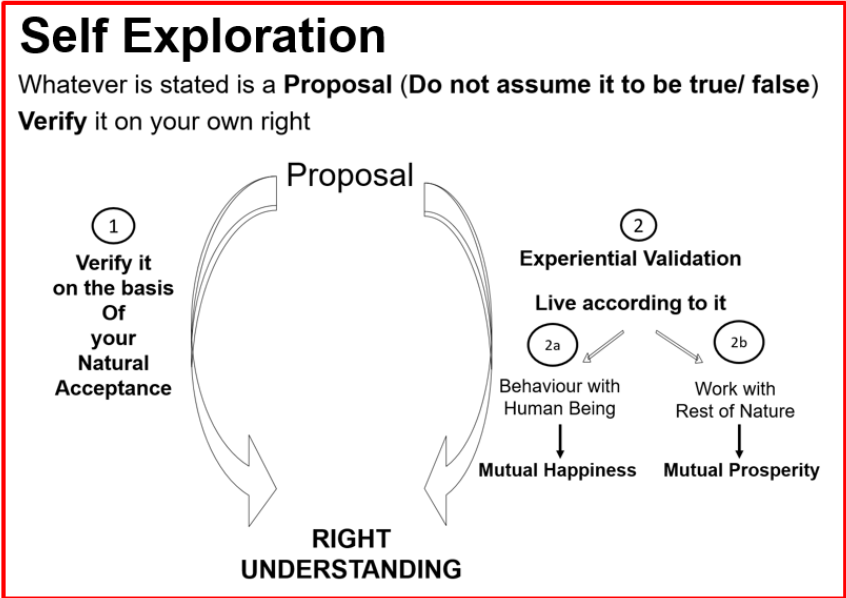
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

- 👉 **Harmony in the Human Being – Health and Prosperity**
 - Harmony in the Family
 - Harmony in the Society
 - Harmony in Nature/Existence

Process of Understanding

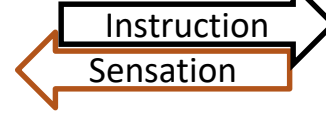


What is my role (value) with my Body?



Consciousness

INFORMATION



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**

Consciousness

Needs: Happiness, Prosperity → Continuity

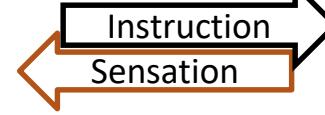
Needs & activities are continuous in time

Self-regulation (संयम)

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

Self is central to human existence

INFORMATION

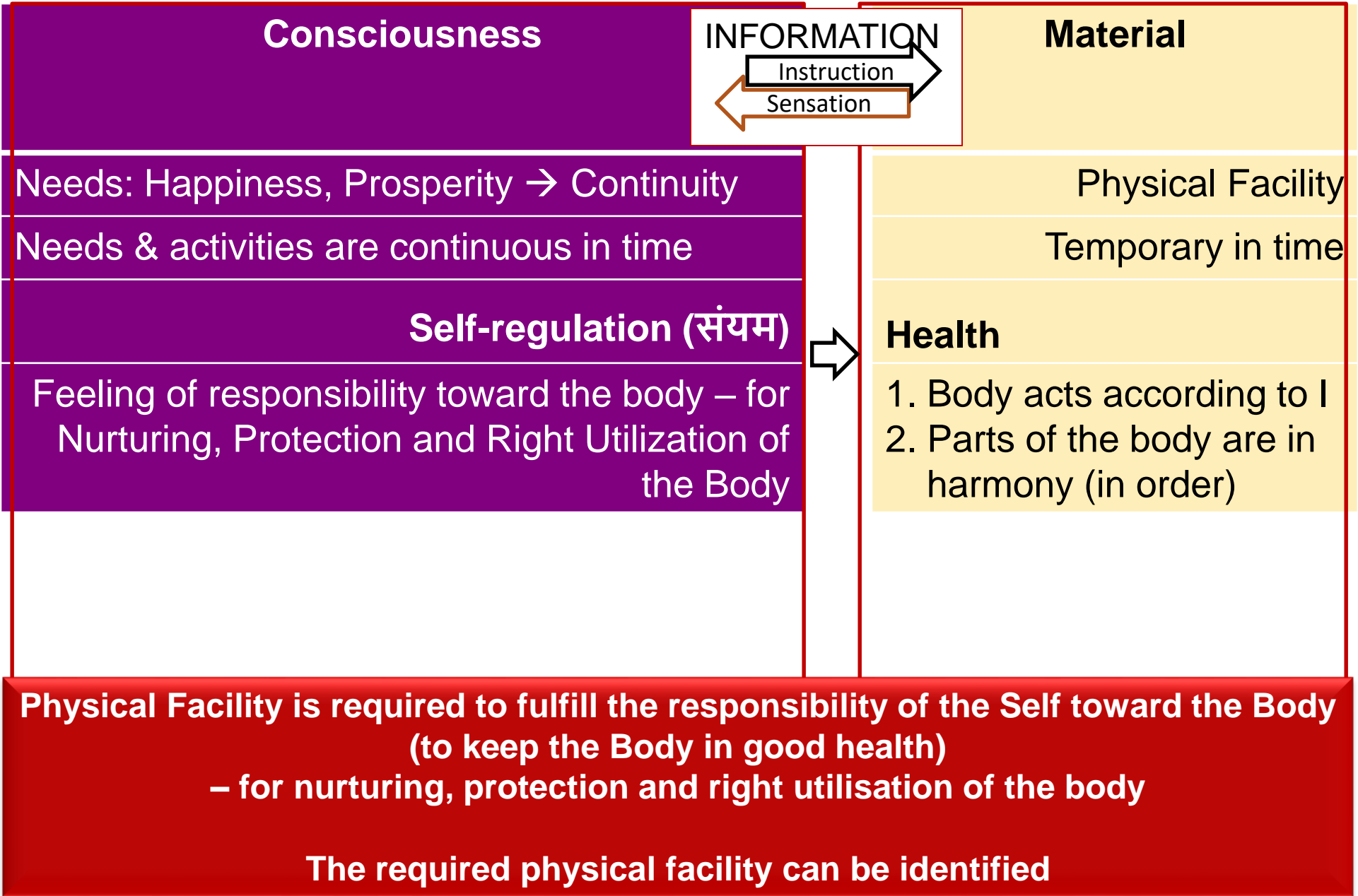


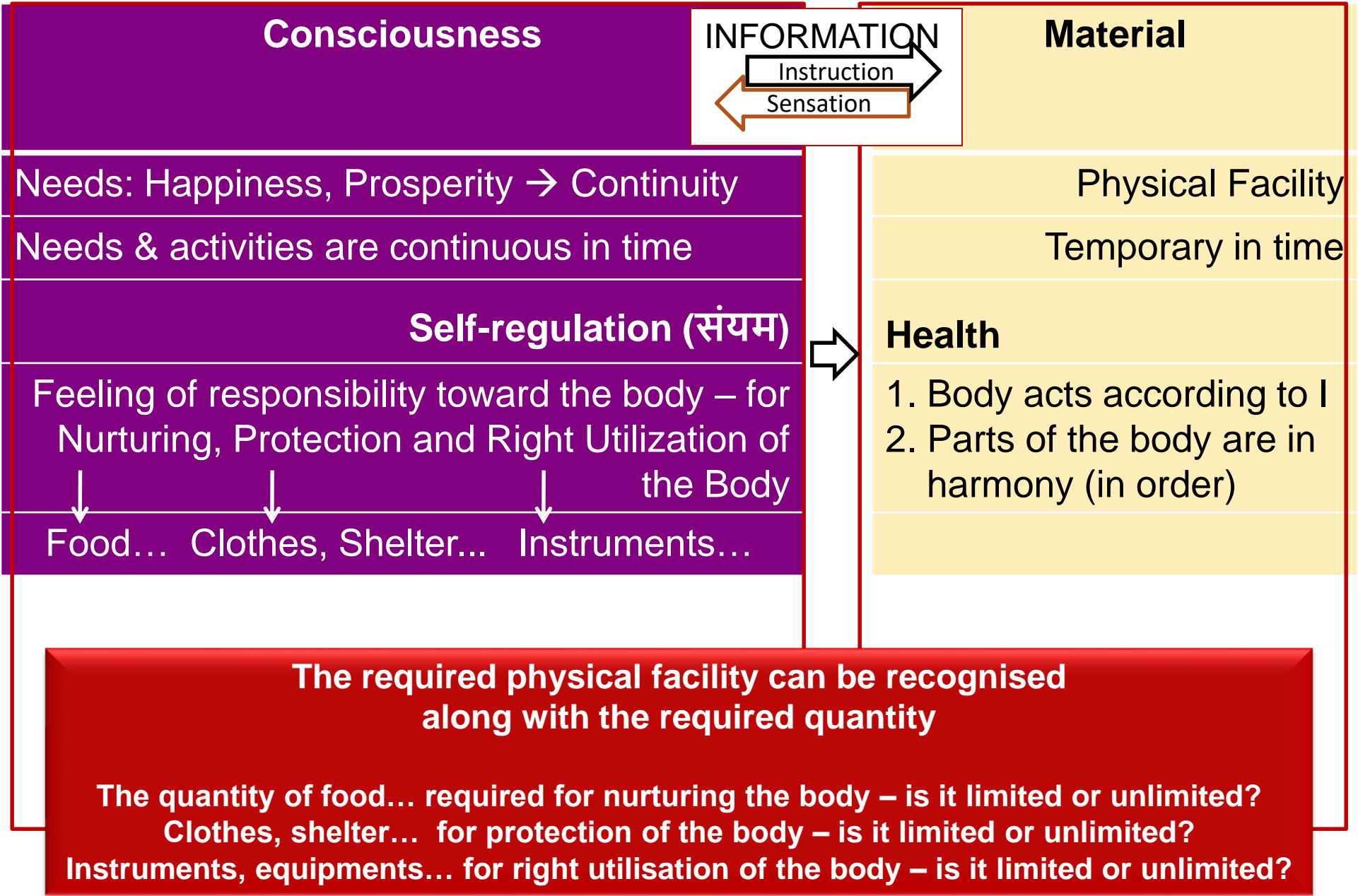
Material

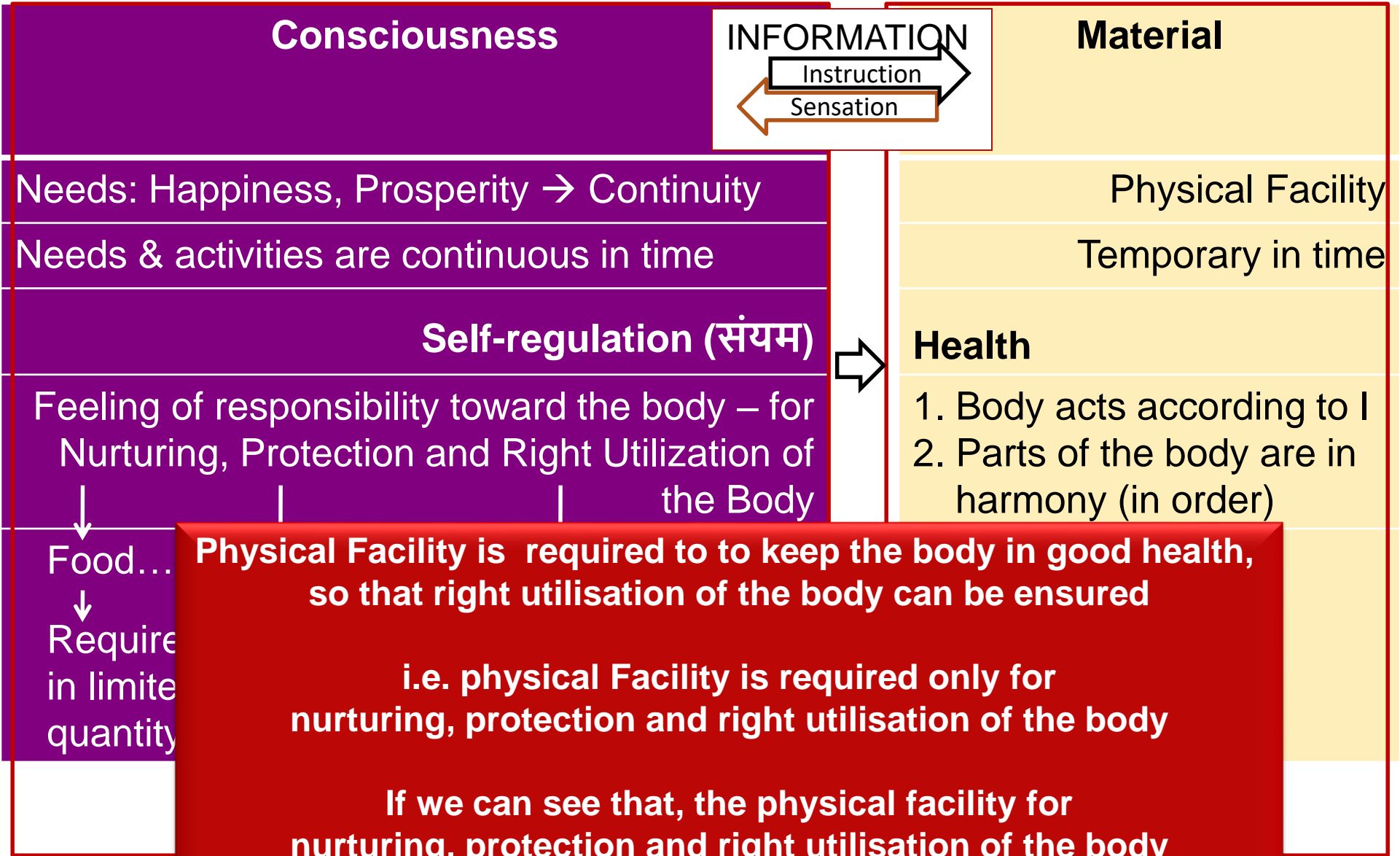
Physical Facility

Temporary in time

**Body is
an instrument of the Self**







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

Prosperity (le`f)

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

2

1

le`f) & vko";d lqfo/kk ls 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> ls

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
ls

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

“ finz “ laxza “ “ “ “kks"kk “ “ “ “



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`)**)

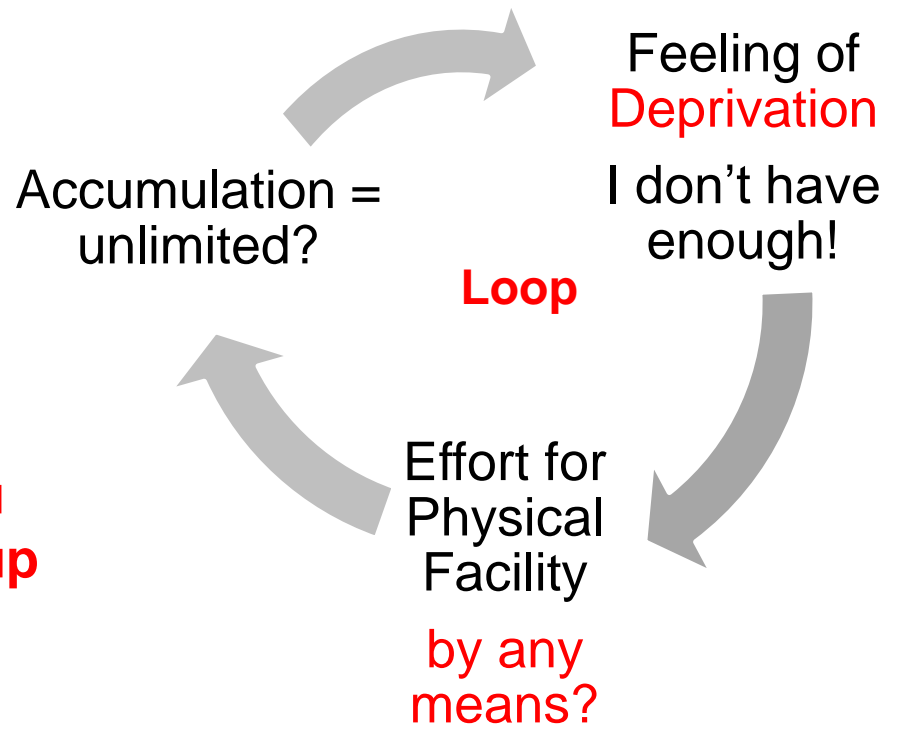
This is possible only with

- 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 IEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSIs&Hkkstu] diM+n	✗
	Continuous fujUrj	=	Unlimited vlhfer	✗



Check if you are caught up In this loop



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