

# **Harmony (of the Self) with the Body**

- Understanding Prosperity**

Human Being  
**Ekkuo**

Self (I)  
**eSa**

Co-existence  
**IgvfLrRo**

Body  
**“kjhj**

<b>Need</b> vko';drk	<b>Happiness (e.g. Respect)</b> Iq[k ¼tSIs IEeku½	<b>Physical Facility (e.g. Food)</b> Iqfo/kk ¼tSIs Hkkstu½
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>In Quantity</b> ek=k esa	<b>Qualitative (is Feeling)</b> xq.kkRed ¼Hkko gS½	<b>Quantitative (Required in Limited Quantity)</b> Ekk=kRed ¼lhfer ek=k esa½
<b>Fulfilled By</b> iwfrZ ds fy,	<b>Right Understanding &amp; Right Feeling</b> Igh le>] Igh Hkko	<b>Physio-chemical Things</b> HkkSfrd&jklk;fud oLrq
<b>Activity</b> fØ;k	<b>Desire, Thought, Expectation...</b> bPNk] fopkj] vk”kk---	<b>Eating, Walking...</b> [kkuk] pyuk---
<b>In Time</b> dky esa	<b>Continuous</b> fujUrj	<b>Temporary</b> Ikef;d
<b>Response</b>	<b>Knowing, Assuming, Recognising, Fulfilling</b> tkuuk] ekuuk] igpkuuk] fuokZg djuk	<b>Recognising, Fulfilling</b> igpkuuk] fuokZg djuk

↓  
**Consciousness pSrU;**

↓  
**Material tM+**

# Harmony with the Body

**Self (I)**

**Body**

**INFORMATION**

Instruction

Sensation

**Body is an instrument  
of the Self (I)**

Consciousness

Needs & Activities are Continuous in Time

Material

Temporary in Time

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**Sanyam**

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

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Health

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

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

- 1. Body acts according to I
- 2. Parts of the body are in harmony (in order)

Physical Facility is required to fulfill the feeling of Sanyam  
→ Identification of required Physical Facility

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↓ ↓ ↓  
Food... Clothes, Shelter... Instruments...

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The quantity of Physical Facility required can also be recognised  
→ Identification of required quantity



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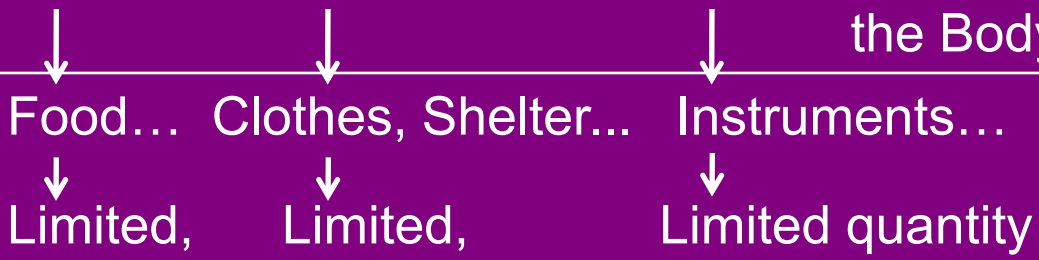
Sanyam



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↓ Food... ↓ Clothes, Shelter... ↓ Instruments...  
↓ Limited, ↓ Limited, ↓ Limited quantity

Physical Facility is required in a limited quantity

# Prosperity (le`f))

Prosperity – The feeling of having more than required Physical Facility

2

1

le`f) & vko";d lqfo/kk ls vf/kd dh miyfC/k@ mRiknu dk  
Hkko

1

2

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

vko";d lqfo/kk dk fu/kkZj.k & lgh le> ls

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

vf/kd dh miyfC/k@ mRiknu] HkkSfrd jklk;fud oLrqvksa  
dk & lgh gquj ls




A prosperous person thinks of right utilisation, nurturing the other

“ deprived “ “ “ accumulation, exploiting “ “

le`) O;fDr Inqi;ksx dk] nwljs dk iks"k.k djus dk lksprk gS


nfinz “ layza “ “ “ “kks" k k “ “ “ “

# Gross Misunderstanding (vk/kjHkwr Hkze)

Human Being Ekkuo	Self (I) eSa	=	Body "kjhj	
Need vko';drk	Respect IEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSIs&Hkkstu] diM+n	
	Continuous fujUrj	=	Unlimited vlhfer	



Accumulation of Physical Facility – Unlimited! 

Lqfo/kk laxzg & vlhfer!  


Deprivation  
**nfjnzrk** 

Check your assumptions about Human Being

We can observe two categories of human beings

**blhfy, vHkh nks rjg ds euq"; fn[kkbZ nsrs gSa&**

1. Lacking physical facility, unhappy deprived (**lqfo/kk foghu nq[kh nfjnz** )
2. Having physical facility, unhappy deprived (**lqfo/kk laiUu nq[kh nfjnz**)

While we want to be – **tcf d ge gksuk pkgrs gSa&**

3. Having physical facility, happy prosperous (**lqfo/kk laiUu lq[kh le`))**)

Check within yourself

- Where are you now – at 1, 2 or 3 and
- Where do you want to be?

**vius esa tkap dj ns[ksa&**

- **vHkh ge dgka gS\& 1] 2 ;k 3 esa vkSj**

- **dg:k gksuk pkgrs gSa\**

# FAQ – Why “More than Required Physical Facility”

**If my family is prosperous, then:**

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 cyclically 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 sanyam
4. We share the rest for mutual fulfillment in relationship & for order in society – with a sense of responsibility in relationship

# Sum Up

Human Being is co-existence of Self(I) and Body

Body is an instrument of the Self

The transaction between Self(I) and Body is only in the form of information

The Self(I) and the Body are in Harmony when there is a feeling of Sanyam in the Self(I) and Health in the Body

- Sanyam = Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self(I) & parts of the body are in harmony (in order)

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

Prosperity = Feeling of having 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

# Home Work

1. Do you have a feeling of responsibility (sanyam) toward your body?
2. Is your body healthy?
3. Have you recognized (made an assessment of) your physical needs?
4. Do you have more physical facility than your needs?
5. Do you think of right utilisation, nurturing others? Or Do you think of accumulation, exploiting others?
6. Do you have a feeling of prosperity? – continuous?