

**Harmony (of the Self) with the
Body
- Understanding Prosperity**

Human Being मानव		Self (I) मैं	← Co-existence सहअस्तित्व →	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैस 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 (Limited in Quantity) मात्रात्मक (सीमित मात्रा में)		
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physico-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		
Type प्रकार	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना		
		Consciousness चैतन्य		Material जड



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

Knowing, Assuming, Recognizing, Fulfilling

Material

Temporary in Time

Recognizing, Fulfilling

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Knowing, Assuming, Recognizing, Fulfilling

Recognizing, Fulfilling

Sanyam

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

Harmony with the Body

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Body is an instrument of the Self (I)

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Needs & Activities are Continuous in Time

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Feeling of responsibility for
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Material

Temporary

Recognizing, Fulfilling

Health

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

Harmony with the Body

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INFORMATION

Body is an instrument of the Self (I)

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Temporary

Knowing, Assuming, Recognizing, Fulfilling

Recognizing, Fulfilling

Sanyam

Health

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**

Harmony with the Body

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Consciousness

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

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

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

Material

Temporary

Recognizing, Fulfilling

Health

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

Harmony with the Body

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Sanyam

Feeling of responsibility for

Nurturing, Protection and Right Utilization of the Body

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

Health

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

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

Harmony with the Body

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Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Sanyam

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

↓
Food...

↓
Clothes, Shelter...

↓
Instruments...

↓
Limited,

↓
Limited,

↓
Limited quantity

Material

Temporary

Recognizing, Fulfilling

Health

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

Harmony with the Body

Self (I)

Body

INFORMATION

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Sensation

Body is an instrument of the Self (I)

Consciousness

Needs & Activities are Continuous in Time

Knowing, Assuming, Recognizing, Fulfilling

Material

Temporary

Recognizing, Fulfilling

Sanyam

Feeling of responsibility for

Nurturing, Protection and Right Utilization of the Body

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

↓ Limited, ↓ Limited, ↓ Limited quantity

Physical Facility is required in a limited quantity

Health

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

Harmony with the Body

Self (I)

I am

I want to live

I want to live with continuous happiness

To understand & to live in harmony (at all 4 levels of my being) is my program for continuous happiness

I am the seer, doer, enjoyer

Body

My body is

Body is used as an instrument of the self (I)

Physical facility is required for nurturing, protection and right utilization of the body

Production, protection & right utilisation of physical facility is part of my program

Body is an instrument

Harmony of the Self with the Body = Swasthyasanyam in the Self & Health in the Body

Other than these 3 (Nurturing, Protecting and Right Utilization of the Body), what would you need PF for?

The outcome of putting in so much time & effort is only PF – and it has only this much utility

Have you been able to make an assessment of your need for PF?

Are you able to see whether you have more than what your needs are?

Ex: Find out – how much PF is required; how much PF is available; are you prosperous or deprived?

Prosperity (समृद्धि)

Prosperity – The feeling of having 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 “ “ “ “

FAQ – Why “More than Required Physical Facility”

If my family is prosperous, then:

1. We identify the required physical facility for the whole family (including the required quantity) – with right understanding
2. We participate to produce more than the required physical facility – with right skills, using cyclically enriching process
3. We consume the required physical facility, and not more (right utilisation) – with a feeling of Sanyam. We ensure the health of the body and ensure fulfillment of all the needs of the family
4. We ensure right utilization even of the rest – by sharing the rest with a sense of responsibility for mutual fulfillment in relationship & order in society

Prosperity

Prosperity = Feeling of having more than required physical facility

2

1

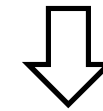
1. Identification of required physical facility (including the required quantity)
– **with right understanding**
2. Ensuring availability/ production of more than required physical facility
– **with right skills**

A prosperous person thinks of right utilisation, nurturing the other

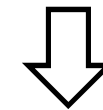
“ **deprived** “ “ “ **accumulation, exploiting** “ “

Gross Misunderstanding (आधरभूत भ्रम)

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

Check if you are caught up in this loop

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*)

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

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

Check within yourself

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

अपने में जांच कर देखें-

- *अभी हम कहां है ?- 1, 2 या 3 में और*
- *कहाँ होना चाहते हैं ?*

Prosperity

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

A prosperous person thinks of right utilisation, nurturing the other

“ **deprived** “ “ “ **accumulation, exploiting** “ “

Check:

Have you recognized (made an assessment of) your physical needs?

Do you have more physical facility than your needs?

Do you have a feeling of prosperity?

– continuous?

Do you think of right utilisation, nurturing others?

Or

Do you think of accumulation, exploiting others?

What is Physical Facility used for?

Purposefulness –
Transformation

Right Utilisation – Relationship,
Order

Utilisation – Family

Use – Body

Indulgence – Taste

Over Indulgence

Madness for Indulgence

– Sensual
Pleasure

With Right Understanding

प्रयोजनीयता

– जीवन जागृति

सदुपयोग

– संबंध, व्यवस्था

उपयोग

– परिवार

उपभोग

– शरीर

ज्ञानपूर्वक

Without Right Understanding

भोग

– इंद्रिय सुख

बहुभोग

अतिभोग (भोग उन्माद)

अज्ञानतावश

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