

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

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1. 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**'

whereas the need of I is essentially to live in a state of continuous happiness. 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.

# In Time

2.The needs of “I” are continuous in time. unlike the need of the body. which is temporary in time. We want happiness continuously. We also want the feeling of respect continuously and so also acceptance in relationship. If we talk about food, clothing, shelter, or instruments, these are needed only for some amount of time, or we can say that the need for physical facilities of the body is temporary in time- it is not continuous.

# In quality

**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. Whereas the needs of I are qualitative (they are not quantifiable), but we also want them continuously. 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.

The need of the self(I'), for happiness is ensured by right understanding and right feelings, while the need of the body, for physical facilities, is ensured by appropriate physico-chemical things.

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

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.



Co-existence information		
Human Being	Self (T)	Body
	The conscious entity that desires, thinks, imagines	The material entity that has physico-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