

## LECTURE 7

# Understanding The Human Being as Co-existence of The Self and the Body

*(For details, refer to Chapter 5 of the textbook)*

### Recap

In previous lectures, we have discussed the basic aspiration of human being and programme for its fulfilment.

In this lecture, we will begin to explore the harmony in human being.

### **7.1** Human Being as Co-existence of the Self and the Body

We are human beings; and we need to first understand ourselves.

So, what is a human being? The proposal is that human being is co-existence of the Self and the Body. Self is what we term as 'I' and Body is what we see with our eyes.

To understand the two realities, we can start by looking at the needs, activities and response of the Self and the Body.

Human Being	Self ← <i>Co-existence</i> → Body	
	<b>Need</b>	Happiness (e.g. Respect)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things
<b>Activity</b>	Desire, Thought, Expectation...	Eating, Walking...
In Time	Continuous	Temporary
<b>Response</b>	Knowing, Assuming, Recognising, Fulfilling	Recognising, Fulfilling
	↓	↓
	<b>Consciousness</b>	<b>Material</b>

*Fig. 7-1 Human Being – Co-existence of the Self (Domain of Consciousness) and the Body (Domain of Material)*

## **7.2** The Needs of the Self and the Body

The need of the Self is happiness (e.g. feeling of respect leading to happiness) while the need of the Body is physical facility (e.g. food). All the needs related to the Self are continuous in time while all the needs related to the Body are required for a limited time. This is one way we can differentiate between the need of the Self and the need of the Body.

The other way to see the difference between the two is in terms of quantity and quality. The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. Same is the case with the need of clothes, shelter, etc. On the other hand, the feeling of respect,

trust, etc. is not quantitative. We don't say, 'today I got half kg of respect' or 'two metres of trust'. These feelings are qualitative in nature.

Now, let us see how these two different types of needs are fulfilled. The need for food is fulfilled by something physical. But when it comes to the need for respect, it is fulfilled by the feeling of respect. All the needs related to the Body are fulfilled by some physio-chemical things. All the needs related to the Self are in terms of feeling, and they are fulfilled by right understanding and right feeling.

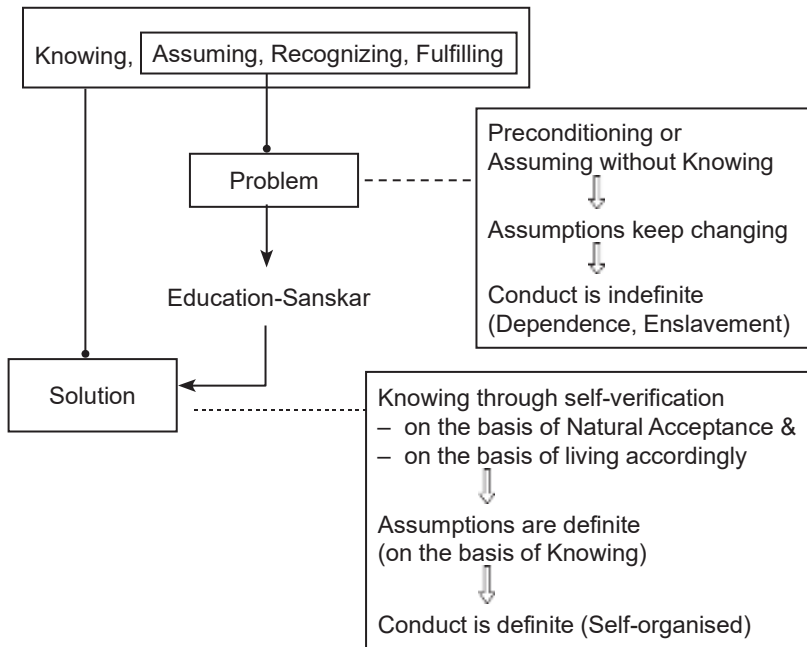
### **7.3 The Activities of the Self and the Body**

The Self has the activity of desire, thought and expectation which are continuous. On the other hand, any activity of the Body, like eating, walking, etc. is temporary in time.

### **7.4 The Response of the Self and the Body**

The response of the Body is based on recognizing and fulfilling whereas the response of the Self is based on knowing, assuming, recognizing and fulfilling. The recognition and fulfilment of the Body is definite, while that of Self is determined by the activity of assuming. As assumption changes, the recognition and fulfilment by the Self also changes. The conduct of the human being basically depends upon the response of the Self, as all decisions are made by the Self. Only with the assumptions set right, i.e. assuming based on knowing (which is definite), can recognising and fulfilling be set right; and only then, the conduct can become definite.

All the problems of a human being are due to assumptions without knowing, and the solution lies in ensuring the activity of knowing. And this is possible only through education-sanskar.



*Fig. 7-2 Response Based on Knowing and Response Based on Assuming Without Knowing*

## **7.5 The Self as the Consciousness Entity, the Body as the Material Entity**

The Self and the Body are two different types of reality. The Self is the domain of consciousness, which is characterised by the activity of knowing, assuming, recognising and fulfilling. The Body is the domain of material and it only has the activity of recognising and fulfilling.

Happiness is the need of the consciousness and it is fulfilled by right understanding and right feeling, which are activities of the consciousness

itself. The Body is a material unit, its needs are material in nature and they are fulfilled by physio-chemical things.

To understand the human being, both the domain of consciousness as well as the domain of material needs to be understood. For human being to be fulfilled, both domains need to be fulfilled separately.

## **Key Takeaways**

Human being is co-existence of the Self (Consciousness) and the Body (Material). This can be seen on the basis of exploring into the need, fulfilment of need, activity and response of the Self and the Body. In particular, the response of the body is definite while the response of the self depends on assuming. With assuming based on knowing, the conduct of a human being gets indefinite.

## LECTURE 8

# Distinguishing between The Needs of The Self and the Body

*(For details, refer to Chapter 5 of the textbook)*

### Recap

We saw that human being is co-existence of the Self (consciousness) and the Body (material).

Now we will explore into the needs of the Self and the Body in further detail.

### 8.1 The Needs of the Self and the Body

The need of the Self is happiness which is a continuous need. The need of the Body is physical facility which is a temporary need. Both of these are needs of human being.

Human Being	Self	Body
	<i>Co-existence</i> ← →	
<b>Need</b>	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
In Time	Continuous	Temporary
In Quantity	Qualitative (is Feeling)	Quantitative (Required in Limited Quantity)

*Fig. 8-1. Needs of Human Being*

Now, make a list of your desires and discuss the list.

Is the desire related to Body or Self?

Is it temporary or continuous? Quantitative or qualitative?

Find out if one can be replaced by the other.

Is every desire a need? What's the difference?

## 8.2 Fulfilment of the Needs of the Self and the Body

Thus, these are two different types of needs. Both of these are essential and therefore, both of them have to be fulfilled separately for human being.

Human Being	Self	Body
Need	Happiness (e.g. Respect)	Physical Facility (e.g. Food)
Fulfilled By	Right Understanding & Right Feeling	Physio-chemical Things

*Fig. 8-2. Fulfilment of the Needs of Human Being*

All the needs related to the Body, which are in terms of physical facility, are fulfilled by some physio-chemical things. Of course, the needs related to the Body depend on the age, health condition, shape and size of the Body etc. An adult may need 1kg of food in a day, while a small child may need 100 grams. A tall young man may need 3 metres of cloth for a pant, while a short boy may need only 1 metre. Like that the needs related to the Body will vary.

All the needs related to the Self are in terms of the feeling of happiness; and they are fulfilled by right understanding and right feeling. The needs of the Self are definite. A child needs happiness as much as a youth as does an old person. In other words, this right understanding and right feeling is the need of any Self and every Self, regardless of the state and condition of the Body.

### 8.3 Gross Misunderstanding – Assuming Human Being to be only the Body

The gross misunderstanding is assuming the human being to be the Body; and therefore, trying to fulfil all the needs through physical facility.

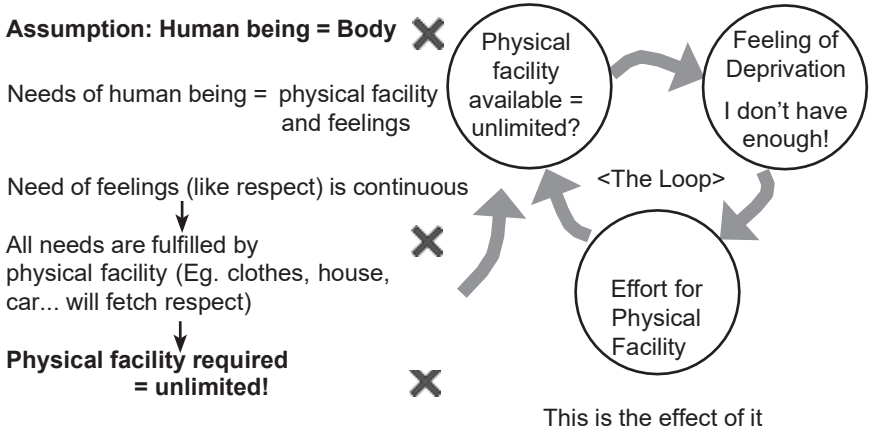


Fig. 8-3. Gross Misunderstanding

It is needless to say that due to over-use of physical facility, there are widespread repercussions at every level of human existence. On the one hand, there is exploitation of natural resources for more and more physical facility. On the other hand, human beings are exploited in the process and also, they are made to compete for the limited physical facility.

## **8.4 The Way Ahead**

The only way to come out of this misunderstanding is to understand the human being as it is. The Self has to be understood as a conscious entity and Body as a material entity. Their needs are different, activities are different, response is different and basically, they are two different entities co-existing as a human being.

### **Key Takeaways**

The needs of the Self and the Body are of two different types, so they have to be fulfilled separately. A gross misunderstanding is to assume the two to be the same, and this leads to the feeling of deprivation and exploitation.

## LECTURE 9

# The Body as an Instrument of the Self

## (The Self being Central to The Human Being)

*(For details, refer to Chapter 5 and 7 of the textbook)*

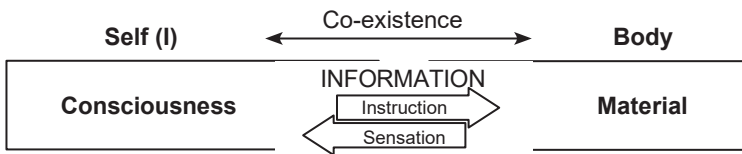
### Recap

We saw that the need, fulfilment, activity and the response of Self and Body are completely different. They are two distinct types of reality – the Self is the domain of consciousness, while the Body is the domain of material.

Now we will see how the Self is central to the existence of a human being and the Body is an instrument of the Self.

### 9.1 Co-existence of the Self and the Body

Happiness, the need of the Self, is the primary need of human being. It is fulfilled by understanding harmony and living in harmony at all levels of being (individual, family, society, nature/existence). Living as a human being, the Self gives instructions to the Body, as and when the Self decides to involve the Body. The Self reads the sensations from the Body, as and when the Self decides to read them. All these transactions are in the form of information. No material transaction is taking place.



*Fig. 9-1. Exchange of Information between the Self and the Body*

In this way, the Self uses the Body as an instrument, an equipment for the fulfilment of its programme for happiness.

## 9.2 The Body as an Instrument of the Self

We can go further into the details of the co-existence between the Self and the Body.

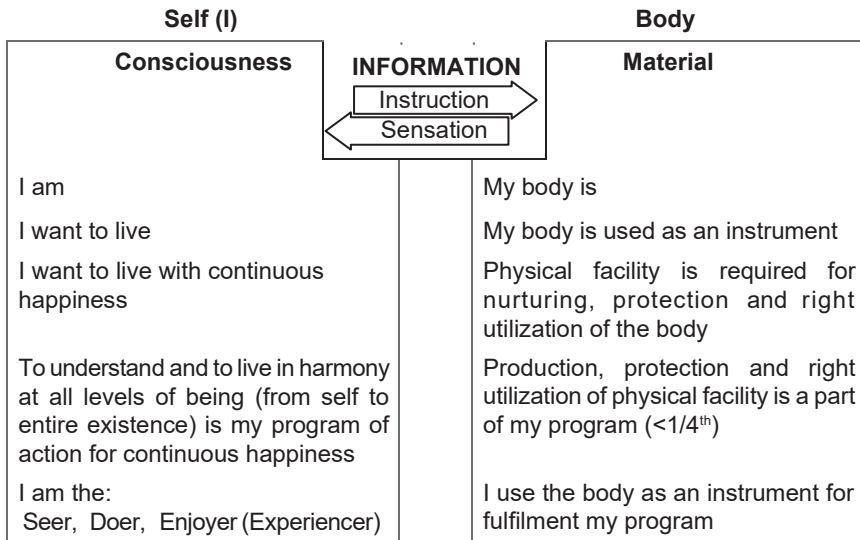


Fig. 9-2. Role of the Self and the Body (Instrument)

The Self (consciousness) is there and the Body (material) is there. There is a will to live with continuous happiness in the Self. It is the need of the Self and it is fulfilled by right understanding and right feeling. In order to live with continuous happiness, the programme of the Self is to understand harmony and to live in harmony at all levels of being— individual, family, society and nature/existence.

In this process, the Body is used as an instrument. For nurturing, protecting and rightly utilizing this instrument, physical facility is required from time to time. A part of my (Self's) programme is to produce the required physical facility, and also to protect it and rightly utilise it. This production, protection and right utilization of physical facility is only a part of my full programme. A rough estimate is that the programme related to physical facility is less than one fourth of my programme. Physical facility is required primarily to ensure harmony with the Body – my Body and the Body of my family members.

The need of the Self is the primary need of human being. The programme of understanding harmony and living in harmony at all four levels (individual, family, society, nature/existence) is the complete programme. In this programme, the Body is a useful tool, a useful instrument. In this way, we can see that Self is central to the existence of a human being. It is playing the major role; it is the seer, doer and enjoyer.

### **9.3 The Self is the Seer-Doer-Enjoyer**

The Self is the Seer. It is the Self that sees the reality; that understands the reality. The Self is the Doer. Doer means, one who decides, one who takes the decision to do or not to do.

The Self is the Enjoyer (Experiencer). It is the Self that experiences the happiness and unhappiness. In that sense, it is the enjoyer. Body is a mere instrument, a physio-chemical entity.

### **Key Takeaways**

Self and Body co-exist to live as a human being. The Self is central to human existence. It is the Seer, Doer and Enjoyer and utilises the Body as an instrument.

## LECTURE 10

# Understanding Harmony in the Self

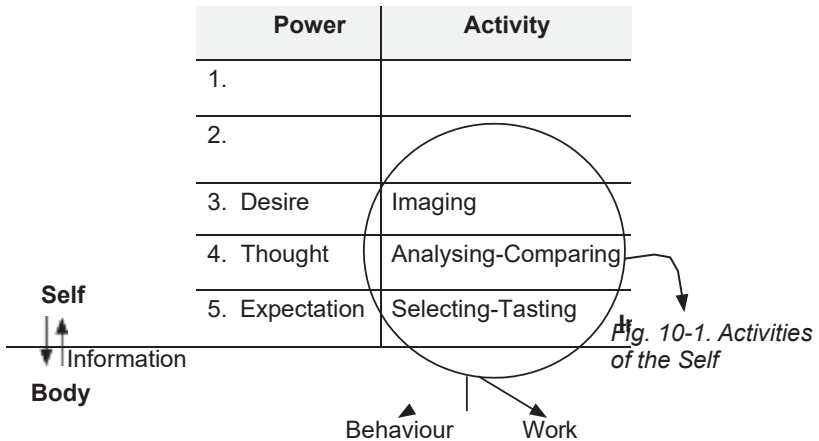
(For details, refer to Chapter 6 of the textbook)

## Recap

In the previous lecture, we discussed human being as the co-existence of the Self and the Body, the Self being central to the Human Being.

Now we will explore into the activities of the Self and see how harmony can be ensured among all the activities of the Self, resulting into a state of continuous happiness.

### 10.1 Activities of the Self





The activities of the Self can be seen in terms of desire, thought and expectation.

Desire is the name given to the activity of imaging. You are making an image in the Self. Desire is in the form of an image which you have created within. Thought is the power for the activity of analysing based on comparing various possibilities to fulfil your desire. Expectation is the power for the activity of selecting based on tasting.

## **10.2 Activities of the Self are Continuous**

These powers of desire, thought and expectation are inexhaustible, and the activities are continuous. The activities of imaging, analysing-comparing and selecting-tasting are always going on, whether we are aware of them or not.

## **10.3 These Activities Together Constitute Imagination**

These activities are together called imagination. We may not immediately be able to observe our desire, thought and expectation distinctly, but it may be easier to see that something is going on within. One imagination or the other is going on in us all the time.

Happiness and unhappiness depend on the state of imagination. If your imagination is in harmony with your natural acceptance, you are in a state of happiness. When it is in contradiction with your natural acceptance, you are in a state of unhappiness.

Imagination is expressed to the world outside, in terms of behaviour with human being and work with the rest of nature.

We have also referred to imagination as “what I am” and the natural acceptance as “what I really want to be”.

## **10.4 State of Imagination**

Once you start looking at your imagination, you will be able to find out the state of your imagination. Your imagination could be well organised, in harmony or it could be a random mixture of harmony and contradiction.

## **10.5 Possible Sources of Imagination**

There are three possible sources of motivation for imagination: 1. Preconditioning, 2. Sensation and 3. Natural Acceptance

A dominant source of imagination is preconditioning. Preconditioning means the beliefs, notions, norms, ideas, views, dictums, goals, etc. prevailing in the family, in the society which we have assumed without knowing. They may influence our imagination.

Another major source of our desire, our imagination is the sensation. Sensation is the information we get from the Body through the five sense organs – of sound, touch, sight, taste and smell.

The third source of imagination is our natural acceptance. It can also be referred to as the inner voice or conscience. Self-verification on the basis of our natural acceptance can be the third possible source. It may or may not be the predominant source of motivation currently, but it can be the real source for deciding our desire, our imagination.

## **10.6 Consequences of Imagination from the three Sources – Self-organisation or Enslavement?**

If your imagination is motivated by preconditioning or sensation, you may or may not be in harmony with the natural acceptance. Therefore, you may be in a state of happiness within or unhappiness within. Your happiness is dependent or enslaved by your preconditioning and sensation.

If your imagination is guided by your natural acceptance, you are sure to be in harmony and happiness within. You are self-organised.

### 10.7 The Way Ahead – Ensuring Harmony in the Self by way of Self-exploration

To achieve this harmony in the Self, we need to start self-exploration. In the process, we need to:

- Know our natural acceptance
- Be aware of our imagination
- Find out the source of imagination
- Work out a way to sort out our imagination till it is fully in line with our natural acceptance

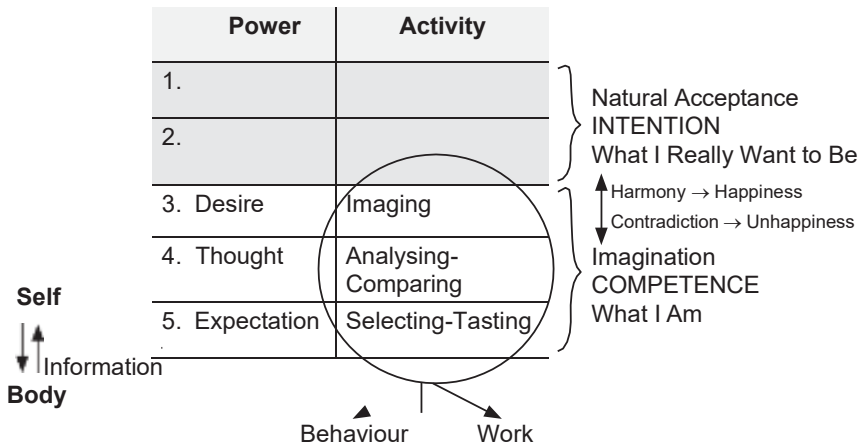


Fig. 10-2. Happiness is to Be in Harmony between 'What I Am' and 'My Natural Acceptance'

When the imagination is in harmony with the natural acceptance, there is harmony in the Self. This harmony is happiness.

### 10.8 Harmony in the Self in Detail

*(Note: While conducting the lecture, this part may be referred to for clarifying doubts or even skipped. It may be appropriate to return to this part after covering all the lectures. Kindly read pages 109-114 of the text book for details)*

Fig. 10-3 shows all the activities of the Self. The activities have been marked in two blocks, B1 and B2. So far, we have been talking about imagination, i.e. the activities in block B2. The activities in block B1 are related to the natural acceptance. We have previously also referred to block B1 as right understanding and right feeling.

**Space**

	Dynamic Activity	State Activity	
<b>Self</b>	1. Authentication	Realization	(B1) Co-existence
	2. Determination	Understanding	Harmony in Nature
	3. Imaging ◀	Contemplation	Participation in Larger Order, Relationship
	4. Analysing	Comparing	(B2) Co-existence, Harmony, Justice <i>guided</i> Sensation, Health, Profit
	5. Selecting	Tasting	Goal, Value <i>guided</i> Sensation
<b>Body</b>	↓ Behaviour	↓ Work	↓ Participation
<b>Other</b>	Human	Rest of Nature	in larger Order

*Fig. 10-3. Self in Human Consciousness*

Harmony in the Self is continuous when the activities in the Block B2 are completely awakened. This is the complete development of the Self.

At any point, our state of being can be articulated as the accumulation of our 'acceptances'.

Sanskar =

a) Acceptances derived out of

$\sum$  [ Desire (from all time) + Thought (from all time) + Expectation (from all time)]

and

b) Acceptances born out of Right Understanding\*

\* Right Understanding of a reality includes contemplation of its relationship or participation in the larger order, understanding of the harmony and realisation of co-existence in existence of that particular reality.

If we do not have completeness of right understanding, then we may have discordant assumptions about relationship, harmony and/or co-existence. E.g., we may assume that there is struggle instead of co-existence in existence; there is a struggle for survival and survival of the fittest; there is conflict and contradiction rather than harmony in Nature and there is need for opposition, competition, domination and exploitation rather than relationship in human interaction with other human beings or rest of nature. In general, these assumptions form a strong part of our sanskar.

if our sanskar is not based on our natural acceptance and right understanding, then our preconditionings and sanskar, may be that we can derive happiness out of pleasing sensations or getting pleasant feelings

from other human beings. As a result, our feeling, thought, selection, behaviour, work and participation in the larger order will depend on these sanskar. This seems to be the case today for most of us.

Sanskar is being updated every moment over time. We have some sanskar at the moment (t). At the next moment (t+1), our sanskar can be articulated as:

**Sanskar (t+1) = Sanskar (t) + Environment (t) + Self-exploration (t)**

That is, our sanskar at the next moment (t+1) is a result of our sanskar at the present moment (t), the environment we are in at the present moment as well as the self-exploration, self-verification we do at the present moment. Thus, self-exploration is an important tool to transform the sanskar.

## **Key Takeaways**

The activities of imaging (desire), analysing-comparing (thought) and selecting-tasting (expectation) are together called imagination. Imagination is continuously going on in the Self. The sources of imagination can be sensation, pre-conditioning or natural acceptance. There is harmony in the Self when the imagination is in line with one's natural acceptance. Harmony in the Self is in continuity when all the activities of the Self are awakened.

## LECTURE 11

# Harmony of The Self with The Body

*(For details, refer to Chapter 7 of the textbook)*

## Recap

In the previous lecture, we discussed the harmony in the Self.

In this lecture, we will discuss the harmony of the Self with the Body, and try to understand self-regulation and health.

### **11.1** The Body as a Self-organised System

The Body is a wonderful self-organised system. It has so many parts. Each part co-exists in harmony with every other part. The eyes are well connected to the brain; the mouth, the stomach and the whole digestive system is synchronized and so it is for every organ, every cell of the Body – and you have to do nothing to make these connections or to synchronize the various parts or to deal with every cell.

### **11.2** Harmony of the Self with the Body: Self-regulation and Health

As we discussed in lecture 9, the Body is an instrument of the Self. The responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly utilizing the Body. Nurturing the Body is by providing appropriate air, water, food, sunlight, etc. Protection is to ensure the continuity of the body which includes safeguarding from unfavorable

conditions. Right utilization would mean using the Body for the purpose of the Self. This feeling of responsibility towards the Body is called as the feeling of **self-regulation**, and a natural outcome of it is **health**.

Feeling of self-regulation = the feeling of responsibility in the self towards the Body – for nurturing, protection and right utilization of the Body.

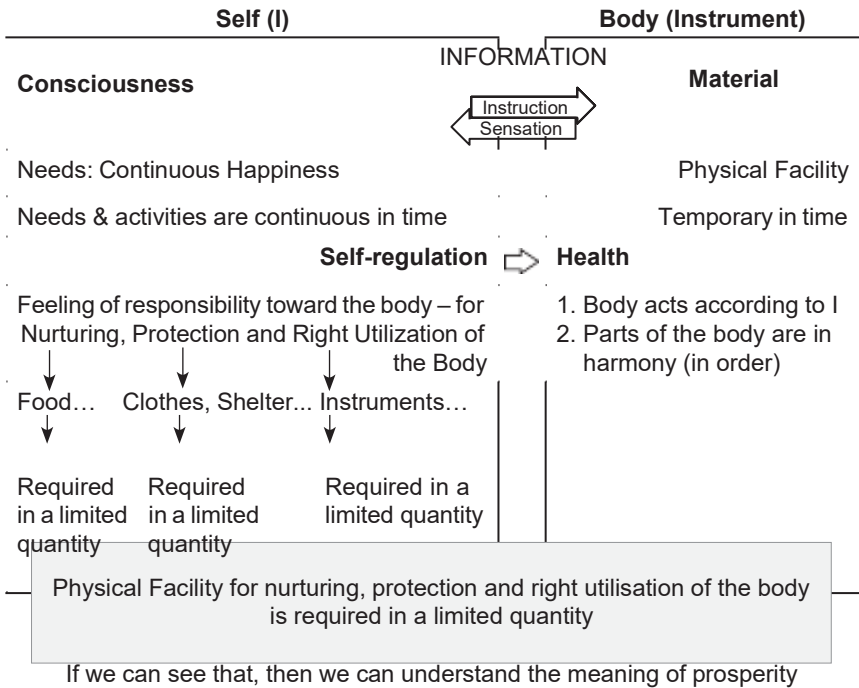


Fig. 11-1. Physical Facility is Required in a Limited Quantity for the Body

Indicators of a healthy body:

- The Body is healthy if it is able to perform as per the instructions of the Self.

- Different parts of the Body are in harmony amongst each other, they are in order.

The feeling of self-regulation in the Self is primary. Health in the Body is a natural consequence.

When the Self has the feeling of self-regulation and there is health in the Body, there is harmony of the Self with the Body.

### **11.3 Appraisal of the Current Status**

Over the last 100 years or so, there have been significant improvements in terms of longer life-spans, in dealing with communicable diseases and trauma, but yet, ensuring health remains a question mark<sup>1</sup>. The problem is in the wrong assumptions, one of which is that human being is the Body. With this assumption, happiness is sought through favourable sensation through the Body. Further, the assumption that we will get happiness from sensation through the consumption of physical facility has led to a high demand for it. Most of the present-day disorders are psycho-somatic in nature. 'Psycho' has to do with the Self and 'Somatic' has to do with the Body. Disharmony in the Self causes disharmony in the Body causing psycho-somatic problems. These effects are very prominent when the individual is living with the assumption "I am the Body".

### **11.4 The Way Ahead**

There is a need to understand human being as it is (as co-existence of Self and Body). The significant part is having the feeling of self-regulation in the Self. This can happen only when the Self is in harmony, i.e. there is right understanding and right feeling in the Self. With a feeling of self-regulation, the Self will naturally nurture, protect and rightly utilise the Body, resulting in health of the Body.

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<sup>1</sup> Please refer to latest health data available from sources like the World Health Organisation (<https://www.who.int/>)

## **Key Takeaways**

The Body is an instrument of the Self. Harmony of the Self with the Body is ensured when Self has the feeling of self-regulation and there is health in the Body.

## LECTURE 12

# Programme To Ensure Self-regulation and Health

## (Understanding My Participation with my Body)

*(For details, refer to Chapter 7 of the textbook)*

### Recap

In the previous lecture, we discussed the meaning of self-regulation and health.

Now, we will explore into the programme to ensure self-regulation and health.

### **12.1** Programme for Self-regulation and Health

As we discussed earlier, feeling of self-regulation is the feeling of responsibility in the Self for nurturing, protection and right utilization of the Body. We can now detail it further:

#### **Nurturing the Body**

Nurturing means providing the necessary inputs to the Body. The right inputs nurture the Body, without disturbing its harmony.

The programme for nurturing and maintaining health of the Body includes the following:

- |  |                                 |
|--|---------------------------------|
| 1a. Intake   | 1b. Routine                     |
| 2a. Physical Labour                                | 2b. Exercise                    |
| 3a. Balancing internal and external organs of body | 3b. Balancing breathing of body |
| 4a. Medicine                                       | 4b. Treatment                   |

**1a.** The first part is the intake, all that the Body takes in. It includes the air it breathes, the water it drinks, the sunlight it absorbs, the food given to it and so on.

**1b.** A regular routine is required in order to keep the Body healthy, like ensuring a proper programme for sleeping, waking up, cleaning the Body, eating, doing physical work, etc.

**2a.** The Body needs adequate movement to maintain health. Labour is the work on the rest of nature. Few hours of labour a day provides sufficient body movements to keep the Body in good health. It also ensures production of physical facility.

A lifestyle which includes appropriate intake, routine and labour, would be generally sufficient to keep the Body in good health. However, if we are unable to do that, or in spite of this effort, there is some disharmony in the Body, there are some more aspects of the programme for self-regulation and health, below.

**2b.** If one is not able to labour, s(he) can do exercises for proper upkeep of the Body.

**3a.** There is a need for keeping the internal as well as the external organs in harmony by appropriate means like postures, movements etc.

**3b.** Breathing is a significant activity for the Body. Balancing the breathing of body is necessary, through appropriate breathing exercises.

For the most part, health of the Body can be maintained by these three (1a, 1b, 2a, 2b, 3a and 3b). Despite these, if there is some problem in the health of the Body then we take medicine and ultimately, we also take treatment when all this does not work.

**4a.** The Body is self-organised and naturally in harmony. It is able to recover itself from many disturbances. But if due to some reasons it runs into disharmony, medicine is helpful in taking care of lifestyle disorders, non-communicable illnesses as well as communicable diseases.

**4b.** In the event the Body is not in a state to recover itself back to a state of harmony, there is a need for treatment.

### **Protecting the Body**

Providing a conducive physical environment includes clothing, shelter etc. is all a part of protection of the Body.

### **Right Utilisation of the Body**

Right utilization of the Body would mean that it is used in the process of fulfilling human aspiration, which is basically the need of the Self. If one is using the Body in the process of fulfilling the needs of the Self, it is right utilization of the Body. It would include work with rest of nature to produce physical facility required for the Body.

## **12.2 Revisiting Prosperity in the Light of the Harmony between the Self and the Body**

The need for the physical facility is essentially related to fulfillment of this feeling of responsibility towards the Body, i.e. we need physical facility for

nurturing the Body (food...), for protecting the Body (clothes, shelter...) and for rightly utilizing the Body (instruments...) and that's it. And if we can see this clearly, we can also see that the physical facility required to ensure each one of them is required in limited quantity. Hence, prosperity is very much possible.

As an exercise, one can list all the physical facilities required for these three purposes, and see whether they are limited. Next, one can assess the available facilities, and see if they are more than required. If not, then how much more will be required can be worked out. This will clearly give a vision for ensuring prosperity.

### **12.3 My Participation (Value) Regarding Self and My Body**

My participation (value) with my Body is:

- Ensuring a feeling of self-regulation in the Self
- Ensuring the nurturing, protection and right utilisation of the Body
- Ensuring the production / availability of more than required physical facility for the above

By ensuring these three, the Body continues to be in harmony, it remains healthy. And one also has the feeling of prosperity.

### **Key Takeaways**

When the Self has a feeling of self-regulation (the responsibility for nurturing, protection and right utilisation of the Body), and it is able to fulfil this responsibility, the Body is in harmony (good health). This feeling of self-regulation is instrumental in identifying the need for physical facility and ensuring prosperity.