

## **Exercises 2**

**We (each one of us) are  
doing these exercises for  
developing ourselves**

- Developing understanding and**
- Purification of accumulated feelings and  
thoughts**

# Target – Living – Living with Fulfilment – Living with Continuous Fulfilment

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For living with continuous fulfilment, continuous happiness, we are doing these exercises

We had concluded that in order to ensure continuous happiness, we need to develop three things:

1. Right understanding – in the Self
2. Right feeling, thought – in the Self
3. Competence for right living with the world outside

# Our Focus in these Exercises

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We are working on the Self first

Once we are able to set the Self right, we will be able to live in harmony within and also ready to live in harmony with the world outside

Our major focus, therefore, is on ensuring:

1. Right understanding – of the existential reality  
(Self, Body, family, society, nature and the entire existence) -  
-in the Self
2. Right feeling, thought – of relationship, harmony and co-existence  
-in the Self

## To Live with Fulfilment- We Need...

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To live with fulfilment, we need to understand

To understand, we need to see (to observe)

To see, we need to pay attention (to be mindful)

So, in these exercises, we are paying attention to see, to understand and ultimately, to live with fulfilment

There are two important aspects- while paying attention

- Object of Attention- Whatever is to be understood, to be lived with
- Process of Paying Attention- Being Aware, To Evaluate without Reaction

# Things to be Understood

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We have to understand all that we live with – the Self, the Body, the family, the society, the nature and ultimately, the entire existence

So, ultimately, We have to understand the entire existence

In the first course on UHV, we have seen that:

Existence = co-existence

= units (material and consciousness) submerged in space

So, we are trying to understand:

1. Consciousness (Self)
2. Material (eg. Body)
3. Co-existence, space

By way of the following exercises:

- Exercise 1 is to understand the consciousness (Self) in detail
- Exercise 2 is to understand the material (eg. Body) in detail
- We will briefly touch upon exercise 3, which is for understanding the co-existence, the space

# To See (To Observe) & to Understand

Ex.-1. Seeing the Self by the Self

The consciousness observing the consciousness

Ex.- 2. Seeing the Body by the Self

The consciousness observing the material

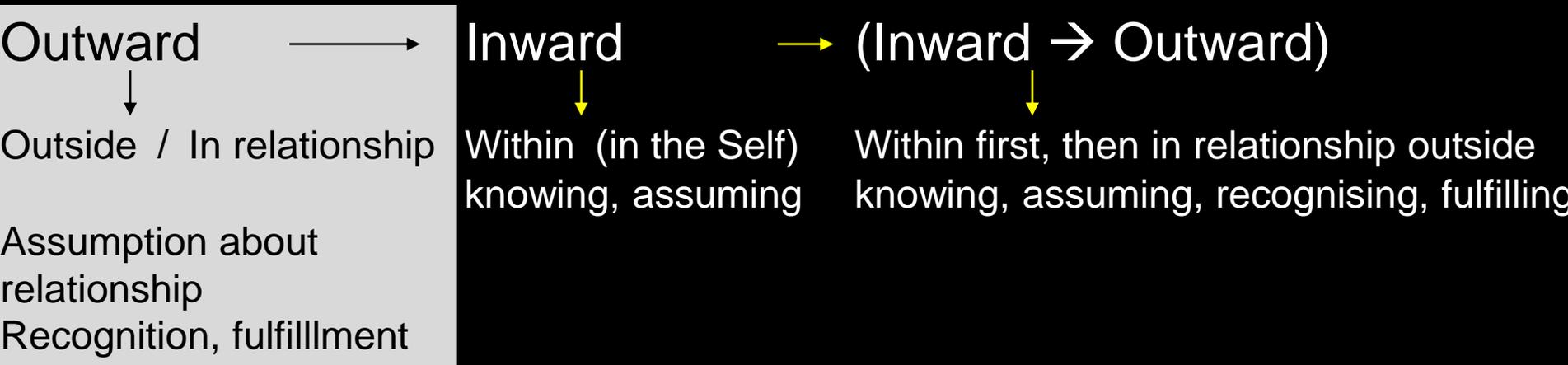
Ex.- 3. Seeing the Co-existence by the Self

The consciousness observing the co-existence

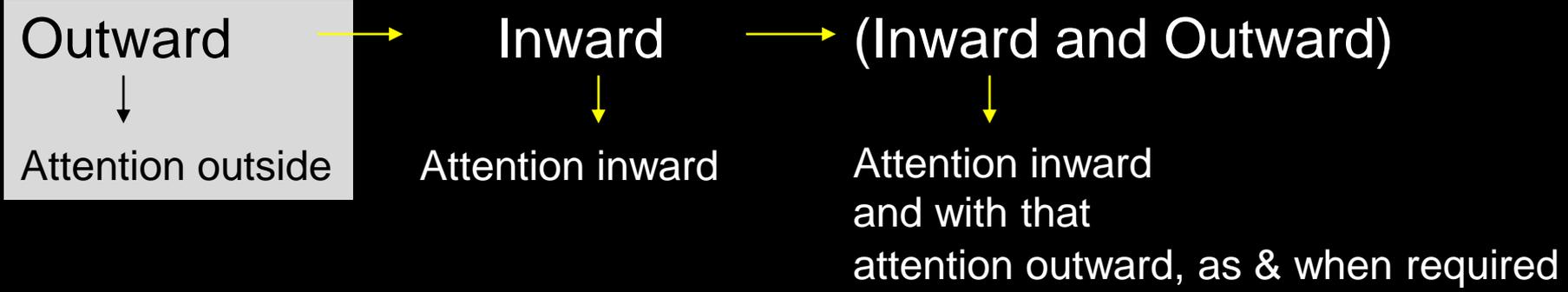
– observing the distance between the Self and the Body

– “ “ relationship “ “ “ “ “ “

# Living Within & Living with the World Outside



## Applying the power of the self: Outward / Inward



# Exercise 1

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## Observing the Self by the Self

Looking within

Note:

This is just one way of looking within (not the only way)

The steps mentioned in this exercise are one possible set of steps  
(not the only set of steps)

## Exercise 2

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Observing (seeing)  
the Body  
and  
the interaction between the Self and the Body  
– by the Self

Note:

This is just one way of looking within (not the only way)

The steps mentioned in this exercise are one possible set of steps  
(not the only set of steps)

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Till now, we have been exploring about Human Being, under the foundation course on UHV;

some of the important aspects which relate to our work in Exercise 2, is recalled here for ready reference.

**Human Being**

**मानव**

**Self**

**मैं**

**Co-existence**

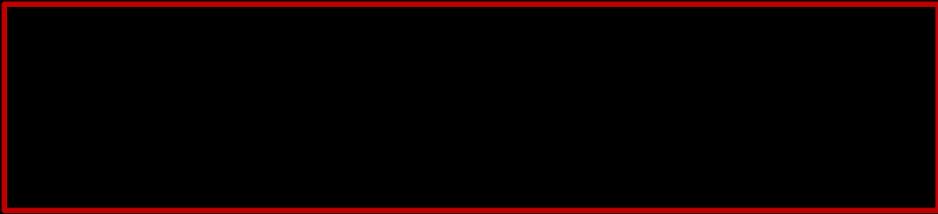
← **सहअस्तित्व** →

**Body**

**शरीर**

<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)	<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर	<b>Temporary</b> सामयिक
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)	<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव	<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु
<b>Activity</b> क्रिया	<b>Desire, Thought, Expectation...</b> इच्छा, विचार, आशा...	<b>Eating, Walking...</b> खाना, चलना...
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर	<b>Temporary</b> सामयिक
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> जानना, मानना, पहचानना, निर्वाह करना	<b>Recognising, Fulfilling</b> पहचानना, निर्वाह करना
	<b>Consciousness</b> चैतन्य	<b>Material</b> जड़

# Transaction between Self & Body



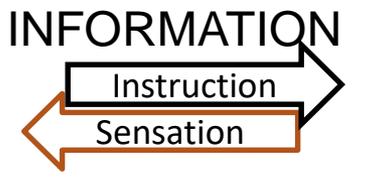
**Self**

**Co-existence**

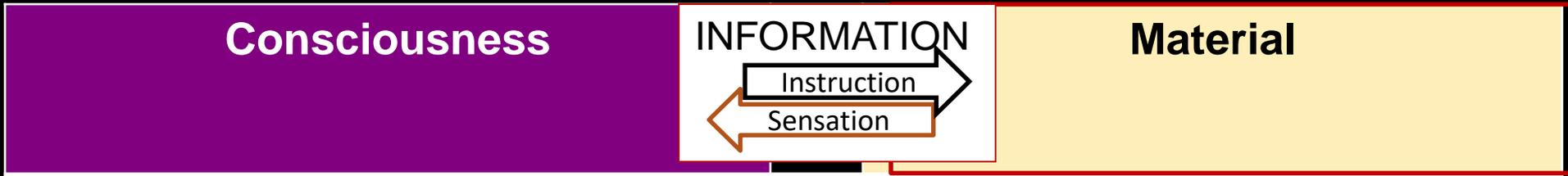


**BodyT**

**Consciousness**



**Material**



## **Exercise 2: Observing the Self(I), the Body and the interaction between the Self(I) and the Body – by the Self(I)**

1. Observe that you are (through your imagination) and the body is (through your sensation) – The Self and the Body are two distinct realities
2. Observe the interaction you have with the body. Observe that you give instructions to the body and read sensations in the Body – from time to time, as and when required
3. Observe who makes the decisions about – what instruction are to be passed to the body, and what sensations are to be read from the body
4. Find out – are you the sensation; are you in the sensation; are you at a distance from the sensation?
5. Observe that interaction with the world outside is by way of sensation. Observe that it is you who associates a meaning to the sensation
6. Observe how you associate meaning to sensation. Observe the role of your sanskar in it
  - Observe your reaction when you associate meaning based on assumption
  - Observe your response when you associate meaning based on right understanding
7. Observe that you are in co-existence, in space; the body is also in co-existence, in space

## Step 1: Observing the Self and the Body – by the Self

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We are making the following important observations about self and body

I am

On the basis of observing (seeing) my activities

The Self is a reality (it exists, it is an existential reality)

The Body is

On the basis of observing (seeing) or reading sensation from the Body

The Body is a reality (it exists, it is an existential reality)

The Self and the Body are two distinct realities

I am able to observe this

## Step 2: Observing the interaction between the Self and the Body – by the Self

What is the interaction between me and the body?

Exchange of information? Exchange of physio-chemical things?

I give instructions to the body

When I want to take some work from the body, I give it some instructions (like 'get up', 'walk', 'sit down'...)

**Instruction is an information**

On the basis of events taking place in the body, sensations are taking place

I read some of these sensations. I taste the sensations that I read

**Sensation is also an information**

**The interaction between the Self and the Body is only in the form of transaction of information (not of any physio-chemical things)**

## Step 3: Observing the Decisionmaker

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Who is deciding to give instructions to the Body or to read specific sensations from the Body?

Is it the Self or the Body?

We can see that:

- I (Self) decide to give instructions to the body
- I (Self) decide to read specific sensations from the body

**The decisions regarding the exchange of information between me and the body are entirely mine**

- I interact with the body as and when I consider it important
- I interact with the body from time to time (not continuously)
- The Body acts according to the instruction that I give it
- I use the body as per my decision, I use the body as an instrument

## Contd...

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- I decide what to do and what not to do
  - at the level of the self – I decide my desire (feeling), thought, expectation...
  - at the level of body (where my involvement is required) – I give instruction to the body in accordance with the work I want to take from the body and the body does accordingly. I operate the body as per my decision. I use the body like an instrument
- I use the taste from the sensation to decide what is to be done with the body, with the outside world

## **Exercise 2 Step 3: Observing the interaction between the Self and the body by the Self**

### **– The Observer, Doer and Enjoyer (Experiencer)**

I see (observe)

As and when required, I use the body to see (5 sensations)

I am the one who decides to see

In that sense I am the **observer** – I use the body as an instrument

I decide to do

As and when required, from time to time, I give instructions to the body

In that sense, I am the **doer**

I am the one who experiences happiness and unhappiness

I am the **enjoyer (experiencer)**

## **Step 4: Observing the Distance between the Self and the body – by the Self**

When I am reading the sensation taking place in the Body:

- Am I the sensation?
- Am I in the sensation?
- Am I at a distance from the sensation?

(Can I increase/decrease the distance between me and the sensation?)

**I am not the sensation. I am not in the sensation**

**There is a distance between me and the sensation**

**I can read the sensation taking place in any part of the Body – from where I am, at a distance from the sensation**

**There is a distance between the Self and the Body**

**I can increase-decrease this distance**

## Step 5: Associating Meaning to the Sensations in body by self

Sources of Sensation:

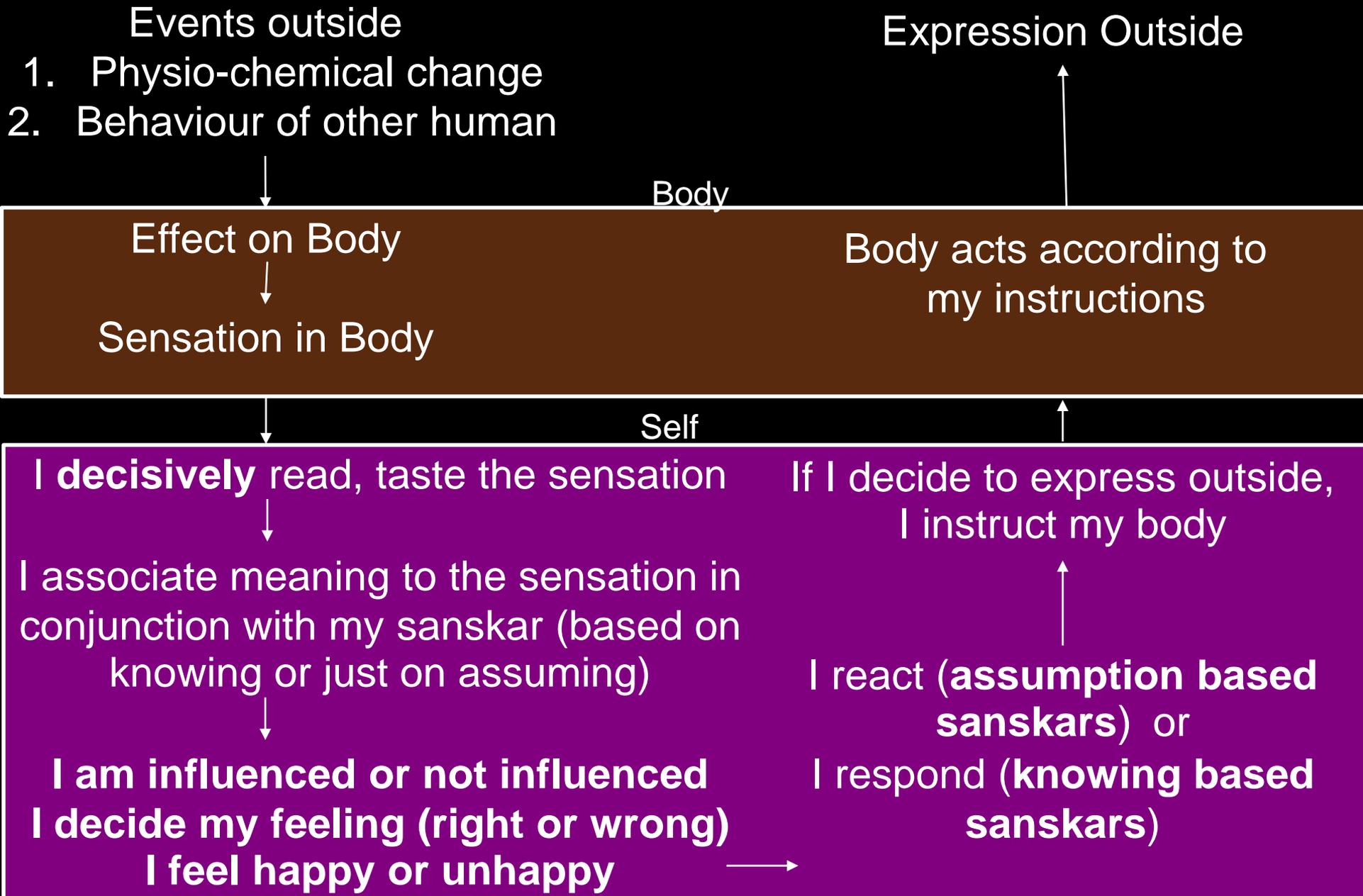
1. There are events happening within the Body (pain in the head, rapid heartbeat...). Due to that, there are sensations in the Body
2. The situation outside, a physio-chemical change (heat, cold...) has an effect on the Body. Due to that, there are sensations in the Body
3. The effect of the behaviour of the other first reaches my Body (sound of words, touch...). Due to that, there are sensations in the Body

None of these sensations reach the Self directly

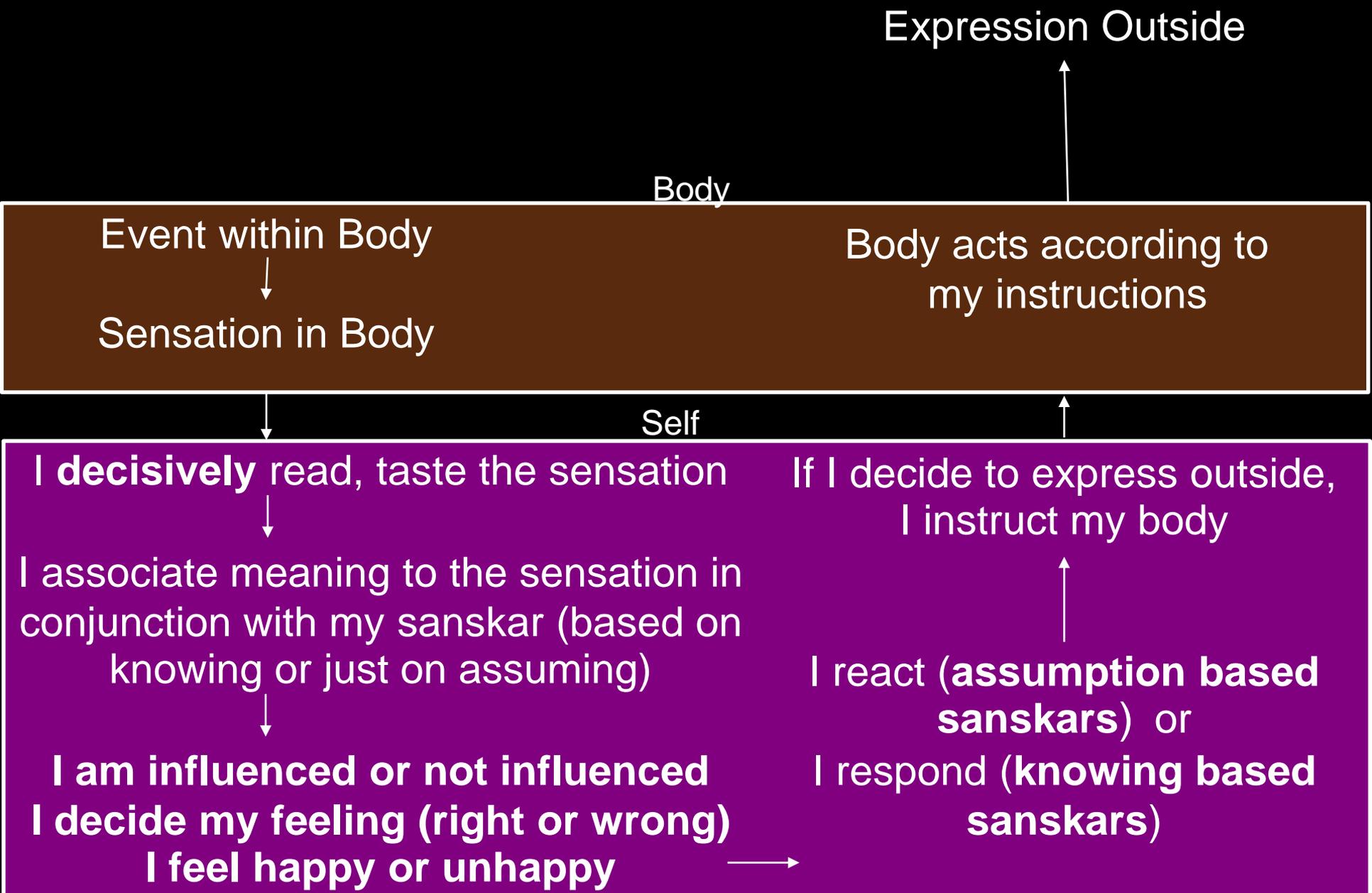
I read (and taste) only those sensations that I consider important  
I read (and taste) them only as and when I consider it necessary...

We will now observe how the sensations in the Body are used by the Self

# Step 5: Associating Meaning to Sensation (due to external events)



# Step 5: Associating Meaning to the Sensation (event in Body)



## Step 5: Associating Meaning to the Sensation

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1. Reading or not reading a sensation is my decision – it depends upon what sensations I consider important (that is part of my sanskar)
2. Associating meaning to a sensation – it depends upon my sanskar
3. To get influenced by a sensation, deciding my feeling based on it – depends on my sanskar

If my sanskar is:

- Based on understanding – I remain in a state of happiness, rightly evaluate the input and respond
- Based on assumptions – I may incorrectly evaluate the input, become excited and react

**Therefore, I need to observe my sanskar:**

- **Is it based on understanding? or**
- **is it based on assumption?**

## Step 6a: Sanskar based on Assumptions → Reaction, Enslavement

I am not in a state of continuous happiness within, so I keep seeking for happiness from outside (from sensation or feeling from other)

My decisions are influenced by sensation:

If I like the taste – I become “happy” (excited)

I like to continue with the taste (craving, clinging, attachment...)

I decide in favour of a pleasing emotion and I react within

If I dislike the taste – I become “unhappy” (excited)

I like to discontinue with the taste (aversion...)

I decide against an unpleasant emotion and I react within

I may express my reaction outside (through the body)

- To physio-chemical changes (eg. over dressing when it is cold)
- To the feeling the other is expressing (eg. over-evaluating the competence without trust on intention or doubting the intention, getting irritated)
- To the state of the body (eg. calling a doctor for a headache or taking a fever very lightly)

## Step 6b: Sanskar based on Understanding → Response, Self-Org.

I continue to be in a state of harmony, happiness based on right understanding within

I make use of the sensation to make right evaluation of the body / outside world and then decide how to respond (how to be mutually fulfilling):

- Physio-chemical change in the environment  
(eg. how cold it really is → what to wear...)
- The feeling the other is expressing and their state of being  
(eg. expressing excitement or anger → they don't have right understanding, need help, so what I can do to assure them; express right feeling (like respect) → help them to develop right understanding...)
- I evaluate the state of my body  
(eg. headache may indicate need to increase water intake...)

I may express my response outside (through the body)

The physio-chemical changes, behaviour/work of the other, state of the body has no influence on my state of happiness – I am self-organised

## Details Step 6b: Sanskar based on Understanding → Response, Self-Org.

Based on right understanding within, I have the right feeling, thought  
(My feeling, thought is on the basis of right understanding and it is not influenced by any external input)

I am and continue to be harmony, ie. in the state of happiness

I use the external input to evaluate the state of my body or state of the outside world

My desire (feeling) is definite ie. I am always clear about my relationship, my responsibility:

- with my body (to nurture, protect and rightly utilise it)
- with the other human being (behaviour → justice, mutual happiness)
- with the rest of nature (work → mutual prosperity)
- In larger order (participation → undivided family, universal human order)

Now with the external input, I decide how to be mutually fulfilling, to fulfil my definite responsibility (participation) under the given situation

I respond

## Exercise 2: So far... (steps 1-6)

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I am, my body (sensation) is

There is an exchange of information (instruction, sensation) between the two

This transaction of information is taking place by the decision of self, in both ways.

There is a distance between me and the sensation

I can read the sensation taking place in any part of the Body from where I am, at a distance from the sensation

This interaction is temporary in time (not continuous) – I pay attention to it from time to time, as and when required

There is a distance between the Self and the Body (Step 4)

Now to observe further in step 7...

## Step 7: Observing My Being in Space

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I am in co-existence, in space

The body is also in co-existence, in space

I transact information with the body through space, as and when required, by my choice, my decision:

- I send instructions to the body through space
- I read specific sensations taking place in the body through space

Outside objects effect the body → these effects reach to me in the form of sensations taking place in the body

**I observe this directly**

**While I interact with the body from time to time, as and when I decide to, my being is not dependent on the body, it is not dependent on sensations, it is not dependent on any outside object... I am in space**

**However,**

**I am, I am related to all (but not dependent), I am responsible toward all**  
**(Love) (Compassion)**

## Exercise 2: Observing the Self, the Body and the interaction between the Self and the Body in Space – by the Self

1. I am, the body is. I can see them by observing their activities.
2. I transact information with the body by giving instruction to body and reading some sensation from the body.
3. I am the one who decides – what instruction are to be passed to the body, and what sensations are to be read from the body.  
I decide to transact – from time to time, as and when required
4. I can read the sensation taking place in any part of the Body from where I am, at a distance from the sensation – there is a distance between the Self and the Body
5. My interaction with the Body or the world outside is by way of sensation. I give meaning to the sensation. My reaction or response depends on my sanskar:
  - 6a. I tend to react if my sanskar is based on assumption
    - I decide my feeling (right or wrong), become happy or unhappy based on external inputs – I react
  - 6b. I respond when my sanskar is based on understanding
    - I continue to remain in harmony. My feeling remains natural, in accordance with human nature – I continue to be in a state of happiness. I use external input to rightly evaluate the external situation – I respond

## **Exercise 2: Observing the Self, the Body and the interaction between the Self and the Body in Space – by the Self**

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### **7. Observing My Being in Space**

I am in co-existence, in space

The body is also in co-existence, in space

I am transacting information with body through space

This step 7 is a step which is introduced with the idea that you start working on it; so that you start getting a feel of it by the time (say around a month) we come to Exercise 3 i.e. Observing the co-existence by the self.

So, just start observing; donot try to conclude things in a hurry, keep working on it, keep observing.

# Evaluation Session

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## Sharing

1. Your Brief Introduction
2. Share your Understanding emerging out of Exercise-1 in brief and Exercise-2 mainly
3. How many steps are you able to see in yourself clearly
4. Happiness is you **innate nature (Natural Characteristic)** and **not the effect from outside**- How clearly are you able to see this
5. If you can see that Happiness is you **innate nature (Natural Characteristic)**, then what is your program to ensure it
  - how much of this program is for trying to get favourable effect (sensation or feeling) from outside
  - how much of this program is keeping in focus the self and how much of this program is keeping in focus the body

## Commitment

- How much time can you devote for developing right understanding, feeling
- How much time can you devote for social responsibility emerging out of your natural self-expression (along with your present commitments)
- atleast we can devote two hours for each of these

# Evaluation Session

## Sharing

1. अपना संक्षिप्त परिचय
  2. अभ्यास 1 और 2 में क्या समझ बनी - संक्षिप्त में रखें
  3. अभी कतने steps को साफ़-साफ़ स्वयं में देख पाते हैं
  4. सुख स्वभाव है या प्रभाव, इस बिंदु पर कतनी स्पष्टता बनी है
  5. यदि सुख स्वभाव के रूप में दिखता है तो उसको स्वयं में सुनिश्चित करने के लिए क्या कार्यक्रम कर रहे हैं
- हमारा कतना कार्यक्रम अभी भी अनुकूल प्रभाव (संवेदना व भाव) जुटाने के अर्थ में है  
हमारा कतना कार्यक्रम अभी मैं (चैतन्य) के अर्थ में है एवं कतना शरीर के अर्थ में है

## Commitment

- स्वयं में समझ के लिए कतना समय लगा सकते हैं
- स्वयं के वैभव के रूप में अपनी वर्तमान जिम्मेदारियों के साथ साथ परस्परता में अपनी सामाजिक भागीदारी के अर्थ में कतना समय निकाल सकते हैं
- कम से कम दो-दो घंटे का समय तो लगा ही सकते हैं