



Lecture 9

The Body as an Instrument of the Self

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

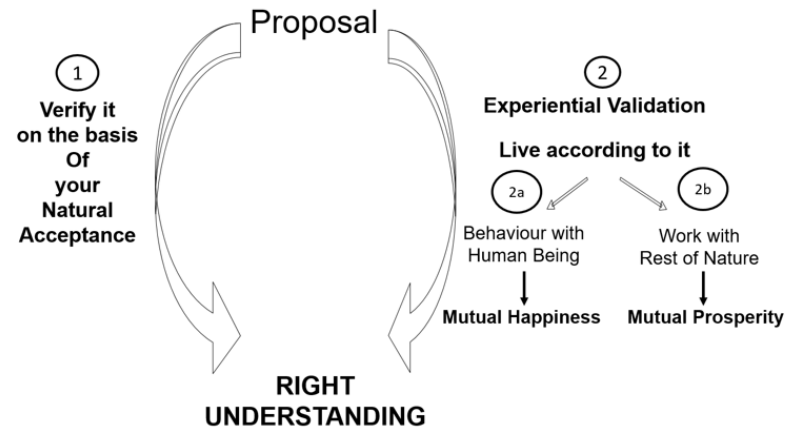
Harmony in Nature/Existence

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+



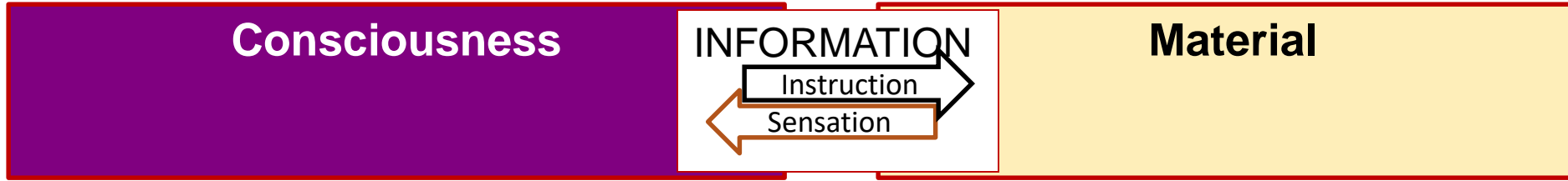
Consciousness

INFORMATION

Instruction

Sensation

Material



Consciousness

INFORMATION

Instruction

Sensation

Material

I am

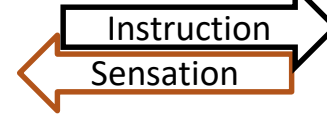
I want to live

My body is

My body is used as an instrument

Consciousness

INFORMATION



Material

I am

I want to live

I want to live with continuous happiness

To understand and to live in harmony at all levels of being (from self to entire existence) is my program of action for continuous happiness

My body is

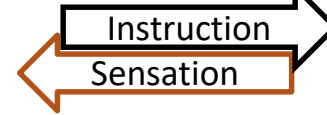
My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

Production, protection and right utilization of physical facility is a part of my program (<1/4th)

Consciousness

INFORMATION



Material

I am

I want to live

I want to live with continuous happiness

To understand and to live in harmony at all levels of being (from self to entire existence) is my program of action for continuous happiness

I am the:
Seer, Doer, Enjoyer (Experiencer)
nz'Vk] drkZ] HkksDrk

My body is

My body is used as an instrument

Physical facility is required for nurturing, protection and right utilization of the body

Production, protection and right utilization of physical facility is a part of my program

I use the body as an instrument for fulfillment my program

I am the Seer

“Seer” means the one that sees / understands

e.g. If you are given something in your hand and you conclude that it is a pen, it is not your eyes that concluded this. It is you that concluded this. The Self sees via the eyes – the eyes don't see themselves

Like that all the 5 senses are just the instrument that enable the Self to see something outside

Just like you see outside, you can also see 'within', without using the body for sensation

e.g. You can 'see' that you are feeling happy, getting angry...

Thus, the Self 'sees' or understands, sometimes with the help of the body, sometimes without the help of body

The Body is used as an instrument



I am the Doer

“Doer” means the one that does, who takes decision to do

I am the one who decides. I decide what to do, what not to do...

I may or may not use the body to do – what I think of is my decision. I do that thinking within myself (there is no role of the body in this)

If required, the body is used to express my decision

The Body is used as an instrument

I am the Enjoyer (Experiencer)

“Enjoyer” means the one that experiences happiness / unhappiness

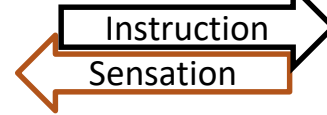
I am the one that feels enthused or depressed. I am the one that feels angry or delighted...

I am the enjoyer, the experiencer

The Body is used as an instrument

Consciousness

INFORMATION



Material

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**The Self is
central to human existence**

**The Body is
an instrument of the Self**



Sum Up

Human Being is co-existence of Self and Body

The Self is the seer, doer and enjoyer – it is central to human existence

The need of the Self is continuous happiness

For this, the program of the Self is:

To understand harmony &

To live in harmony

- } at all levels of being
1. As an individual human being
 2. As a member of the family
 3. As a member of society
 4. As an unit in nature/existence

Production, protection and right utilization of physical facility is a part of my program.

The Body is an instrument of the Self

The transaction between Self and Body is only in the form of information



FAQs for Lecture 9

The Body as an Instrument of the Self

Questions

- In one slide, it is written that production of physical facility is less than 1/4th of my program. Please explain why.
- Mental retardation is a problem with the body or the self?
- Feelings are in the heart. When a person gets a heart transplant, do the feelings also get transplanted?
- We have been using the words self and body here. we also have these words like brain and mind. How do they relate to self and body? Can you explain them and their interrelationship?
- ...



Self Reflection