

Jeevan vidya Parichay shivir

Additional Follow up Reading for Exercises

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Source: madhyasth darshan, by a.nagraj

ANNEXURE

Self & Body Differentiation Exercises

Module B: THE HUMAN BEING

Human Being = Self + Body

Human being - Self + Body

1. Based on Needs of Human Being
2. Based on Activities of Human Being
- 3. Based on faculty of 'Believing' & *knowing***
4. Based on Imagination
5. As a seer, doer, enjoyer

What is the Human Being

- Living & alive...aliveness
- A Human Being is a combined form, or coexistence of the Body and this 'aliveness'.
- This aliveness in the human being is also referred to as the 'mental aspect' or the mind. The same 'aliveness' refers to itself as 'I'.
- For example, you will say 'I' am 'alive'. This 'I' which is the same as the sense of 'aliveness', or '*awareness*' we know of as 'me'.
- Each one of us is conscious of ourselves & refers to ourselves as 'I'. Also, each one of us refers to our body as 'My Body'.
- Thus we say, 'I' am so and so or 'I feel tired' or 'I am happy'.
- We are thus aware of our own selves and what is happening is happening to us, what we would like to do, etc. Many a time, we are also *aware of the fact that we are aware*.
- This 'I' or 'aliveness' or 'awareness' is hence also called 'conscious'.(चैतन्य)

	Self	Body
a) Need	<p>Resolution/Happiness (peace, contentment) & prosperity</p> <p>A Healthy Body - use as per <i>my</i> need</p>	Proper Nutrition, Air, Water, Maintenance Rest, etc
b) Type of Need	[Not Material]	[Material]
c) How is the need fulfilled	<p>Understanding, Feelings/bhaava's [by Knowledge, Acceptance]</p>	<p>Food, Shelter, Clothing and Resources (equipment) for their production and maintenance. [by Material Things]</p>
d) Similarity	Same for all Humans.	Basics = Similar, but varies.

Needs of the human being

	Needs of Self	Needs of Body
e) Role of Wealth/Money	Cannot be 'bought'. Little to no role of wealth/money	Wealth/money needed as a medium to source material things.
f) Requirement in time & enjoyment from fulfilling the need	Continuously. We do not want to be without Happiness for even an instant. Enjoyment is long-lasting	Temporary, Periodic Need is not continuous. It is Intermittent Enjoyment is momentary
g) Nature of Need	Cannot be seen with Eyes, Qualitative, Not Quantifiable & Weightless	Visible, Limited & Quantifiable, have weight

Summary on Human Needs

Characteristics of Mental Needs	Characteristics of Bodily Needs
Not material in nature	Material in nature
Basic needs are Similar for human beings	Varies
Cannot be bought with money	Can be bought with money
Cannot be seen with naked eye	Can be see with the eye, have form
Do not have 'weight'	Have 'weight'
<i>Always</i> need them	Need them <i>periodically</i>
Qualitative	Quantitative

? changes with Time, Religion, Caste, Creed, Nationality?

What is Human Being

Mental/Emotional needs	Bodily needs
Happiness, peace, etc	Nutrition, Food, water, juices, bread
Curiosity	Clothes, jackets, shawls
Knowledge	Shelter, Housing
Love	Medicines
Affection	Shoes
Respect	Glasses
Security	Car/ transportation
Confidence	Soap, shampoo, deodorant
Success	
Goodness	

Activities of Human Being

- Let us look at some of our common daily activities and see how we understand them in the context of the Self and the Body.
- This will help us understand and discern the Body from (our) Self. If we look at the large number of activities that we are engaged in commonly, we see that we can put them in two category types.
- **Exercise**
- 1) Intentional / Purposeful activities – ‘I’ am responsible for doing these activities
- 2) Automatic / not ‘purposeful’ activities – ‘I’ am not responsible for performing these activities, they are happening without my active participation

All our Activities

'Intentional'
Activities = Self

Activities that are being done knowingly and I take responsibility for them i.e. 'I' am responsible for these activities

For ex.

Seeing
Talking
Listening
Eating
Walking
Scratching
Chewing
Studying
Thinking
Dreaming
Desiring
Getting Angry

'Automatic'
Activities = Body

Activities that are happening by themselves and I do not take responsibility for them. I am not responsible for these activities but they happen with my 'consent'

For ex.

Breathing
Digesting
Organ Function
Blood Flow
Heart Beats

Activities of Human Being

- We can represent the above as:

Human Being	
Mental Aspect - Self	Material Aspect - Body
The entity that takes responsibility for activities that are done.	A set of activities that are occurring without the <i>active</i> participation of the Self but with the consent of the self

Activities of Self & Body Exercise

Exercise – Activities of Self & Body

Activity	Only Self is involved	Self & Body both are involved	Body, with consent of Self
Eating			
Walking			
Thinking			
Believing			
Breathing			
Heart Beat			
Dancing			
Chewing			
Scratching			
Batting eyelids			
Feeling Anger			
Shouting			

Activities of Self & Body Exercise

Exercise – Activities of Self & Body

Activity	Only Self is involved	Self & Body both are involved	Body, with consent of Self
Eating		<input checked="" type="checkbox"/>	
Walking		<input checked="" type="checkbox"/>	
Thinking	<input checked="" type="checkbox"/>		
Believing	<input checked="" type="checkbox"/>		
Breathing			<input checked="" type="checkbox"/>
Heart Beat			<input checked="" type="checkbox"/>
Dancing		<input checked="" type="checkbox"/>	
Chewing		<input checked="" type="checkbox"/>	
Scratching		<input checked="" type="checkbox"/>	
Batting eyelids			<input checked="" type="checkbox"/>
Feeling Anger	<input checked="" type="checkbox"/>		
Shouting		<input checked="" type="checkbox"/>	

Activities of Self & Body Exercise

Exercise – Activities of Self & Body

Activity	Only Self is involved	Self & Body both are involved	Body, with consent of Self
Eating	<i>If we are only thinking about eating, only Self is involved</i>		
Walking		✓	
Thinking	✓	<i>When we think and do something, both are involved</i>	
Believing	✓		
Breathing			✓
Heart Beat			✓
Dancing		✓	
Chewing		✓	
Scratching		✓	
Batting eyelids			✓
Feeling Anger	✓	<i>In getting angry and expressing it, both are involved</i>	
Shouting		✓	

All our daily Activities/functions⁸⁰

'Intentional'
Activities

'Automatic'
Activities

Activities that are being done knowingly and I take responsibility for them

Activities that are happening by themselves and I cannot take responsibility for them.

For ex.

For ex.

'Self' and Body, both are involved

Body is not involved, only 'I' am involved

- Seeing
- Talking
- Listening
- Eating
- Walking
- Scratching
- Chewing
- Studying
- Thinking
- Believing
- Desiring
- Feeling anger

- Breathing
- Digesting
- Aching
- Blood Flow
- Heart Beats

Only Body is involved, 'I' am not involved, but there is consent of 'Self'

The activities which are happening by themselves together comprise what is called BODY. These are physical-chemical in nature.

'Intentional activities' that need both the Self and the Body

'Intentional activities' that need only the Self

- Dancing
- Walking
- Scratching
- Chewing
- Studying
- Eating

- Desiring
- Feeling
- Thinking
- Dreaming
- Getting frustrated
- Understanding
- Feeling anger

Decision and control is in 'I', but expressed via body

Only 'Self' is involved, Body (senses) are not

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Sense : Touch

Sense	Environment	Body	Self
1. Touch (skin)	----->		
1a	Doctor pricks a needle	Needle pierces skin, blood oozes	I feel pain Thank Doctor Pay him/her. Feel good
1b	I bring a needle to prick you	Needle pierces skin, blood oozes	You shall run away! Sue me :)


Sense : Smell

Sense	Environment	Body	Self
2. Smell (nose)	----->		
	Smell - perfume		Experience the smell
2a	Big actor wearing it	Chemical change in nose	'expensive perfume'
2b	I am wearing it		Cheap perfume
2c	(you don't care about perfumes)		'agarbatti (incense stick!)

Sense : Taste

Sense	Environment	Body	Self
3. Taste (tongue)			
	Pedha in your mouth	Chemical change in tongue, nutrition for body	Taste is Sweet
3a	'Your mother sent this'		Added affection
3b	'I found it on the road'		Anger/Irritation
3c	'I just joked!'		Affection returns

Sense : Appearance

Sense	Environment	Body	Self
4. Appearance /Form (eyes)			
	See a person	Image formed on eye, info passed to brain & self	Recognize the person as human
4a	wearing expensive clothes		'Rich man'...i want that much money
4b	wearing ordinary clothes		'common man'...he is like me
4c	wearing a robe		'must be a saint'..does he know something
4d	Wearing a dhoti		'villager'...i know more than him

Sense : Sound

Sense	Environment	Body	Self
5. Sound (ears)	----->		
	Someone sings a song	Vibration on eardrum	Hear the song - beats & notes
5a. Don't know the person			Enjoy the music
5b. Like the person			-+- affection, feel nice
5c. Don't like the person			Ignore music, conflicting thoughts

Conclusion

- You can take numerous such scenarios for consideration and test out the above yourself. For a given set of environmental variables, the change or response in the Body is exactly the same.
- This is called recognizing-responding (*pehchan-nirvah*).
- However, based on the assumptions (*manana*) or other correlations in the Self (based on past experience or memory), the response or recognition-responding is totally different.
- ***In other words, the recognition and responding in the Self depends on 'Believing/Assuming' in the Self.***

Some observations on Imagination

- A **physical handicap** in the body does not affect our ability of 'imagination'. *(It may affect the freedom to act)*
- The ability of imagination is unaffected by temporary states of the body like **hunger, wound** etc.
- We can see the capability of imagination /will to action across all ages of human beings – be it children, youth or old.
- The power of Imagination/will to action can be seen in Humans **regardless** of their **caste, creed, religion, affiliations, gender**, etc.
- The power of imagination is **unaffected** by the **time** of the day – be it night, evening, day or morning – there is never a time when the ability of imagination is not present. *(except in deep sleep)*
- Imagination & will to action is **inexhaustible** – No matter how much we use our ability of imagination or action – they are not diminished.

Some observations on Imagination

- There is no 'size' or 'weight' to imagination/will to action. It cannot be said that this imagination is bigger or smaller or heavier or lighter, or that 'this thought is 10 grams in weight!'.
 - It is not 'limited' to the confines of the Body, or the senses:
 - It is expansive:
 - ~ Our Galaxy: 100 Billion (10k crores) - 2 Trillion Stars (2 lacs crores),
 - 100 Billion => 2 Trillion Galaxies !

Appendix

In Relations - vyavharabhyas

Exercise

Scrutinize & Examine the answers to these questions:

1. How often do we get irritated with people because they continue to display the same behaviour we 'don't like'? For ex: someone may be talkative, and we may not like it, or someone may not be as tidy as you and that irritates you, someone may be forgetful & that irritates you, someone may keep ordering or instructing you around and that irritates you, etc. Are these their properties (qualities) or their basic-nature?

1. In the people you live with on a daily basis, find out on how many people's basic-desire or fundamental want (basic-intention) you have Trust on.
 - a. For the above, now find out for how many people you have this Trust at all times (*i.e. you never doubt them*).
2. How many times a day do you poke fun at others? Is it naturally-acceptable to you and them?
 - o In the things you do now and plan to do (hairstyle, clothes, bike, house, wealth, position, degree) – how many are so you want 'respect'? Is this respect or attention?
 - o If you do all the above and people still don't 'respect' you, what can you do?
 - o Scrutinize yourself: all notions of how to behave with people, the differentiations between people based on Appearance, Strength, Wealth, Position, etc. are all in the form of images or beliefs in us – we *believe* these images to be true. They define our interactions with other humans.
 - o Similarly, all plans/notions you have for gaining respect (via clothes, speech, degrees, wealth etc) are also in the form of images and you believe in them. These images are usually our plans for the present and the future.
 - o Now find out where these images came into you from? Have you validated these images? Are they based on assumptions/conditioning or your own assessment/understanding of these things?
 - o When you assess or 'evaluate' someone today, what is the basis: (physical) appearance, strength, wealth, position or intellect (understanding)? Which of these do you think is stable, is 'real'?
 - o Is your evaluation today on the basis of likes & profit or justice-order-truth?

2. In how many relationships do we feel affection? Does it continue with time or does it wane off?
3. Make a list of all the people that have contributed to your physical and mental/intellectual/emotional wellbeing – both within and outside your family. Do you feel gratitude for them?
4. How often do you end up finding ‘faults’ with those around you? Shortcomings in their behaviour and work, according to you?
 - a. How often do you see the ‘good things’ or positive aspects in human beings?
 - b. Do you think we can continue to have a relationship if we keep looking at, or looking for each other’s faults?
 - c. Do you think you are perfect in all respects?
 - d. If you are, are you capable of making others as perfect as you?
 - e. If you are not ‘perfect’, why do you expect others around you to be ‘perfect’?
5. Make a list of people you ‘like and ‘dislike’
 - a. In the list that you ‘like’ list down what aspects in them you like and what parts you ‘do not like’
 - b. Check whether these are to do with their habits, their tendencies, what they say, how they say it....are these to do with appearance & properties (qualities) or with their basic-nature and innateness? Do you feel these people actually know, or are aware of what they are doing?

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6. How many people do we 'order' around or 'have expectations from'?
 - a. Do you expect others to have the same tastes, choices as you do?
 - b. Do you expect others to have the same evaluation (likes-health-profit or justice-order-truth) & way of analysing – thinking, planning, as you do?
 - c. Do you expect others to have the same images/beliefs as you do?
 - d. If you start enforcing the above, do you think it would amount to 'domination'?
 - e. Would you like to have tastes, evaluation and images like someone else?
 - f. Would you like to lose your freedom of imagination?
 - g. Do you think others would like to be dominated and lose their freedom of imagination?

 7. Make a list of all the relationships you know of. Do they fit into the 7 we have discussed here?

8. Consider these relationships: husband-wife, in-laws, father/mother & son-daughter, mother in law-daughter in law, teacher-student, master-servant, boyfriend-girlfriend, brother-sister, boss-subordinate
- a. For each of the above, try to find out how you imagine these relationships (what images/notions you have- of how you should be, and your expectation of/ from the other person in that role, respect, obedience, etc.)
 - i. For example: ‘a wife should serve me’; ‘a husband should buy gifts’; ‘students are not equal to teachers’; ‘servants should be shown their place’; ‘girlfriends need to be pampered’; ‘subordinates should be dominated over’; ‘daughter in laws should obey the mother in law’.
 - ii. Now find out where these images/ beliefs came into you from? Are they based on assumptions/conditioning or your own assessment/understanding of these things?
 - b. Find out what notions/images the people around you – in family, etc. have about these relationships.
 - c. Now compare these with what was proposed in this book
 - d. Check which versions/proposals of the above are naturally-acceptable to you. Which ones are conducive for your own fulfilment & for coexistence in family & social order? Which versions/proposals are universal?

concrete *action* steps

~ *what I can do*

What can I as an individual do?

Begin with yourself

- Before considering changing those around you or society, first put in efforts to have clarity on these issues & understanding yourself – for you can only *give* what you yourself *have*. If you yourself have confusion, so you shall spread these around.
- You will need to read this book more than once to ‘grasp a basic view’ of the concepts. The reading of this book needs to be accompanied by a human being explaining the concepts in a workshop or class.
- Read Ethics in this Section III and see if you are able to find those laws acceptable. If so, you could consider reflecting them over them and practicing them in your living.
- When we have some measure of clarity, we can choose which dimensions of Society (remember the 5: education, health, etc) we feel interested in contributing towards, and we can start participating there.
- The perceptible changes in yourself and in your behavior & living will most likely first be noticed within your family & friends.
- Any real, lasting change and clarity in us will need us to go through the Systematic Study proposed in Appendix C

What you can do in your Societal Relationship

- If you live in India, for a start, you could follow traffic rules and drive/ride responsibly – without bothering others on the road!
- Public waste is a big problem. See how you can compost your wet waste at home and recycle/the other stuff. Reconsider throwing garbage in public spaces
- Give a thought to the efforts that have gone into producing, collecting, storing and transporting food the next time you feel like bargaining with the vendor.
- Prefer smaller shops and individual sellers if possible – provided you are able to see why
- Find out about your local councilor and those responsible for the upkeep of your ward. You can engage a few more people from your locality and drive improvement works in your area. Exercise your responsibility to vote.
- Consider volunteering for some meaningful activity – you could be a distribution center for known organic or home produce and thus support those engaged in it
- Grow some vegetables if you can.
- If on evaluation you find that you/your family has surplus wealth or money & provided your family too feels likewise, you could consider using the money to:
 - Do something for the environment – for afforestation, water bodies etc
 - Promote/support natural or organic farming
 - Support educational activities on value education for consciousness development– so individual change percolates. Society consists of individuals, and shall change when people change -> And unless, we and every human changes, these problems shall not go away -> People change via understanding -> understanding takes place via education – for adults and in school .

What you can do with Nature

Keeping the inherent laws of cyclicity of nature in mind, this is what we can do immediately to ensure we limit our damage of nature and 'give back' what we have taken from it:

We reduce, reuse & recycle as much as possible

Reduce & Reuse:

- Reduce usage of non-renewable or slow degrading man-made resources such as plastics, thermocool, diapers, etc. Reuse & Recycle consumables as much as possible.
- Reduce usage of non-renewable natural energy resources such as coal, petrol, diesel. Air and luxury road travel are big fuel guzzlers and polluters. Try electric vehicles, smaller cars or bikes for short requirements, and petrol is better than diesel.
- Lifestyle: All of us are used to some level of material comfort growing up – depending on the village, town, city, country we grew up in. Most of us take these comfort levels 'for granted' – most of this is 'what looks good and feels good' and exists as an image of 'what is acceptable/desirable' in us. Many such comforts are very energy intensive. For ex: you could see how to stay in a house that is big enough to keep the body healthy and for clutter free living, with space to walk about, etc. This means our choice of house, furniture, travel, cars, air conditioners, etc. – all of it can be relooked at to consider their 'proper utilization'.

See how paper, plastics & such material can be segregated and recycled.

We consume things that are locally produced as far as possible

We switch to renewable energy sources such as solar, hydro, wind, electric/gas powered vehicles etc.

We can enrich nature: by planting more trees than we have consumed|

‘But everything around me seems to be heading in a different direction’

- It is possible that we think or feel that while what we have been discussing in this book is relevant and meaningful and correct, it is ‘hard to put this into practice’ since society around us, the world around us seems oblivious to these issues and heading in a different direction. What we have been discussing in this book may even seem idealistic. While these concerns are understandable, the response to them is as below:
- As one starts this process of self-study we start becoming more genuine, more authentic. Because we are now more aware of our own self & our activities, there is a qualitative shift in clarity & improvement in ourselves. So, at the minimum, our own state within improves – in terms of clarity, sense of purpose and satisfaction. This gives us the inner confidence to proceed in this direction. Since no matter what is happening around me, I know I am better off than before, I know I am moving towards what is right – this gives us true self confidence and we feel empowered from within.
- What we have discussed here is natural to humans, and natural to existence. Hence, people around you will also start appreciating the improvement in your clarity of thought, behaviour & conduct. The only thing you need to be careful in this journey is to not become judgemental about those around you, and start preaching or enforcing your views. People around us, the world shall take to ‘understanding’ when they feel like it – not because you feel like it. For, they have their own will to imagine and freedom of action.
- No one can stop you from understanding. I.e. a substantial part of the efforts have to be done on your own self and there are no outside obstacles to this. If you have validated the proposals put forth in this book via the 4-step method of verification, and choose to further your study into the rest of the ‘Foundational Series’, you may periodically check to see whether the following changes are taking place in yourself:

improvements you will /may see

Changes we will see in the 'foundation phase'

In Self (intellectual, spiritual aspects)

1. **Self-reflection:** You have begun to recognize inner confusion & conflict in the Self as the basic cause of unhappiness, strife, dissatisfaction, etc. Recognize that conflict is about our notion of self, other humans, society, nature/existence.
2. **Critical thinking & discriminative abilities (honesty & ethics):** You have improved critical reasoning abilities by being able to ascertain how our living is conditioned. You acquire discriminative abilities to choose between 'Right' and 'Wrong'; 'Desirable' & 'Undesirable' based on the appropriate evaluation of realities & relationships. You accept & strive for honesty in life and occupation: in thought, word & action.
3. **Spiritual Quotient:** You now pay attention to larger aspects of Existence, Self, purpose, etc. Your notion of 'happiness' expands to beyond sensory pleasure or material acquisition to subtler sources such as: fulfilling relationships, internal peace, intellectual understanding & contentment, overall wellbeing, etc.
4. **Clarity & Self Confidence:** You have increased awareness of internal 'self' and an integrated view of holistic, universal goals spanning all aspects of human living. You recognize and resolve 'undesirable tendencies' such as anger, cheating, lying, jealousy & hatred. Your ability to associate reasons for such conflict with the lack of understanding of a corresponding reality. This leads to self-confidence.

In Human Relationships (Behavioural aspect)

5. **Family & Human Relationships:** You recognize emotional-connect & inherent responsibilities in Family & relationships. You have greater acceptance now & strive for harmonious relationship with other humans (in the place of jealousy, hatred, vindictiveness, retribution, etc.)
6. **Relationship with society:** You are able to appreciate the universal goals of human society and identify positive steps one can take to contribute to the same.

Relationship with Nature (Material aspect)

7. **Clarity on Wealth & Pleasure:** You can better identify the role & limitations of material goods, money & pleasure –why, what & how much to ‘consume’.
8. **Relationship with nature,** recognizing our environmental footprint and efforts to make positive contributions to natural balance

Remember, the changes mentioned above will be accordance to the sincerity of your efforts in study & practice.