

UNIT 2: Harmony in the Human Being (05 Hours)

2.1 Understanding Human Being as the Co-existence of Self and Body

A human being is made of **two parts**:

1. **Self (Conscious part / “I”)**
2. **Body (Physical part)**

Aspect	Self	Body
Nature	Conscious, alive	Material, physical
Needs	Happiness, peace, knowledge	Food, clothing, shelter, rest
Activities	Thinking, feeling, deciding	Eating, moving, working
Duration	Continuous (till life exists)	Temporary (birth–death)

Conclusion:

We must understand the harmony between *Self* and *Body* to live a balanced life.

2.2 Distinguishing between the Needs of the Self and the Body

Type of Need	Example	Fulfilled by
Self (Inner)	Respect, trust, love	Right understanding, good relationships
Body (Physical)	Food, clothes, house	Physical facilities

Problem today: We often try to satisfy *mental* needs using *physical* things (e.g., buying costly items for happiness).

This leads to **imbalance** and **stress**.

2.3 Body as an Instrument of the Self

- The **Self uses the Body** to act and express.
- The Body works **according to the instructions** of the Self.
- Example: When I decide to walk, the body moves.
Hence, the **Self is the master** and the **Body is the instrument**.

To maintain harmony, the Self must:

- Care for the Body, and
 - Use it rightly (not misuse it).
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2.4 Understanding Harmony in the Self

The **Self** performs three activities:

1. **Desiring** (what to do)
2. **Thinking** (how to do)
3. **Selecting** (what to choose)

For harmony, these three must agree and be based on **right understanding**.

If desires are unlimited or confused → inner conflict and unhappiness.

If desires are clear and meaningful → peace and happiness.

2.5 Harmony of the Self with the Body

To maintain health and happiness, the Self must:

- Give proper instructions to the Body (right food, rest, exercise).
- Avoid overwork, stress, and addiction.
- Maintain a regular routine, cleanliness, and balance between work and rest.

This is called **self-regulation** and **health discipline**.

2.6 Programme to Ensure Self-Regulation and Health

Self-regulation means living with awareness and control over our thoughts and actions.

Steps for self-regulation:

1. Self-observation (watch your thoughts and behavior)
2. Right evaluation (judge if they are right)
3. Improvement (change wrong habits)

For Health:

- Proper diet, sleep, and exercise
- Positive attitude and calm mind
- Avoiding addictions and stress

When the Self and the Body work in harmony, the person becomes **peaceful, healthy, and confident**.

Unit 2 – Summary

- A human being = Self + Body.
 - Self is conscious; Body is material.
 - Needs of Self → happiness, respect; needs of Body → food, shelter.
 - Body is an instrument of the Self.
 - Harmony = self-regulation + good health + balance between physical and mental life.
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Exam-Oriented Questions

1. Explain the co-existence of the Self and the Body.
2. Distinguish between the needs of the Self and the Body.
3. Why is the Body called an instrument of the Self?
4. What is self-regulation? How can it ensure good health?

5. Explain the harmony in the Self and with the Body.