

# Harmony in Myself – Understanding Harmony in The Human Being

Chapter-1 - Overview: Human Being

Understanding Human Being

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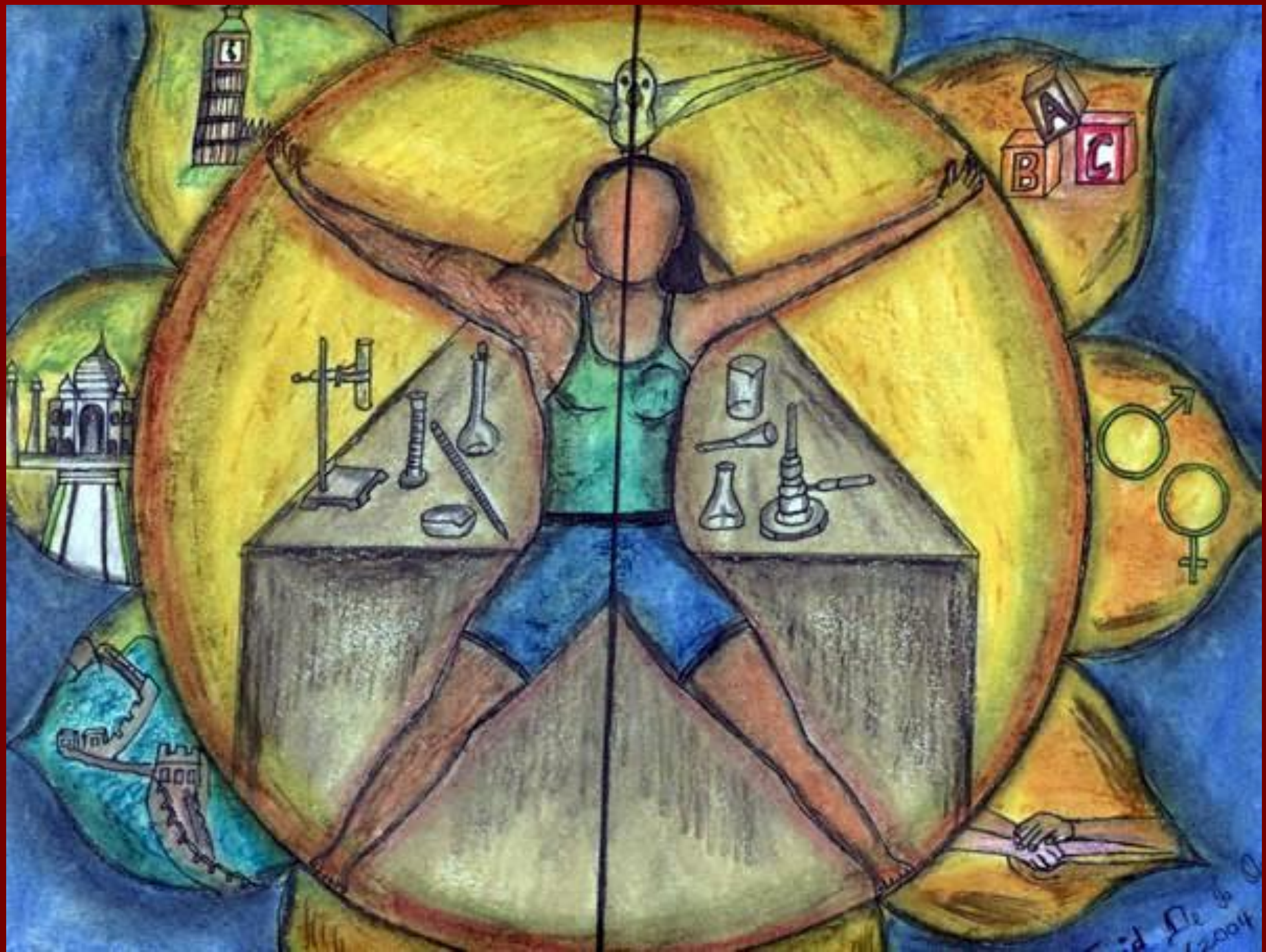
## **Chapter 2: Understanding The Need of Self 'I' and Body – 'Sukh' and 'Suvidha'**

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# Human Being

- It is important to understand what we are as human beings. The present state of knowledge of the human being is one which has been informed by the materialistic reductions thinking of modern technological science. It is commonplace for people generally to think of the human body as being merely an elaborate machine, with all the non-material aspects of the human being- thinking, feeling, attitudes, emotions, mores, imagination, etc., etc, as being merely the result of the physico-chemical activities which take place in the physical body. However, the human organism is not a machine and does not operate under the aegis of chemical and physical laws.





# Understanding Human Being -

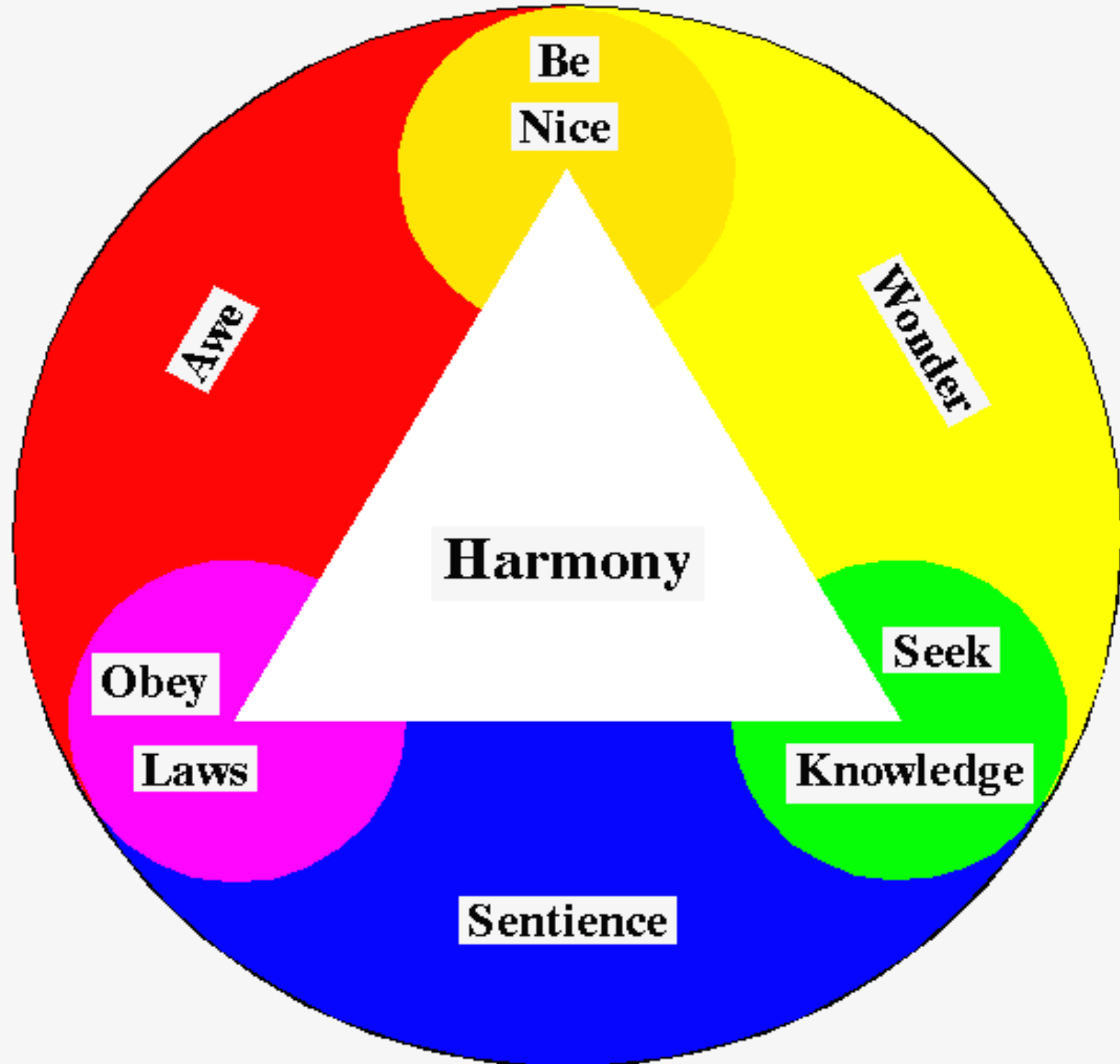


Human being among all living creature on this planet is regarded as the greatest creature of God. It is because of the virtue of developed brain that he has occupied the paramount position. Human being a combined unit of body and soul and so it is natural that there must be a perfect harmony between these two, to live a happy and peaceful life .As the great saint and preacher Swami Vivekananda start his sermon by saying “know thyself”, so it is foremost need to everyone to have a good conception of him so that he might take a rational view of life and his surroundings.



# How To Bring Harmony Within Oneself-

In nature, as in life, we look to find a balance, a sense of harmony. There are many beliefs that embrace this feeling of harmony, the essential yin and yang of all beings. For us harmony means a coming together of two or more souls, opinions, thoughts or feelings-to blend together, appreciate one another, to complement one another, to become more together than we can be alone, to be connected as a whole. It also means the gathering together in peace and friendship. All of us here at harmony invite you to seek that balance with us so that together we can more fully embrace all that life has to offer!



# Harmony At Various Level

1. Harmony within Oneself
2. Harmony with Society
3. Harmony with Nature

- Self introspection plays important role to create Harmony within oneself. If we are threaten with death or moving in one direction without thinking, at that time only introspection will help us to create harmony and give peace. It is the duty of each and every individual to participate in social service activities, weather one is in a village or in a city. Our life will be sanctified only when you serve society. Service to man is service to God. True service has twin benefits- it makes you happy and gives happiness to others.
- Offer service and receive the love of God .

- Jane Austin rightly say- "To sit in the shade on a fine day and look upon the verdant green hills is the most perfect refreshment". Human being is an integral part of nature. Human being is a component of heaven and earth, or nature. No doubt there are sufferings and misfortunes in our life, but nature plays important role, as soon as we think of nature as soon as we visit beautiful streams we forgot our sufferings and enjoy. The immortal drink which is pouring unto us from heaven's brink in the foam of nature. 'Trees give peace to the souls of men'

## Understanding Human Being Co-Existence -

- Co-existence is a state in which two or more groups are living together while respecting their difference and resolving their conflicts non-violently. Although the idea of co-existence is not new, the term came into common usage during the cold war. Co-existence has been defined in numerous ways:-
- To exist together (in time or place) and to exist in mutual tolerance.
- To learn to recognize and live with difference.
- To have a relationship between person or groups in which none of the parties is trying to destroy the other.

# Understanding About Sentient And Insentient-



- Sentient life is life that is self –aware, having the capacity to view and see past present and future, as well as reaching onto levels which transcend these concepts in the course of its development as an entity with consciousness. Sentient life forms exhibit a capacity for increasing self-determination and self-emancipation.
- Insentient means devoid of feeling or realization. Is not self-aware, It exists as a result of an inter-dynamic system with the capacity to evolve, grow and become self-aware at advanced stages. Examples of non-sentient - Life are the Gaia of the planet, eco-systems, vegetable life and primitive animal life.



## Chapter 2

# Understanding the need of self (I) and body-Sukh and Suvidha

- Sukh and Suvidha -“ Sukh” means happiness in Hindi language which is opposite of “Dukh”.
- “Suvidha” means comfort in Hindi language which is opposite of Aa- Suvidha.
- By nature man is fond off comfort and happiness so he goes on making desires and ambitions one after the other to enjoy more in life. To lead a comfortable life he also accumulates many facilities, so that his life may become full of comfort and happiness. Sukh depends upon our thinking, so many times we are surrounded by materialistic possessions but we feel unsatisfied. People think that their happiness depends upon Suvidha (facilities) but is it not so; our happiness depends upon our thinking or our mental satisfaction.
- The modern man considers “Suvidha” as the main mission of life, and always try to extract more and more money to satisfy his whim and give happiness to family.

# 2 Needs of Human Being

- Physiological Needs
- Safety Needs
- Love and Belonging
- Esteem
- Self-Actualization

# Physiological Needs

- For the most part, physiological needs are obvious—they are the literal requirements for human survival. If these requirements are not met (with the exception of clothing, shelter, and physical activity) the human body simply cannot continue to function.

# Physiological needs include -

- Breathing
  - Food
  - Clothing
  - Shelter
  - Sound sleep
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- Mental satisfaction
  - Water
  - Air, water, and food are metabolic requirements for survival in all animals, including humans. Clothing and shelter provide necessary protection from the elements.

# Safety Needs-



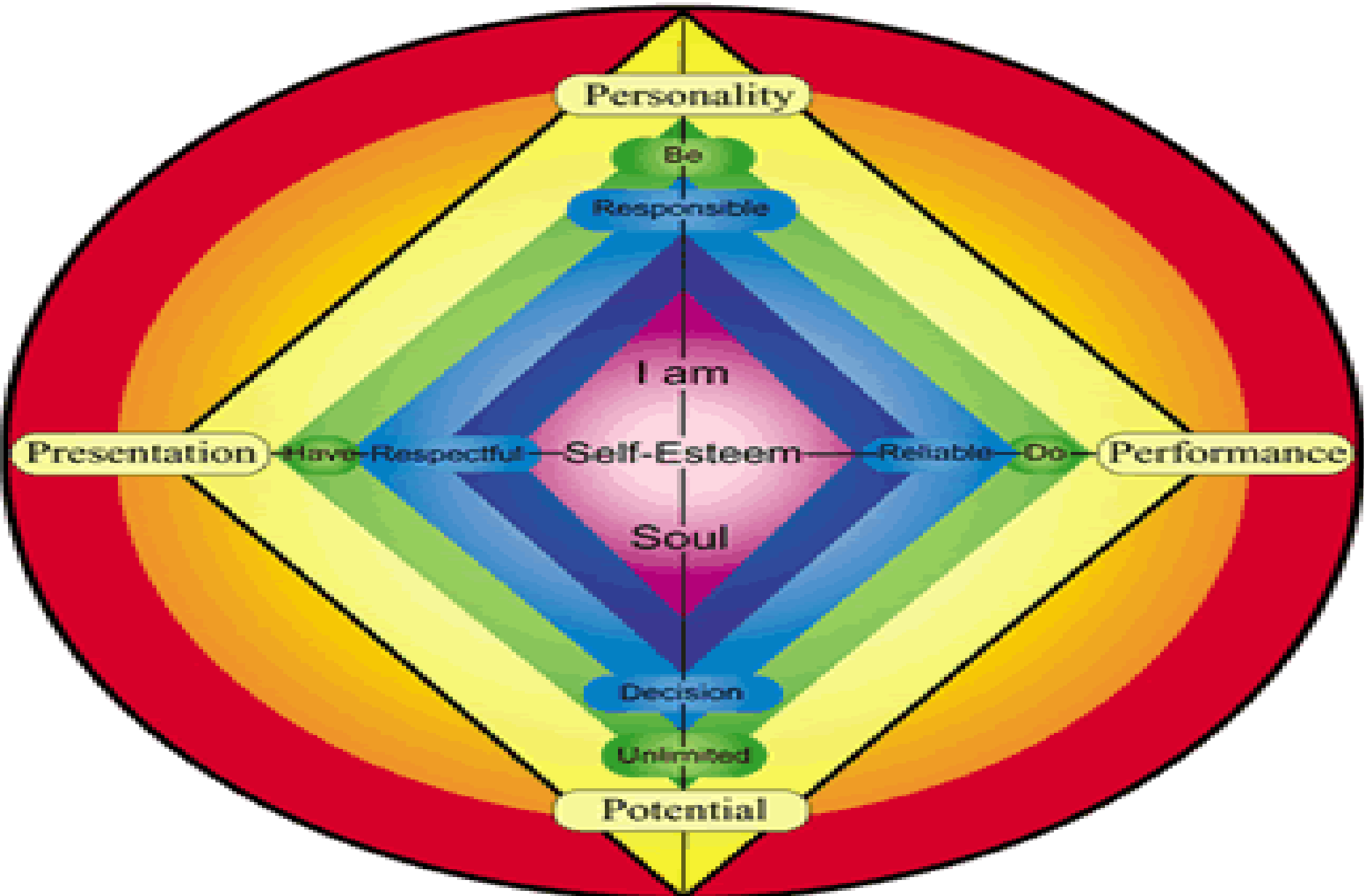
# Safety and Security needs include:-

- Personal security
- Financial security
- Health and well-being
- Safety net against accidents/illness and their adverse impacts

# Love and Belonging -

- After physiological and safety needs are fulfilled, the third layer of human needs are social and involve feelings of belongingness. This aspect involves emotionally based relationships in general, such as:
  - Friendship
  - Intimacy
  - Family (good and supportive)
- Humans need to feel a sense of belonging and acceptance, whether it comes from a large social group, such as clubs, office culture, religious groups, professional organizations, sports teams, gangs, or small social connections (family members, intimate partners, mentors, close colleagues, confidants)

# 4 Esteem





- All humans have a need to be respected and to have self-esteem and self-respect. Also known as the *belonging need*, esteem presents the normal human desire to be accepted and valued by others. People need to engage themselves to gain recognition and have an activity or activities that give the person a sense of contribution, to feel accepted and self-valued, be it in a profession or hobby. Imbalances at this level can result in low self-esteem or an inferiority complex. People with low self-esteem need respect from others. They may seek fame or glory, which again depends on others.

# 5 Self-Actualization

- “What a man can be, he must be.” This forms the basis of the perceived need for self-actualization. This level of need pertains to what a person's full potential is and realizing that potential. Maslow describes this desire as the desire to become more and more what one is, to become everything that one is capable of becoming. This is a broad definition of the need for self-actualization, but when applied to individuals the need is specific. For example one individual may have the strong desire to become an ideal parent, in another it may be expressed athletically, and in another it may be expressed in painting, pictures, or inventions. As mentioned before, in order to reach a clear understanding of this level of need one must first not only achieve the previous needs, physiological, safety, love, and esteem, but master these needs.



# 3 Understanding –How Self Study Influence

- A self- study into human being, reveals that Human is co-existence of I (SELF) and (BODY). There is exchange of information between the two. Body acts according to the decision of I and sensation taking place in body is received as an information by the I. Needs are happiness (Sukh) and Physical facilities (Suvidha)

- The need of 'I' mean 'self' is happiness, trust, respect. Happiness is the need of 'I' while physical facilities is the need of body. The need of happiness is continuous while the need of physical facilities is limited in time and quantity.
- The need of body is food, clothing, shelter or physical facilities and these are temporary in time. Example-when one feels hungry, he needs food but in limited quantity. On the other hand happiness is the need of 'I' and no limit, a person always want to be happy

# Activities In The Self

- Thinking
- Believing
- Speaking
- Feeling
- Desiring
- Dreaming
- Imagining
- Analyzing
- Understanding

# Activities in the Body— But only with the Consent of 'I'

- Digesting
- Blood flow
- Heart-beat
- Breathing
- Nourishment

# Activities Involving Both The Self (I ) And The Body

- Walking
- Eating
- Talking
- Seeing
- Listening
- We can say that the self ('I') is a conscious entity, the Body is a material entity, or physico-chemical in nature. In this way human being is thus a co-existence of a conscious self (I) and the material body.