

**Understanding the Human Being
as 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

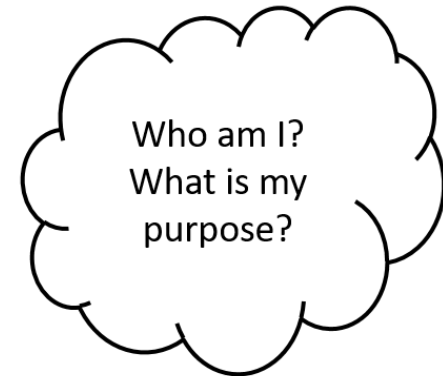
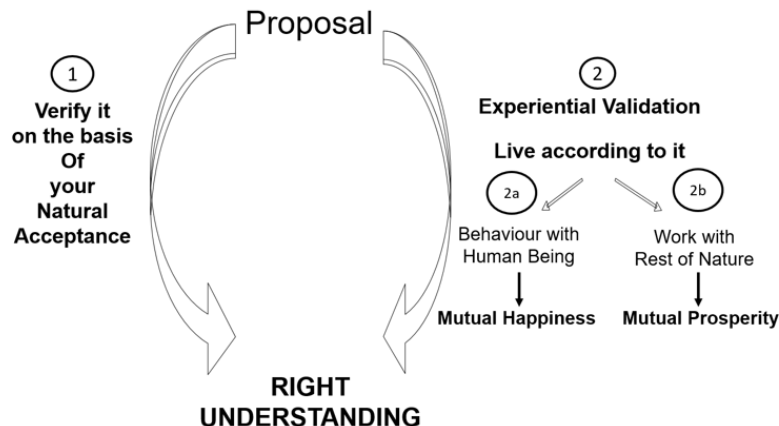
Harmony in Nature/Existence

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

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)

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?

Human Being मानव	Self मैं	← Co-existence सहअस्तित्व →	Body शरीर
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Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव		Physio-chemical Things भौतिक-रासायनिक वस्तु

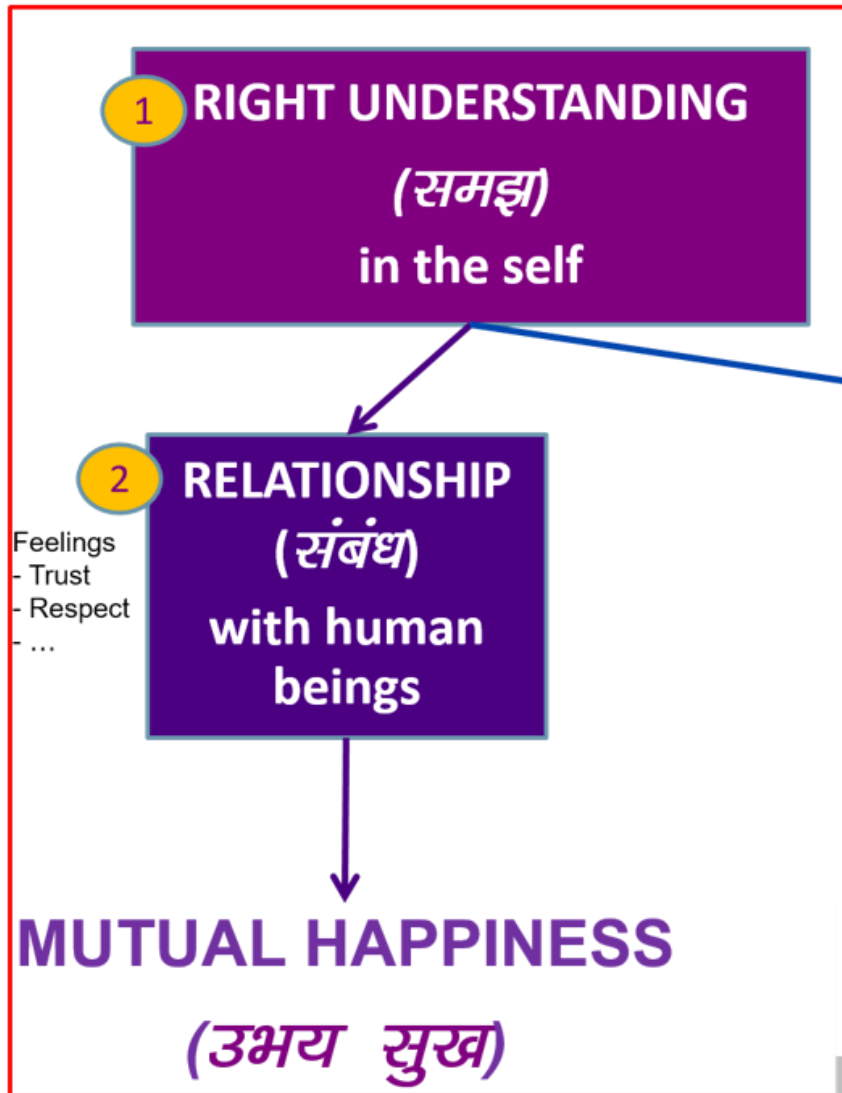
The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone
 The needs of the Self can not be fulfilled by Physio-Chemical Things

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?

Related to Needs of the Self

Related to Needs of the Body



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



Human Being

मानव

Self

मैं

Co-existence

सहअस्तित्व

Body

शरीर

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
पूर्ति के लिए		भौतिक-रासायनिक वस्तु
Activity	Desire, Thought, Expectation...	Eating, Walking...
क्रिया	इच्छा, विचार, आशा...	खाना, चलना...
In Time	Continuous	Temporary
काल में	निरन्तर	सामयिक

Human Being मानव	Self मैं	Co-existence सहअस्तित्व	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)		Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
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Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...		Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर		Temporary सामयिक
Response	Indefinite or Definite* अनिश्चित या निश्चित		Definite निश्चित

* Indefinite when based on assumptions (as they keep changing)
 Definite when based on knowing (which is definite)

Human Being

मानव

Self

में

Co-existence

सहअस्तित्व

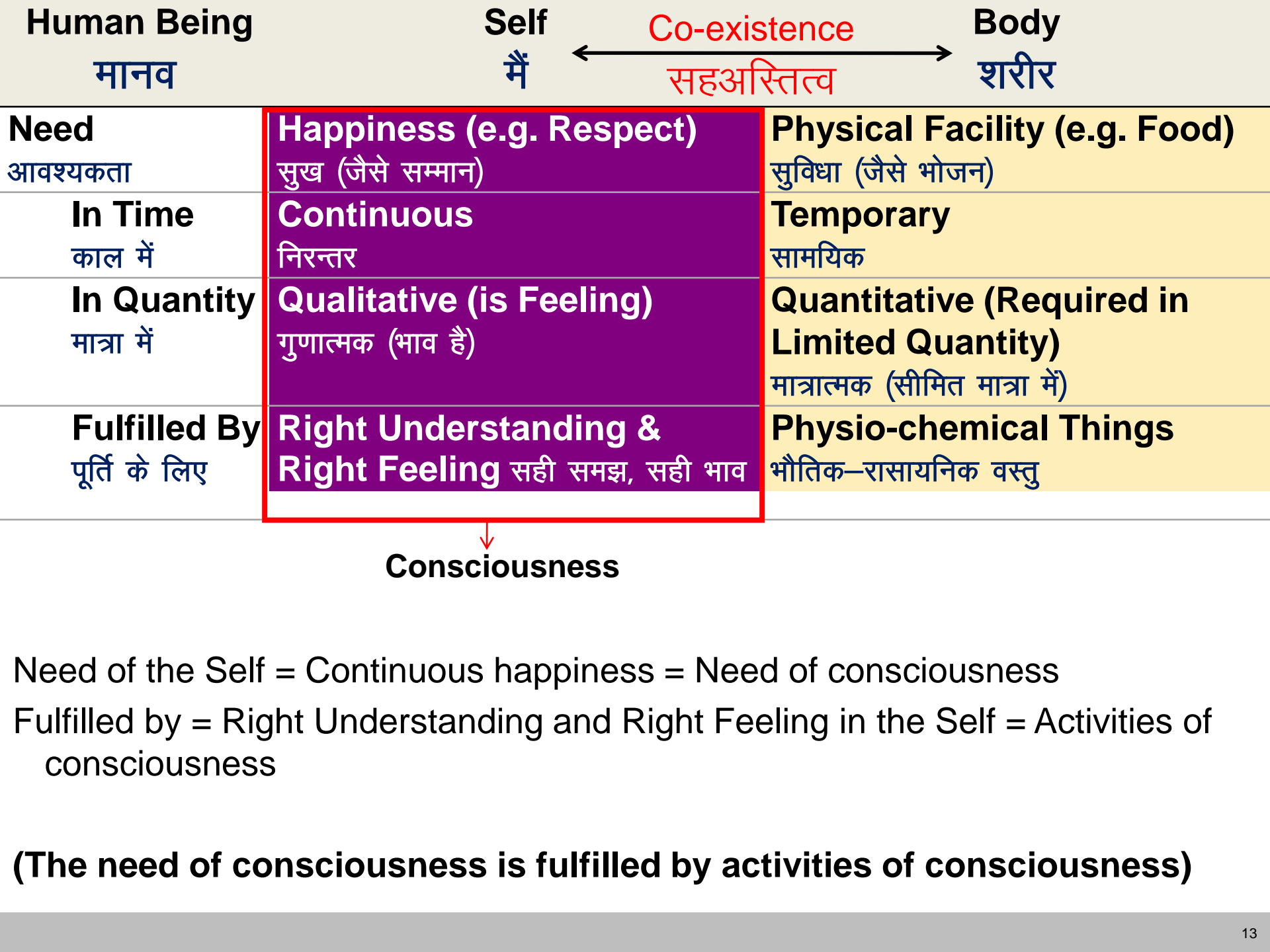
Body

शरीर

Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
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Response	Indefinite or Definite अनिश्चित या निश्चित	Definite निश्चित

↓
Consciousness चैतन्य

↓
Material जड़





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

- 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

Self Reflection

Self Reflection

1. Take the list of your desires, thoughts and expectations. Find out
 - What % is related to needs of the Self and what % is related to the needs of the Body
 - What is the % of your effort for physical facility and % of your effort for right understanding
 - What is your conclusion from this exploration?

2. Is human being
 - just the body or co-existence of self and body or something else?
 - What are the implications of right understanding about human being?

3. Are you able to see distinctly & separately
 - The need of the self & the need of the body
 - The fulfillment of the need of the self & need of the body
 - The activity of the self & the activity of the body
 - The response of the self and the response of the body

Questions?

FAQ

1. Some of the activities of the body are also continuous, like breathing, like blood flowing through the blood vessels. Right?
2. How can we be sure that thoughts are going on all the time? Like when we are sleeping, we are not thinking... I suppose
3. I can see the body because it is tangible, but the self is intangible. So how can we see the self?
4. What happens to the self after the body dies? Does it also die with the body?
5. Once you know, why would you still need to assume? Please explain what exactly is the meaning of knowing and what is the meaning of assuming
6. Is the self same as mind?

Evaluation of Current Situation - Gross Misunderstanding

Assumption: Human being = Body ❌

Needs of human being = physical facility
and feelings

Need for feelings (like respect) is continuous

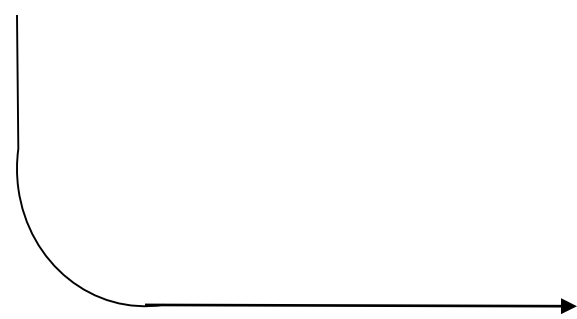


All needs are fulfilled by physical facility ❌

(Eg. clothes, house, car... will fetch respect)



Physical facility required = unlimited! ❌

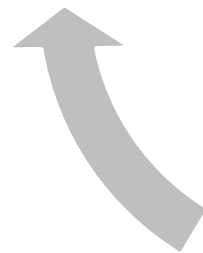


Physical
facility
available =
unlimited?



Feeling of
Deprivation

I don't
have
enough!



Effort for
Physical
Facility

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

Implications on Health Education & Health Services

1. Understanding the importance of the self in keeping the body healthy. Health care professionals will be able to take care of both the health of the body as well as understanding in the self

A large number of diseases are psychosomatic in nature

Many disorders are related to lack of understanding of a healthy lifestyle

2. Understanding the importance of the self and the feeling related to the self, caregivers will be able to take into account the feelings while providing care

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

The major issue of exploitation for profit will be handled

3. One would be able to make right utilisation of physical facility

If happiness is sought through sensation alone

- continuity of happiness can not be ensured

- the body is harmed due to excessive consumption or over indulgence to get favourable sensation

Today over eating, consumption of "junk food" etc. is common

FAQ: Is Self = Ego?

Ans: When you do not understand the self, you sometimes over-evaluate the self and at other times under-evaluate the self

This over-evaluation of the self is Ego

Under-evaluation of the self is Depression

Both are caused by lack of understanding the self