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

Who am I?
What is my purpose?

Proposition

1
Verify it on the basis of your Natural Acceptance

2
Experiential Validation
Live according to it

2a
Behaviour with Human Being
Mutual Happiness

2b
Work with Rest of Nature
Mutual Prosperity

RIGHT UNDERSTANDING
Human Being

Self

Co-existence

Body

मानव

मैं

सहस्तित्व

शरीर
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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?
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?

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- **Need**
  - Happiness (e.g. Respect)
  - Continuous
  - Qualitative (is Feeling)
  - Right Understanding & Right Feeling

- **In Time**
  - Continuous
  - Temporary

- **In Quantity**
  - Qualitative
  - Quantitative

- **Fulfilled By**
  - Right Understanding & Right Feeling
  - Physio-chemical Things
Related to Needs of the Self

1. RIGHT UNDERSTANDING (समझ) in the self

2. RELATIONSHIP (संबंध) with human beings

Feelings
- Trust
- Respect
- …

MUTUAL HAPPINESS (उभय सुख)

Related to Needs of the Body

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

3. PHYSICAL FACILITY (सुविधा) with rest of nature

For animals: necessary & adequate
पशु के लिए आवश्यक एवं पूर्ण

For human being: necessary but not adequate
प्राणी के लिए आवश्यक तथा पूर्ण नहीं

MUTUAL PROSPERITY (उभय समृद्धि)
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* Indefinite when based on assumptions (as they keep changing)
Definite when based on knowing (which is definite)
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Consciousness चैतन्य

Material जड़
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### Need (आवश्यकता)

- **Happiness (e.g. Respect)**
  - शुभ (जैसे सम्मान)
- **Physical Facility (e.g. Food)**
  - सुविधा (जैसे भोजन)

### In Time (काल में)

- **Continuous**
  - निरंतर
- **Temporary**
  - सामयिक

### In Quantity (मात्रा में)

- **Qualitative (is Feeling)**
  - गुणात्मक (भाव है)
- **Quantitative (Required in Limited Quantity)**
  - मात्रात्मक (सीमित मात्रा में)

### Fulfilled By (पूर्ति के लिए)

- **Right Understanding & Right Feeling**
  - सही समझ, सही भाव
- **Physio-chemical Things**
  - भौतिक—रासायनिक वस्तु

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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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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. 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
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