

DISTINGUISHING NEEDS OF THE SELF (I) AND BODY

| Needs | Related to Body | Related to 'I' |
|-------------------|-----------------|----------------|
| Nice looking car | | |
| Car for transport | | |
| Food | | |
| Tasty food | | |
| Trust | | |
| Happiness | | |
| Knowledge | | |
| 50 Lac Rupees | | |
| Good health | | |
| MBA | | |

UNDERSTANDING THE BODY AS AN

| | I | Body |
|---|---|---|
| 1 | I am | My body is |
| 2 | I want to live | My body is used as an instrument (of I) |
| 3 | I want to live with happiness | For nurture of body ----> Food For protection of body ----> Clothing, Shelter etc For right utilization of body ----> Instruments/ equipments etc Are needed as physical facilities |
| 4 | To understand & to live in harmony at all 4 levels | Production, protection and right utilization of physical facilities is just a part of my program. |
| 5 | I am the seer, doer, and enjoyer DRASTA, KARTA, BHOKTA | Body is an instrument |

UNDERSTANDING MYSELF

Power

Activity

- 1.....
2.

1.
2.

Self
(I)

3. Desire (Ichchha)
4. Thought (Vichara)
5. Expactation (Asa)

3. Imaging (Chitran)
4. Analyzing (Vislesana)
5. Selecting/ Tasting

(Chayan/ Asvadan)

Body

Information Exchange

Power is the basic capacity for that activity

HOW ARE THE ACTIVITIES IN (I)

RELATED

