

## **Lecture 6**

**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

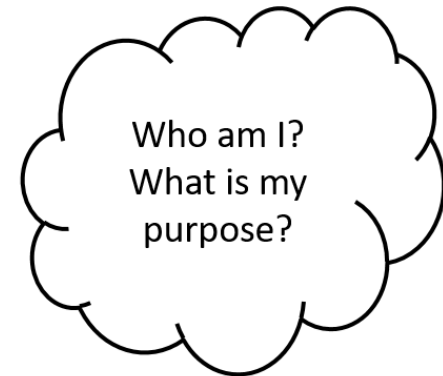
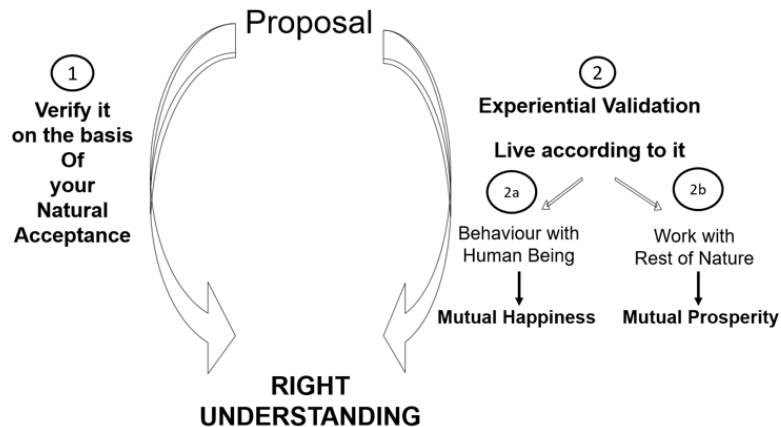
Harmony in Nature/Existence

## 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  
**Ekkuo**

Self  
**eSa**



Body  
**“kjhj**

| Human Being<br>Ekkuo    | Self<br>eSa                                    | Body<br>“kjhj  |
|-------------------------|--|--|
| Need<br>vko';drk        | Happiness (e.g. Respect)<br>Iq[k ¼tSIs IEeku½  | Physical Facility (e.g. Food)<br>Iqfo/kk ¼tSIs Hkkstu½                   |
| In Time<br>dky esa      | Continuous<br>fujUrj                           | Temporary<br>Ikef;d  |
| In Quantity<br>ek=k esa | Qualitative (is Feeling)<br>xq.kkRed ¼Hkko gS½ | Quantitative (Required in Limited Quantity)<br>Ekk=kRed ¼lhfer ek=k esa½ |



- 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<br><b>Ekkuo</b>                | Self<br><b>eSa</b>  | Co-existence<br><b>IgvfLrRo</b> | Body<br><b>“kjhj</b>   |
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| <b>Fulfilled By</b><br><b>iwfrZ ds fy,</b> | <b>Right Understanding &amp; Right Feeling</b><br><b>Igh le&gt;] Igh Hkko</b> |                                 | <b>Physio-chemical Things</b><br><b>HkkSfrd&amp;jklk;fud oLrq</b>                      |

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

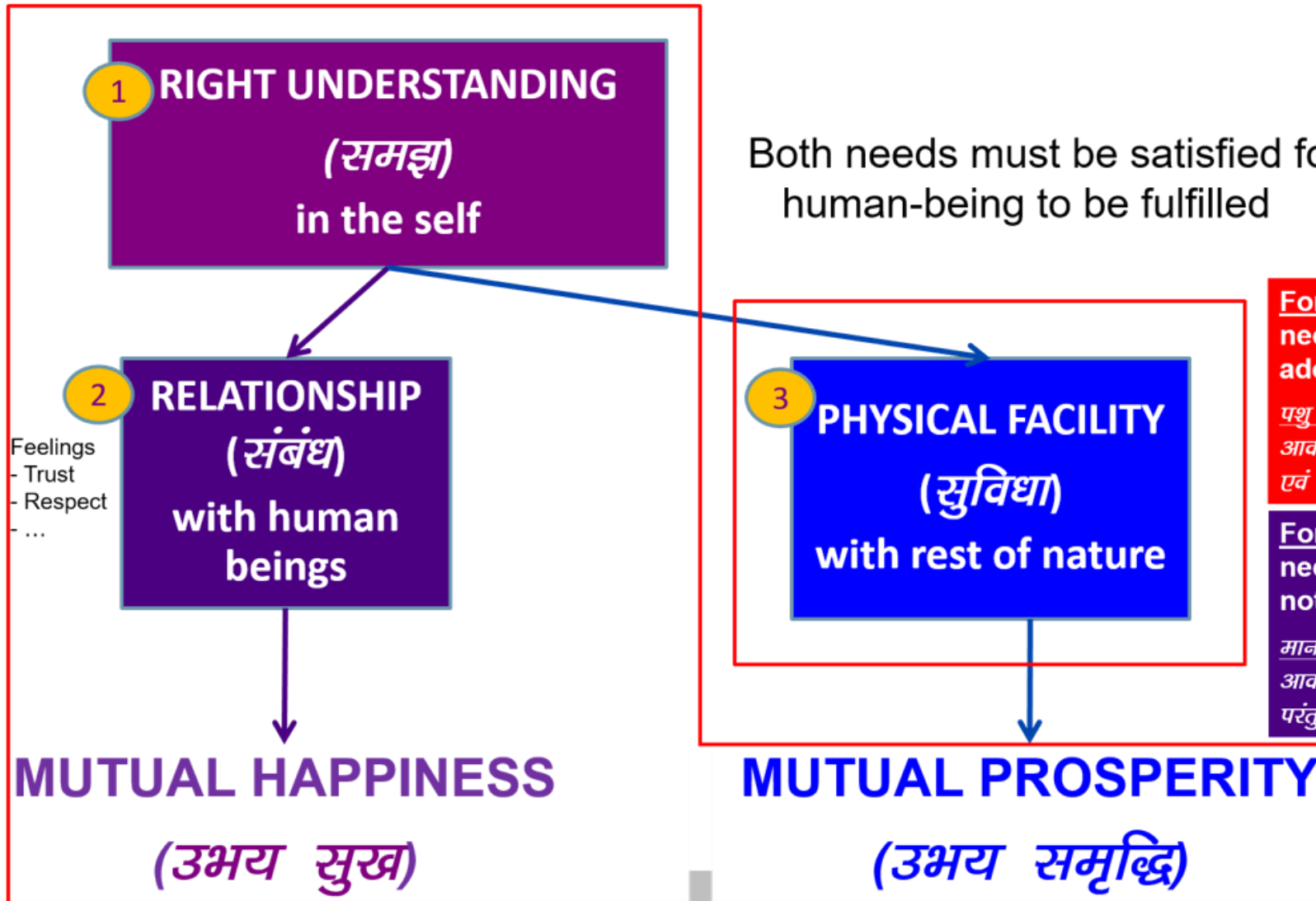
**In living, what is the priority?**

**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



Human Being

**Ekkuo**

Self

**eSa**

Co-existence

IgvfLrRo

Body

**“kjhj**

|                                     |   |   |
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| <b>Response</b>                     | <b>Knowing, Assuming*, Recognising, Fulfilling</b><br>tkuuk] ekuuk] igpkuuk] fuokZg djuk | <b>Recognising, Fulfilling</b><br>igpkuuk] fuokZg djuk                          |

\* Assuming or Accepting



# Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem *leL;k*

Education-Sanskar

Resolution  
*lek/kku*

**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 (Sresthantrata)**

|             |   |
|-------------|---|
| KNOWING     | To see the reality as it is, in its completeness, by direct observation<br><i>It is definite, has continuity &amp; universality</i> |
| ASSUMING    | Acceptance of the reality<br><i>(acceptance can be on the basis of knowing or even without knowing)</i>                             |
| RECOGNISING | The relationship (with human being and with rest of nature)   |
| FULFILLING  | The relationship (with human being and with rest of nature)   |

**Human Being**  
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↓  
**Consciousness pSrU;**

↓  
**Material tM+**

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↓  
**Consciousness**

Need of the Self = Continuous happiness = Need of consciousness

Fulfilled by = Right Understanding and Right Feeling in the Self = Activities of consciousness

**(The need of consciousness is fulfilled by activities of consciousness)**

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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

# 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. Is human being
  - just the body or
  - co-existence of self and body or
  - something else
  
2. 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
  
3. Are you going by assuming or by knowing?  
Whether your recognition & fulfillment is based on:
  - assuming without knowing or
  - assuming based on knowing



**FAQ**

# 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

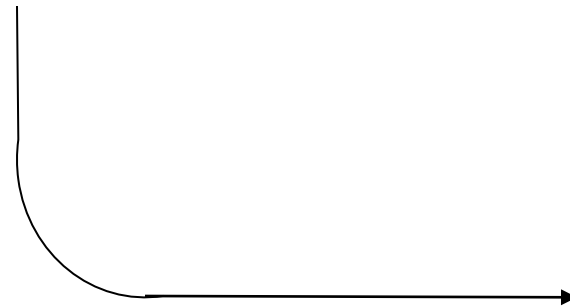


All needs are fulfilled by physical facility ❌

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



**Physical facility required = unlimited!** ❌

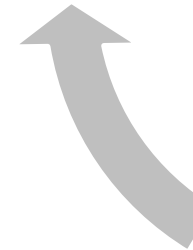


Physical  
facility  
available =  
unlimited?



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