

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

**YOU<sup>th</sup>** Study Club

Session - 1



**HUMAN ENGINEERING**

Conceptualised & Explained by  
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## Excercise 1

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I am your greatest craving.. I am your fuel to drive to a destination... I appear to be slow in coming to you but fast in going away from you... Generally, I appear to be in other person's basket.. I am a Present Continuous form of verb yet I am never found out in present moment, nor I am achieved for continuous duration..

Take me out of your life and life is a stream of sorrow..

WHO AM I?



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I am your constant companion.. I will push you onward or I will drag you down to failure.. I am completely at your command.. I am the servant of all great individuals and, alas, of all failures as well. Those who are great, I have made them. Those who are failure, I have made them... I am not a machine, though I work with all the precision of a machine plus the intelligence of a human...

WHO AM I?



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I am an invisible force in your life.. I wake you up from the slumber of ignorance... I serve you through the Physical Form but supply you through Formless... I alert you with caution even though you don't see the danger... I walk with you through the rough times and I carry you through the turbulence of life... I work only through your Faith in me...

WHO AM I?



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# *Understanding - Human Engineering*

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My Data Entry for Human Engineering

Domains of Each Personality

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## Excercise 2

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2.1 In the realm of our SPIRITUAL PERSONALITY, we have our **Physical Personality**.  
A Super-duper gift from Nature from the moment of our birth.

List out 2 things of your Physical Personality for which you wish to express gratitude to Nature.

eg. **Heart** - *Beating day and night without any break or vacation...!!!! A totally flawless operation..*

1.

2.

List out 2 things that you wish to change in your physical personality.

eg. *I look fat, I wish I could be slimmer.*

1.

2.

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2.2 In the realm of our SPIRITUAL PERSONALITY, we have our **Mental Personality**.

Let's do the scanning of set of thoughts that distracts us or connects us to our purpose.

Place yourself in either of the situation like Study Pressure/being in a job or work place/dating around with someone/being in the marital status. Now list out your thoughts...

1. Negative Thoughts

2. Waste Thoughts

3. Necessary Thoughts

4. Positive Thoughts

5. Elevated Thoughts



2.3 In the Realm of SPIRITUAL PERSONALITY, our **Emotional Personality** works on the fundamental of :

What we perceive as pain, we will avoid !

What we perceive as pleasure, we will embrace !

Write 2 things/situation/people in life where you have not followed this principle and knowing that its wrong, still you did it b'coz it give you pleasure OR knowing that its right, still you didn't do it bcoz it give you pain.

1.

2.

2.4 In the realm of our SPIRITUAL PERSONALITY, we have this greatest faculty of **Intellectual Personality** - who is responsible for creating discriminations. Judge yourself that you belong to which category

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|---|-----------|
| 1. Judging on the basis of Observation        | ☆ ☆ ☆ ☆ ☆ |
| 2. Judging on the basis of Perception         | ☆ ☆ ☆ ☆ ☆ |
| 3. Judging on the basis of Scientific Enquiry | ☆ ☆ ☆ ☆ ☆ |
| 4. Judging on the basis of Contemplation      | ☆ ☆ ☆ ☆ ☆ |

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*Wish You  
Happy Human Engineering!!*