

# UNIVERSAL HUMAN VALUES – UNDERSTANDING HARMONY AND ETHICAL HUMAN CONDUCT

## UNIT II – Harmony in the Human Being

### Practice Sessions for UNIT II – Harmony in the Human Being

#### PS4: Exploring the difference of Needs of self and body

- List down all your desires.
- Observe whether the desire is related to Self (I) or Body.
- If it appears to be related to both, see which part of it is related to Self (I) and which part is related to Body.

#### Home Work:

1. Write down 5 needs of yourself and 5 needs of your body.
2. Write down 5 activities of yourself, 5 activities of your body and 5 activities of your body + self.
3. Observe in yourself if the activities of your self are continuous or temporary.

#### Expected outcome:

The students are able to see that they can enlist their desires and the desires are not vague. Also they are able to relate their desires to 'I' 'Body' distinctly. If any desire appears related to both, they are able to see that the feeling is related to I while the physical facility is related to the body. They are also able to see that 'I' and Body are two realities, and most of their desires are related to 'I' and not body, while their efforts are mostly centered on the fulfillment of the needs of the body assuming that it will meet the needs of 'I' too.

#### PS5: Exploring Sources of Imagination in the self

1. Observe that any physical facility you use follows the given sequence with time:

**Necessary & tasteful OR Unnecessary & tasteful OR Unnecessary & tasteless OR Intolerable**

- a. In contrast, observe that any feeling in you is either naturally acceptable or not acceptable at all. If naturally acceptable, you want it continuously and if not acceptable, you do not want it any moment!
2. List down all your activities, Observe whether the activity is of 'I' or of Body or with the participation of both 'I' and Body.
3. Observe the activities within 'I'. Identify the object of your attention for different moments (over a period of say 5 to 10 minutes) and draw a line diagram connecting these points. Try to observe the link between any two nodes.

#### Home Work:

1. While you are studying by yourself, observe for 30 minutes – how much time your attention is on what you are reading and how much time your attention is on other things. What is the % of the time your attention is on the subject? Is this same for all subjects/topics?
2. What is the average study time required per day for you to understand completely all that is being taught in all the courses in this semester?

**HINT:** If you spend 2 hours in assignments & self study for every 1 hour of lecture, you will need 3 hours to understand every lecture completely. Thus total study hours = No of subjects X No of lectures per subject X 3. If the semester has 150 days, the average study hour per day is 6 (including college lecture hours, assignments, exams as well as self-study hours).

4. How many hours are you actually devoting to study per day? And how are you spending the rest of your time – what are the 5 key activities where you spend the rest of the time?

**Expected outcome:**

1. The students are able to see that all physical facilities they are required for a limited time in a limited quantity. Also they are able to see that in case of feelings, they want continuity of the naturally acceptable feelings and they do not want feelings which are not naturally acceptable even for a single moment.
2. The students are able to see that activities like understanding, desire, thought and selection are the activities of 'I' only the activities like breathing, palpitation of different parts of the body are fully the activities of the body with the acceptance of 'I' while the activities they do with their sense organs like hearing through ears, seeing through eyes, sensing through touch, tasting through tongue and smelling through nose or the activities they do with their work organs like hands, legs etc. are such activities that require the participation of both 'I' and body.
3. The students become aware of their activities of 'I' and start finding their focus of attention at different moments. Also they are able to see that most of their desires are coming from outside (through preconditioning or sensation) and are not based on their natural acceptance

**PS6: Exploring Harmony of self with the body**

1. Chalk out programs to ensure that you are responsible to your body- for the nurturing, protection and right utilization of the body.
2. Find out the plants and shrubs growing in and around your campus. Find out their use for curing different diseases.

**Home Work:**

5. Make a list of your desires. Divide them into 2 parts – needs of the self and needs of the body. Next divide them into 3 parts – motivated by preconditioning, motivated by sensation and motivated by natural acceptance.

What % are needs of the self and those of the body?

What % of your desires are motivated by natural acceptance?

Now analyse your weekly schedule – and find out what % of your time is spent on physical facility/sensation and what % is spent on effort for relationship and right understanding.

What do you understand from this exercise?

2. What is your understanding of prosperity?

In terms of clothes a) how many items of clothing do you have;

b) How many items of clothing are required per year for protection of your body?

What would that number be for getting respect from others? (Similarly you can expand this exercise for other physical facilities)

6. What have you understood about right utilization?

For one week, note down all your expenses on a daily basis. At the end of the week, categorize the expenses – what do you spend most on?

Do you feel this is the right utilization of the money?

What are some of the other resources you have that could be better utilised and how?

**Expected outcome:**

The students are able to list down activities related to proper upkeep of the body and practice them in their daily routine. They are also able to appreciate the plants wildly growing in and around the campus which can be beneficial in curing different diseases.

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