



Lecture 8

Distinguishing between the Needs 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

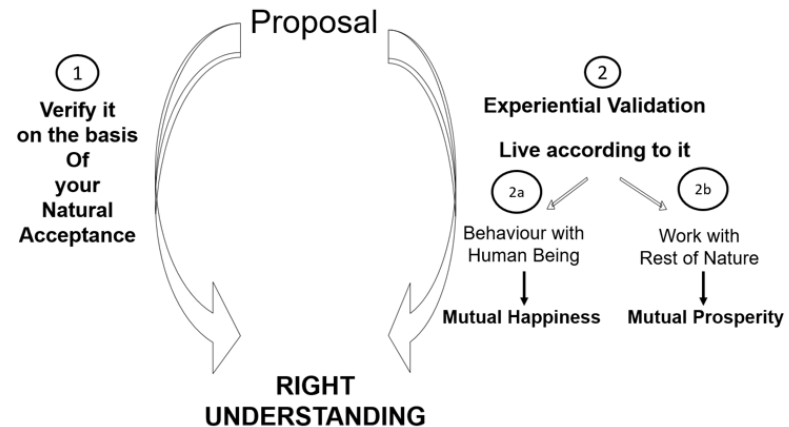
Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

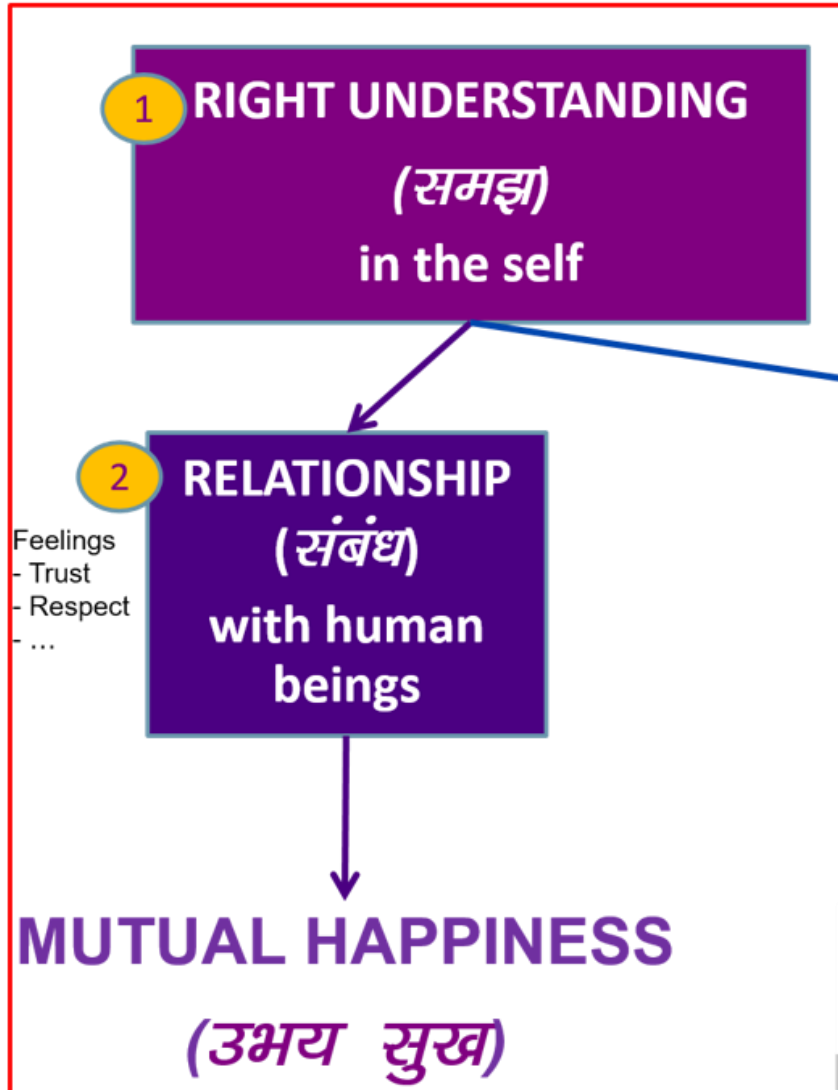
Verify it on your own right



Human Being Ekkuo	Self eSa	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
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko		Physio-chemical Things HkkSfrd&jklk;fud oLrq
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---		Eating, Walking... [kkuk] pyuk---
In Time dky esa	Continuous fujUrj		Temporary Ikef;d
Response	Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk		Recognising, Fulfilling igpkuuk] fuokZg djuk
	Consciousness pSrU;		Material tM+



Related to Needs of the Self



Related to Needs of the Body

Both needs must be satisfied for human-being to be fulfilled



For animals:
necessary &
adequate

पशु के लिए
आवश्यक
एवं पूर्ण

For human being:
necessary but
not adequate

मानव के लिए
आवश्यक
परंतु पूर्ण नहीं

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

↓
Consciousness

Need of the Self = Continuous happiness = Need of consciousness
 Fulfilled by = Right Understanding and Right Feeling in the Self = Activities of consciousness
 (can not be fulfilled by material)

(The need of consciousness is fulfilled by activities of consciousness)



Human Being Ekkuo	Self eSa	Co-existence IgvfLrRo	Body “kjhj
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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
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko		Physio-chemical Things HkkSfrd&jklk;fud oLrq

↓
Material

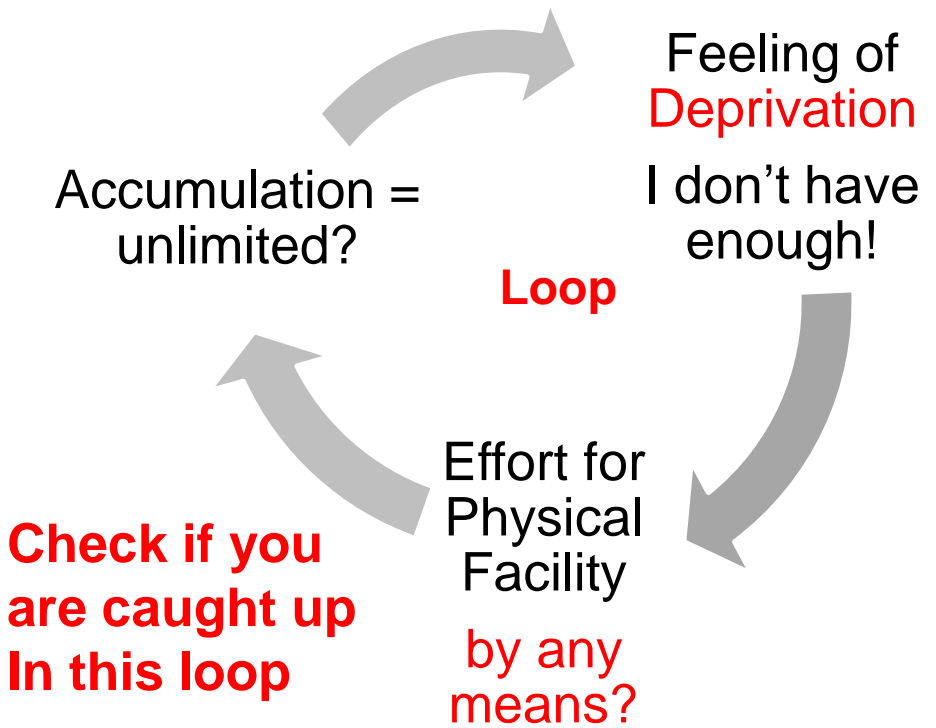
Need of the Body	= Physical facility*	= Material in nature
Fulfilled by	= Physio-chemical things	= Material in nature

(The need of material is fulfilled by material)

*physical facility is required for nurturing, protection and right utilization of the Body

Gross Misunderstanding

Human Being Ekkuo	Self (I) eSa	=	Body "kjhj	✗
Need vko';drk	Respect IEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSls&Hkkstu] diM+k)	✗
	Continuous fujUrj	=	Unlimited vlhfer	✗



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Accumulation of Physical Facility – Unlimited! ✗
Lqfo/kk laxzg & vlhfer!

↓

Deprivation nfjnzrk ✗



Sum Up

Human being is a co-existence of Self (consciousness) and Body (material)

The needs of the Self and the Body are of two different types, and they have to be fulfilled separately

The need of the Self is continuous happiness

The need of the Body is physical facility

The need of consciousness is fulfilled by activity of consciousness (it can not be fulfilled by material)

The needs of material is fulfilled by material

A gross misunderstanding is to assume the human being to be the Body (material), and to assume that all human needs can be fulfilled by material – this leads to deprivation, exploitation, etc

Practice Session after Lecture 8

1. Take the list of desires you made in PS2. Update it if required. Now classify the desires as being related to the need of the Self or need of the Body. If a desire appears to be related to both (needs of the Self and needs of the Body), look for the purpose, and split it into two or more sub-desires until you are able to see clearly whether the sub-desire is related to the need of the Self or the need of the Body.

From this exercise,

- Find out at least two key distinguishing features between the needs of the Self and the needs of the Body.
- Roughly what percentage of your desires is related to the needs of the Self and what percentage is related to the needs of the Body?

Practice Session after Lecture 8...

2. Make a list of your activities from morning till night. Some of these are activities going on in you (the Self), some activities are going on in your Body and some activities involve both you (the Self) as well as your Body. Classify the list of activities in these three categories (see table, below).

Activity	In the Self	In the Body	Involving both the Self and the Body
Running			I made the decision to run. The Body is running
Eating			I made the decision to eat. The Body is eating. The Body is getting the nutrition and I am getting the taste
Thinking	I am thinking. My body is not involved		
Feeling excited	I am feeling excited	There is some effect on my Body also	Both, me and my Body is involved
Heartbeat		This is happening in the Body	
Blood circulation		This is happening in the Body	
Other activities...			

Write down your observations regarding:

- The activities of the Self which do not involve the Body. Can you see that these activities are continuous?
- Activities of the Body. Can you see that they involve some internal organs of the Body (like the heart and blood vessels)? Can you see that these activities are discontinuous or cyclic?
- Activities that involve both, the Self as well as the Body (like climbing a staircase). In such activities, try to identify the role of the sense organs as well as the work organs.

Expected Outcome

The students are able to relate their desires to need of the Self and the Body distinctly. They are able to see that the Self and the Body are two distinct realities, and a large part of their desires are related to the need of the Self (and not the Body). They may also be able to conclude that while their efforts are mostly centered on physical facility, which can only fulfil the needs pertaining to the Body and not the Self. They may also see that they are going by the assumption that physical facility will fulfil the needs of the Self also.

The students are able to see that the Self and the Body are two distinct realities and there are three distinct types of activities going on – activities of the Self, activities of the Body and activities of the Body in which the decision of Self is involved. They are able to see that activities like understanding, desire, thought and selection are the activities of the Self; the activities like breathing, palpitation, blood circulation etc. are fully the activities of the Body, while the activities they do with their sense organs like hearing through ears, seeing through eyes, sensing through touch, tasting through tongue and smelling through nose or the activities they do with their work organs like hands, legs etc. are such activities that require the participation of both the Self and the Body.



FAQs for Lecture 8

Distinguishing between the Needs of the Self and the Body

Questions

- Are we only talking about the basic needs of a human being here? What about the higher needs?
- We need food and also the taste. So you are saying that only Self needs taste. Similarly, clothes are needed for the body but clothes which are trending or in fashion are needed for the Self. Isn't it? Why do we need to see this separately?
- There can be many desires which are inter-connected for Body and Self. E.g. Money. In that case how to distinguish whether the desire is for Body or Self?
- If this is spirituality, then our religious texts have answer to all such questions. Why not refer to them directly?
- ...





Self Reflection