Topic: Understanding the Human Being as Co-existence of Self (I) and Body

- Subject : **Universal Human Values 2 : Understanding Harmony**

By:
Prajakta Upadhye
Assistant Professor
ETC Department
GHRCEMN,Nagpur

Understanding the Human Being as Co-existence of Self (ĺ) and Body

- Human Being is More than Just the Body
- ‘alive-ness’ is called ‘Jïvana’
- Thus a Human Being is co-existence of the Body and ‘Jïvana. This ‘Jïvana’ refers to itself as ‘I’ (Self)

in co-existence with

Human = I (Self) ⇄ Body

information

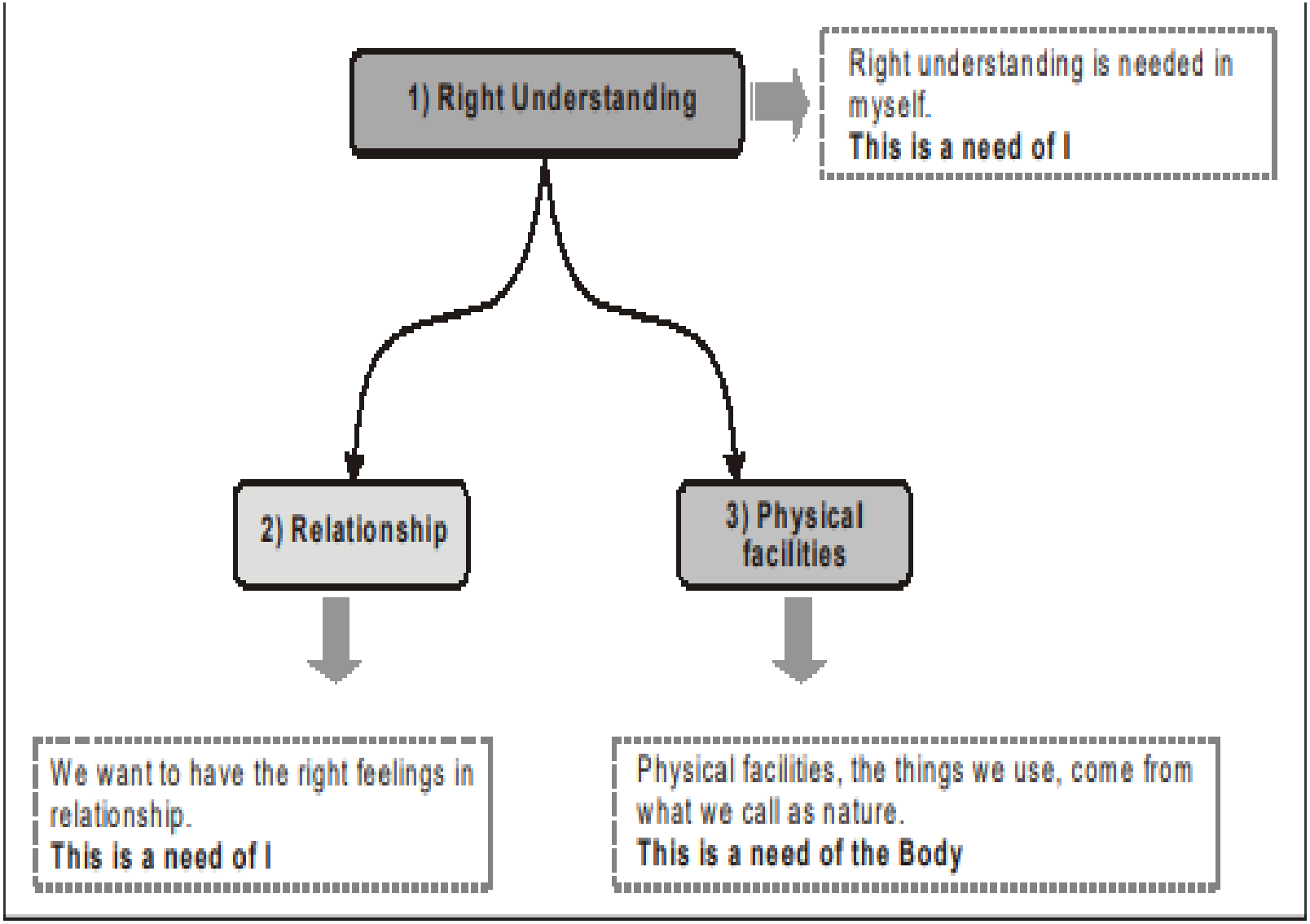
		I	Body
Needs	→	Trust, Respect…	Food, Clothing…
	Needs are… →	Happiness (*sukh*)	Physical Facilities (*suvidhā*)
	In Time, needs are… →	Continuous	Temporary
	In Quantity, needs are… →	Qualitative (no quantity)	Quantitative (limited in quantity)
	Needs are fulfilled by… →	Right understanding and right feelings	Food, clothing, etc
Activities	*Activities are…* →	Desiring, Thinking, etc	Breathing, heart-beat, etc
	→	Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
Type	*It is of type…* →	Conscious (non-material)	Physico-Chemical (material)

Understanding needs of the Self and needs of the Body

- If we club them together, we see that the needs of the Body like food for nourishment, clothes for protection, and instruments to ensure right utilization can be categorized as being 'physical' in nature, or also called 'physical facilities' (suvidhã); whereas the need of I is essentially to live in a state of continuous happiness (sukha)

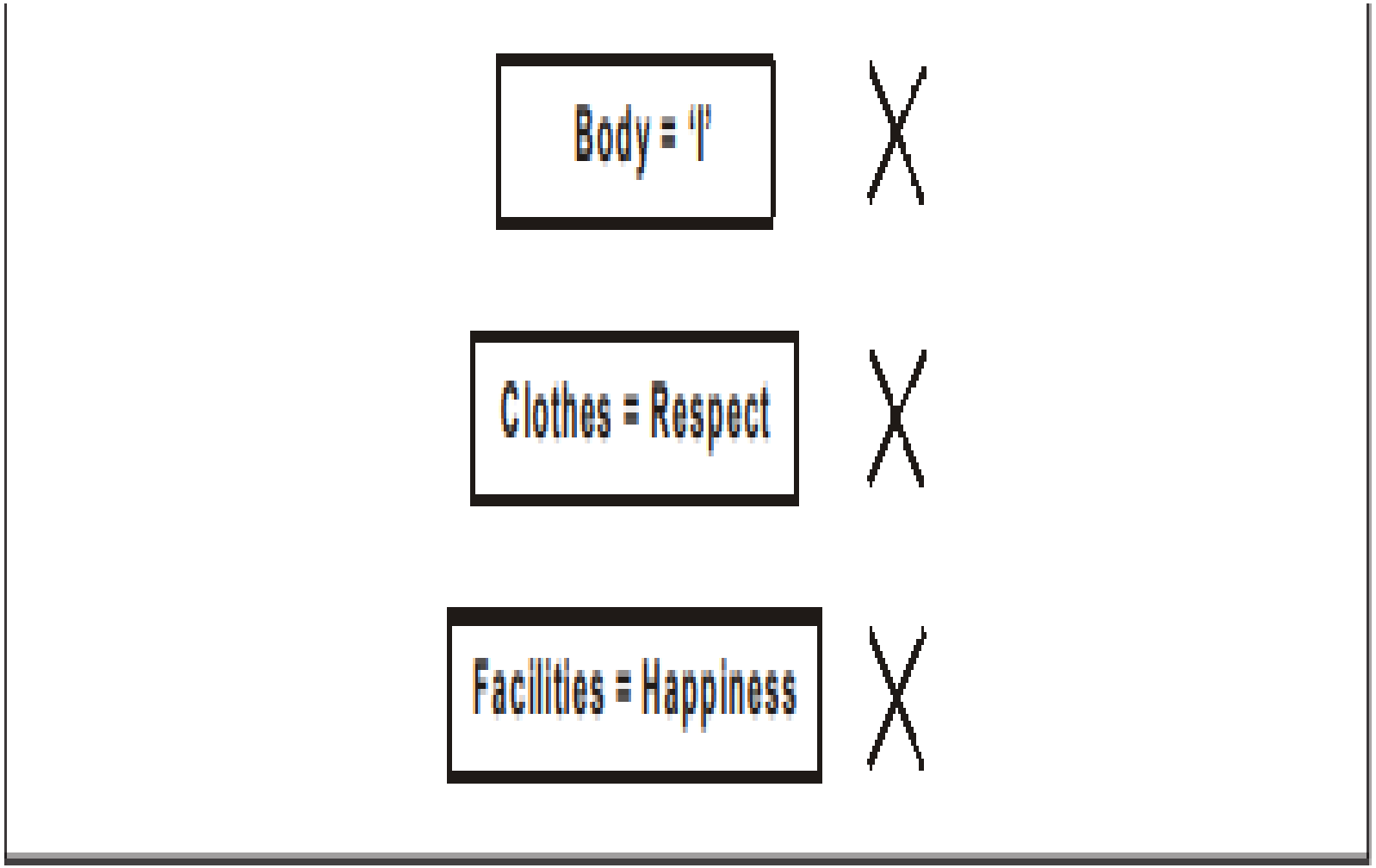
- Thus, this is one fundamental difference between the needs of ‘I’ and the needs of the Body. The needs of the body are physical in nature, whereas the needs of the self (‘I’) are not physical in nature – like trust, respect, happiness, etc. This is one primary distinction we can make, between the Self (‘I’) and the Body, in terms of their needs: these are fundamentally different

- The need of the Self ('I') for happiness is fulfilled by right understanding and right feelings, while the need of the Body is fulfilled by physical facilities
- The need of the Self ('I') is qualitative, and continuous in nature, while the need of the Body is quantitative and temporary in nature


1) Right Understanding
Right understanding is needed in myself.
This is a need of I
2) Relationship
3) Physical facilities
We want to have the right feelings in relationship.
This is a need of I
Physical facilities, the things we use, come from what we call as nature.
This is a need of the Body

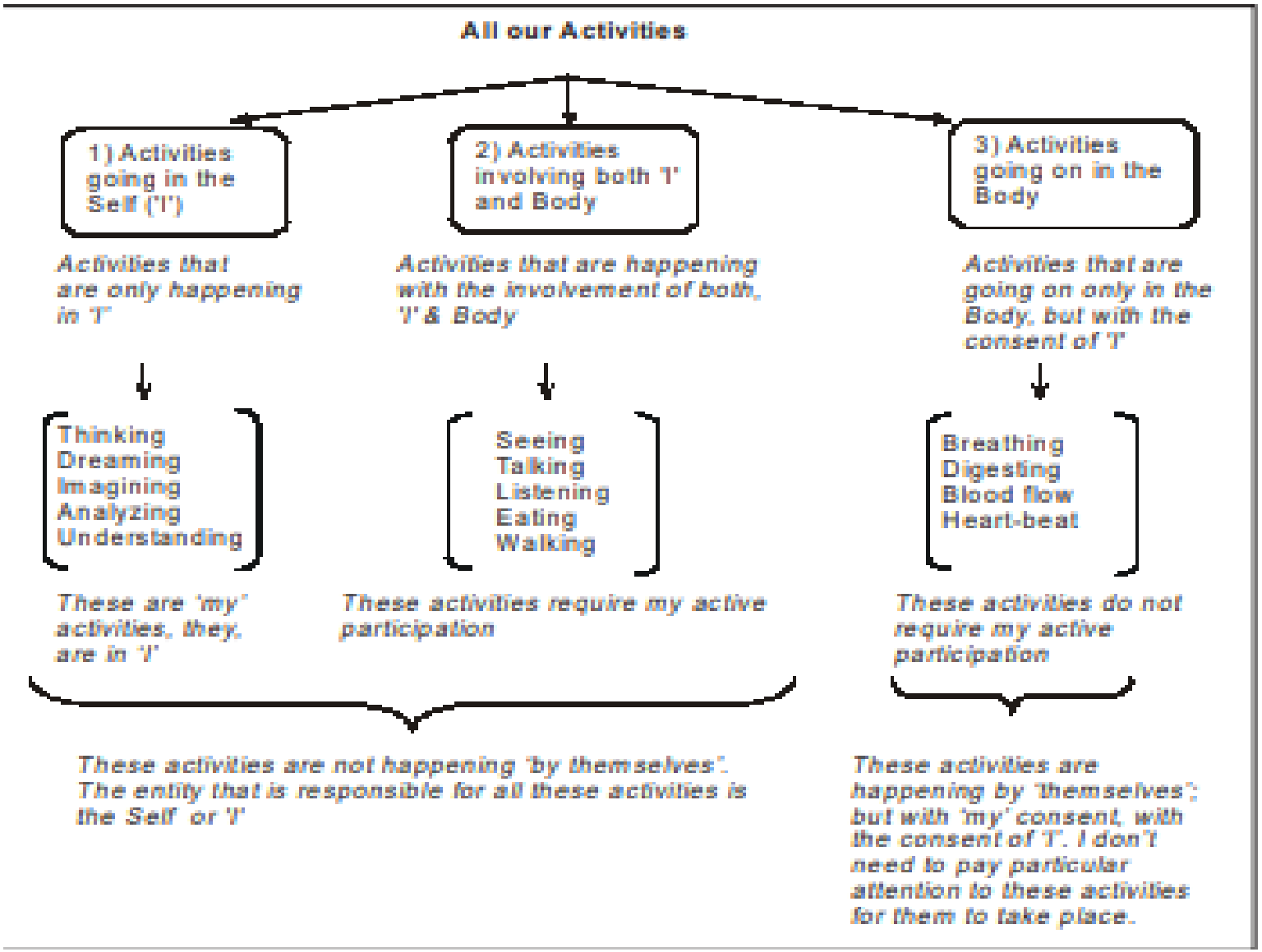
- Hence, for human beings, we need to fulfil the need of both: of ‘I’ and of Body – happiness (sukha) and physical facilities (suvidhã). One cannot replace the other.

- A common mistake today is that we mix these two sets of needs: happiness (sukha) for ‘I’ and physical facilities (suvidhã) for the Body. We assume that “All we need is physical facilities (suvidhã), and that it will automatically ensure happiness (sukha)” While the reality is that we need both: since one is the need of the Body , and the other is the need of ‘I’.


Body = 'I'
Clothes = Respect
Facilities = Happiness

Understanding the Activities in the Self and the Activities in the Body

- Let us look at some of our common daily activities
- Activities that are going on in the Self l
- Activities that are going on in the Body l
- Activities involving both the Self and the Bod


All our Activities
1) Activities going in the Self ('I')
2) Activities involving both 'I' and Body
3) Activities going on in the Body
Activities that are only happening in 'I'
Activities that are happening with the involvement of both, 'I' & Body
Activities that are going on only in the Body, but with the consent of 'I'
Thinking
Dreaming
Imagining
Analyzing
Understanding
Seeing
Talking
Listening
Eating
Walking
Breathing
Digesting
Blood flow
Heart-beat
These are 'my' activities, they, are in 'I'
These activities require my active participation
These activities do not require my active participation
These activities are not happening 'by themselves'. The entity that is responsible for all these activities is the Self or 'I'
These activities are happening by 'themselves'; but with 'my' consent, with the consent of 'I'. I don't need to pay particular attention to these activities for them to take place.

Need	Related to Body?	Related to 'I'?
Ex: Nice looking Car		✓
Ex: Car for transport	✓	
Ex: Food	✓	
Ex: Tasty Food		✓
Ex: Trust		✓
Ex: Happiness		✓
Ex: Knowledge		✓
Ex: 50 Lac Rupees	✓	✓
Ex: Love		✓
Ex: Good Health	✓	
Ex: Prosperity		✓
Ex: MBA	✓	✓

Summary

- The human being can be seen as a co-existence of the Self (Jïvana) and the body.
- The ‘I’ is conscious in nature while the body is material in nature.
- There is exchange of information between ‘I’ and the Body

- The basic need of ‘I’ is happiness (sukha), and the needs of body are physical facilities (suvidhã).
- Needs of the ‘I’ such as happiness, trust, respect, etc are: Qualitative (not quantitative) and continuous in time.
- Needs of the body like food, clothing, shelter – physical facilities, are quantifiable and temporary in time.
- The need of the ‘I’ for happiness is fulfilled by right understanding and right feelings, while the need of the Body is fulfilled by food, clothing, etc

- The activities in ‘I’ are desiring, thinking, imagining, etc. while activities in the body are digesting, breathing, heart-beats, etc.
- All our activities can be seen as: (a) going on in ‘I’, (b) those involving ‘I’ and Body, both; and (c) those going on in the Body
- Activities in ‘I’ can also be understood as knowing, assuming, recognizing and fulfilling.
- The recognition and fulfilment in ‘I’ depends on assuming.
- Assuming depends on knowing. without knowing correctly, we only assume, or operate on the basis of beliefs.
- Activities in the Body are recognizing and fulfilling. The body does not have the capacity to assume. Thus, the recognition and fulfilment in the Body is always definite