

There are two possible flows of the activities, and both keep taking place.

From outside (the body) to inside (in 'I'):

- 'I' receives sensations from the body and this is tasted in 'I'
- Based on this taste, thought could be triggered
- Based on these thoughts, desire may be set

Ex: we may see a car

From inside (in 'I') to outside (the body):

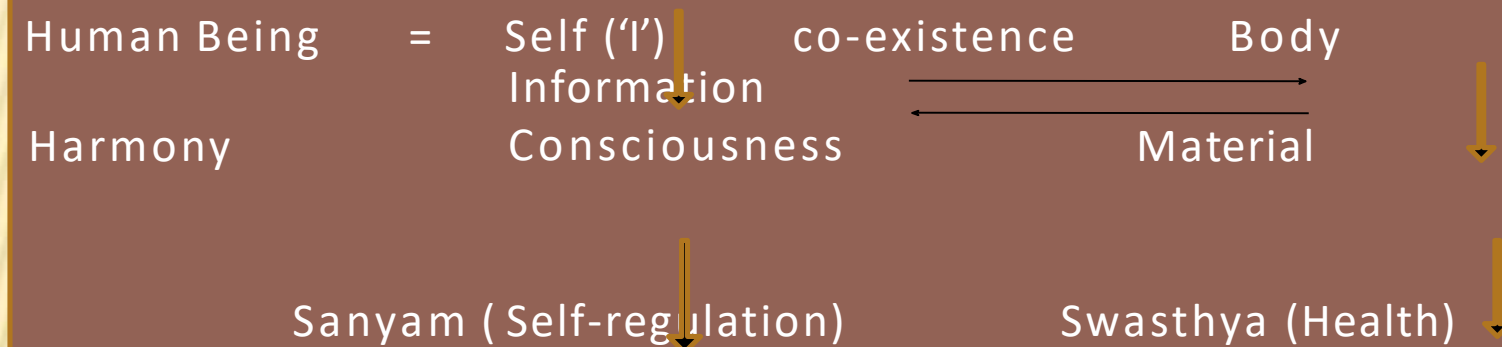
- We now have the desire of a good life via the car in us
- We start thinking about how to get a car, how we can have money, etc
- Based on that we make selection

Here these activities are operated on the basis **Sensation, Preconditioning, or natural acceptance** (listening to one's inner voice) .

If they are operating on the basis of sensation, preconditioning, I am dictated by others (PRATANTRA) and if they are operating on the basis of natural acceptance, I am self organized (SWATANTRA)

UNDERSTANDING THE HARMONY OF 'I' WITH THE BODY: SANYAM AND SWASTHYA

The human body is a self-organised mechanism and made up of several organs and glands.



Sanyam: Sanyam is the feeling of responsibility in 'I' towards the body for its nurture, protection and right utilization

Swasthya: Swasthya has two elements – the body act according to me, and there is harmony in the body.

PROGRAM TO ENSURE SANYAM AND SWASTHYA

Sanyam: I take the responsibility of nurturing, protection & right utilization of body.

1. **Nurturing of the body (POSAN)**

- Ingestion (Grahan)
- Digestion (Pachan)
- Excretion (Nishkasan)

2. **Protection of the body (Sanraksahan)**

- Proper upkeep (Vihar) of the body
- Labour (Shram)
- Physical Exercise (Vyayam)
- Asan (Pranayam)
- Treatment (Upchar) of the body

3. **Right utilization of the body (Sadupyog)**

Swasthya: 1. *The body is fit to act according to the self (I)*

2. *There is harmony among the various parts of the body.*

UNDERSTANDING THE HARMONY IN THE

FAMILY AND SOCIETY

We live in a family. In family we have relationships where we interact with other human beings.

Family is the foundation of society, and provides the basis of continuity of human tradition on the earth.

Harmony in the family:

1. Relationship is - between I & I
2. There are feelings in relationship - of one I with other
3. These feelings can be recognized - they are finite
4. Their fulfillment and evaluation leads to Mutual Happiness.