

# Lecture 7

## The Body as an Instrument of the Self

# 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

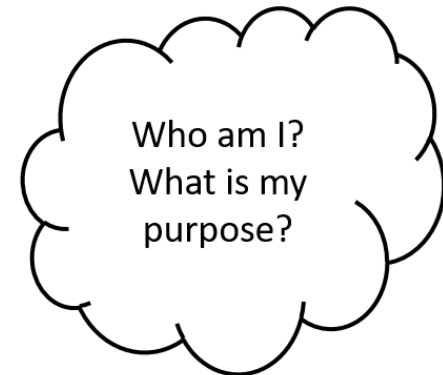
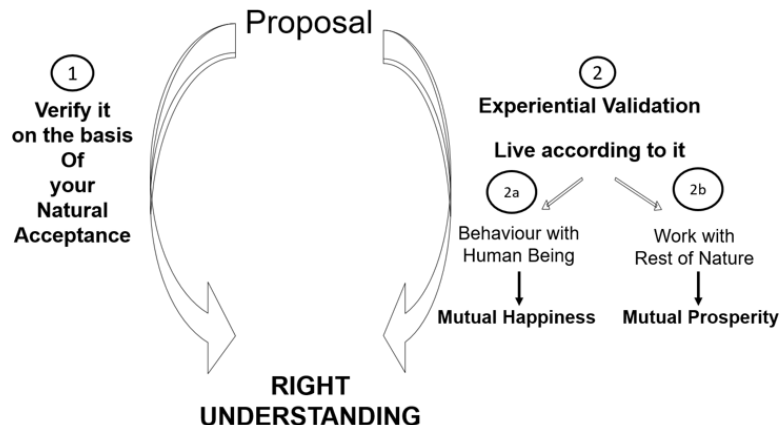
Harmony in Nature/Existence

## 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**

Co-existence  
**IgvfLrRo**

Body  
**“kjhj**

<b>Need</b> vko';drk	<b>Happiness (e.g. Respect)</b> Iq[k ¼tSls IEeku½	<b>Physical Facility (e.g. Food)</b> Iqfo/kk ¼tSls Hkkstu½
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>In Quantity</b> ek=k esa	<b>Qualitative (is Feeling)</b> xq.kkRed ¼Hkko gS½	<b>Quantitative (Required in Limited Quantity)</b> Ekk=kRed ¼lhfer ek=k esa½
<b>Fulfilled By</b> iwfrZ ds fy,	<b>Right Understanding &amp; Right Feeling</b> Igh le>] Igh Hkko	<b>Physio-chemical Things</b> HkkSfrd&jklk;fud oLrq
<b>Activity</b> fØ;k	<b>Desire, Thought, Expectation...</b> bPNk] fopkj] vk”kk---	<b>Eating, Walking...</b> [kkuk] pyuk---
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> tkuuk] ekuuk] igpkuuk] fuokZg djuk	<b>Recognising, Fulfilling</b> igpkuuk] fuokZg djuk

↓  
**Consciousness pSrU;**

↓  
**Material tM+**

**Self**

**Body**

**Consciousness**

**INFORMATION**

Instruction

Sensation

**Material**

# Self

# Body

**Consciousness**

**INFORMATION**

Instruction

Sensation

**Material**

I am

I want to live

My body is

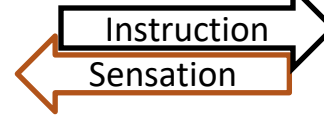
My body is used as an instrument

# Self

# Body

## Consciousness

## INFORMATION



## Material

I am

My body is

I want to live

My body is used as an instrument

I want to live with continuous happiness

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

To understand and to live in harmony at all levels of being (from self to entire existence) is my program of action for continuous happiness

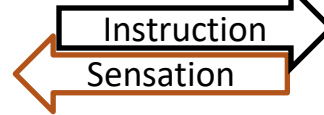
Production, protection and right utilization of physical facility is a part of my program (<1/4<sup>th</sup>)

# Self

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## Consciousness

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I am the:  
Seer, Doer, Enjoyer (Experiencer)  
nz'Vk] drkZ] HkksDrk

I use the body as an instrument for fulfillment my program

# I am the Seer

“Seer” means the one that sees / understands

e.g. If you are given something in your hand and you conclude that it is a pen, it is not your eyes that concluded this. It is you that concluded this. The Self sees via the eyes – the eyes don't see themselves

Like that all the 5 senses are just the instrument that enable the Self to see something outside

Just like you see outside, you can also see ‘within’, without using the body for sensation

e.g. You can ‘see’ that you are feeling happy, getting angry...

Thus, the Self ‘sees’ or understands, sometimes with the help of the body, sometimes without the help of body

The Body is used as an instrument



# I am the Doer

“Doer” means the one that does, who takes decision to do

I am the one who decides. I decide what to do, what not to do...

I may or may not use the body to do – what I think of is my decision. I do that thinking within myself (there is no role of the body in this)

If required, the body is used to express my decision

The Body is used as an instrument

## I am the Enjoyer (Experiencer)

“Enjoyer” means the one that experiences happiness / unhappiness

I am the one that feels enthused or depressed. I am the one that feels angry or delighted...

I am the enjoyer, the experiencer

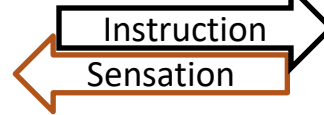
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# Self

# Body

## Consciousness

## INFORMATION



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**The Self is  
central to human existence**

**The Body is  
an instrument of the Self**

# Sum Up

Human Being is co-existence of Self and Body

The Self is the seer, doer and enjoyer – it is central to human existence

The need of the Self is continuous happiness

For this, the program of the Self is:

To understand harmony &

To live in harmony

at all levels of being

1. As an individual human being
2. As a member of the family
3. As a member of society
4. As an unit in nature/existence

Production, protection and right utilization of physical facility is a part of my program (<1/4<sup>th</sup>)

The Body is an instrument of the Self

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

# Self Reflection

# Self Reflection

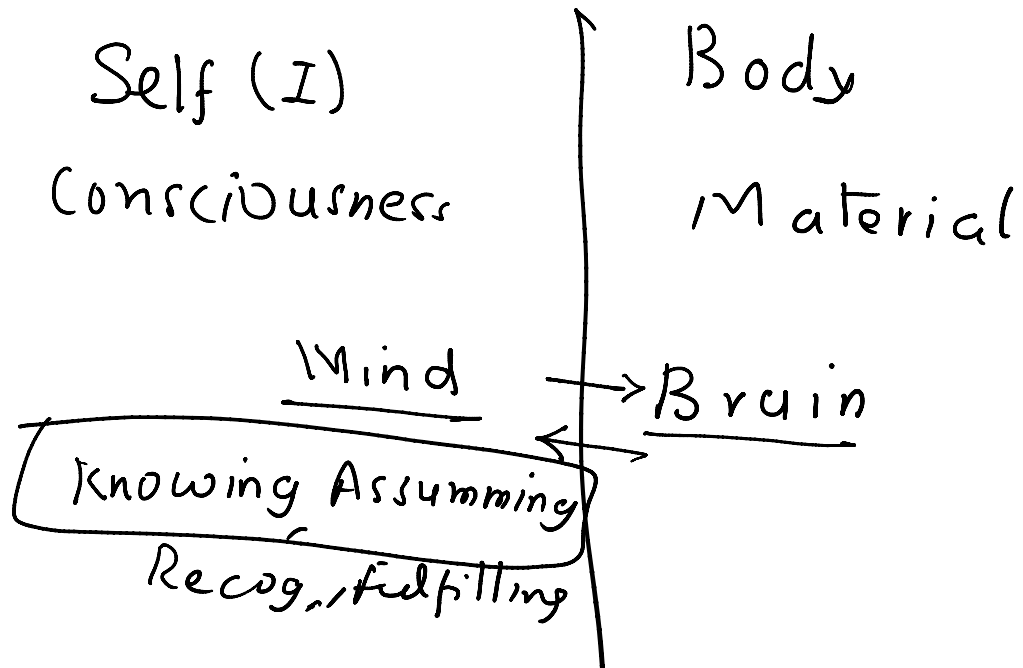
1. Find out if you (self) decide what to do or your body decides what to do
2. Which is the higher priority for you – your self or your body?
3. Can you see that you use your body as an instrument to fulfill your desires (right or wrong desires)?

# Questions

1. It has been scientifically proven that the brain controls the body. So is the brain the self?
2. I thought seeing is through the senses only. You are saying that we can see without the use of sensation also. It does make sense. Please explain what is the full meaning of seeing?
3. When we want to convey something to another person, we use some words or some gestures, some drawing... something to convey the meaning of what we want to convey. So isn't there always a role of sensation in communicating?



# Ans 1: Brain & Self



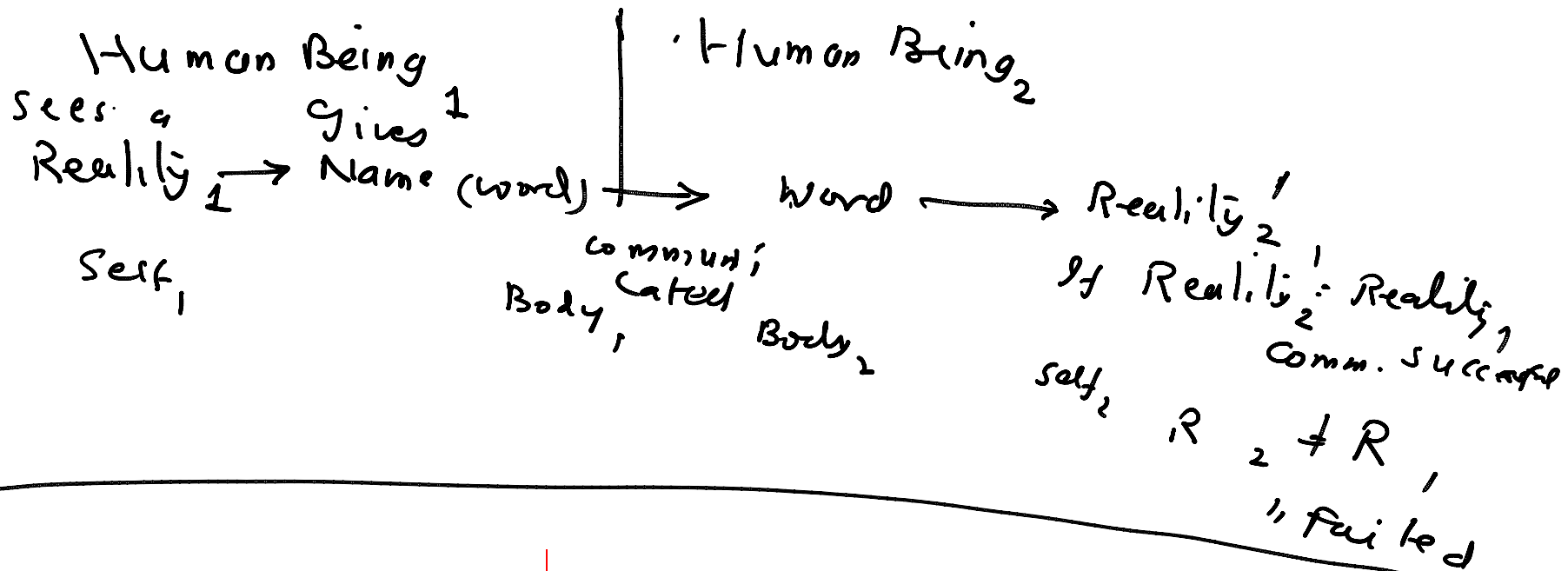
## Ans 2: Seeing

'See'  $\left\{ \begin{array}{l} \text{to see thru senses - Taste, Touch} \\ \text{by the self} \quad \text{,, directly - feelings in the self -} \end{array} \right.$

$\rightarrow$  Body is used as Inst.  
Body not used

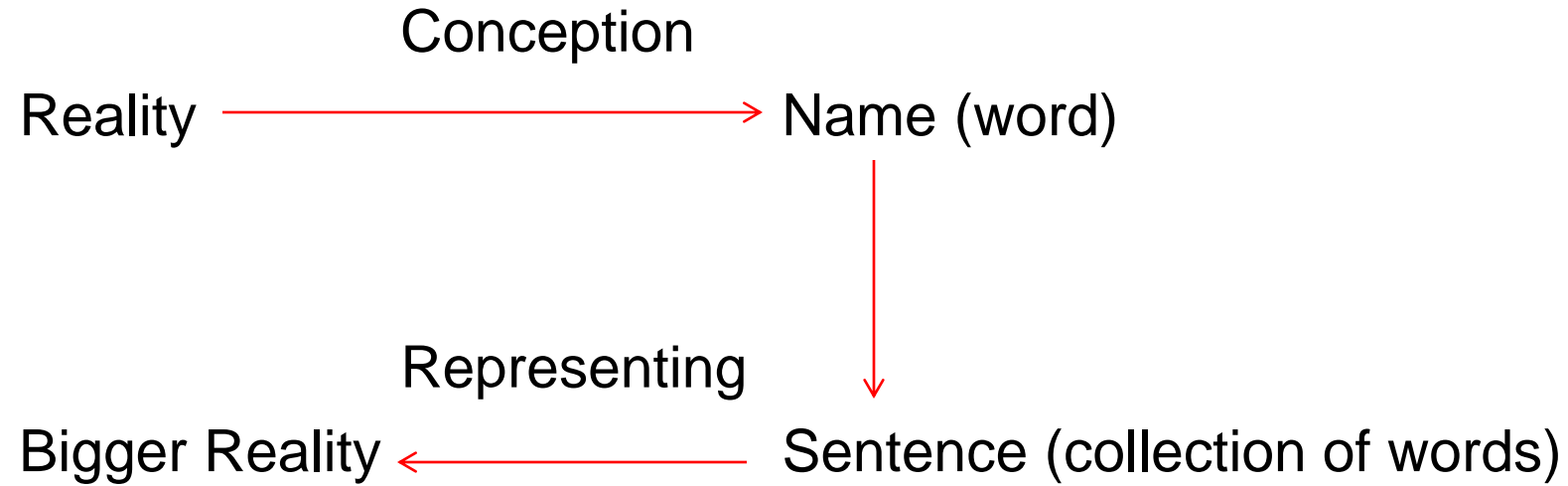
$\hookrightarrow$  Imagine } some reality -  $\left\{ \begin{array}{l} \text{outside} \\ \text{inside} \end{array} \right.$   
Understand.

# Ans 3: Communicating



HB1	HB2
Sees a → gives a name	word is heard → sees reality R2
Reality (word)	If R2 = R1, then communication is successful
R1	If R2 NEQ R1, then communication failed

# Communicating



# Ans to other questions

Fate | Luck | Things are Predecided.

Existence / Nature — Certain Basic Rules  
on the basis of  
which things are happening. | Self  
Needs to understand  
& live by these  
rules.