

Human being is co-existence of the Self and the Body

Created By Er. :-Parveen Kumar

The human being is the co-existence of 'I' and the body, and there is exchange of information between the two, i.e. 'I' and body exist together and are related. There is a flow of information from 'I' to the body and from body to the 'I'. We can make this distinction between the self and the body in three ways in terms of the needs, activities and the types of these two entities. All the needs of I, say respect, trust, etc., can be called as Happiness, while the needs of body are physical facilities like food. The two things are qualitatively different. There is no relevance of quantity for the needs of I as it is qualitative, while the needs of body are quantitative, and they are limited in quantity.

The activities of 'I' are activities like, desire, thinking, selection, while the activities of body are activities like eating, breathing etc. The mode of interaction of 'I' includes knowing, assuming, recognizing and fulfilment. The fulfilment depends on recognition depends on assumptions and assumptions depends on knowing or not knowing (beliefs). If assuming is based on knowledge, then recognition will be correct and fulfilment will be correct. If assuming is not based on knowledge, then things may go wrong. The mode of interaction of body is only recognizing and fulfilling.

Self is a conscious entity and the body is a material entity, or physic-chemical in nature. Thus, we can say:

Human Being	Self (i)	Body
	The conscious entity that desires, thinks, imagines	The material entity that has physic-chemical activities like heart-beats, digesting etc.
	Knowing, assuming, Recognizing and fulfilling	Recognizing and fulfilling

To conclude we can say that the human being can be understood in terms of a co-existence of two

entirely distinct entities, namely sentient I and material body. Their needs and activities are quite different and have to be understood accordingly. But these two constituents of human being are to act in close synergy with each other.

