

Harmony of the Self with the Body

**(Understanding Prosperity
and Health)**

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

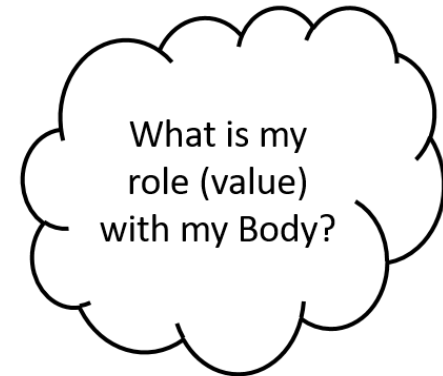
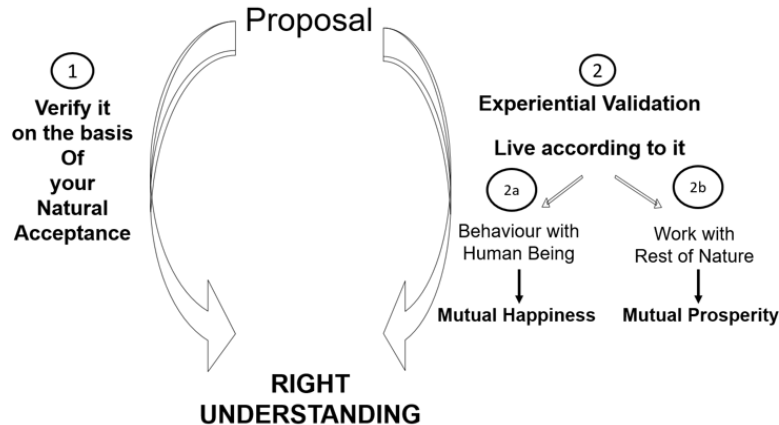
Understanding Harmony and Living in Harmony at all Levels

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

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right



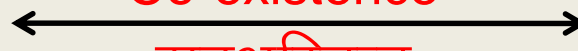
Human Being

मानव

Self

में

Co-existence



सहअस्तित्व

Body

शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

↓
Material जड़

Self

Body

Consciousness

INFORMATION

Instruction

Sensation

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**

Self

Body (Instrument)

Consciousness

INFORMATION

Instruction

Sensation

Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Self-regulation

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

Physical Facility

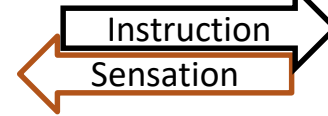
Temporary in time

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

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



Physical Facility

Temporary in time

Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

Physical Facility is required to fulfill the responsibility of the Self toward the Body (to keep the Body in good health)

– for nurturing, protection and right utilisation of the body

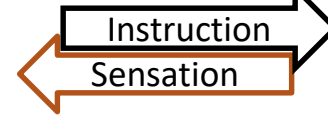
The required physical facility can be identified

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

Self-regulation

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



Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

↓ ↓ ↓
Food... Clothes, Shelter... Instruments...

The required physical facility can be recognised along with the required quantity

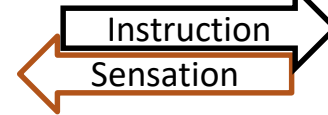
**The quantity of food... required for nurturing the body – is it limited or unlimited?
Clothes, shelter... for protection of the body – is it limited or unlimited?
Instruments, equipments... for right utilisation of the body – is it limited or unlimited?**

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

Self-regulation

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

Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

Food...

Require in limited quantity

Physical Facility is required to to keep the body in good health, so that right utilisation of the body can be ensured

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 (समृद्धि)

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

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1

2

1 – Identification of required physical facility (including the required quantity)
– with right understanding

आवश्यक सुविधा का निर्धारण – सही समझ से

2 – Ensuring availability/ production of more than required physical facility
– with right skills

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other
“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “

In a previous session, we had seen that we can observe two categories of human beings

इसीलिए अभी दो तरह के मनुष्य दिखाई देते हैं-

1. Lacking physical facility, unhappy deprived (*सुविधा विहीन दुखी दरिद्र*)
2. Having physical facility, unhappy deprived (*सुविधा संपन्न दुखी दरिद्र*)

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 – *जबकि हम होना चाहते हैं-*

3. Having physical facility, happy prosperous (*सुविधा संपन्न सुखी समृद्ध*)

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

Assumption: Human being = Body ❌

Needs of human being = physical facility
and feelings

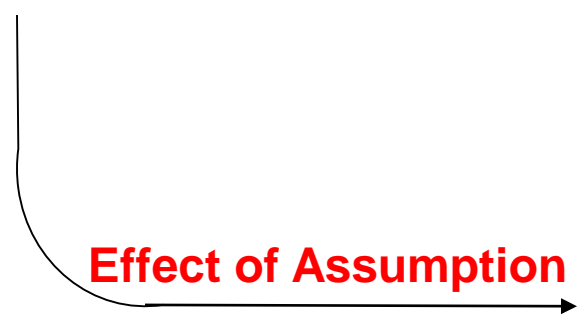
Need for feelings (like respect) is continuous



All needs are fulfilled by physical facility ❌
(Eg. clothes, house, car... will fetch respect)



Physical facility required = unlimited! ❌



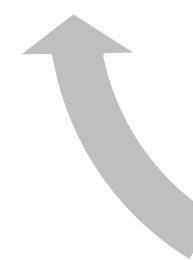
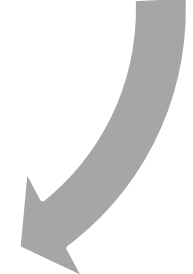
Effect of Assumption

Physical facility available = unlimited?

Feeling of Deprivation

I don't have enough!

Effort for Physical Facility



Gross Misunderstanding 2 – There is a Shortage of Physical Facility

Data: Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011)

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new **study** commissioned by the United Nations Food and Agriculture Organization (**FAO**)

Global Food Production is 6 times requirement
Global Food Wastage is 1/3rd of production
Wastage is enough to feed 1300 crore people/year

Have we understood human needs?
Have we understood right utilisation?
Is it a question of production or distribution?
Is it a question of relationship?
Is it a question of right understanding?
It is a question of right education-sanskar



Self Reflection

Self Reflection

1. Are you able to see that physical facility is used for nurturing the Body, for protection of the Body and for its right utilization? Is there any other use of physical facility for you?

2. Take one physical facility (say for clothes) and explore into these questions:
 - Do you think more about getting, collecting and accumulating or you think more about right utilization, sharing and nurturing others?
 - Have you identified how much your need, how much is required? Can you find it out now or it is impossible? Why?
 - Find out how much you have.
 - If you have less than required, what do you think about?
 - If you have more than required, do you feel prosperous?
 - When you have a feeling of prosperity, does it make you happy? What are some indicators of your feeling of prosperity?
 - What is your conclusion about the feeling of prosperity?

Health of the Body

Human Being

मानव

Self (I)

मैं

Co-existence

सहअस्तित्व

Body

शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव Feeling of Self-regulation Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body	Physio-chemical Things भौतिक-रासायनिक वस्तु Health 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. All the cells in the body work together, in harmony with each other, participating in the larger order to form tissues, organs and organ systems.

I (Self) have to ensure the continuity of that harmony (not disturb it).

If I have a feeling of responsibility toward the body, I will do what is required for fulfilling that responsibility.

This will ensure health in the Body

Program

(A) For Staying Healthy

1 Intake and Daily 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

(C) Dependence on
drug / machine to
perform a body
function

Treatment

and

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

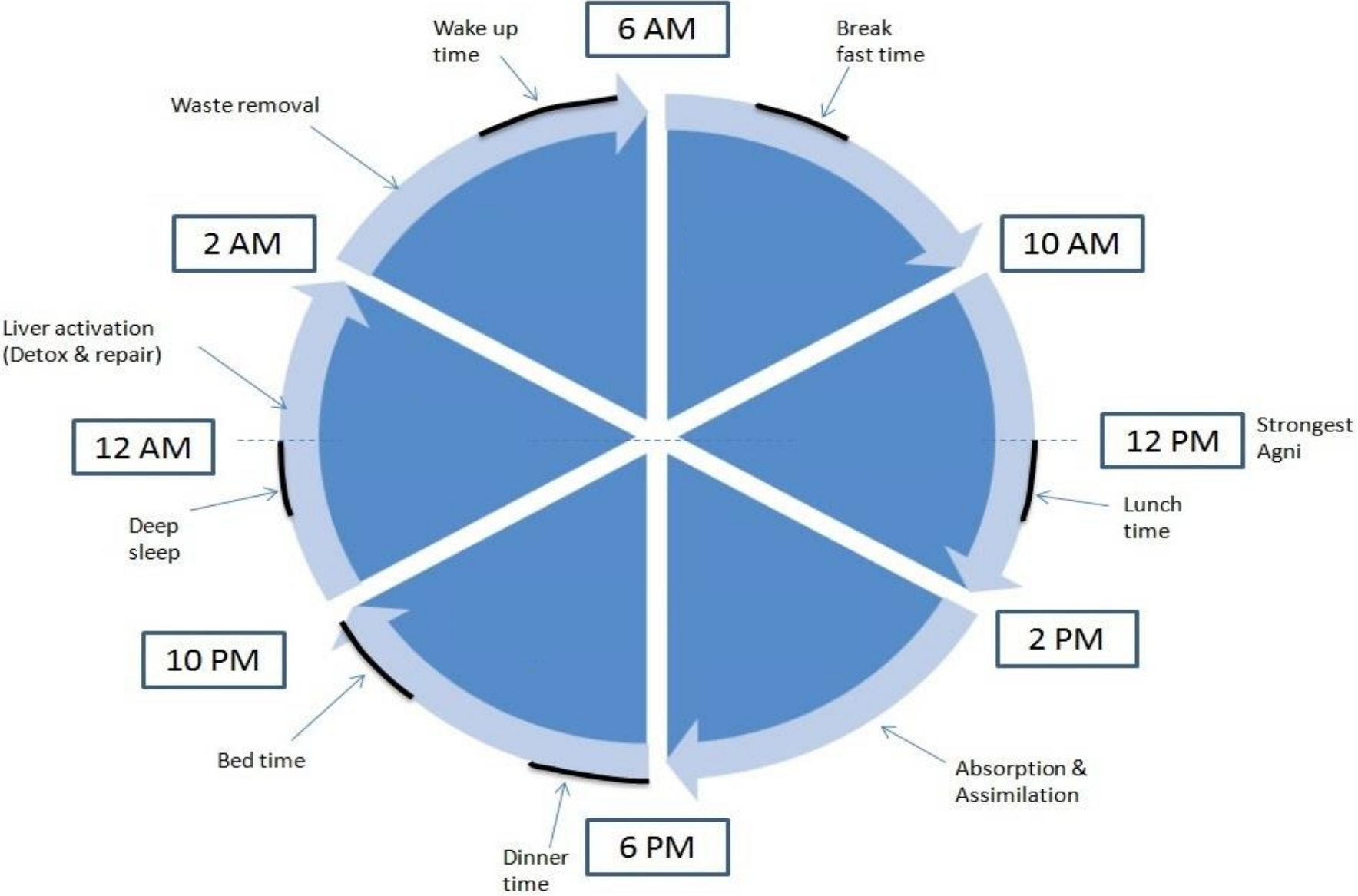
Intake includes all that we absorb through all the sense organs – air, water, sunlight, food...

Also, thoughts in response to outside events/circumstances etc.

To maintain health:

- Food that is nutritious, digestible and tasty and waste is excretable (fibre rich food)
- Awareness of other intake through our senses, especially while eating. e.g. being aware of how much to eat, choice of food etc. (rather than watching TV, arguing with others while eating)
- Daily exposure to fresh air and sunlight
- And so on

Daily Routine – in Harmony with Nature (Circadian Rhythm)



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

Postures for regulating internal and external body organs

Regulated Breathing

Examples:

Yoga

Pranayam

Medicine

For bringing body back to harmony from temporary disharmony

Home remedies

Integrated systems of medicine

Treatment

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

Examples:

- Insulin
- Dialysis

1

(A) For Staying Healthy

1 Intake and Daily 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

4 Medicine

3

(C) Dependence on
drug / machine to
perform a body
function

and

Treatment

Sum Up

Human Being is co-existence of Self and Body

The Self is central to human existence; Body is an instrument of the Self

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

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

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)

Self Reflection

Self Reflection

1. Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?
2. Is your body healthy?
3. If you assume yourself to be the Body, what are some implications, particularly on the health of the Body?
4. When you select food to eat, what is of primary importance – the nutrition or taste?
5. When you choose clothes, what is of primary importance – how you will look in those clothes, what other people will say to you or you think of comfort and protection first?
6. When do you decide your daily routine, what is the primary consideration – your workplace timings or your self-development and health of Body?

Questions?

1. How can we find out how much money is required i.e. determine our physical needs?
I am asking because prices keep changing and there is no guarantee that we will not have some accident or some illness where we don't know how much the treatment will cost. We have to include insurance for all these contingencies...
2. Does Sayam mean self control or self restraint? What exactly is the English word for Self-regulation?
3. If we become satisfied, then there will be no motivation for development. So many great inventions took place during world wars, like operations research, like radar... What is your comment on it?
4. If there is relationship and prosperity, then there is no need for corruption! How can we reach this knowledge to those doing all this corruption?

Some Implications of a wrong assumption

If the assumption is **Human Being = Body**

Then happiness is sought through

- sensation (through the body) or
- getting the right feeling from the other

As a result

- The body is harmed due to excessive consumption or over indulgence to get favourable sensation
- Continuity of happiness can not be ensured
- There is a major impact on family, society, nature...

e.g.

Over eating, consumption of "junk food" etc. is common

A large number of diseases are psychosomatic in nature

Today many of the complaints are related to the lack of feeling

Why “More than Required Physical Facility”

If my family is prosperous, then:

1. We identify the required physical facility for the family (including the required quantity) – with right understanding
2. We produce more than the required physical facility using cyclic, mutually enriching process – with right skills
3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of Self-regulation
4. We share the rest for mutual fulfillment in relationship & for order in society – with a sense of responsibility in relationship