



# Lecture 7

## Understanding Human being as the Co-existence of the Self and the Body

# Basic Human Aspiration

Continuous Happiness and Prosperity

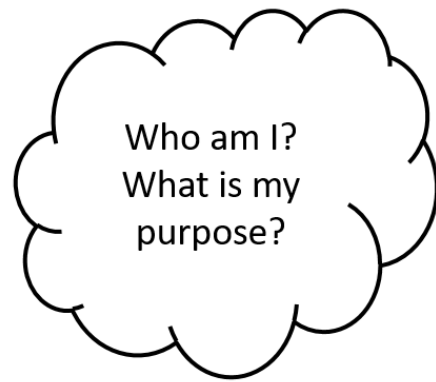
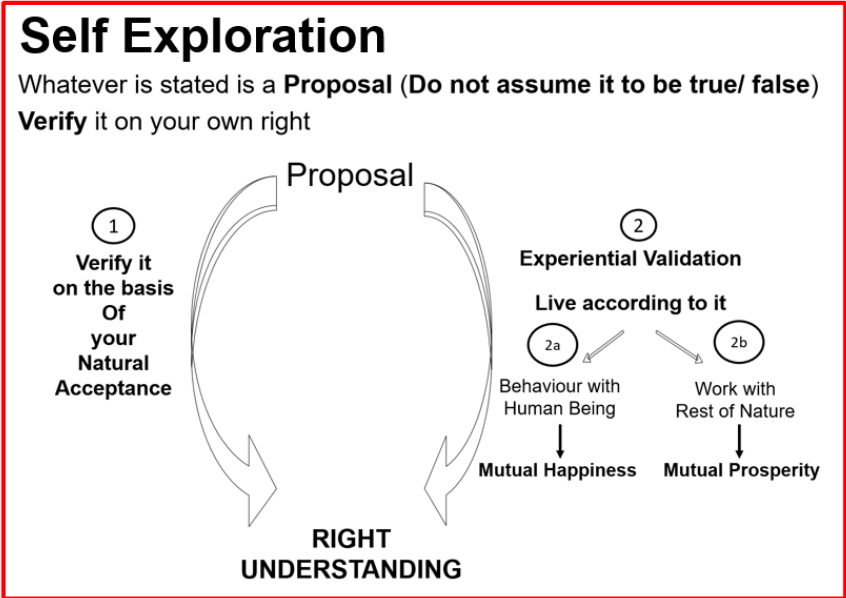
## Happiness is to be in Harmony

### Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

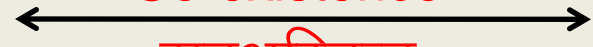
- 👉 **Harmony in the Human Being – Self and Body**
  - Harmony in the Family
  - Harmony in the Society
  - Harmony in Nature/Existence

### Process of Understanding



**Human Being**  
मानव

**Self**  
मैं



**Co-existence**  
सहअस्तित्व

**Body**  
शरीर

Human Being मानव	Self मैं	← Co-existence सहअस्तित्व →	Body शरीर
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<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)

Are these needs 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?



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**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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<b>Response*</b>	<b>Not always Definite (depends on assuming**)</b>		<b>Definite</b>

\* Response = Recognising the relationship with the other unit and fulfilling it

\*\* Assuming or acceptance of relationship



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\* Assuming or accepting the relationship with the other unit  
– could be based on knowing the reality or without knowing the reality completely





# Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem समस्या

Education-Sanskar

Resolution समाधान

**Preconditioning or Assuming without Knowing**  
↓  
**Assumptions keep changing**  
↓  
**Conduct is indefinite (Dependence, Partantrata)**

**Knowing through self-verification**  
– on the basis of Natural Acceptance &  
– on the basis of living accordingly  
↓  
**Assumptions are definite (on the basis of Knowing)**  
↓  
**Conduct is definite (Swatantrata)**



# Knowing, Assuming, Recognizing, Fulfilling

Knowing	My understanding of the reality by direct observation, by seeing the reality as it is
Assuming	My assumptions, acceptances about the reality (may be with knowing or without knowing I may have a coloured perception about that reality when my knowing is incomplete By self-exploration, as my knowing develops, my assumptions also become closer and closer to the right assumptions till my knowing is complete and my assumptions are resolved)
Recognizing	Recognizing the relationship with that reality (human being or rest of nature)
Fulfilling	Fulfilling the relationship with that specific reality (human being or rest of nature)

The recognition and fulfillment of the Body is definite

The Self has a choice in recognizing the relationship and fulfilling it.

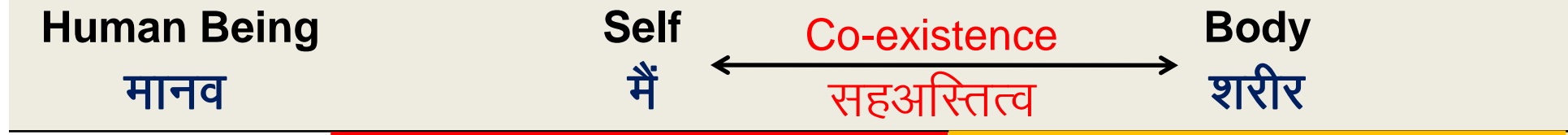
This choice is based on Assuming i.e., Accepting with or without knowing



# Example: Assuming without Knowing

Knowing	I am not sure about what Human Being is
Assuming	Human Being is Body Happiness is favourable sensations (through Body) and/or favourable feelings (from Other) (this is assuming without Knowing, and may change)
Recognizing	I recognize my relationship with myself as a Body (as assumptions change, this also changes)
Fulfilling	My program for myself is physical facility, pleasant sensation, feeling from other e.g., "good" clothes, "tasty" food, "name and fame" ... (the result is temporary "happiness", temporary "unhappiness", excitement)

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↓  
**Consciousness** चैतन्य

↓  
**Material** जड़

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↓  
**Consciousness**

**Need of the Self = Continuous Happiness = Feeling in consciousness**

**Fulfilled by = Right Understanding and Right Feeling = Activities of consciousness**

**(The need of consciousness is fulfilled by activities of consciousness)**

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↓  
**Material**

**Need of the body = Physical facility\* = Material in nature**

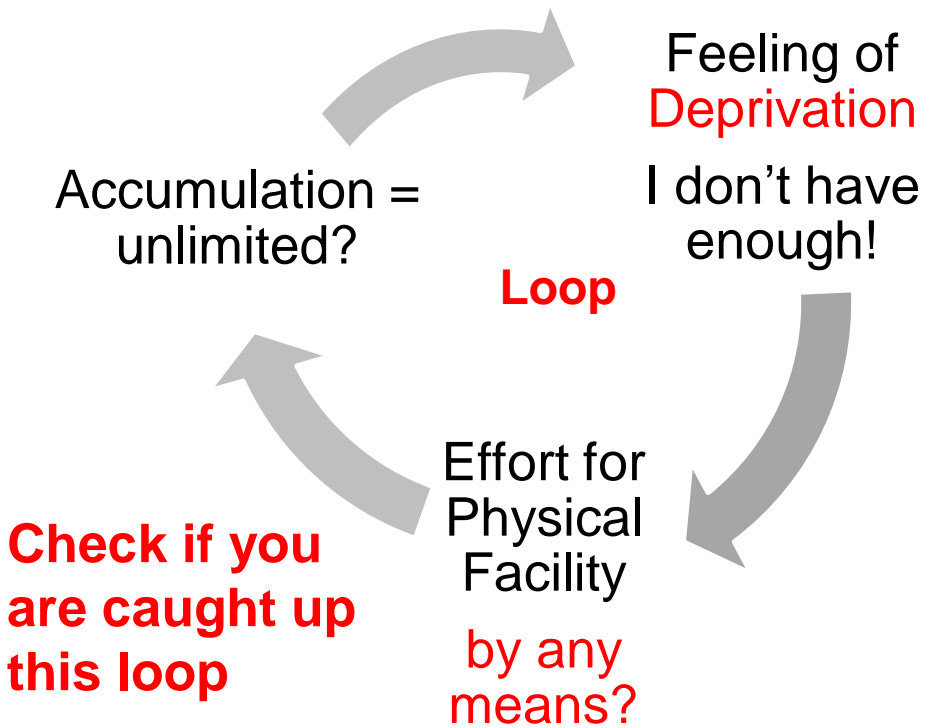
**Fulfilled by = Physio-chemical things = also material in nature**

**(The need of material is fulfilled by material)**

**\*physical facility is required for nurturing, protection and right utilization of the body**

# Evaluation of Current Situation – Gross Misunderstanding

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	✗



↓

Accumulation of Physical Facility – Unlimited!  
सुविधा संग्रह – असीमित!

↓

Deprivation  
दरिद्रता





# Sum Up

Human being is the co-existence of Self and Body

Self is consciousness. Its needs are feelings in consciousness (like happiness) and these needs are continuous, fulfilled by activity of consciousness, i.e., right understanding and right feeling

Body is material. Its needs are material (like food) and these needs are temporary, 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

These are two different types of needs – to be understood separately and fulfilled separately

The response of the Body is definite

The Self has a choice in its response – the response of the Self depends on its acceptance (assuming)

- If the acceptance (assuming) is based on knowing, the response is for harmony  
→ the conduct is definite (in line with natural acceptance)
- If the acceptance (assuming) is without knowing, the response may or may not be for harmony  
→ indefinite conduct (may or may not be in line with natural acceptance)

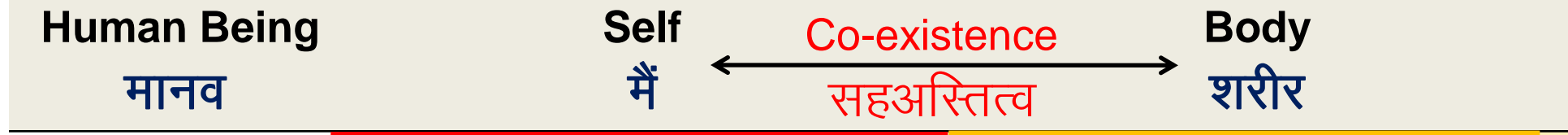


# Self Reflection



# Key Points

Understanding Human being as the Co-existence of the Self and the Body



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# Knowing & Assuming (Accepting)

Knowing, Assuming, Recognizing, Fulfilling

Problem समस्या

Education-Sanskar

Resolution समाधान

**Preconditioning or Assuming without Knowing**  
 ↓  
**Assumptions keep changing**  
 ↓  
**Conduct is indefinite (Dependence, Partantrata)**

KNOWING  
 ASSUMING  
 RECOGNISING  
 FULFILLING

To see the reality as it is, in its completeness, by direct observation  
**Knowing through self-verification**  
 It is definite, continuous and universal  
 – on the basis of Natural Acceptance &  
 – on the basis of living accordingly  
 ↓  
**Assumptions are definite (on the basis of Knowing)**  
 ↓  
**Conduct is definite (Svatantrata)**  
 The relationship with that reality (human being or rest of nature)  
 The relationship with that reality (human being or rest of nature)





# FAQs for Lecture 7

Understanding Human being as the Co-existence of the Self and the Body

## Question

## Response

Isn't the quality of the physical facility also important? Like quality of food... so isn't the need of the Body also qualitative?

Qualitative = If you need it, you need it all the time; if you don't need it, it is never needed. There is no quantity associated with it

Qualitative = You can count the quantity in which it is needed

Quality = How effectively something fulfills the purpose for which it is used

e.g., quality of food = how nutritious the food is

(there may be multiple attributes to gauge how nutritious a particular food is)

ChatGPT def: "quality of food" refers to the characteristics, attributes, and overall excellence of food products. High-quality food typically meets or exceeds consumer expectations in terms of health benefits, safety considerations and sensory experience.

## Question(s) 1: Self and Body

- The Body is tangible but I can't see the Self. It seems so intangible. How can we see the self? or do we have to assume it only?

## Response

•Body is tangible- to whom- self or body? How do you see the body? By observing the form of the body, then close your eyes and see if you can still feel that body is there. How do you feel that body is there? By observing the sensation from the body, now who is observing the sensation- self or body? Now, we can see that it is the self who is feeling the sensation and deciding that the body is there, similarly, it is the self who is seeing the form of the body and deciding that the body is there. So, now who is more authentic- self or body, is self authenticating that body is there or otherwise? Certainly, self is more authentic and it is authenticating that body is there.



## Question(s) 1: Self and Body

- There is no talk of Self in Science, Medicine or Biology or Neuroscience etc. Then how can you talk about Self so authentically? What is the need to separate them?

## Response

- What we are saying is that every one of us can authenticate for himself that self is there; in fact, one can authenticate that he is the self in co-existence with the body and not just the body. If science includes this self, consciousness in its subject of study, it will be able to understand human being better than it is able to do today. So is the case with Medicine or Biology or Neuroscience etc.
- When we are alive, we can certainly see that self is there and it is using the body as an instrument, body does what self wants the body to do. Further, we can see that the need and activities of the self are continuous while that of body are temporary; this points towards the possibility of self being continuous while body being temporary. But, i will leave it open for you to reflect for the time being,

# Some Implications of Perceiving/ Assuming Human Being = Body

Happiness is sought through

- sensation (through the body)
- getting the right feeling (like respect...) 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...

A large number of diseases are psychosomatic in nature

e.g. Over eating, consumption of "junk food" etc. for happiness - causing obesity and ill health

The lack of feeling (resulting in unhappiness) causes physical symptoms

The environment (family, society, nature...) is not a major concern or it is exploited

## Question(s) 1: Self and Body

- Is there any strict boundary between the two? Is the Self inside the Body?
- How are Self and Body connected?

## Response

- I think that this issue calls for lot of self-exploration before we can discuss about it. Only when we develop the capacity to see the self, the body and the interaction between the two that we will be able to sense of the response.
- Transaction between the self and body is in the form of information. Self is giving some instruction to body (to eat for example) and self is reading some sensation (sensation of pain for example) from the body. We will discuss this in detail in later lectures. Two questions can be asked –
  - What is the transaction between the Self and the Body?
  - What is the basis for this?

## Activities of the Self

## Body

## In the Body with involvement of Self

Thinking

Digesting Food

Walking

Breathing



## Question(s) 2: Need and Activity

- We do say that I got less respect than the other (on a particular occasion). So isn't respect also quantitative?
- Can you explain more about this desire etc.?
- How are the activities of the Body and Self connected?

## Response

- When we start focussing on the expression of the feeling of respect, it becomes more or less; e.g. One is presented with a flower while the other is not. However if focus on the feeling itself, we can see that either there is feeling of respect or not, nothing in between.
- We will do this as we proceed further in this section.
- I have already given some hint when i said that Self is giving some instruction to body (to eat for example) and self is reading some sensation (sensation of pain for example) from the body. However, we will elaborate on it as we proceed further.



## Question(s) 3: Response of Self and Body

- Recognizing is taking place in Self as well as Body. What is the difference between these two?
- What is the difference between knowing, assuming and recognizing?
- If I know, I don't need to assume. Right? What is the role of assuming after knowing?

## Response

- In case of self, its recognising depends upon assuming as already mentioned.
- Knowing is to the reality as it is, in its completeness, assuming is some acceptance about the reality which may or may not be same as the reality as it is. Recognising has to do with recognition of my relationship with that reality.
- Assuming is used in the sense of my acceptance; this acceptance may be based on knowing or without knowing.



## Question(s) 3: Response of Self and Body

- What is the meaning of definite conduct here?

## Response

- Definite conduct here means that our feeling in relationship has become definite, e.g. feeling of respect; its expression may still have variety. So, there is space for creativity in expression of the feeling in definite conduct.