



Lecture 11

Harmony of the Self with the Body – Prosperity

Basic Human Aspiration

Continuous Happiness and Prosperity

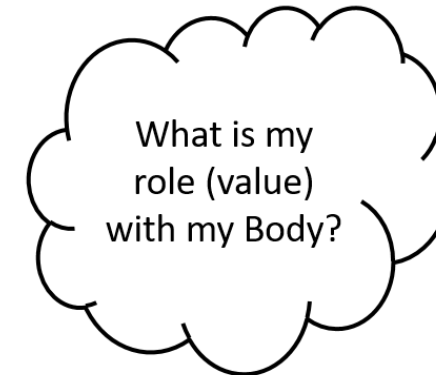
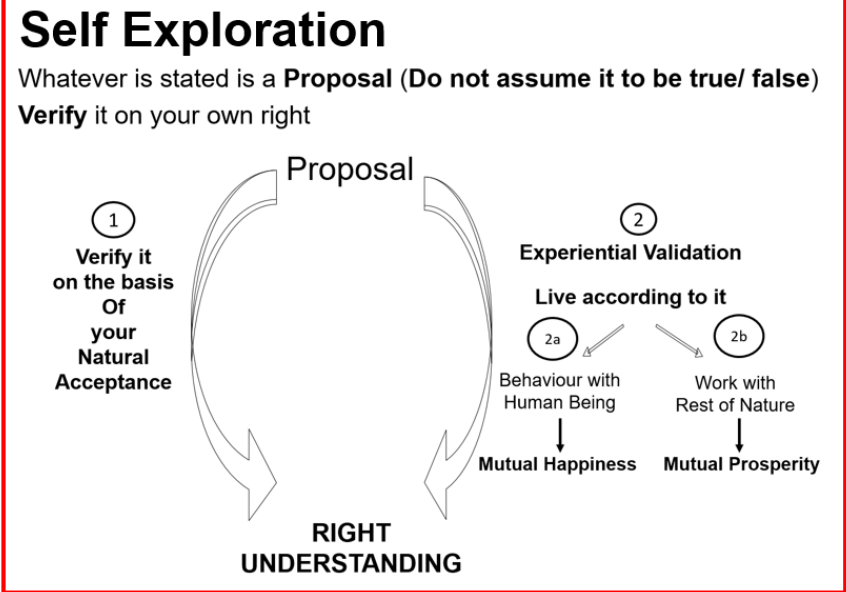
Happiness is to be in Harmony

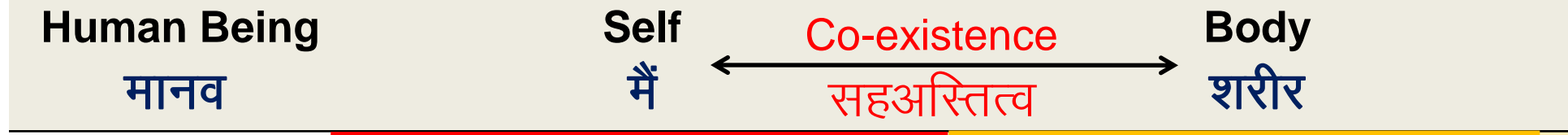
Program for Fulfilment of Human Aspiration

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





Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	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
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

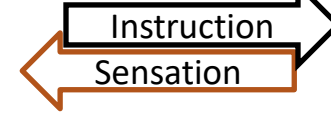
↓
Material जड़

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Physical Facility

Needs & activities are continuous in time

Temporary in time

Self is central to human existence

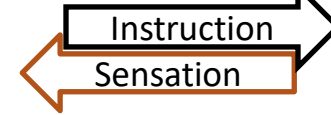
Body is an instrument of the Self

Self

Body (Instrument)

Consciousness

INFORMATION



Material

Needs: Happiness, Prosperity → Continuity

Needs & activities are continuous in time

Self-regulation (संयम)

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

Physical Facility

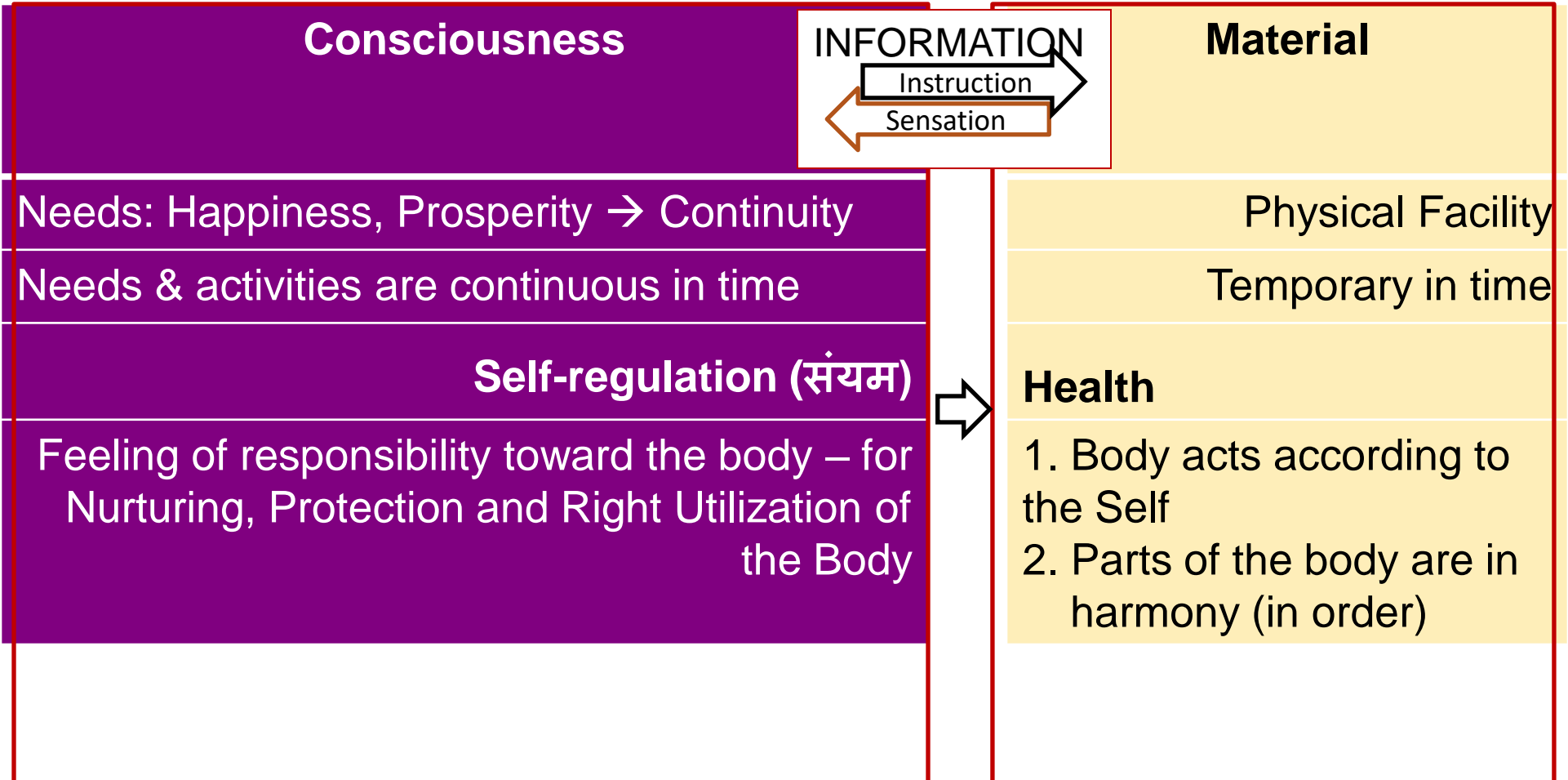
Temporary in time

Self is central to human existence

Body is an instrument of the Self

Self

Body (Instrument)

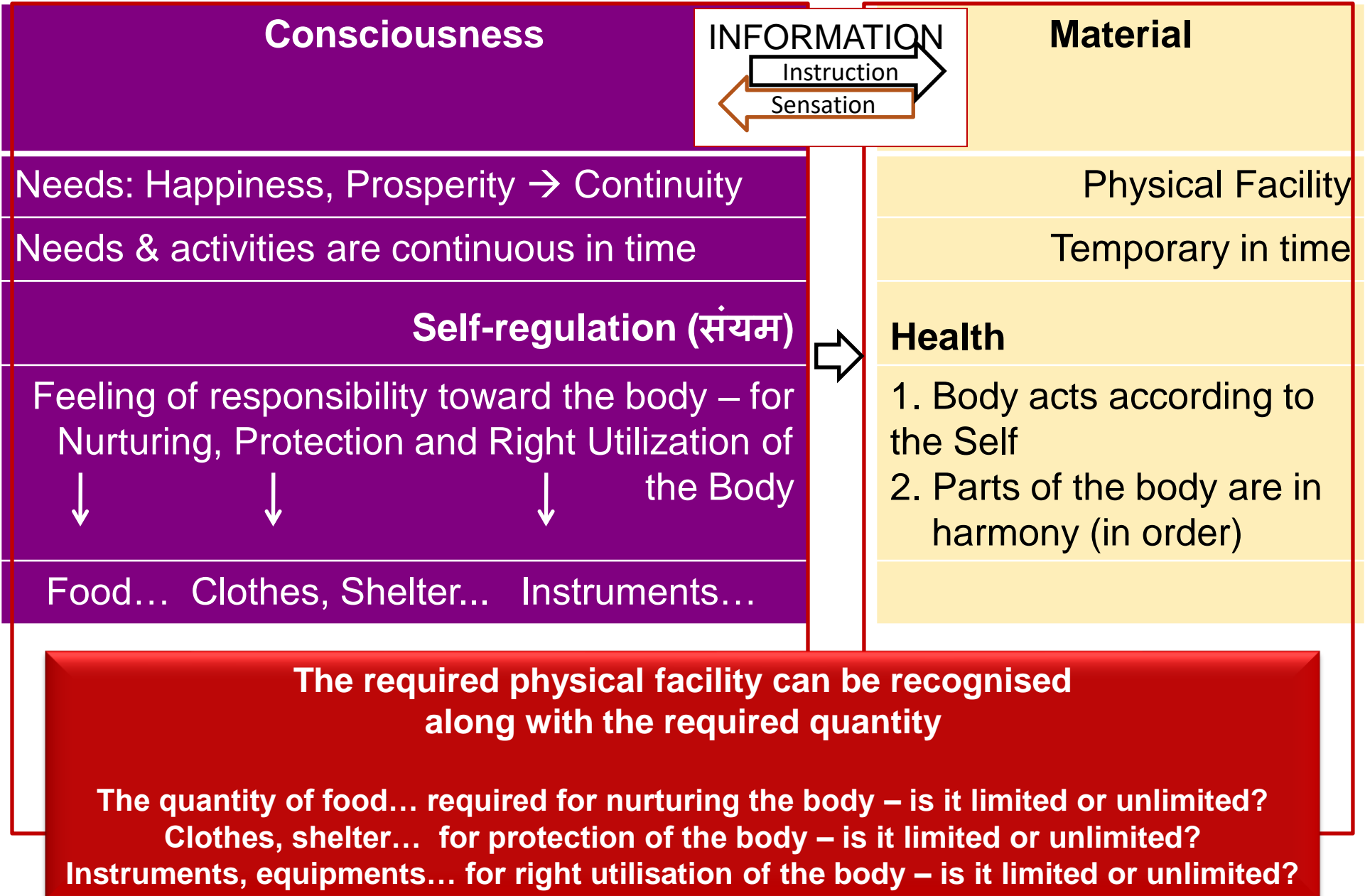


Physical Facility is required to fulfill the responsibility of the Self toward the Body (to keep the Body in harmony, in good health) – for nurturing, protection and right utilisation of the body

The required physical facility can be identified

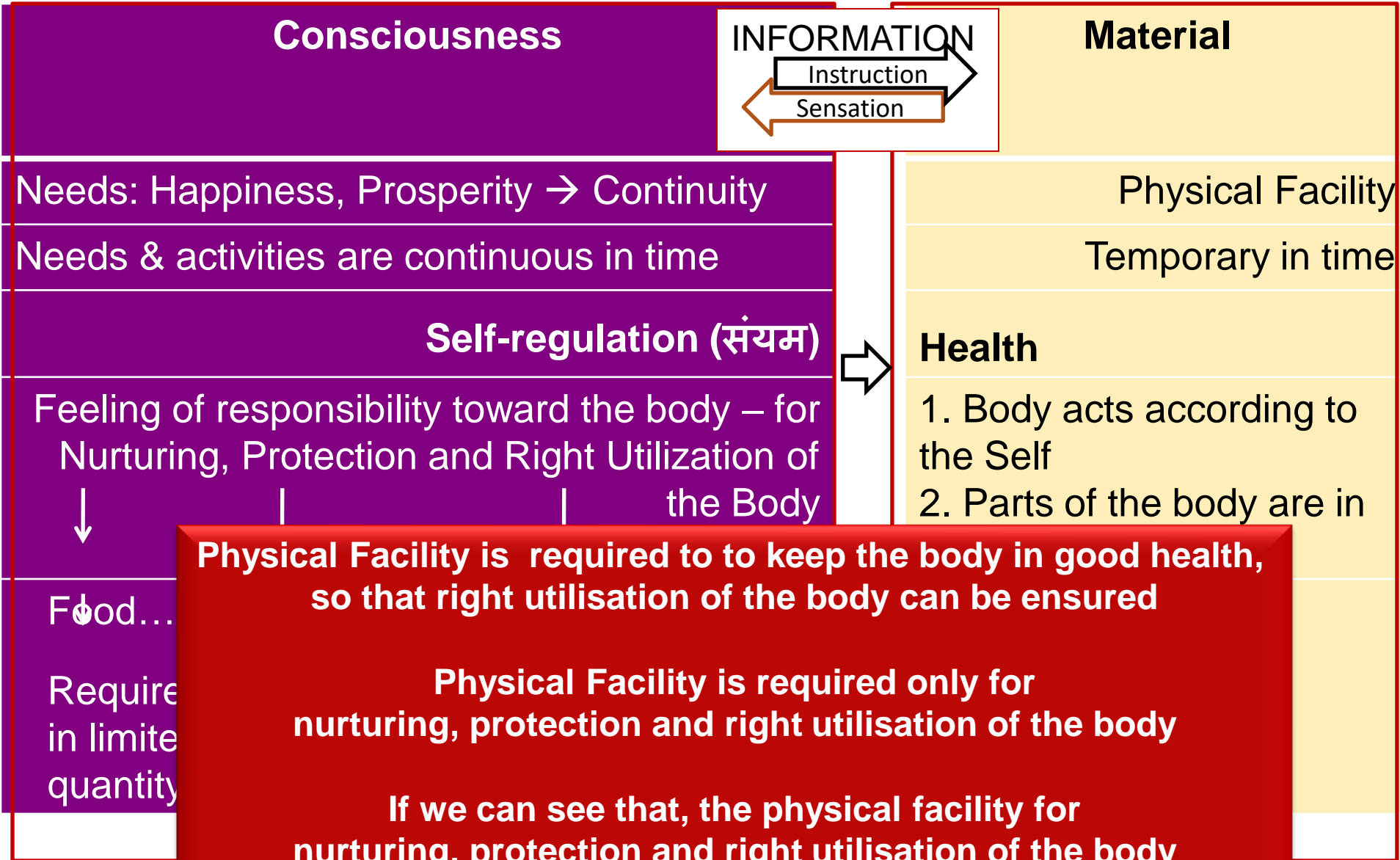
Self

Body (Instrument)



Self

Body (Instrument)



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

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 (समृद्धि)

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

2

1

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

1

2

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

आवश्यक सुविधा का निर्धारण – सही समझ से

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

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “

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

इसीलिए अभी दो तरह के मनुष्य दिखाई देते हैं-

1. Lacking physical facility, unhappy deprived (*सुविधा विहीन दुखी दरिद्र*)
2. Having physical facility, unhappy deprived (*सुविधा संपन्न दुखी दरिद्र*)

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 we want to be – *जबकि हम होना चाहते हैं-*

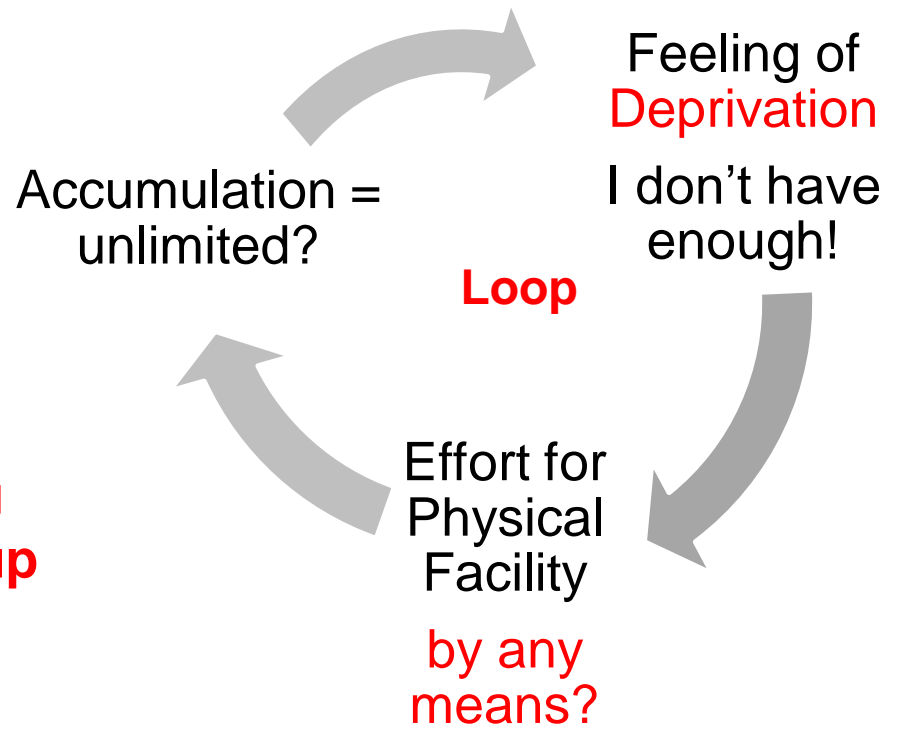
3. Having physical facility, happy prosperous (*सुविधा संपन्न सुखी समृद्ध*)

This is possible with **Value Education**

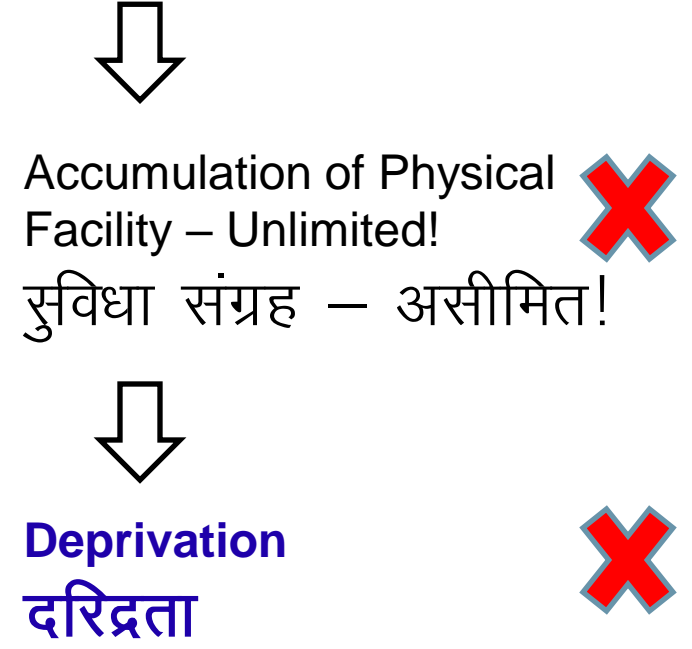
- a- the right identification of required physical facility and
- b- availability / production of more than required physical facility

Gross Misunderstanding 1 – Human Being = Body

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



Check if you are caught up In this loop



Gross Misunderstanding 2 – Resources are less than our need

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

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 1/3rd 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



Exercise: Right Utilisation of Physical Facility

Right Utilisation – Fulfilment of relationship, ensuring harmony, order...

Find out how many clothes you need

Are they less, equal to or more that what is needed?

Human being = co-existence of Self (consciousness) and Body (material)

Self is central to human existence, the Body is used as an instrument

The nurturing, protection and right utilisation of the Body is the responsibility of the Self

Physical facility is required to fulfil that responsibility towards the Body

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

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

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



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?

Practice Session: Is my family prosperous vis-à-vis clothes

Calculate the total quantity of clothes required by your family.

Find out the quantity available.

Are you making right utilization of each pair of clothes?

Is the quantity available less, equal or more than the quantity required?

As far as clothes are concerned, do you feel prosperous or deprived?

Do the same exercise for your other physical needs. For that you can make an inventory of everything in your home (or at least your room). Discuss this with your family and work out your conclusions regarding:

- Ability of your family to identify its needs for physical facility, along with the required quantity
 - How much of each physical facility required is available?
 - How much of the physical facility is being rightly utilised?
 - How to fill the gap, if any
-
- The role of physical facility
 - Meaning of prosperity

Practice Session: Family Prosperity Chart

Physical Facility Needed

For Nurturing the Body

Food
Air
Sunlight
...

For Protecting the Body

Clothes
Footwear
Shelter (house)
...

For the Right Utilisation of the Body

Communication devices (TV, Radio, Telephone...)
Transportation (cycle, bike, car...)
Tools, Instruments & Gadgets (pliers, laptop, mixie...)
...

Also identify other physical facility which is available but not required for any of the above

Curios, show-pieces

...



Key Points

Harmony of the Self with the Body

Basic Human Aspiration

Continuous Happiness and Prosperity

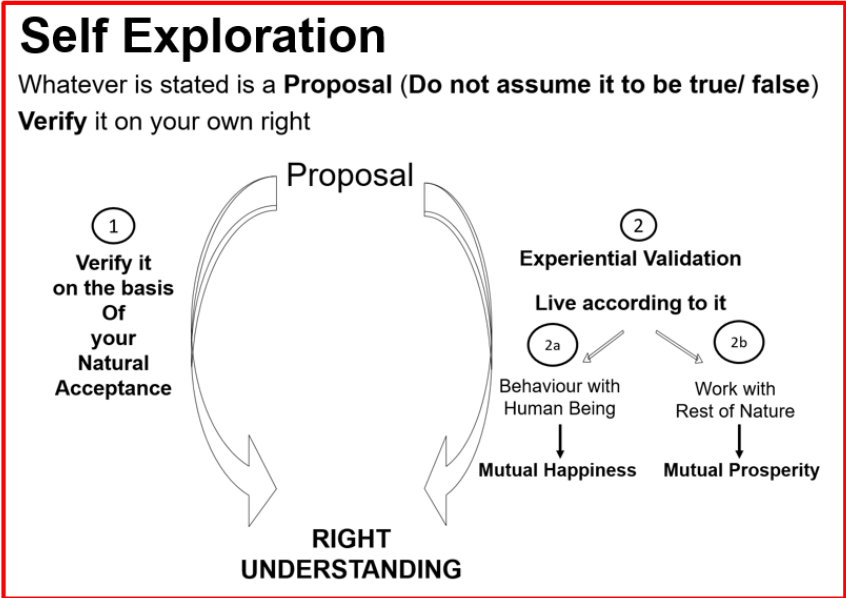
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

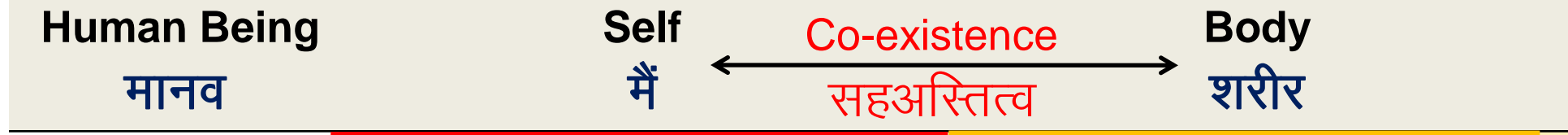
- 👉 **Harmony in the Human Being – Health and Prosperity**
 - Harmony in the Family
 - Harmony in the Society
 - Harmony in Nature/Existence

Process of Understanding



What is my role (value) with my Body?





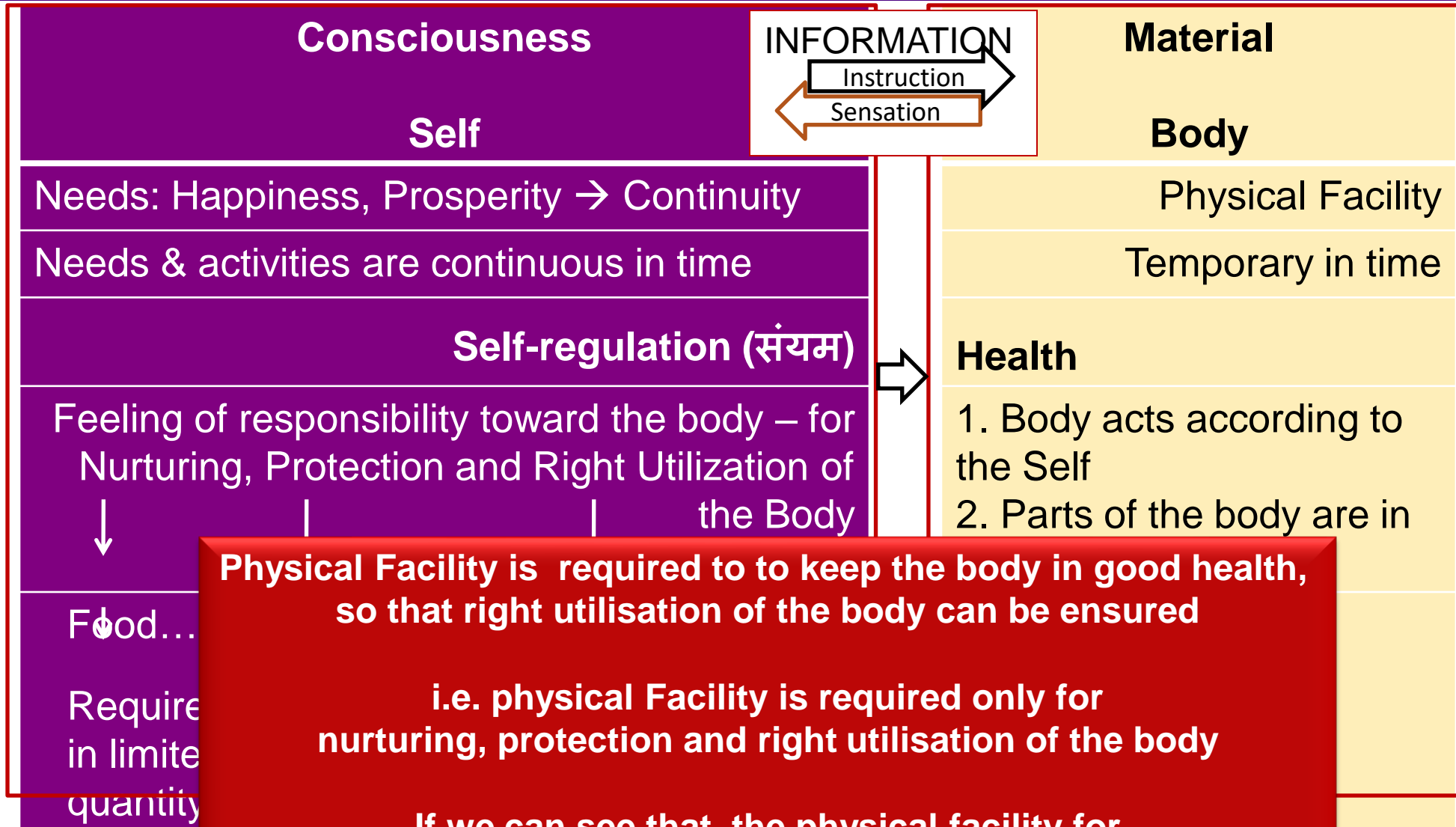
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled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

↓
Consciousness चैतन्य

↓
Material जड़

Self

Body (Instrument)



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 (समृद्धि)

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

समृद्धि – आवश्यक सुविधा से अधिक की उपलब्धि / उत्पादन का भाव

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

आवश्यक सुविधा का निर्धारण – सही समझ से

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

अधिक की उपलब्धि / उत्पादन, भौतिक रासायनिक वस्तुओं का – सही हुनर से

A prosperous person thinks of right utilisation, nurturing the other

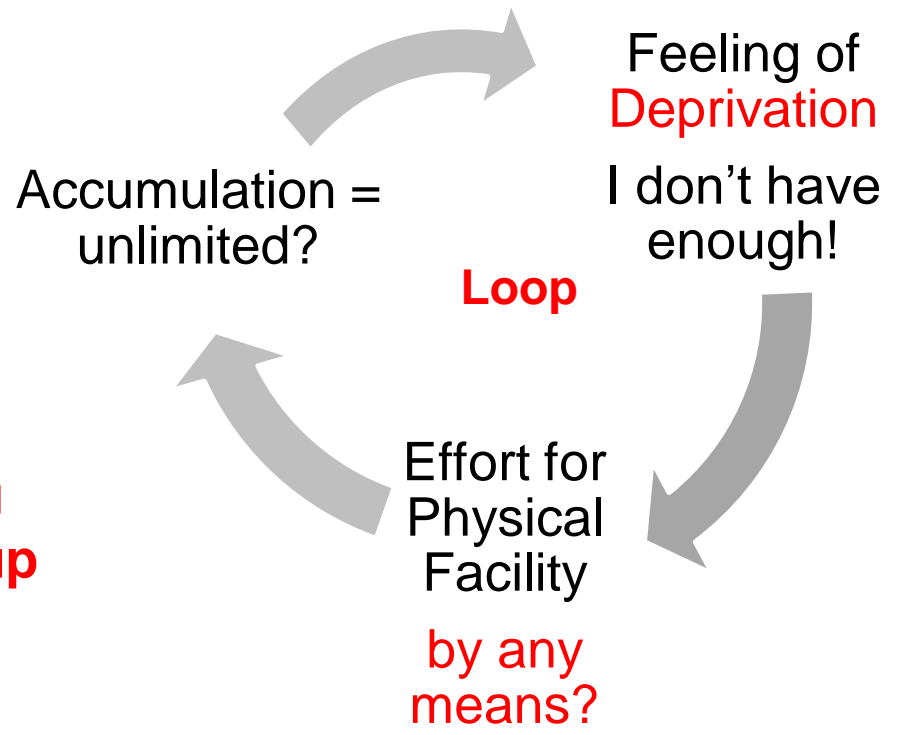
“ deprived “ “ “ accumulation, exploiting “ “

समृद्ध व्यक्ति सदुपयोग का, दूसरे का पोषण करने का सोचता है

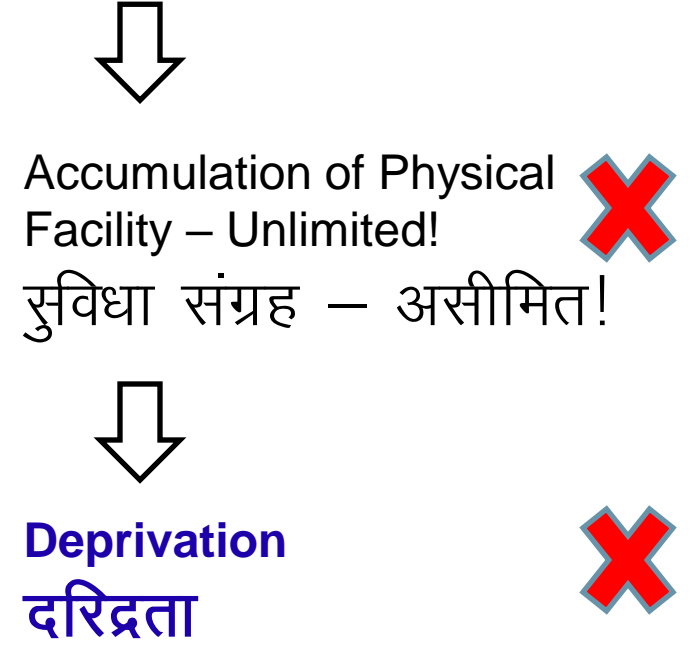
दरिद्र “ संग्रह “ “ “ शोषण “ “ “ “

Gross Misunderstanding 1 – Human Being = Body

Human Being मानव	Self (I) मैं	=	Body शरीर	✗
Need आवश्यकता	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



Check if you are caught up In this loop



Gross Misunderstanding 2 – Resources are less than our need

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

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 1/3rd 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



<http://www.un.org/apps/news/story.asp?NewsID=38344&Cr=fao&Cr1>

Right Utilisation of Physical Facility

Purposefulness –
Transformation

Right Utilisation – Relationship,
Order

Utilisation – Family

Use – Body

Indulgence – Taste

Over Indulgence

Obsession for Indulgence

– Sensual
Pleasure

With Right Understanding

Without Right Understanding

प्रयोजनीयता – जीवन जागृति

सदुपयोग – संबंध, व्यवस्था

उपयोग – परिवार

उपभोग – शरीर

भोग – इंद्रिय सुख

बहुभोग

अतिभोग (भोग उन्माद)

ज्ञानपूर्वक

अज्ञानतावश

Even Small Individual Choices Add Up E.g. Choice of Food

20% of all life produced on land every year is harvested for human purposes

14-16 kg grain & 21,000 litres of water → 1 kg meat

The world's cattle alone (not including other livestock) annually consume food grains enough for 8.7 billion people

Land use – 3¼ acres/person on meat diet vs 0.2 acres/person on veg diet

20% Amazon rain forest (the size of California) destroyed since 1970

80% of this land is used for cattle raising

[Video](#) (1 min)

<http://www.planetaryrenewal.org/ipr/vegetarian.html>



Human being = co-existence of Self (consciousness) and Body (material)

Self is central to human existence, the Body is used as an instrument

The nurturing, protection and right utilisation of the Body is the responsibility of the Self

Physical facility is required to fulfil that responsibility towards the Body

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



FAQs for Lecture 11

Harmony of the Self with the Body

- Now with the clarity of human being as co-existence of Self and Body, the needs can be more precisely identified and prosperity can be discussed with more definiteness
- While many questions regarding prosperity have been discussed in earlier lectures (particularly lectures 3, 5 and 6), we can revisit some of these questions and discuss few new questions

Question(s):

- Why do we need “more than required” physical facility to feel prosperous?

Response

- To ensure Prosperity-
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 and for order in society – with a sense of responsibility in relationship
 5. So that more is for sharing in relationship, not for indulgence or over-consumption.

Question(s):

- Can we really identify our need? How much money is really required- can we determine?

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...

Response

We can certainly identify the need of physical facility for nurturing, protection and right utilisation of the body as discussed in the session.

However, when we try to convert it into money or any currency, there may be problem because the terms of exchange of physical facility with respect to money (or currency) is defined by the human being, by the prevailing norms in the society. In societal setup where there is unequal terms of exchange (therefore injustice) then certain physical facility may be assigned low price and certain other facilities may be assigned very high price. Even knowledge and feeling which is the activity of consciousness can become a mode of getting money.

Response (continued)

If value in terms of money assigned to a particular facility is not defined on the basis of labour that has been put up in producing that facility and its utility then any value can be assigned to the physical facility depending upon the prevailing norms of the society.

Example- Cost of a bread may be 1 rupee when you have to prepare it in home but it may cost 10 rupees or even 100 rupees when you are in a restaurant.

When I was studying at IIT Kanpur, Education fee was 250 rupees per semester, now it is around 1 lakh.

As far as your health problem is concerned, you will never be able to decide how much money will be required, so even insurance will not work.

And when you talk about health, are you talking about keeping your body healthy or getting treatment

One fundamental question regarding insurance is that whether the assurance is in accumulation of physical facility or in relationship and societal system.

Response (continued)

Body Physical Facility

Money (Currency)

Digital
currency...

Terms of Exchange between

- PF ... Currency
- currency 1 ... currency 2

(now even Knowledge and currency)

Possible to identify qty
In terms of PF

Difficult to identify amount of money as
indefinite, unequal terms of exchange...

Existential realities

Construct of human being

Governed by
Existential laws
Universal, Definite...

Governed by
Prevailing man-made regulations
Vary from place to place, indefinite...

(made by human beings with right understanding, right feeling?)
(or by people with assumptions, feeling of opposition...?)

Question(s):

- It is said that “desires are unlimited, resources are limited”. So how can there be prosperity?

Response

- Desires, if we understand properly, is definite i.e., continuity of happiness and prosperity.

The amount of physical facility required for ensuring prosperity is limited and can be identified.

Availability of resources in nature and capacity to produce in human being is more than what is required.

Therefore, prosperity is possible for everyone.

Question(s):

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

Response

- We certainly need development, but, for what? For satisfaction, for fulfillment, isn't it? How can there be a development which is against satisfaction?

The problem today is that we have not been able to define our need with definiteness, therefore, there is no completion point, it is undefined, open ended. Now, irregard if whatever we achieve, we remain dissatisfied.

As a result, development has no completion point, it is undefined, open ended; we are moving forward but, we don't know where we want to reach- no clarity about the goal and therefore, the development today is directionless.

...continued

Question(s):

- So many great inventions took place during world wars, like operations research, like radar... If we become satisfied, then there will be no motivation for development. What is your comment on it?

...continued

Response

We need to work out a process of development with a well defined goal and definite direction. This is what we are trying to do.