

needs of the self are
qualitative.

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Human beings are a complex combination of the sentiment 'I' which relates to all the feelings and the material 'body' which refers to all the physical facilities available to them. Need of self is sukh (happiness). Sukh is qualitative. Therefore, the needs of 'I' are qualitative. They are not quantifiable. We also want them continuously. We cannot talk of one kg of respect or one meter of happiness. Our feelings are qualitative. Either they are, or they are not. Ex. Happiness is qualitative. Either we are feeling happy, or we are not.

Also, if, a feeling is not naturally acceptable; we do not want it even for a single moment. If acceptable, we want it

continuously. We can see this with the example of respect. We don't want the feeling of disrespect even for a single moment, since it is not naturally acceptable to us

By nature, man is fond of comfort and happiness, so he goes on making desires and ambitions one after the other to enjoy more in life. To lead a comfortable life, he also accumulates many facilities, so that his life may become full of comfort and happiness. Sukh depends upon our thinking, so many times we are surrounded by materialistic possessions, but we feel unsatisfied. People think that their happiness depends upon suvidha (facilities) but is it not so; happiness depends upon our thinking or our mental satisfaction.

Needs of the body are quantitative

Need of body are physical facilities. Physical facilities are needed for the body in a limited quantity. When we try and exceed these limits, it becomes troublesome for us after some time. Let's take the example of eating. As far as, physical facilities (say rasgulla) go, they are necessary in the beginning, but if we keep consuming, it becomes intolerable with the passage of time. This applies to every physical facility.

We can only think of having unlimited physical facilities, but if we try and consume, or have too much of physical facilities, it only ends up becoming a problem for us. When we try to perpetuate physical facilities, the

following pattern results. With time t_i successively changes from:

Necessary and tasteful \geq Unnecessary but tasty \geq Unnecessary and tasteless \geq Intolerable!

Differentiate between the needs of self and the needs of body?

The human being is the co-existence of I and the body, and there is exchange of information between

the two. We can make this distinction between the self and the body in terms of the needs as shown in the table below:

In the time need	I	BODY
	Trust, Respect. Happiness (sukh) Continuous	Food, Clothing Physical Facilities (suvidha) Temporary
Needs In quantity	Qualitative	Quantitative (limited in quantity)