

**SYLLABUS**

Understanding human being as a co-existence of the sentient 'I' and the material 'Body'- Distinguishing between the Needs of the self and the body-The body as an Instrument of the self-Understanding Harmony in the self-Harmony of the self with the body-Programme to ensure self-regulation and Health.

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**Q1. "Human being is co-existence of the Self(I) and the Body" – elaborate on this statement.**

or

**"Human being is the co-existence of the Self (I) and the Body" – Explain this statement taking yourself as an example.**

**Ans:**

- 1) The human being is the co-existence of 'I' and the body, and there is exchange of information between the two, i.e. 'I' and body exist together and are related.
- 2) There is a flow of information from 'I' to the body and from body to the 'I'.
- 3) We can make this distinction between the self and the body in three ways in terms of the needs, activities and the types of these two entities.
- 4) All the needs of 'I', say respect, trust, etc., can be called as Happiness (such), while the needs of body are physical facilities (suvidha) like food.
- 5) The two things are qualitatively different. There is no relevance of quantity for the needs of 'I' as it is qualitative, while the needs of body are quantitative, and they are limited in quantity.
- 6) The activities of 'I' are activities like, desire, thinking, selection, while the activities of body are activities like eating, breathing etc.
- 7) The mode of interaction of 'I' includes knowing, assuming, recognizing and fulfillment. The fulfillment depends on recognition depends on assumptions and assumptions depends on knowing or not knowing (beliefs).
- 8) If assuming is based on knowledge, then recognition will be correct and fulfillment will be correct. If assuming is not based on knowledge, then things may go wrong.
- 9) The mode of interaction of body is only recognizing and fulfilling. Self is a conscious entity and the body is a material entity, or physic-chemical in nature. Thus we can say:

Human Being	Self (I)	Body
Need	Happiness (Respect)	Physical Facility
Fulfilled by	Right Understanding & Right Feelings	Physiochemical Things
Activities	Desire, Thought, Expectation	Eating, Walking
	Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
	Consciousness	Material

- 10) To conclude we can say that the human being can be understood in terms of a co-existence of two entirely distinct entities, namely sentient 'I' and material body.
- 11) Their needs and activities are quite different and have to be understood accordingly. But these two constituents of human being are to act in close synergy with each other.

**Q2. What do you mean by Sukh and Suvidha?**

or

**Distinguish between Sukh and Suvidha in detail taking needs of you as an example.**

**Ans:**

- 1) Sukh is a holistic and all encompassing state of the mind that creates inner harmony. Sukh is also called as happiness.
- 2) Suvidha implies that it is looking for physical comforts and all the sources of attaining such comforts. When our body gets used to a certain level of comfort then we will only feel comfortable at that level e.g. comfort in fan, cooler or air conditioner.
- 3) Different people have a different perception of suvidha and will seek a corresponding level of suvidha according to their perceptions.
- 4) By nature man is fond of comfort and happiness so he goes on making desires and ambitions one after the other to enjoy more in life.
- 5) To lead a comfortable life he also accumulates many facilities, so that his life may become full of comfort and happiness.
- 6) Sukh depends upon our thinking, so many times we are surrounded by materialistic possessions but we feel unsatisfied.
- 7) People think that their happiness depends upon suvidha (facilities) but is it not so; happiness depends upon our thinking or our mental satisfaction.

**Q3. Distinguish between the needs of the ‘Self’ and the needs of the ‘Body’.**

Or

**“The need for physical facilities is temporary” – explain the meaning of this statement with any two examples.**

or

**Differentiate between the needs of ‘self’ and the needs of ‘body’.**

**Ans:**

The human being is the co-existence of ‘I’ and the ‘body’, and there is exchange of information between the two. We can make this distinction between the self and the body in terms of the needs as shown in the table below:

Needs	I	Body
Needs are ....	Trust, Respect....	Food, Clothing...
	Happiness (sukh)	Physical Facilities (suvidha)
In time needs are...	Continuous	Temporary
In quantity, needs are...	Qualitative	Quantitative (limited in quantity)
Needs are fulfilled by.....	Right understanding and right Feelings	Food, clothing, etc.

**1. Needs are ....**

The needs of the body like food for nourishment clothes for protection, and instruments to ensure right utilization can be categorized as being ‘physical’ in nature, or also called ‘physical facilities’ (suvidha). Whereas the need of ‘I’ is essentially to live in a state of continuous happiness (sukh). The needs of the body are physical in nature, whereas the needs of the self (‘I’) are not physical in nature – like trust, respect, happiness etc.

**2. In time, needs are...**

The needs of ‘I’ are continuous in time, unlike the need of the body, which is temporary in time. We want happiness continuously. We also want the feeling of respect continuously and so also acceptance in relationship. If we talk about food, clothing, shelter, or instruments, these are needed only for some amount

of time, or we can say that the need for physical facilities of the body is temporary in time- it is not continuous.

**3. In quality, needs are.....**

Physical facilities are needed for the body in a limited quantity. When we try and exceed these limits, it becomes troublesome for us after some time. Let’s take the example of eating. As far as, physical facilities (say rasgulla) go, they are necessary in the beginning, but if we keep consuming, it becomes intolerable with the passage of time. This applies to every physical facility. We can only think of having unlimited physical facilities, but if we try and consume, or have too much of physical facilities, it only ends up becoming a problem for us. Whereas the needs of ‘I’ are qualitative (they are not quantifiable), but we also want them continuously. Our feelings are qualitative. Either they are or they are not. Ex. Happiness is qualitative. Either we are feeling happy or we are not. Also if a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it continuously.

**4. Needs are fulfilled by....**

The need of the self (‘I’), for happiness (sukh) is ensured by right understanding and right feelings, while the need of the body, for physical facilities (suvidha), is ensured by appropriate physico-chemical things.

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**Q4. Explain with examples where activities involve both 'I' and 'body'?**

or

**Differentiate between the activities of knowing, assuming, recognizing and fulfilling with the help of an example.**

or

**Explain the activities of knowing, assuming, recognizing and fulfillment with one example.**

or

**Differentiate between the activities of the self and the body on any two grounds.**

or

**Can the activities of the self be distinctly understood from the activities of the body? Name any three activities and elaborate.**

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**Ans:**

If we look at the variety of activities that we are engaged in commonly – we see that we can put them in three categories:

1. Activities that are going on in the self
2. Activities that are going on in the body
3. Activities involving both the self and the body

Knowing, assuming, recognizing and fulfilling are the activities involving both the self and the body.

**1. Activities of recognizing and fulfilling in the body:** Apart from the activities of Breathing, Heartbeat, Digestion etc., the activities of the body can also be understood as recognition and fulfillment. In fact, the mutual interaction between any two material entities can be understood as recognition and fulfillment of their relationship. For example when we are thirsty and drink water, the body absorbs the water to the extent needed and uses for the nourishment of the various organs. Here, body recognizes its relation with water and fulfils it.

Recognizing → Fulfilling

**2. Activities of knowing, assuming, recognizing and fulfilling in the self (‘I’):** When it comes to self (jivan or ‘I’), which is a conscious entity; in addition to ‘recognizing and fulfilling’, there is also the activity of assuming and that of knowing. In fact, recognizing and fulfilling in case of human beings will depend upon knowing and/or assuming.

**a. We assume** – We all make assumptions and our response (recognition and fulfillment) is dependent on the assumption. For ex.: If I see a snake and assumed it to be a rope, I shall respond differently to it, than if ‘I’ take it to be a snake itself. We call this activity ‘assuming or mannana’.

**b. We recognize** – We all recognize things today, we recognize a variety of things. Like, we recognize water, our parents, friends, etc. We call this activity ‘recognizing or pahachaanana’. The recognizing in ‘I’ depends on assuming.

**c. We fulfill** –The response that follows recognition is called the activity of ‘fulfilling or nirvaha karna’. The fulfillment depends on the recognition. For ex.: Once we recognize water, we take it. Taken together we can write it as (in I):

Assuming → Recognizing → Fulfilling

There is another activity that exists in us (in ‘I’). This activity is called ‘knowing’. Knowing means we have the right understanding – the understanding of harmony at all levels of our living. When we have the right understanding, when we have the knowledge of reality, it is definite, and then assuming becomes according to the knowing, and hence recognizing and fulfilling becomes definite, or according to knowing. Until then, it is subject to beliefs and assumptions, and this keeps changing. When we list these down:

		<b>I</b>	<b>Body</b>
<b>Activities</b>	Activities are	Desiring, thinking etc.	Breathing, heart-beat, etc.
	.....	Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling

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**Q5. What is pre-conditioning? What is their source?**

or

**What is the meaning of desire? How do we verify whether our desires are coming from sensations or preconditioning or natural acceptance?**

or

**How human mind gets influenced or conditioned?**

**Ans:**

- Preconditioning means we have assumed something about our desires on the basis of prevailing notion about it.
- They comes from what we read, see hear, what our parents tell us, our friends talk about what the magazines talk of, what we see on the TV etc.
- We have not self- verified the desires in our own right. As a result, we are not clear about what we will get out of fulfillment of that desire.
- The problem with that is, unless we verify our desires, we may not even know whether they are out.
- We may end up spending an entire lifetime accumulating desires that are not ours, and in running about trying to fulfill them.
- This conflict affects us in different manners like
  - 1) Wavering aspirations
  - 2) Lack of confidence
  - 3) Unhappiness/conflicts
  - 4) Lack of qualitative improvement in us

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**Q6. Explain with examples the various activities in the self 'I'.**

or

**Briefly explain the activities of Desire, Thought and Expectation in the self with an example.**

**Ans:**

The self is conscious in nature while the body is physico-chemical in nature. The interaction between the ‘I’ and the body is in the form of exchange of information.

So the focus of attention is on two categories of attributes of the self, namely, the powers of the self and the corresponding activities as the manifest outcomes of these powers.

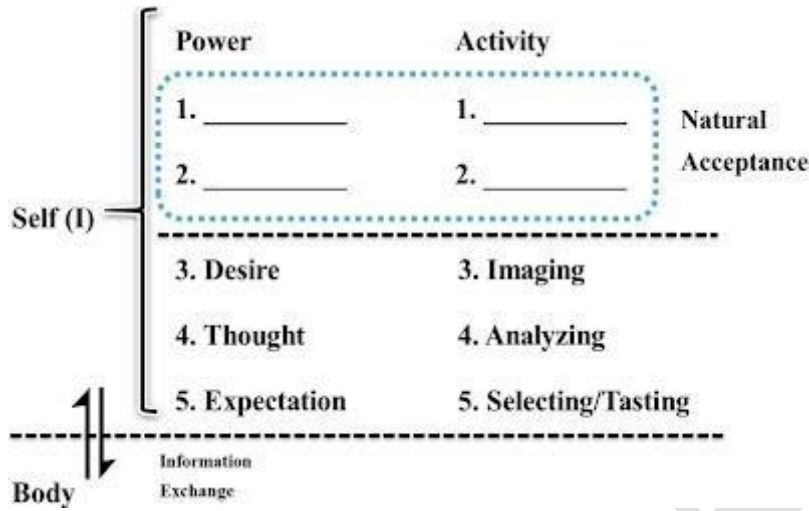
**1. Power:** This means the basic capacity in the self (‘I’). They are: desires, thoughts and expectations.

**2. Activities:** The activities are: imaging, analyzing, and selecting/tasting. The activity of analyzing means breaking down the image into various parts or to open it up. Selecting/tasting is with the expectation of fulfilling our desires with the expectation of happiness. The activity of selecting/tasting is the basic level via which the self interacts with the body.

A simple example to understand these activities is a follow:

- We may have desire to have respect by being the owner of a big house. This is in the form of imaging – we have an image in us of fulfillment of this need for respect via a house.

- Based on this desire, we start working out the details of the house. Ex no. of rooms, storey's, on which floor in will stay. The image of wanting respect from the house is split into many parts – this is called analyzing. The activity of analyzing means breaking down the image into various parts.
- Now that we have worked out the details of the house, we go about choosing the size, colour etc. of the room. This is called selecting / tasting.



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**Q7. What is Patience (sanyam)? How is it necessary in ensuring Health (swasthya)?**

or

**Define Patience (sanyam) and Health (swasthya). How are they helpful in keeping harmony between self and body?**

**Ans:**

- 1) **Patience** (Sanyam) means the feeling of responsibility in the self (I) for nurturing, protection and right utilization of the body.
- 2) Patience (sanyama) is the control of the mind and its desires, urges, emotions and delusions. It is controlling the outgoing tendencies of the mind and the senses and bringing them back to our self within.
- 3) **Health** (swasthya) is the condition of the body where every part of the body is performing its expected function. The word **Health** (swasthya) literally means being anchored to the self, being in close harmony with the self.
- 4) In other words, **Health** (swasthya) in Sanskrit means self– dependence (swa = your own). Also, embedded in its meaning are health, sound state, comfort and satisfaction.
- 5) So we can say that **Patience** sanyam ensures **Health** (swasthya).
- 6) With right understanding, I get self-organized and take care of the body properly. With lack of right understanding, I am unable to do it and the body becomes unhealthy.
- 7) With right understanding and right feelings, the body gets favorably affected.
- 8) For example; when I am happy, the temperature and pressure in the body are normal, when I am angry or tense, they get upset.
- 9) It means if I am in disharmony, say in anger or stress or despair, it immediately starts affecting the body adversely.
- 10) There are many diseases of the body that are caused due to disharmony in 'I'. These are called psychosomatic disease, such as asthma, allergies, migraine, diabetes, hypertension etc.
- 11) so we can say that **patience** (sanyam) has a strong effect on **Health**( swasthya).

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**Q8. What are the programs for ensuring the health of the body? Explain.**

or

**Suggest programs to ensure proper functioning of your body. Can we sustain them without right understanding?**

**Ans:**

Our present lifestyle and conditionings are not very conducive to keep the body fit and therefore it is important to understand Patience (sanyama) and Health (swasthya) correctly and maintain proper harmony with the body. As a proposal, we need to work for the following few things

1. To understand and live with sanyama.
2. To understand the self organization of the body and ensure health of the body.

**1. Understanding and Living with Patience (Sanyama):**

Patience (sanyama) implies that the self takes the responsibility for proper nurturing, and right utilization of the body. For this it is essential to understand the functioning of the body instrument. It is also essential to understand that this instrument has a limited life span and undergoes a pattern of growth and decay. The interaction of the self with the body has to be in consonance with the above objectives which are achieved through Patience (sanyama).

**2. Understanding the self organization of the body and ensure health of the body:**

**a. Nurturing of the Body:** Proper Food, Air, Water, Etc.: In the process of selecting food for the body, I need to make out the elements which make a complete food so that it gives required nutrients and energy to the body. On the basis of understanding of the harmony of the self with the body, it can be said that the food needs to be eaten only when we feel hungry. The choice of the food has to be such that it is easily digestible and the food needs to be taken with proper posture of the body and in right quantity.

**b. Protection of the Body:** The second issue is the protection of the body. The clothes we choose for protection need to be such that they ensure proper interaction of the body with the environment. The right amount of exposure of the body to the air, water, and sun is required to ensure its proper functioning.

**c. Right Utilization of the Body (Sadupayoga):** Right utilization of the body as an instrument necessitates understanding the purpose for which this instrument is to be used. Normally, we tend to believe that the body is an instrument for sensory enjoyment, which is not correct. We also happen to use our body to exploit other human beings or rest of the nature which is not right utilization. It is important to realize that the human body is an instrument to facilitate right understanding and its actualization in life.

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**Q9. What is the responsibility of the self towards the body? How is it fulfilled?**

or

**Suggest any two programs that you can undertake to improve the health of your body.**

or

**How does the feeling of patience (sanyam) ensure health of the body? List two programs of patience (sanyam).**

or

**Explain the relation between the self and the body. What is the responsibility of the self towards the body?**

or

**What do you mean by patience (sanyam)? How does it ensure harmony with the body? Explain.**

**Ans:**

The self has the responsibility for nurturing, protection and right utilization of the body. For this self has to follow some programs. We need to work to understand the self organization of the body and ensure health of the body.

**Nurturing of the Body:**

**A) Proper Food, Air, Water, Etc.:**

In the process of selecting food for the body, I need to make out the elements which make a complete food so that it gives required nutrients and energy to the body. On the basis of understanding of the harmony of the self with the body, it can be said that the food needs to be eaten only when we feel hungry. The choice of the food has to be such that it is easily digestible and the food needs to be taken with proper posture of the body and in right quantity.

**B) Protection of the Body:**

The second issue is the protection of the body. The clothes we choose for protection need to be such that they ensure proper interaction of the body with the environment. The right amount of exposure of the body

to the air, water, and sun is required to ensure its proper functioning. To ensure the health of the Body, we need to take care of the following- i) Ahar-Vihar, ii) Shram- Vyayam, iii) Asana-Pranayam and iv) Aushadhi-Chikitsa. We have already discussed about Ahar (Food), let us now discuss about the others:

**1) Proper upkeep (Vihar) of the Body:** When we work, the Body gets tired. When we take rest, the Body becomes fit to work. But again, there is a limit to the amount of work and rest we need. We also need to ensure proper time, posture and ways to work and to rest. We need to provide hygienic conditions for proper functioning of the Body. These issues are included in the upkeep of the Body.

**2) Labour:** Labour is another requirement. It means employing the body physically for production and maintenance of physical facilities. The labour we do helps each part of the Body to function properly.

**3) Physical Exercises:** We are aware of physical exercises. While doing labour, some parts of the Body may get stressed much while others may not get employed to that extent. With exercises, we can employ all the parts of the Body in the desired way.

**4) Asan-Pranayam:** This is another way to keep the Body function properly. In Asanas, we give the body proper postures by sitting or lying, and in Pranayam, we ensure regulation of the breathing

**5) Treatment of the body:** When the Body gets hurt, or is in disorder by either misuse or because of the adversities of the environment etc., there is a natural tendency of the Body to heal and come back to its desired state of health. We only need to facilitate this process, and not suppress it. Thus, when unpleasant sensations come from the Body indicating disorder, they are to be properly interpreted and attended to.

**C) Right utilization of the body (Sadupyog):**

Right utilization of the body as an instrument necessitates understanding the purpose for which this instrument is to be used. Normally we tend to believe that the Body is an instrument for sensory enjoyment, which is not correct. We also happen to use our Body to exploit other human beings or rest of the nature which is also not right utilization. It is important to realize that the human body is an instrument to facilitate right understanding and its actualization in life.

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**Q10. “I am the seer, doer and enjoyer. The body is my instrument” Explain.**

or

**How self enjoys the activities of the body?**

**Ans:**

There is a relation between the self and body that body act as an instrument of self. Whatever self thinks body performs it physically. Body does not decide itself. We can verify this by the following discussion.

**I am the seer:** When we are reading a book or listening, when someone is explaining something to us, when we are watching scenery or when we are thinking – we are engaged in the activities of ‘seeing’ or understanding. Now when we see some nice scenery we say ‘I am seeing’ that means our self ‘I’ see via the eyes, the eyes don’t see, they are just instruments, that unable me to see something outside. Different images are formed in the eyes every time, but it is I who is able to relate it to the meaning of that image every time. Similarly, I can see inside ‘in me’ also – without the eyes. For example I can see that I am getting angry. In this case I understand or know or am aware that I am getting angry. When I see outside the body works as an instrument.

**I am the doer:** once I have seen/ understood something, I am the one who decides what to do or not to do. I am the doer. For example, when I see the scenery I am the one who decide to take a picture of the scenery. I use my hands to pick camera and click a picture. The hands in the body are thus used as an instrument. In this way I work with my hands and legs.

**I am the enjoyer:** I saw the scenery and I took the picture. I am the seer and doer so far. When I see the picture I like it. I am the one that enjoys it. Thus there is a continuity of being the seer, doer and enjoyer. Similarly when I eat, I am the one that gets the taste – from the tongue.

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### **MODEL QUESTIONS**

1. What do you mean by 'Sukh' and 'Suvidha'?
2. "Human being is the co-existence of the Self and the Body", explain this statement.
3. Memorize the activities of Desire, Thought and Expectation in the self with an example.
4. Reproduce the differences between the needs of the Self and the needs of the Body.
5. Observe how we go into conflicts when our activities are not guided by our natural acceptance?
6. "I am the seer, doer and enjoyer. The body is my instrument" Explain.

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