



Harmony in the Human Being

**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

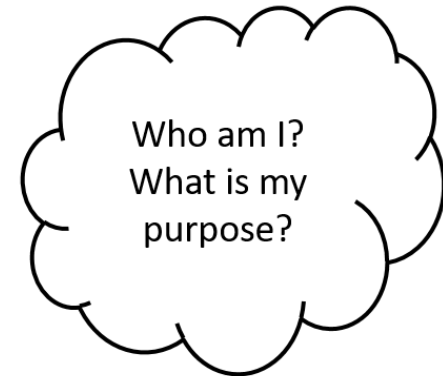
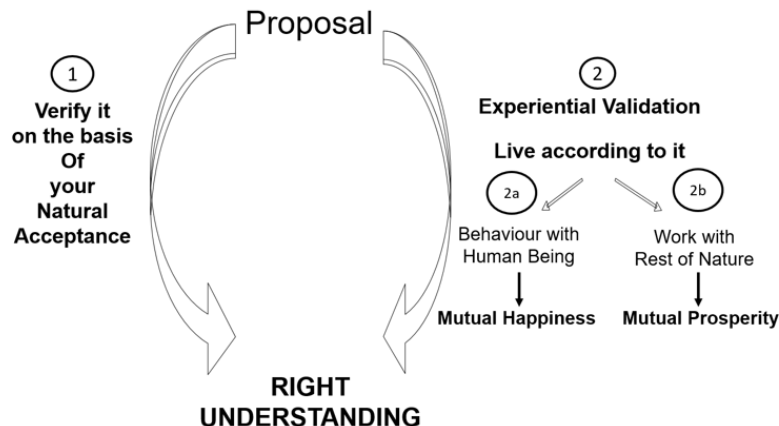
Harmony in Nature/Existence

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
मानव

Self
मैं



Co-existence
सहअस्तित्व

Body
शरीर

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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)



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 पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु

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 क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
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Response	Knowing, Assuming*, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

* Assuming or Accepting



Knowing, Assuming, Recognizing, Fulfilling

The recognition & fulfillment of the Body is definite

The recognition & fulfillment in the Self is on the basis of knowing, assuming

- If the assumption is based on knowing, the assumption is right and the recognition & fulfillment is correct → definite conduct
- If the assumption is without knowing, the assumption may or may not be right , so the recognition & fulfillment is uncertain → indefinite conduct

Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem समस्या

Education-Sanskar

Resolution
KNOWING
समाधान

ASSUMING

RECOGNISING

FULFILLING

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

It is definite, has continuity and universality

What I accept about that reality



Acceptance can be on the basis of knowing or

Assumptions can also be without knowing

Assumptions are definite (on the basis of knowing)

Assumptions are not seen in its completeness and assumed something about it

Conduct is definite (Swatantrata)

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

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

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

Knowing through self-verification
– on the basis of Natural Acceptance & on the basis of living accordingly
↓
Assumptions are definite (on the basis of knowing)
↓
Conduct is definite (Swatantrata)



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Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
आवश्यकता	सुख (जैसे सम्मान)	सुविधा (जैसे भोजन)
In Time	Continuous	Temporary
काल में	निरन्तर	सामयिक
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
मात्रा में	गुणात्मक (भाव है)	मात्रात्मक (सीमित मात्रा में)
Fulfilled By	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things
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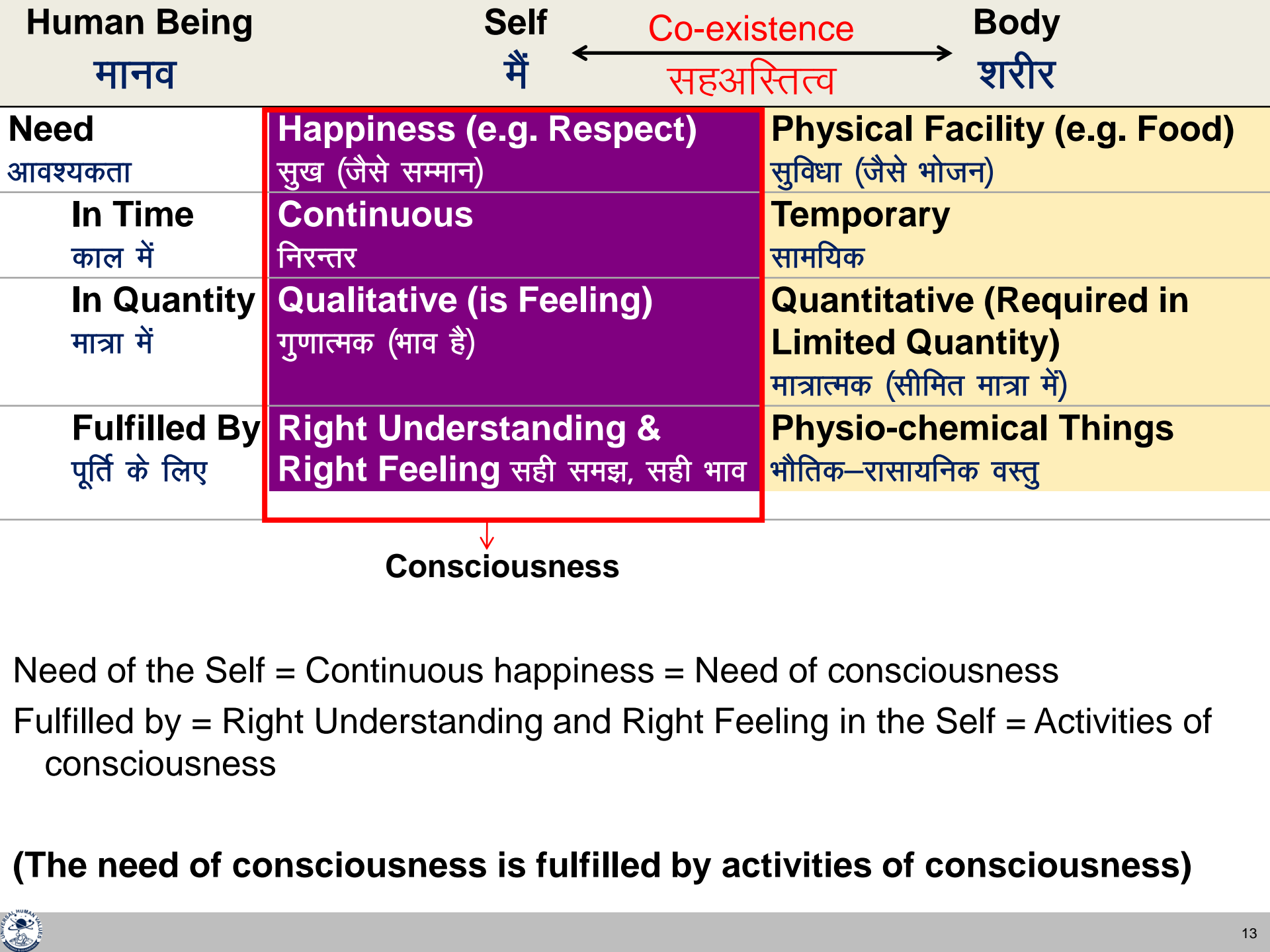
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↓
Consciousness चैतन्य

↓
Material जड़



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↓
Material

Need of the body = Physical facility* = Material in nature

Fulfilled by = Physio-chemical things = also material in nature

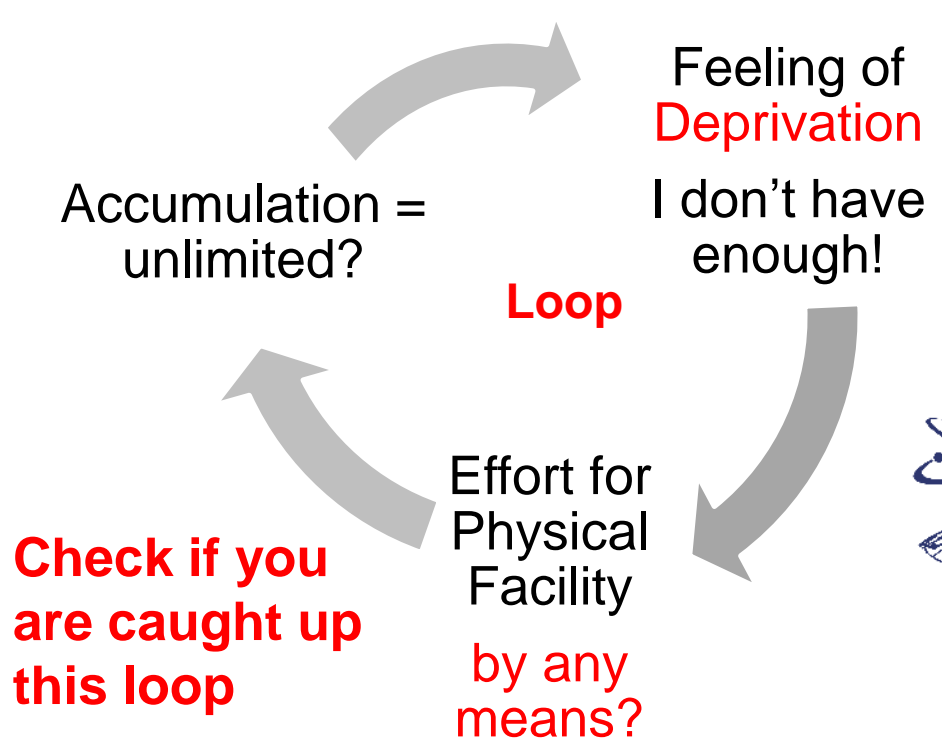
(The need of material is fulfilled by material)

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



Evaluation of Current Situation – Gross Misunderstanding

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



↓

Accumulation of Physical Facility – Unlimited!
सुविधा संग्रह – असीमित!

✗

↓

Deprivation
दरिद्रता

✗

Sum Up

Human being is a co-existence of Self and Body

Self is consciousness. Its needs are feelings in consciousness (like happiness) and these needs are fulfilled by activity of consciousness, i.e. Right Understanding & Right Feeling

Body is material. Its needs are material (like food) and these needs are fulfilled by material, i.e. Physio chemical things

The needs of consciousness can not be fulfilled by material

The needs of material can not be fulfilled by consciousness alone

The recognition & fulfillment of the body is definite

The recognition & fulfillment in the self is on the basis of knowing, assuming

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Watch this video today

<https://www.youtube.com/watch?v=9GorqroigqM&t=549s>

THE STORY OF



WITH ANNIE LEONARD

Practice Exercises for Today

A. Need for Right Understanding, Fulfilment in Relationship and Physical Facility

1. Make a list of your desires (needs, wants etc.).
2. Find out to which is a given desire directly related out of Right Understanding (RU), Fulfilment in Relationship (Rel.) and Physical Facility (PF):

Example:

S.No.	Desire	RU	Rel	PF	Reason
1	Money			√	As we get PF from money
2	Name, fame		√		As we get from other human beings
3	Good food			√	As it is a PF
4	Car			√	Car is a PF
5	Peace of mind	√			It is obtained through RU
6				

Practice Exercises for Today...

B. Human Being as Co-existence of the Self and the Body

1. Take the same list of your desires. Now find out to which is the desire directly related: Self or Body (whenever it appears related to both, find out the purpose for yourself at the given moment.)

Example:

S.N o.	Desire	Purpose	Self	Body
1	Money	a. Physical Facilities		√
		b. Status	√	
		c. Merry making	√	
2	Name, fame	Attention from others	√	
3	Good food	Health of Body		√
		Taste	√	
4	Car	a. To save energy of Body in transportation		√
		b. Respect in society	√	
		c. To look good	√	
5	Peace of mind	For the Self	√	
6			

2. Find out what % is related to needs of the Self and what % is related to the needs of the Body
For Example: 80% to Self, 20% to Body

3. Now find out what % of effort is for PF and what is for Right Understanding and Right Feeling.
For Example: 80% to PF, 20% for Right Understanding and Right Feeling.

➤ Now see the contrast





Self Reflection