



COIMBATORE – 35

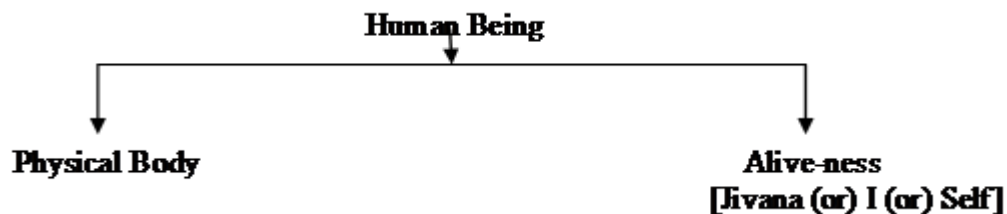
DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING (UG & PG)

Final Year Computer Science and Engineering, 7th Semester

UNIT – IV

Understanding Harmony in the Human Being

Human being is more than just a Body. He is a co-existence of both the Self(I/ Jivana) and the Body. There is an exchange of information between the two. Our body acts according to the suggestions given by our “Jivana”.



All the human feelings of happiness, sorrow, pain, excitement etc. are all experienced by “I” and not the “Body”.

Needs	Needs are....	I Trust, Respect...	BODY Food, Clothing...
	In terms of Time, needs are...	Happiness (Sukh) Continuous	Physical Activities (Suvidha) Temporary
Activities	In terms of Quantity, needs are...	Qualitative (no quantity)	Quantitative (limited in quantity)
	Needs are fulfilled by....	Right Understanding and Right Feelings Desiring, thinking, etc.	Food, clothing etc. Breathing, heart-beat etc.
Type	Activities are...	Knowing, assuming, recognizing, fulfilling	Recognizing, fulfilling
	It is of Type...	Conscious (non-material)	Physico-chemical (material)

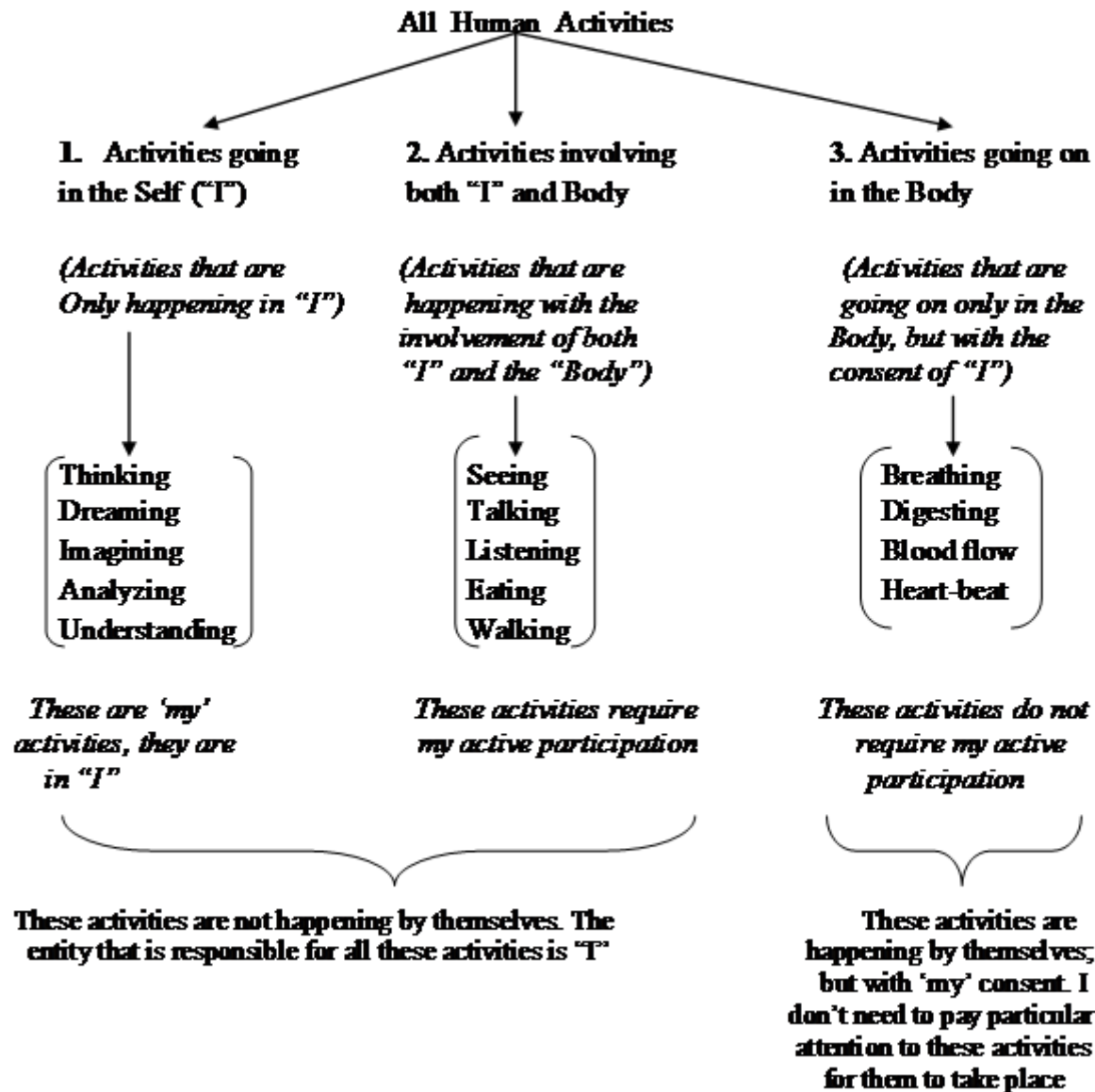
Having Physical Facilities ensures the fulfillment of the needs of the body, but it does not fulfill the needs of the “I”.

Hence, for every human being, we need to fulfill the needs of both:

- Of “I” = Happiness (Sukha)
- Of “Body” = Physical Facilities (Suvidha)

One of these cannot replace the other.

Understanding the Activities in the Self and the Activities in the Body:



All human activities can be put under three categories –

- Activities that are going on in the Self (**Sentient Activities**)
- Activities that are going on in the Body (**Material Activities**)
- Activities involving both the Self and the Body

Bodily functions / Activities in the Body:

· The body is a set of “Self-organized activities” that occur with my (I) consent but without my(I) participation.

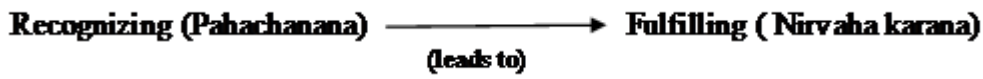
e.g.: the functions like breathing, digestion, organ functions

However some of these activities can be stopped by me (I) if I want.

e.g.: breathing

· The activities in the body can also be understood as the mutual interaction between two material entities for “recognition” and “fulfillment” of their relationship.

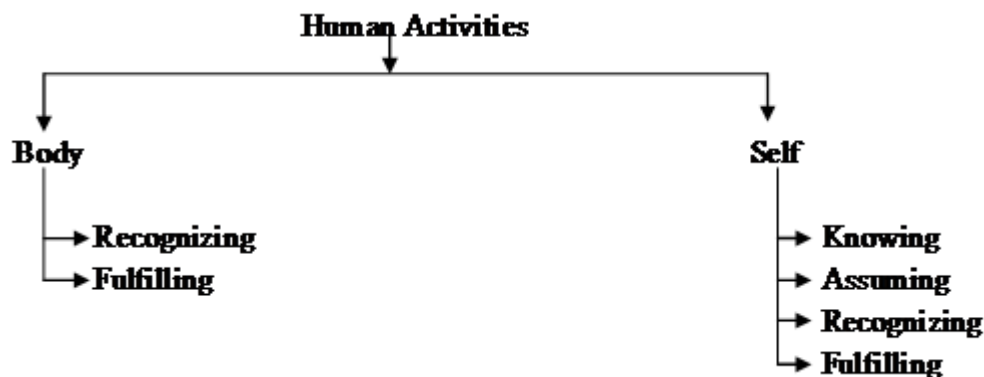
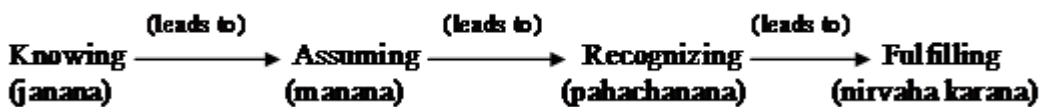
e.g.: “Body” recognizes its relation with “Water” and fulfills it (by absorbing the water we drink, to the extent needed and uses it for the nourishment of various organs)



Activities in the Self / Jivana:

Since “Jivana” is a conscious entity, in addition to “recognizing” and “fulfilling”, it also carries out activities of “assuming” and “knowing”.

In “I”, the activities take place in the following order:



“Knowing” means we have the “Right Understanding”. As a result of “knowing”, we understand the reality. When we lack “Right Understanding”, the faculty of “knowing” is dormant; and we only operate on the basis of assumptions. Wrong assumptions lead to wrong Recognition and wrong Fulfillment.

Examples of Activities of the Body Vs Activities of the Self:

Example 1:

Activity of the Body: If a needle is pricked into your body, the needle goes inside if it is sharp and does not go inside if it is blunt.

Activity of the Self: If you (I) see the needle being pricked into your body, you oppose it because you that it is a needle and you assume that it is sharp. Your “Recognition” of this fact makes you avoid it (Fulfillment of your Recognition).

But if you “know” that it is a syringe with a needle, then you assume that it will cure you of your sickness. Then this “Recognition” makes you allow the needle to be pricked into your body (Fulfillment of your Recognition). Thus this different Recognition leads to a different fulfillment.

Example 2:

If you see a snake and assume it to be a rope or vice-versa, then these different assumptions will lead to different recognitions and different fulfillments.

Understanding the Body as an instrument of “I”:

(“I” being the Seer, Doer and Enjoyer)

1. “I” am. The “Body” is.
 - “I” knows I exist. I am a conscious / sentient entity.
 - The “Body” doesn’t know. It is a material entity.

2. “I” want to live. The “Body” is my instrument.
 - “I” and my “Body” co-exist with each other.
 - “I” takes decisions and the “Body” acts accordingly.

3. “I” want to live in Continuous Happiness. For my happiness, the Body needs Physical Facilities.
- For the “I” to enjoy the feelings of Strength and Health, my body needs food.
 - To get the feeling of protection, my body needs clothing and shelter.
 - To utilize my Body (Right Utilization of the body), I need various instruments, equipments etc. With the help of these, my body can make me feel happy.
4. My (‘I’) program for Continuous Happiness is to understand and to live in harmony at all the four levels. To fulfill my(‘I’) program of achieving Continuous Happiness, the Body is provided with Physical Facilities.
- Ensuring Physical Facilities to the body consists of Production, Protection and Right Utilization.
Example: Producing Wheat, Protecting the wheat from extreme climate and pests, Right Utilization through proper consumption like avoiding wastage etc.
 - Today, we have ignored the “I”, we know only of the existence of the “Body” and we are only aiming at having more and more Physical Facilities. These facilities do not ensure good health, happiness or the right understanding in “I”. Hence we should all pay urgent attention to include the program for “I”.
5. I am the Seer, I am the Doer and I am the Enjoyer.

I am the Seer

Behind all our activities of our Seeing, Understanding, Doing and Enjoying is a feeling of “I-ness” with which we identify ourselves. Every human being actually participates in a number of such activities everyday. In all these activities, the body acts only as an instrument. It is the “I” that sees or understands something.

For e.g.: Our eyes and ears act as instruments which help us to see or listen anything. They do not convey any any information. It is the “I” that understands what it has seen or listened to.

“Seer” also means the one who understands.

Hence I am the Seer (Drasta).

I am the Doer

Once I have seen and understood something, I decide what I should/ should not do. I take the help of my body parts to accomplish the task I want to do.

For e.g.: I use my hands to write, my legs to walk etc. My body works as per the instructions given by me.

Hence I am the Doer and I express my actions via my body.

Doer means “one who does” or “the one who takes decisions to do something”.

Hence I am the Doer (Karta).

I am the Enjoyer

I use my body as an instrument to perform various activities. It is I who enjoy the pleasure derived out of those activities.

For e.g.: mouth helps to chew and the tongue to taste, but I enjoy the taste and flavour. I am the one feeling excited, angry, sad, happy etc. my body is only one instrument.

Enjoyer means “one who enjoys”.

Hence I am the Enjoyer (Bhokta).

