

Harmony in the Human Being

**Understanding Human
being as Coexistence of
Self (I) & Body**

Self-exploration, Self-investigation

1. Content of Self Exploration:

a. Desire - Aim, Purpose

– Happiness, Prosperity □ Continuity

b. Program – Process of achieving the desire, action

Happiness = To be in Harmony



To understand Harmony & to live in harmony at all 4 levels:

1. **Harmony in the Human Being**

2. Harmony in the Family

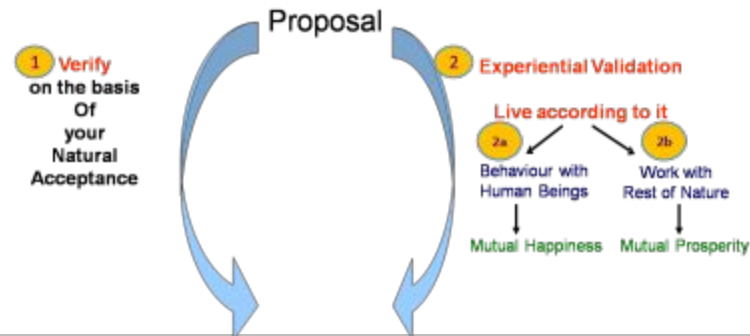
3. Harmony in the Society

4. Harmony in Nature/Existence

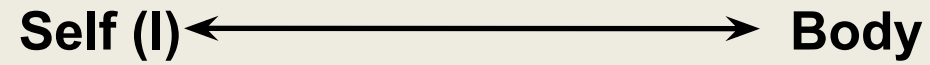
2. Process of Self Exploration

Self-verification

Whatever is said is a **Proposal** (Do not accept it to be true)
Verify it on your own right



Human Being



Human Being

Self (I)

Co-existence

Body



| | | |
|--------------------|---------------------------------|--|
| Need | Happiness (e.g. Respect) | Physical Facility (e.g. Food) |
| In Time | Continuous | Temporary |
| In Quantity | Qualitative (is Feeling) | Quantitative (Required in Limited Quantity) |

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 (I) & the needs of the Body?



| | | |
|---------------------|--|--|
| Need | Happiness (e.g. Respect) | Physical Facility (e.g. Food) |
| In Time | Continuous | Temporary |
| In Quantity | Qualitative (is Feeling) | Quantitative (Required in Limited Quantity) |
| Fulfilled By | Right Understanding & Right | Physio-chemical Things |

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?

Human Being

Self (I)

Co-existence

Body



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|---------------------|--|--|
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| In Quantity | Qualitative (is Feeling) | Quantitative (Required in Limited Quantity) |
| Fulfilled By | Right Understanding & Right | Physio-chemical Things |
| Activity | Desire, Thought, Expectation... | Eating, Walking... |
| In Time | Continuous | Temporary |



| | | |
|---------------------|--|--|
| Need | Happiness (e.g. Respect) | Physical Facility (e.g. Food) |
| In Time | Continuous | Temporary |
| In Quantity | Qualitative (is Feeling) | Quantitative (Required in Limited Quantity) |
| Fulfilled By | Right Understanding & Right Feeling | Physio-chemical Things |
| Activity | Desire, Thought, Expectation... | Eating, Walking... |
| In Time | Continuous | Temporary |
| Response | Knowing, Assuming*, Recognising, Fulfilling | Recognising, Fulfilling |

* Assuming or Accepting

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

Evaluation of Current Situation - Gross Misunderstanding

| | | | | |
|-------------|------------|---|---------------------------------------|---|
| Human Being | Self (I) | = | Body | ✘ |
| Need | Respect | = | Physical Facility (Eg. Food, Clothes) | ✘ |
| | Continuous | = | Unlimited | ✘ |



Accumulation of Physical Facility – Unlimited! ✘



Deprivation ✘

Check your assumptions about Human Being

Sum Up

Human being is a co-existence of Self (I) and Body

Self (I) is consciousness. Its needs are feelings in consciousness (like happiness) and these needs are fulfilled by activity of consciousness, i.e. Right Understanding & Right Feelings

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 (I) 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

Home Work

1. Is human being just the body or co-existence of self (I) and body?
2. Are you able to see distinctly & separately
 - The self & the body
 - 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. Am I going by assuming or by knowing (whether my recognition & fulfillment is based on assumption or on knowledge)?