



Lecture 12

Programme to ensure self-regulation and Health

Basic Human Aspiration

Continuous Happiness and Prosperity

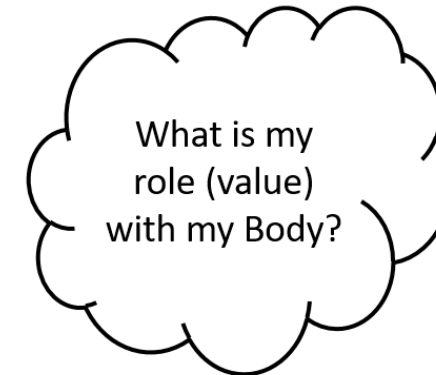
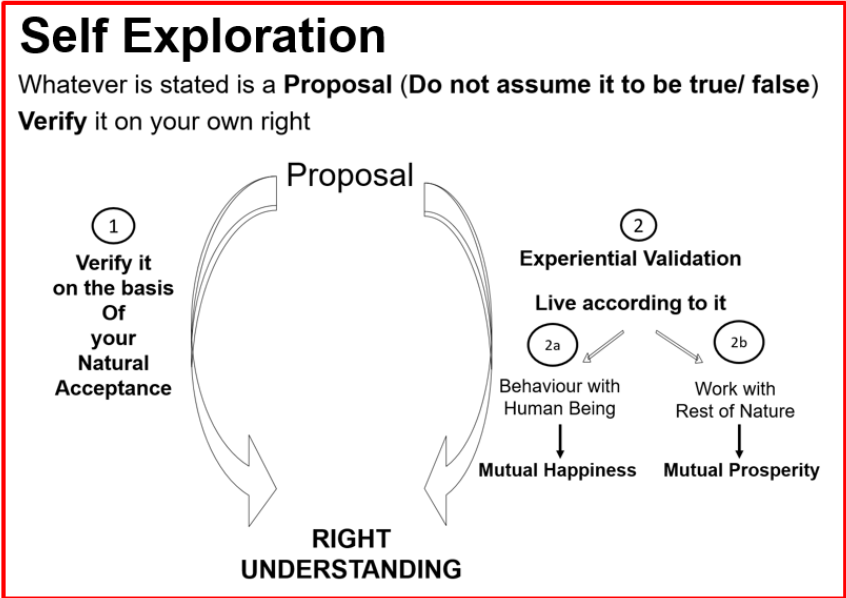
Happiness is to be in Harmony

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



Human Being Ekkuo		Self (I) eSa	← Co-existence → IgvfLrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSls IEeku½			Physical Facility (e.g. Food) Iqfo/kk ¼tSls Hkkstu½
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko			Physio-chemical Things HkkSfrd&jklk;fud oLrq
	Feeling of Self-regulation (संयम)		⇒ Health	
	Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body			<ol style="list-style-type: none"> 1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)



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

(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 includes not just food but also water, air, sunlight... in fact, all that we take in through our sense organs – i.e. everything we hear, smell, touch, taste or see

- Intake of food – In order to lead to health in the body, food should be
 - Nurturing for the Body (awareness in Self of food choices we make)
 - Digestible by the Body (awareness in Self of how much to eat – sensation of fullness)
 - Tasty
 - Compatible with Body type, etc. and
 - Waste is excretable by the body (rich in fibre)
- Intake of water - right amount and at the right time
- Intake of fresh air
- Intake of (morning) sunlight

For keeping the body healthy, we also need to be aware of all intake through our sense organs and the feelings and thoughts we generate in us as a result (especially while eating).

e.g. what we are seeing (watching TV/ playing games on the mobile while eating, etc.) and what we are hearing/being a part of (e.g. arguments with others), etc.



The Daily Circadian Rhythm

- Body responds to the day-night cycle
(sunlight/darkness with earth's rotation on its axis)
(Understanding this helps in setting up a harmonious daily routine)

The Monthly Lunar Rhythm

- Body responds to the lunar cycle
e.g. menstrual cycle in women

The Annual Seasonal Rhythm

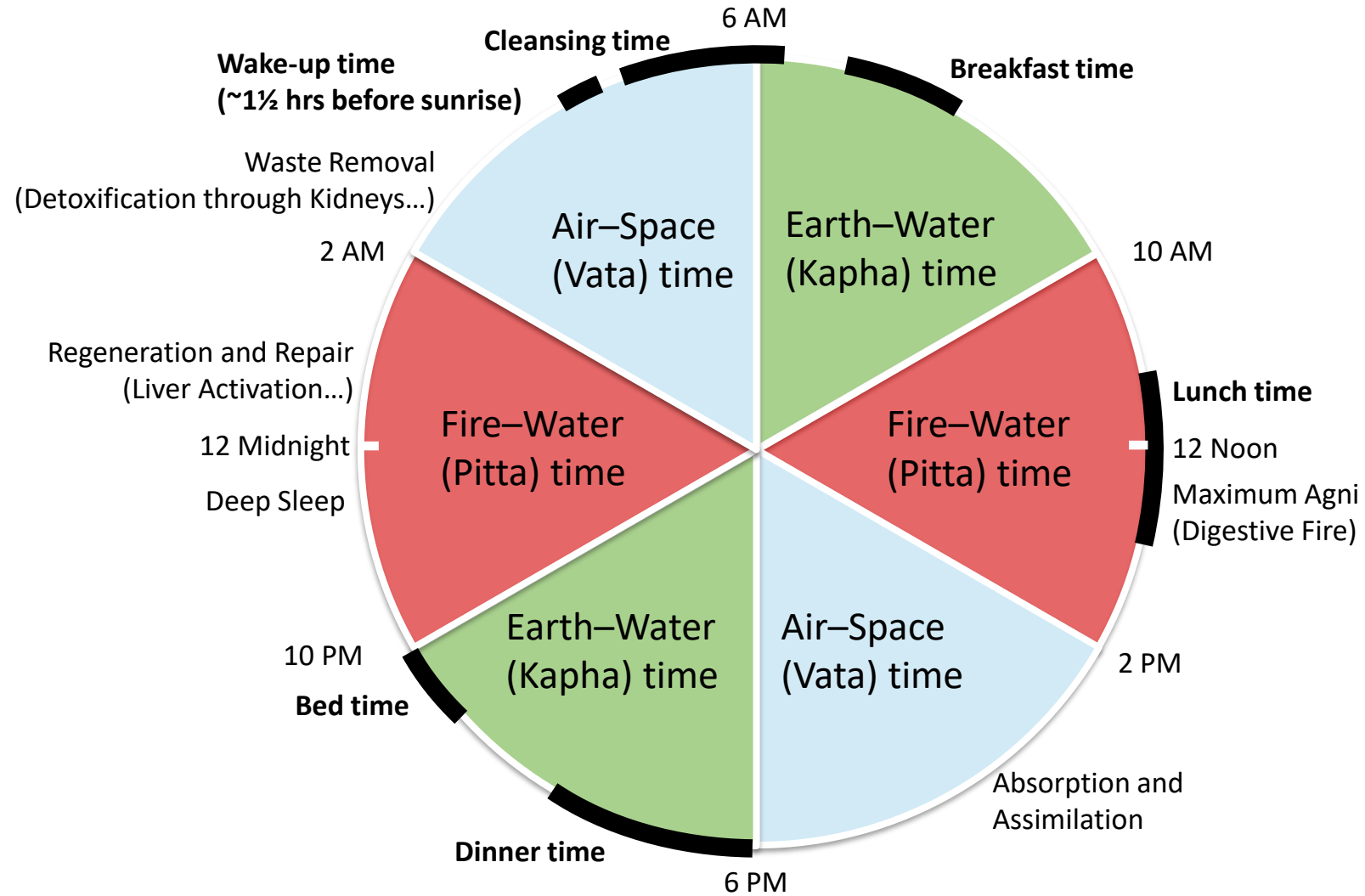
- Body response to the various seasons in a year – the solar cycle (earth's revolutions around sun)
 - Availability of complementary plants in various seasons
- (Understanding this helps in deciding appropriate seasonal intake, necessary protection of the Body and setting up a harmonious seasonal routine)

The Lifecycle Body Rhythm

- Childhood – Period of growth/formation (Predominance of Kapha)
 - Youth - Period of maintenance (Predominance of Pitta)
 - Old age - Period of degeneration (Predominance of Vata)
- (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:

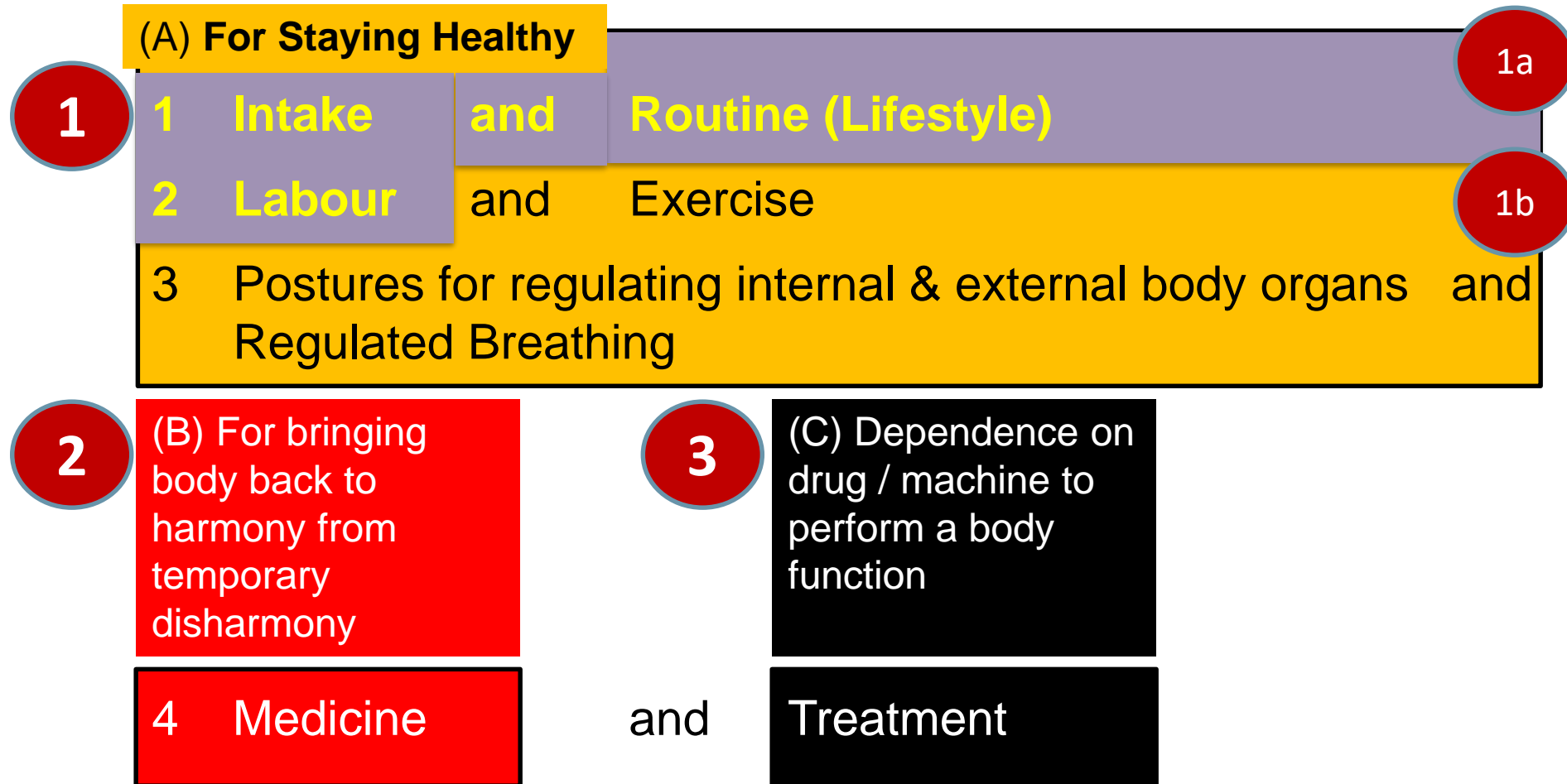
- Home remedies
- Integrated systems of medicine

Treatment

Using a drug / machine to perform a body function (dependence)

Examples:

- Insulin
- Dialysis
- Ventilator



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

(A) For Staying Healthy

1

1 Intake and 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

Practice Session after Lecture 12

- In the last 3 years, recall the times that your body has been ill (in disharmony). What steps were taken to restore the harmony of the Body?

Date(s)	Illness or disharmony	Type (Accident, viral infection, bacterial infection, lifestyle related disorder, any other)	Steps taken	Root Cause

- If you were to take full responsibility for your body (i.e. you had the feeling of self-regulation), what kind of daily schedule would you have? Approximately how much time would you allocate for keeping your body in good health through:

- Healthy intake (food, air, water, sunlight, etc.)
- Timings for upkeep of the Body (sleeping and waking up time, excretion, bathing, etc.)
- Labour (production of physical facility)
- Exercise
- Balancing internal and external organs of body
- Regulating breathing of body
- Medicine
- Treatment

(Of course, you need to keep adequate time for studying, understanding, learning, behaviour, work etc.)
Do you think this schedule will make you more productive or less productive? What conclusions do you draw from this exercise?

2. Calculate the quantity required for a specific physical facility, say clothes, in your family. Now find out the quantity available. Is the quantity available less, equal or more than the quantity required? In that sense, do you feel prosperous or deprived (at least regarding that particular physical facility)? Do the same for other needs. For that you can make an inventory of everything in your home (or at least your room). How much of the physical facility is being rightly utilised? Discuss this with your family and work out your conclusions regarding:

- Meaning of prosperity
- The role of understanding (human being, the role of physical facility and the feeling of self-regulation)
- Ability of your family to identify its needs, with the required quantity

Expected Outcome

- The students are able to list down activities related to proper upkeep of the Body and practice them in their daily routine. They are also able to appreciate the plants growing in and around the campus which can be beneficial in maintaining their health and even curing common ailments.
- The students begin to recognise that the need for physical facility for nurturing, protection and right utilization of their body is limited in quantity. In cases where they are able to see that they have more than enough physical facility, they develop a feeling of prosperity. In cases of lack in physical facility, they start thinking about how to produce more than required physical facility by way of a mutually-enriching cyclic process (rather than through exploitation).

Exercise 2

Observing (seeing)
the Body
and
the interaction between the Self and the Body
– by the Self

Note:

This is just one way of looking within (not the only way)

The steps mentioned in this exercise are one possible set of steps
(not the only set of steps)

Step 1: Observing the Self and the Body – by the Self

I am

On the basis of observing (seeing) my activities

The Self is a reality (it exists, it is an existential reality)

The Body is

On the basis of observing (seeing) or reading sensation from the Body

The Body is a reality (it exists, it is an existential reality)

The Self and the Body are two distinct realities

I am able to observe this

Step 2: Observing the interaction between the Self and the Body – by the Self

What is the interaction between me and the body?

I give instructions to the body

I give only those instructions to the body that I consider to be important.
As and when I want to take some work from the body, I give it some instructions (like 'get up', 'walk', 'sit down'...)

Instruction is an information

On the basis of events taking place in the body, sensations are taking place

I read those sensations that I consider to be important. I taste the sensations that I read

Sensation is also an information

The interaction between the Self and the Body is only in the form of information (not of any physio-chemical things)

Step 3: Observing the Decisionmaker

Who is deciding to give instructions to the Body or to read specific sensations from the Body?
Is it the Self or the Body?

- I am the one who decides to give instructions to the body
- I am the one who decides to read specific sensations from the body, sensations which I consider important

The decisions regarding the exchange of information between me and the body are entirely mine

- I interact with the body as and when I require
- I interact with the body from time to time (not continuously)
- The Body acts according to the instruction that I give it
- I use the body as per my decision, I use the body as an instrument



FAQs for Lecture 12

Programme to ensure self-regulation and Health

Questions

- Is self-regulation same as self control or self restraint?
- What will be the role of a doctor if everyone has the feeling of self-regulation?
- If body is unhealthy, will the Self be still happy?
- ...

Day 2 Session 1-4

- Human being is co-existence of Self, a conscious entity, and Body, a material entity.
- The Self and the Body can be distinguished on the basis of their needs, activities and response
- The Self is the seer, doer and enjoyer (experiencer), body is an instrument. In that sense, the Self is central to human existence
- The Self consists of the activities of imaging, comparing, analysing, tasting, selecting... together referred to as imagination (also Block B2)
- Behaviour and work are expressions of imagination (first it happens in the imagination)
- There are three possible sources of motivation for imagination – preconditioning, sensation and natural acceptance
- The Self is self-organized (स्वतंत्र) when imagination is guided by right understanding (Block B1)
- The Self is enslaved when imagination is motivated by preconditioning or sensation
- The feeling of self-regulation in the Self is essential to ensure health in the Body and for having the clarity about the need for physical facility and prosperity.
- There is a definite program for self-regulation.
- For clarity about the Self and Body, two exercises are proposed:
 - observing the Self by the Self and
 - observing the interaction of the Self with the body by the Self.





Self Reflection