



UHV-II: Universal Human Values – Understanding harmony and Ethical Human Conduct

Module 2 – Harmony in the Human Being

Module 2 – Harmony in the Human Being (6 lectures and 3 tutorial/ practice sessions)

Lecture 7: Understanding Human being as the Co-existence of the Self and the Body

Lecture 8: Distinguishing between the Needs of the Self and the Body

Tutorial 4: Practice Session PS4 *Exploring the difference of Needs of Self and Body*

Lecture 9: The Body as an Instrument of the Self

Lecture 10: Understanding Harmony in the Self

Tutorial 5: Practice Session PS5 *Exploring Sources of Imagination in the Self*

Lecture 11: Harmony of the Self with the Body

Lecture 12: Programme to ensure self-regulation and Health

Tutorial 6: Practice Session PS6 *Exploring Harmony of Self with the Body*



Lecture 7

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

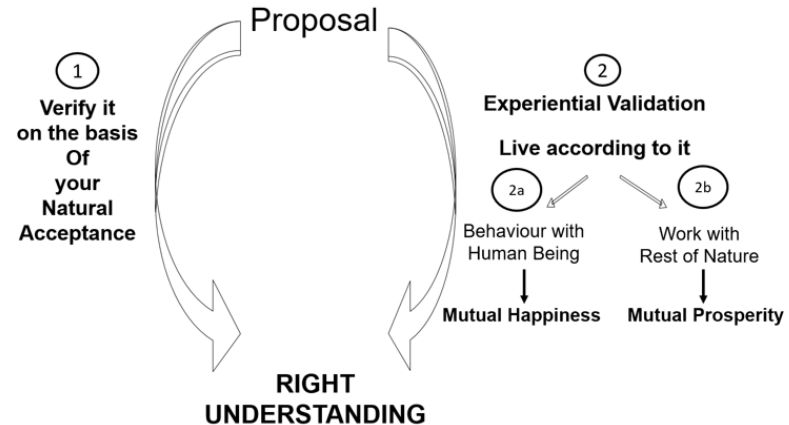
Harmony in Nature/Existence

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



Human Being
Ekkuo

Self
eSa



Body
“kjhj

| Human Being Ekkuo | Self eSa | Co-existence IgvfLrRo | Body “kjhj |
|---------------------------------------|--|---------------------------------|--|
| Need vko';drk | Happiness (e.g. Respect) Iq[k ¼tSIs IEeku½ | | Physical Facility (e.g. Food) Iqfo/kk ¼tSIs Hkkstu½ |
| In Time dky esa | Continuous fujUrj | | Temporary Ikef;d |
| In Quantity ek=k esa | Qualitative (is Feeling) xq.kkRed ¼Hkko gS½ | | Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½ |

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?



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| Fulfilled By iwfrZ ds fy, | Right Understanding & Right Feeling Igh le>] Igh Hkko | | Physio-chemical Things HkkSfrd&jklk;fud oLrq |

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone
The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately
Both type of needs have to be fulfilled separately

In living, what is the priority?

How much time & effort is spent for right understanding & right feelings?

How much time & effort is spent for physical facility?



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| Activity fØ;k | Desire, Thought, Expectation... bPNk] fopkj] vk”kk--- | | | Eating, Walking... [kkuk] pyuk--- |
| In Time dky esa | Continuous fujUrj | | | Temporary Ikef;d |

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| In Time dky esa | Continuous fujUrj | Temporary Ikef;d |
| Response | Knowing, Assuming*, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk | Recognising, Fulfilling igpkuuk] fuokZg djuk |

* Assuming or Accepting

Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem **leL;k**

Education-Sanskar

Resolution
KNOWING
lek/kku

ASSUMING



RECOGNISING

FULFILLING

Preconditioning or Assuming without Knowing
 ↓
Assumptions keep changing
 ↓
Conduct is indefinite (Dependence, Partantrata)

To see the reality as it is, in its completeness, by direct observation

Knowing through self-verification
 – on the basis of Natural Acceptance & living accordingly

It is definite, continuous and universal

What I accept about that reality, which may or may not be same as the reality as it is

(acceptance can be on the basis of knowing the reality in completeness or

acceptance can also be without knowing the reality in completeness,

i.e. one has not seen the reality or not seen it in its completeness

but assumed something about it)

Assumptions are definite (on the basis of Knowing)

Conduct is definite (Swatantrata)

The relationship with that reality (human being or rest of nature)

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Co-existence
IgvfLrRo



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| | Consciousness pSrU; | Material tM+ |

Co-existence
IgvfLrRo

Knowing, Assuming, Recognising, Fulfilling

Human being is the co-existence of the Self and the Body

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)



Self Reflection



FAQs for Lecture 7

Understanding Human being as the Co-existence of the Self and the Body

Questions

- The Body is tangible but I can't see the Self. It seems so intangible. How can we see the self? or do we have to assume it only?
- There is no talk of Self in Science, Medicine or Biology or Neuroscience etc. Then how can you talk about Self so authentically? What is the need to separate them?
- I don't think while sleeping. So, the activities of the Self should be also temporary, isn't it?
- Recognizing is taking place in Self as well as Body. What is the difference between these two?
- ...



Self Reflection