



**CENTER FOR HOLISTIC DEVELOPMENT
OF HUMAN CONCIIOUSNESS**

Harmony in Individual

Coexistence of Self and Body

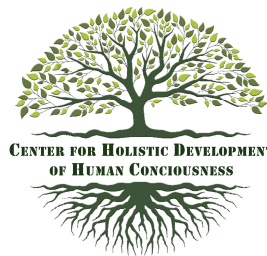
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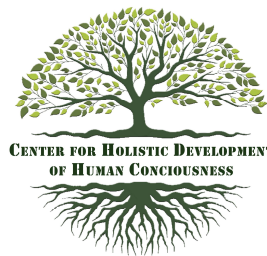
Questions? – Physical Facilities

- What do we use (physical things) daily basis? List them
- Can you measure them? Like height, weight, number, volume, etc
- How long do we use them? How many do we need?
- Limited or Unlimited?
- What are they doing to my body and giving to my self?
- Where do I get them from? Nature?
- Whose are those? (for my self or for my body)?



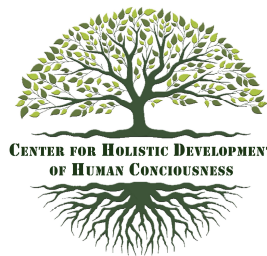
Questions? Other non-physical needs

- List out our other any non-physical needs?
- Can we measure them (height, weight, length, volume etc)?
- How long do we need them?
- Limited, unlimited or continuous?
- What are they doing and giving to my 'self'?
- Where do I get them from?
- Whose are those? (for my self or for my body)?



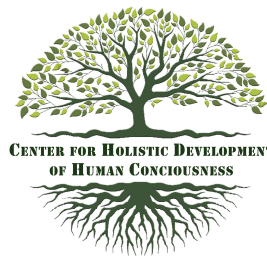
More Questions

- What is age? Is it for body or for self?
- Who is male/female, self or body?
- Who is thinking, desiring? Self or Body?
- Who is deciding on what body does? Self or Body by itself?
- Who is seeing, doing and enjoying?
- Who gets pain (Self or Body)?
- What dies? Body or Self?



Write your observations

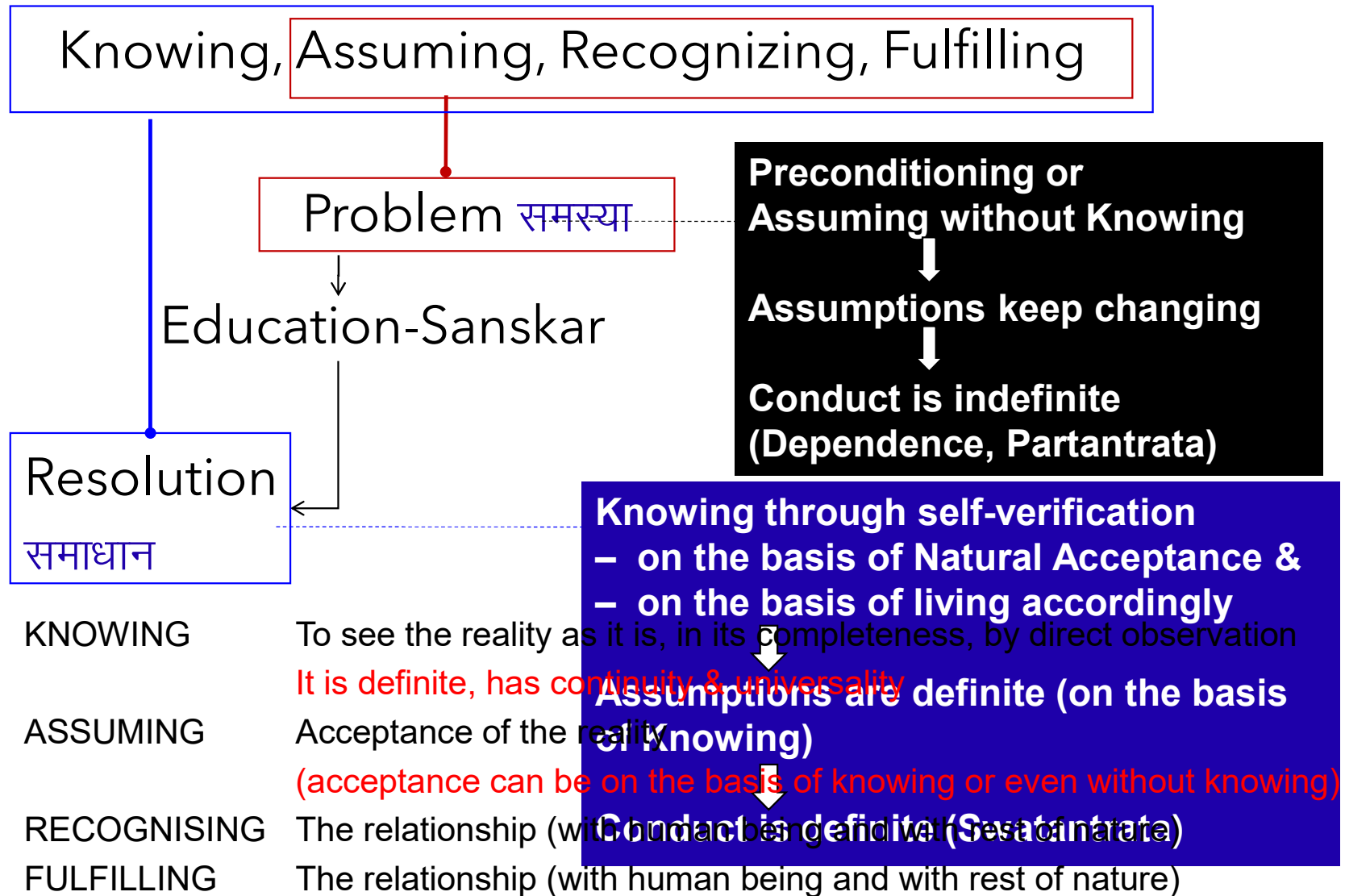
- Write your observations and check if you are able to see these reflected in your work/behaviour
- Check if your answer for your questions matching with Natural Acceptance and what your mind says
- Identify any gaps and see what we can do about it



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



Knowing & Assuming (Accepting)



Self (I)

Consciousness

I am

I want to live

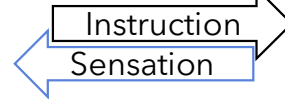
I want to live with continuous happiness

To understand and to live in harmony at all levels of being (from self to entire existence) is my program of action for continuous happiness

I am the:
Seer, Doer, Enjoyer (Experiencer)

**The Self(I) is
central to human existence**

INFORMATION



Body

Material

My body is

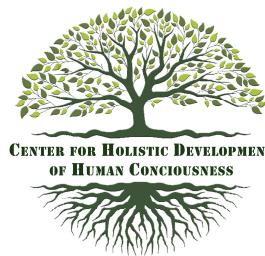
My body is used as an instrument

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

Production, protection and right utilization of physical facility is a part of my program (<1/4th)

I use the body as an instrument for fulfillment my program

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





Evaluation of Current Situation - Gross Misunderstanding

Human Being मानव		=	Body शरीर	✗
Need vko';drk	Respect सम्मान	=	Physical Facility (Eg. Food, Clothes) सुविधा (जैसे-भोजन, कपड़ा)	✗
	Continuous निरन्तर	=	Unlimited असीमित	✗



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



Check your assumptions about Human Being

Deprivation
दरिद्रता



What is relationship?

