

# Lecture 9

## Harmony of the Self with the Body

(Understanding Prosperity  
and Health)

# Basic Human Aspiration

Continuous Happiness and Prosperity

## Happiness is to be in Harmony

## Program for Fulfilment of Human Aspiration

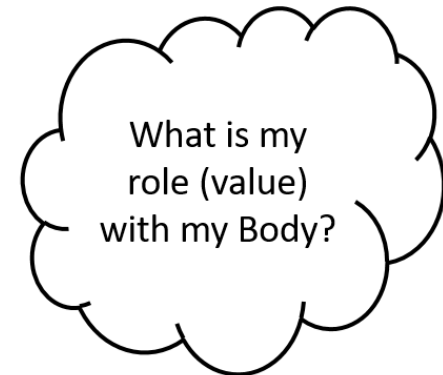
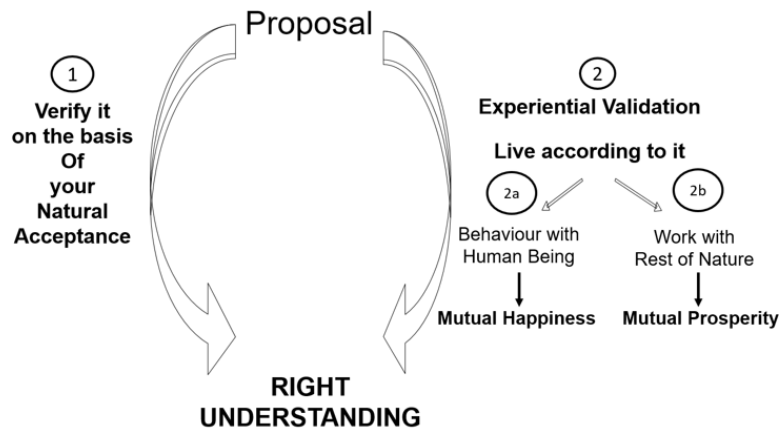
Understanding Harmony and Living in Harmony at all Levels

- 👉 **Harmony in the Human Being – Health and Prosperity**
  - 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**

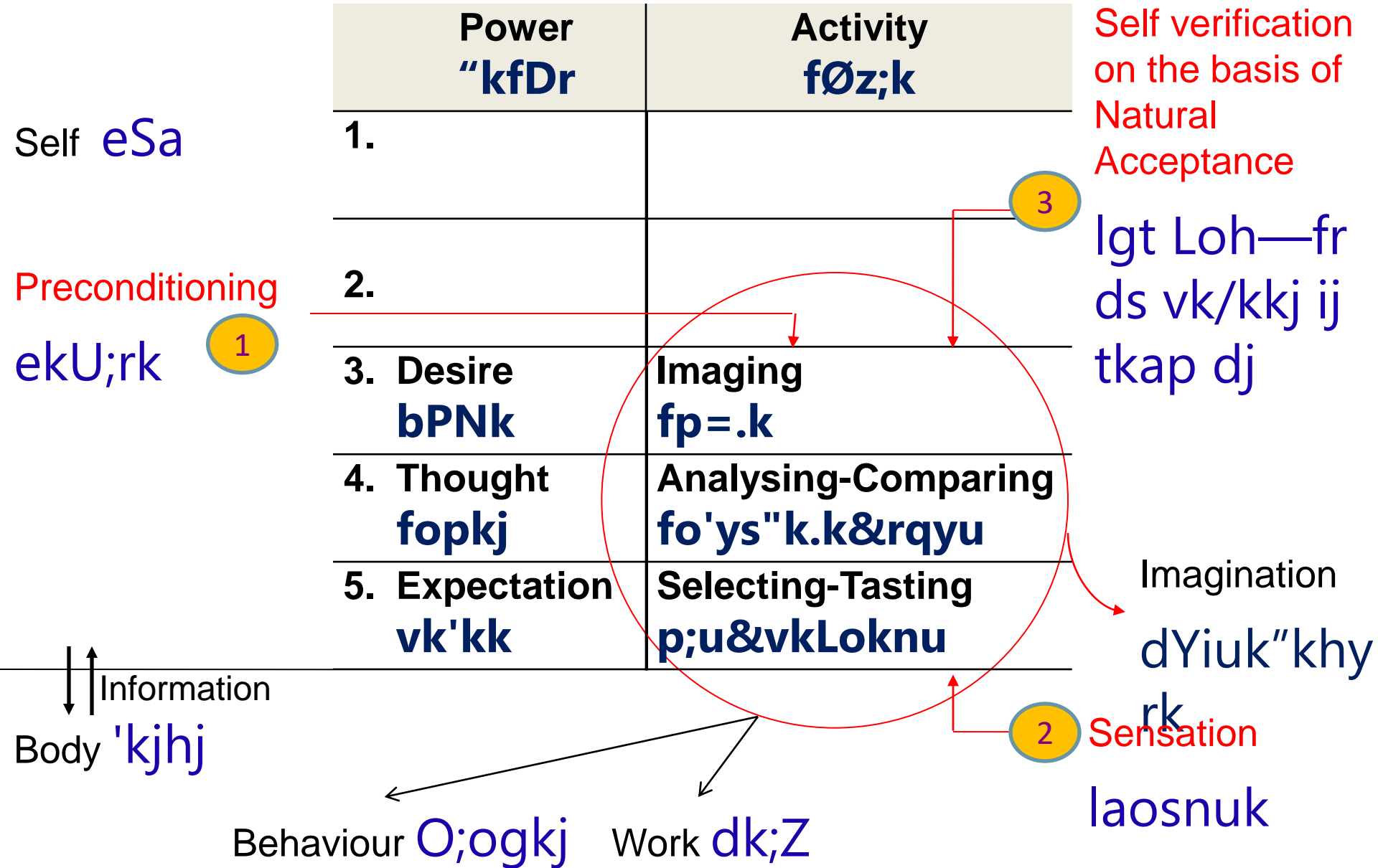
Body  
**“kjhj**

<b>Need</b> vko';drk	<b>Happiness (e.g. Respect)</b> Iq[k ¼tSls lEeku½	<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+**

# Activities of Self eSa dh fdz;k,a

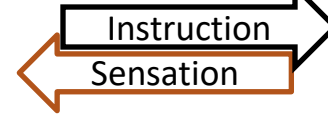


# Self

# Body

## Consciousness

**INFORMATION**



## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

**Self is central to human existence**

**Body is  
an instrument of the Self**

# Self

# Body (Instrument)

## Consciousness

## INFORMATION

Instruction

Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
the Body

Physical Facility

Temporary in time

# Self

# Body (Instrument)

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Needs: Happiness, Prosperity → Continuity

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## Self-regulation

Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
the Body



## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

**Physical Facility is required to fulfill the responsibility of the Self toward the Body  
(to keep the Body in good health)  
– for nurturing, protection and right utilisation of the body**

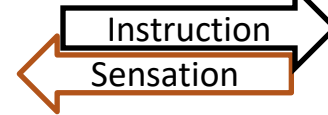
**The required physical facility can be identified**

# Self

# Body (Instrument)

## Consciousness

## INFORMATION



## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

## Self-regulation

Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body



## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

↓ ↓ ↓  
Food... Clothes, Shelter... Instruments...

**The required physical facility can be recognised along with the required quantity**

**The quantity of food... required for nurturing the body – is it limited or unlimited?  
Clothes, shelter... for protection of the body – is it limited or unlimited?  
Instruments, equipments... for right utilisation of the body – is it limited or unlimited?**

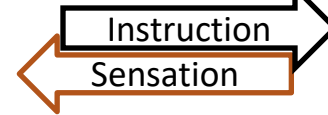


# Self

# Body (Instrument)

## Consciousness

## INFORMATION



## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Physical Facility

Temporary in time

## Self-regulation



## Health

Feeling of responsibility toward the body – for  
Nurturing, Protection and Right Utilization of  
the Body

1. Body acts according to I
2. Parts of the body are in harmony (in order)

Food...

↓  
Require

in limited

quantity

**Physical Facility is required to to keep the body in good health,  
so that right utilisation of the body can be ensured**

**i.e. physical Facility is required only for  
nurturing, protection and right utilisation of the body**

**If we can see that, the physical facility for  
nurturing, protection and right utilisation of the body  
is required in a limited quantity,  
then we can understand the meaning of prosperity**

# Prosperity (le`f)

Prosperity – The feeling of having / producing more than required Physical Facility

le`f) & vko";d lqfo/kk <sup>2</sup> ls vf/kd dh miyfC/k@ mRiknu <sup>1</sup> dk Hkko  
1 2

1 – Identification of required physical facility (including the required quantity)  
– with right understanding

vko";d lqfo/kk dk fu/kkZj.k & lgh le> ls

2 – Ensuring availability/ production of more than required physical facility  
– with right skills

vf/kd dh miyfC/k@ mRiknu] HkkSfrd jklk;fud oLrqvksa dk & lgh gquj ls

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

le`) O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS  
nfjnz “ laxzg “ “ “ "kks"k.k “ “ “ “

In a previous session, we had seen that we can observe two categories of human beings

**blhfy, vHkh nks rjg ds euq"; fn[kkbZ nsrs gSa&**

1. Lacking physical facility, unhappy deprived (**lqfo/kk foghu nq[kh nfjnz** )

2. Now we can see that if the identification of required physical facility is missing, then one can only shift between category 1 & category 2

While movement to be **tdfd gk rjg rjg gSa?**

3. This is possible only with  
a- the right identification of required physical facility and  
b- availability / production of more than required physical facility

# Gross Misunderstanding 1 – Human Being = Body

**Assumption: Human being = Body** ❌

Needs of human being = physical facility  
and feelings

Need for feelings (like respect) is continuous

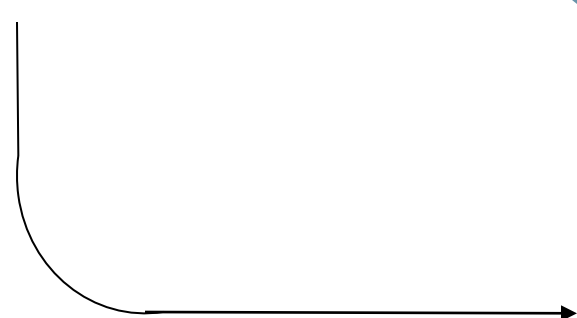


All needs are fulfilled by physical facility ❌

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



**Physical facility required = unlimited!** ❌

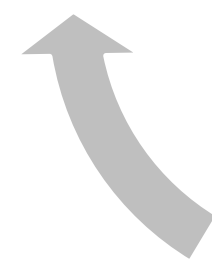


Physical  
facility  
available =  
unlimited?



Feeling of  
Deprivation

I don't  
have  
enough!



Effort for  
Physical  
Facility

## Gross Misunderstanding 2 – There is a Shortage of Physical Facility

**Data: Of the 4.2 billion tons of food produced, more than 1 billion tons of food is lost or wasted every year, UN-backed report finds (11 May 2011)**

About a third of all the food produced for human consumption each year – or roughly 1.3 billion tons – is lost or wasted, according to a new **study** commissioned by the United Nations Food and Agriculture Organization (**FAO**)

**Global Food Production is 6 times requirement**  
**Global Food Wastage is 1/3<sup>rd</sup> of production**  
**Wastage is enough to feed 1300 crore people/year**

Have we understood human needs?  
Have we understood right utilisation?  
Is it a question of production or distribution?  
Is it a question of relationship?  
Is it a question of right understanding?  
**It is a question of right education-sanskar**



# Health of the Body

# Self

# Body (Instrument)

## Consciousness

## INFORMATION

Instruction

Sensation

## Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

## Self-regulation

Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body



Physical Facility

Temporary in time

## Health

1. Body acts according to I
2. Parts of the body are in harmony (in order)

# Program for Fulfillment of Feeling of Self-regulation

**Self-regulation in the Self** : Feeling of responsibility toward the body  
– for Nurturing, Protection and Right Utilization of the Body



## Program for Fulfillment of Feeling of Self-regulation

1a. Intake

1b. Daily routine

2a. Labour

2b. Exercise

3a. Balancing internal &  
external organs  
of body

3b. Balancing breathing of body

4a. Medicine

4b. Treatment

## Health in the Body

1. Body acts according to Self
2. Parts of the body are in harmony (in order)

1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable)...

1b. Rising time, sleeping time, eating time...

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise



# Harmony of the Self with the Body → Harmony in the Body

There is a feeling of responsibility in the self toward the body  
– for nurturing, protection and right utilization of the body

## Program for harmony in the body

### (A) Staying Healthy

- 1 Intake and Daily Routine (Lifestyle)
- 2 Labour and Exercise
- 3 Postures for regulating internal & external body organs  
and Regulated Breathing

4 Medicine and

Treatment

(B) Bringing body  
back to harmony  
from temporary  
disharmony

(C) Dependence on  
drug / machine to  
perform a body  
function

# Sum Up

Human Being is co-existence of Self and Body

The Self is central to human existence; Body is an instrument of the Self

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

Physical Facility is required, in a limited quantity, for Nurturing, Protection & Right Utilisation of the Body

Prosperity = Feeling of having / producing more than required physical facility

1. Identification of required physical facility (including the required quantity)
  - with right understanding
2. Ensuring availability/ production of more than required physical facility
  - with right skills

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

- Self-regulation = Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self and parts of the body are in harmony (in order)

# Self Reflection

# Self Reflection

1. Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?
2. Is your body healthy?
3. Find out – how much physical facility is required in your family; how much physical facility is available. An on that basis are you prosperous or deprived?
4. Do you have a feeling of prosperity? – continuous?
5. Do you think of
  - Right utilisation of physical facility and nurturing others (human beings / rest of nature)?
  - Accumulating more physical facility or exploiting others?

**Questions?**

1. How can we find out how much money is required i.e. determine our physical needs?  
I am asking because prices keep changing and there is no guarantee that we will not have some accident or some illness where we don't know how much the treatment will cost. We have to include insurance for all these contingencies...
2. Does Sayam mean self control or self restraint? What exactly is the English word for Self-regulation?
3. If we become satisfied, then there will be no motivation for development. So many great inventions took place during world wars, like operations research, like radar... What is your comment on it?
4. If there is relationship and prosperity, then there is no need for corruption! How can we reach this knowledge to those doing all this corruption?

# 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

# Why “More than Required Physical Facility”

**If my family is prosperous, then:**

1. We identify the required physical facility for the family (including the required quantity) – with right understanding
2. We produce more than the required physical facility using cyclic, mutually enriching process – with right skills
3. We consume as much as is required (for nurturing, protection & right utilisation of the body), and not more – with a feeling of Self-regulation
4. We share the rest for mutual fulfillment in relationship & for order in society – with a sense of responsibility in relationship