



Lecture 8

Distinguishing between the Needs of the Self and the Body

About this Material and Effort on Universal Human Values

It has been prepared by UHV TEAM (uhv.org.in)

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



Harmony in the Human Being – Self and Body

Harmony in the Family

Harmony in the Society

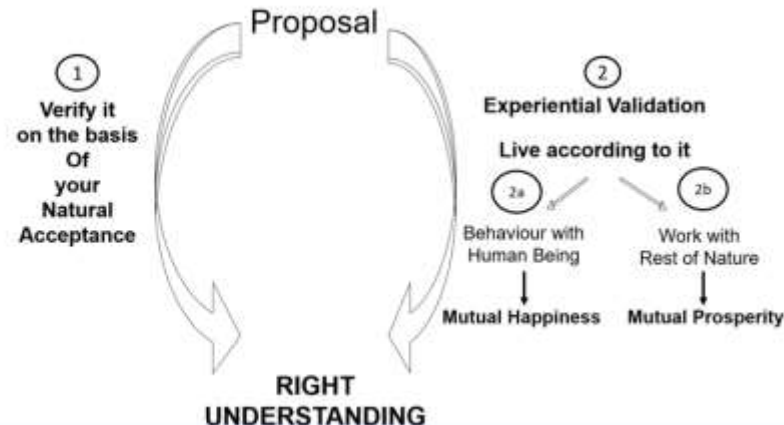
Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)

Verify it on your own right

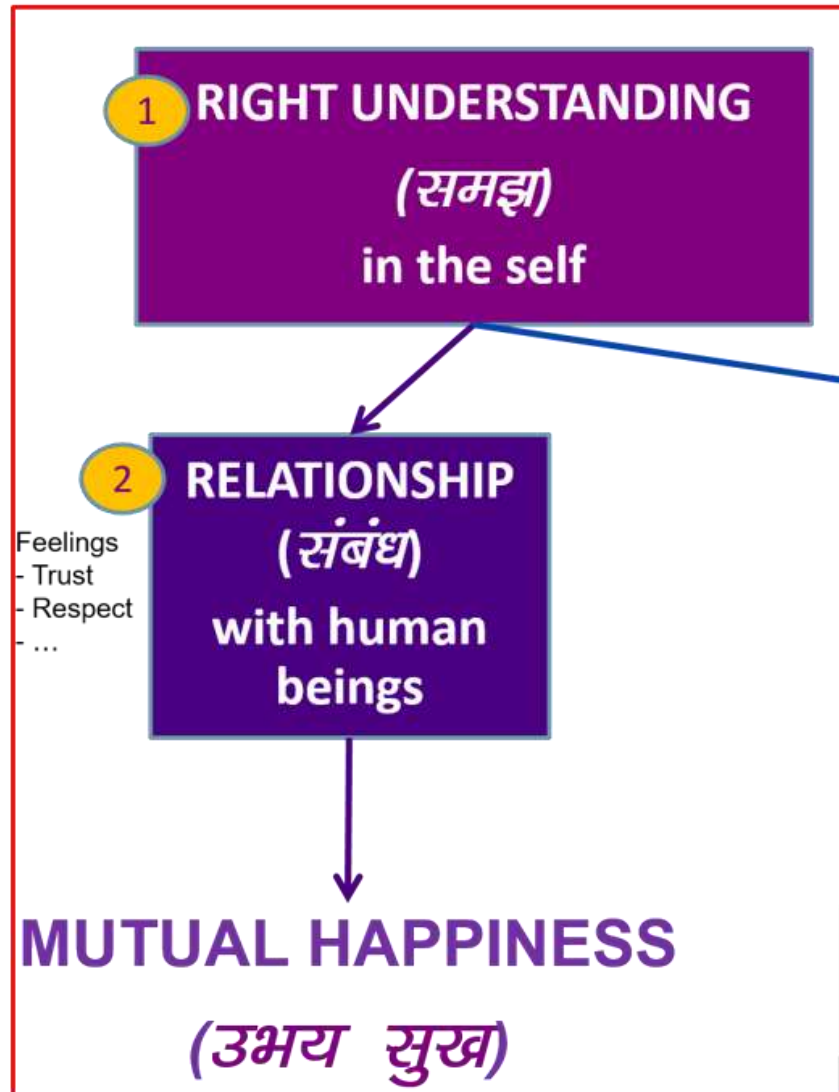


Who am I?
What is my
purpose?



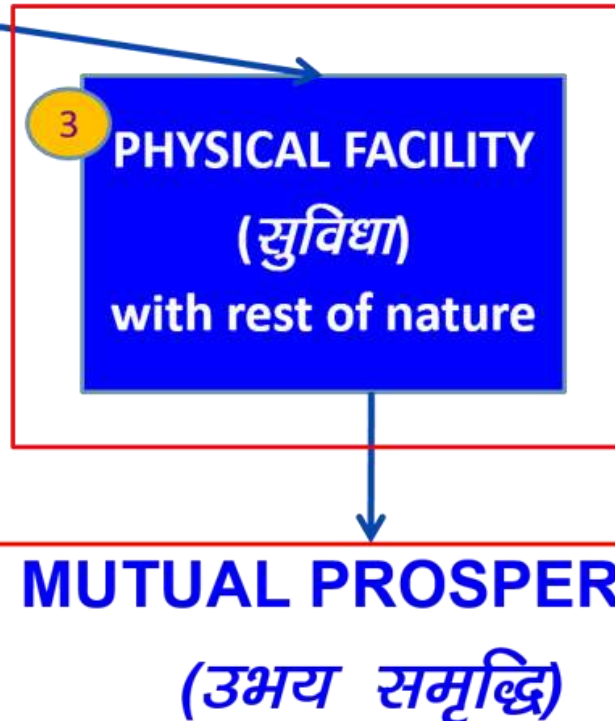
Human Being Ekkuo		Self eSa	Co-existence IgvlRrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSlS lEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSlS Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½		
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---		
In Time dky esa	Continuous fujUrj	Temporary Ikef;d		
Response	Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuk	Recognising, Fulfilling igpkuuk] fuokZg djuk		
		Consciousness pSrU;		Material tM+

Related to Needs of the Self



Related to Needs of the Body

Both needs must be satisfied for human-being to be fulfilled



For animals:
necessary &
adequate

पशु के लिए
आवश्यक
एवं पूर्ण

For human being:
necessary but
not adequate

मानव के लिए
आवश्यक
परंतु पूर्ण नहीं

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		Consciousness		

Need of the Self = Continuous happiness = Need of consciousness

Fulfilled by = Right Understanding and Right Feeling in the Self = Activities of consciousness

(can not be fulfilled by material)

(The need of consciousness is fulfilled by activities of consciousness)

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		Material		

Need of the Body

= Physical facility*

= Material in nature

Fulfilled by

= Physio-chemical things

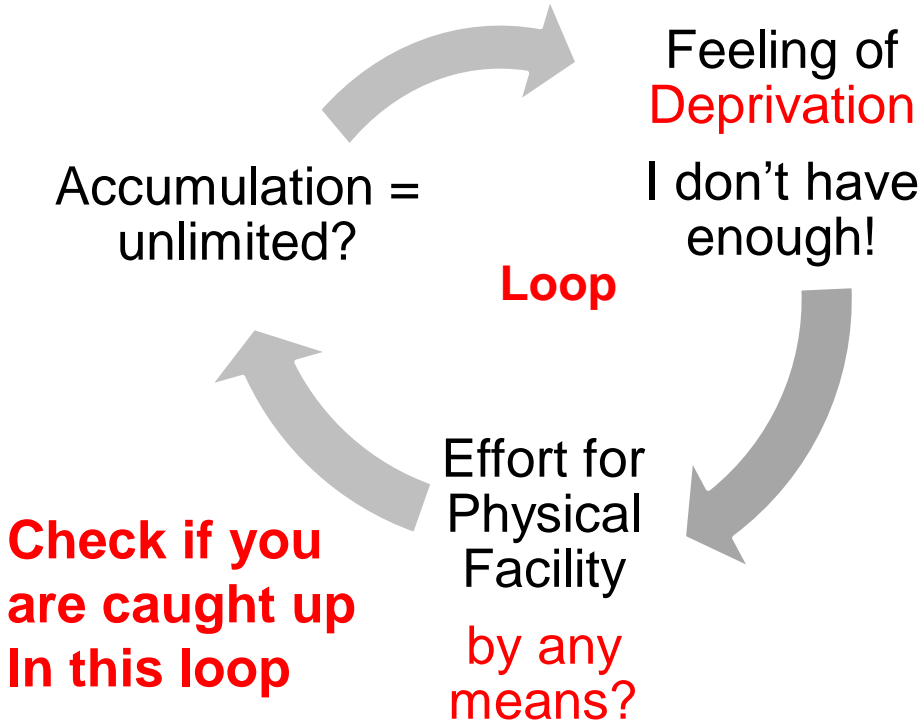
= Material in nature

(The need of material is fulfilled by material)

*physical facility is required for nurturing, protection and right utilization of the Body

Gross Misunderstanding

Human Being Ekkuo	Self (I) eSa	=	Body “kjhj	✗
Need vko';drk	Respect IEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSls&Hkkstu] diM+k,	✗
	Continuous fujUrj	=	Unlimited vlhfer	✗



↓

Accumulation of Physical Facility – Unlimited! ✗

Lqfo/kk laxzg & vlhfer!

↓

Deprivation nfjnzrk ✗



Sum Up

Human being is a co-existence of Self (consciousness) and Body (material)

The needs of the Self and the Body are of two different types, and they have to be fulfilled separately

The need of the Self is continuous happiness

The need of the Body is physical facility

The need of consciousness is fulfilled by activity of consciousness (it can not be fulfilled by material)

The needs of material is fulfilled by material

A gross misunderstanding is to assume the human being to be the Body (material), and to assume that all human needs can be fulfilled by material – this leads to deprivation, exploitation, etc





Self Reflection



Key Points

Distinguishing between the Needs of the Self and the Body

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Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
		Material		

Need of the Body = Physical facility* = Material in nature
 Fulfilled by = Physio-chemical things = Material in nature
 (material is definitely required, but guidance of consciousness is also required)

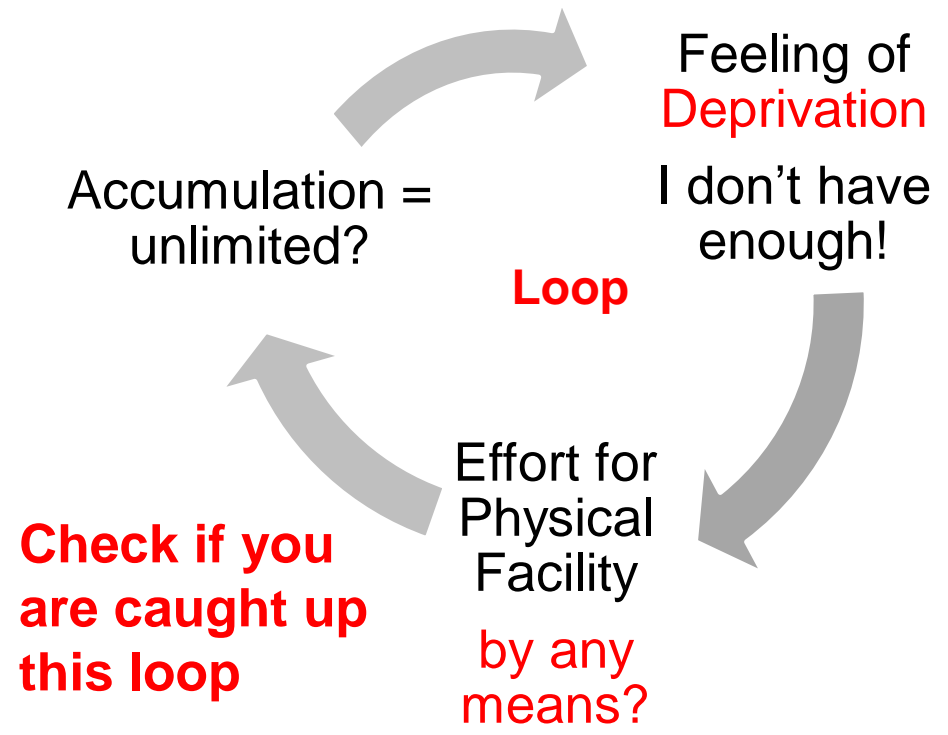
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Gross Misunderstanding



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↓

Accumulation of Physical Facility – Unlimited! ✗

Lqfo/kk laxzg & vlhfer!

↓

Deprivation nfjnzrk ✗



FAQs for Lecture 8

Distinguishing between the Needs of the Self and the Body

Question(s) 1: Needs of Self and Body

Response

- Are we only talking about the basic needs of a human being here? What about the higher needs?
 - We need food and also the taste. So you are saying that only Self needs taste. Similarly, clothes are needed for the body but clothes which are trending or in fashion are needed for the Self. Isn't it? Why do we need to see this separately?
 - There can be many desires which are inter-connected for Body and Self. E.g. Money. In that case how to distinguish whether the desire is for Body or Self?
- All the needs- of the self and of the body
 - Because, they are of two different types, and they have to be fulfilled differently, e.g. need for clothes for protection of the body is required in limited quantity while need for clothes for getting respect becomes undefined.
 - Need of the self ultimately relates to the need of continuous happiness, whereas, need for body is related nurturing, protection and right utilisation of the body. Money is a man-made artefact, used for exchange of physical facility, relating to the need of the body.



Question(s) 1: Needs of Self and Body

Response

- We discussed Maslow's hierarchy of needs. By distinguishing needs of the Self and Body, how will it look?

Need of the self is of higher priority, if we take care of the need of the self through right understanding and feeling, then it will be the fulfillment of the need of the body very easy.

- What is feeling? Does it happen only in self or it also has an effect on the body as well?
- What is right feeling?
- Can a feeling which is right for me, may be wrong for someone else?
- Are you talking about spirituality? Or Are you trying to make us spiritual?
- Feeling is basically my acceptance of relationship, affection for example. This is certainly in the self. It might reflect at the level of the body, if self sends some instruction to the body on the basis of it, consciously or unconsciously.
- Feeling that is naturally acceptable to us is the right feeling.
- No.
- We are trying to work for a system of education that makes us human. So, we are talking about humanness- what is being human.

- If this is spirituality, then our religious texts have answer to all such questions. Why not refer to them directly?
- Truth is eternal but, its expression is ever fresh. If we can understand the truth, we can see that it is there in the wisdom of the tradition as well. Then we can also see that the great man of this world have been essentially trying to express the truth in a manner which was suitable for that time, society and people. Everyone of us has to understand the truth through our self-investigation, through direct observation and then we can also see that these are expressed in the texts also. So, texts are veyy useful source for right kind of proposals about the truth, the reality.

- The exercise on list of desires was interesting. Most of my needs turned out to be needs of the Self and I was trying to address them using some physical facility. So now, I can understand the need for right understanding and right feeling within. What exactly should I do for developing this?
- This is what we are going to talk about all through the course- understanding of harmony at all levels of our being from individual, family, society, to nature/ existence. Once we have the understanding of harmony, we will have the feeling of harmony and that will also be detailed out.

