



## **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](http://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

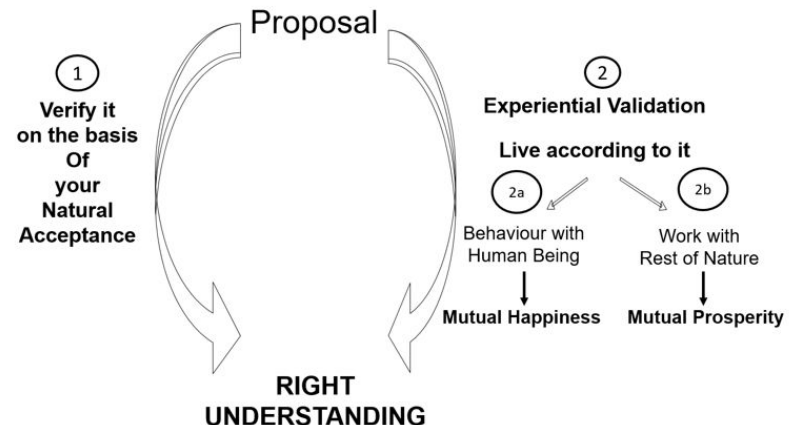
Harmony in Nature/Existence

## 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?

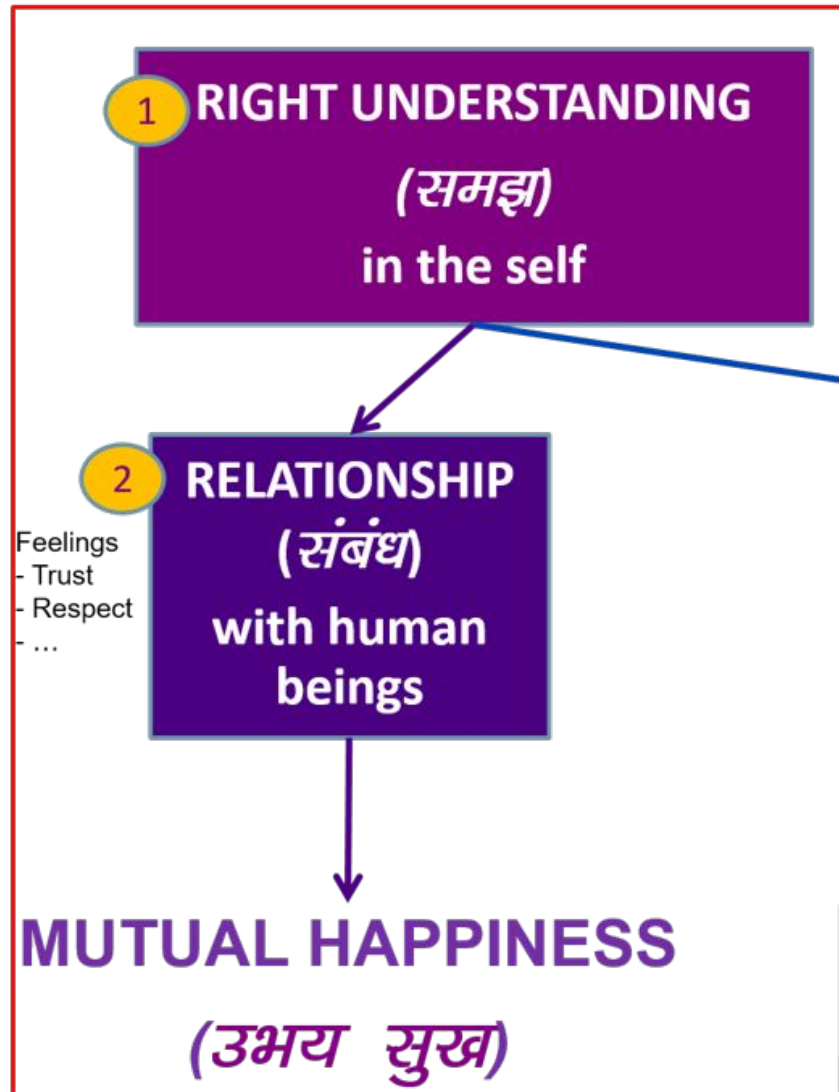


Human Being <b>Ekkuo</b>		Self <b>eSa</b>	Co-existence <b>IgvfLrRo</b>	Body <b>“kjhj</b>
Need <b>vko';drk</b>	Happiness (e.g. Respect) <b>lq[k ¼tSls lEeku½</b>	Physical Facility (e.g. Food) <b>lqfo/kk ¼tSls Hkkstu½</b>		
In Time <b>dky esa</b>	Continuous <b>fujUrj</b>	Temporary <b>lkef;d</b>		
In Quantity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





## 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

Human Being <b>Ekkuo</b>	Self <b>eSa</b>	Co-existence <b>IgvfLrRo</b>	Body <b>“kjhj</b>
<b>Need</b> <b>vko';drk</b>	<b>Happiness (e.g. Respect)</b> <b>Iq[k ¼tSIs IEeku½</b>		<b>Physical Facility (e.g. Food)</b> <b>Iqfo/kk ¼tSIs Hkkstu½</b>
<b>In Time</b> <b>dky esa</b>	<b>Continuous</b> <b>fujUvj</b>		<b>Temporary</b> <b>lkef;d</b>
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<b>Fulfilled By</b> <b>iwfrZ ds fy,</b>	<b>Right Understanding &amp; Right Feeling</b> <b>Igh le&gt;] Igh Hkko</b>		<b>Physio-chemical Things</b> <b>HkkSfrd&amp;jklk;fud oLrq</b>
<b>Consciousness</b>			

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)



Human Being Ekkuo		Self eSa	Co-existence IgvfLrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSIs IEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSIs Hkkstu½		
In Time dky esa	Continuous fujUrj	Temporary lkef;d		
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Material				

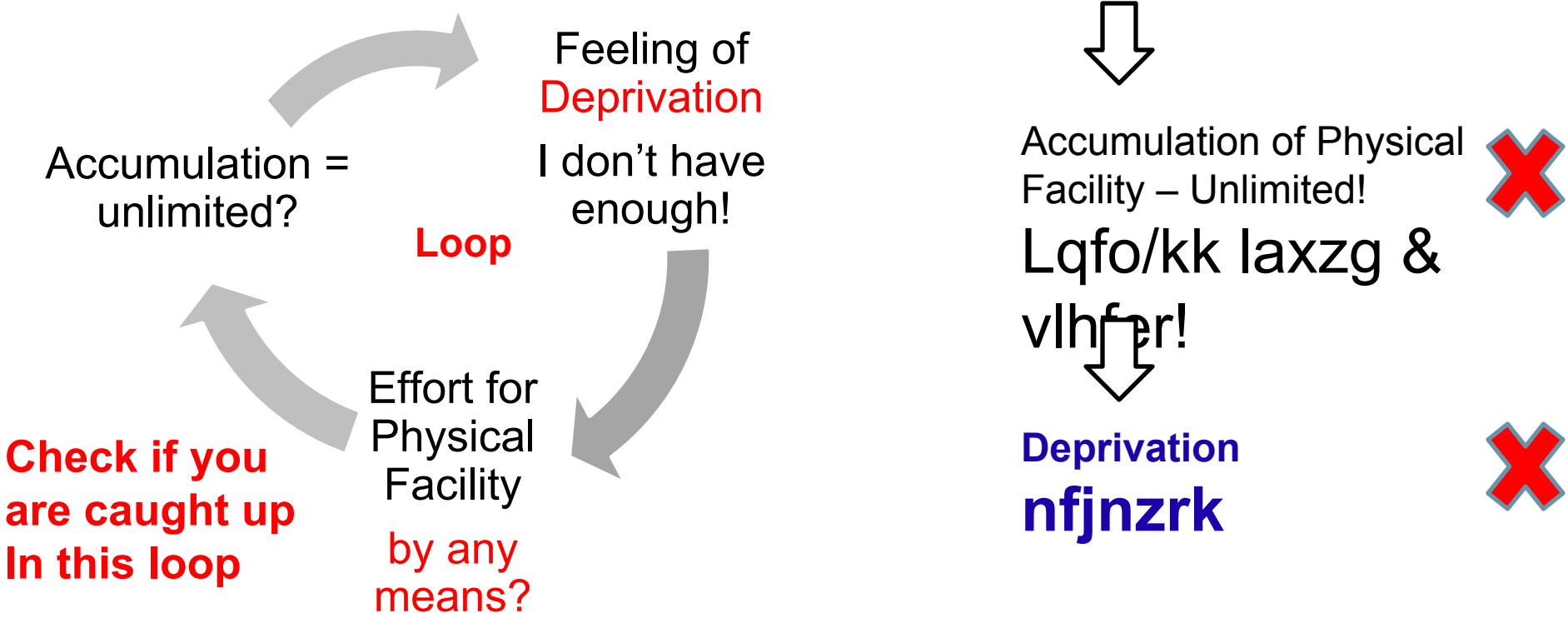
Need of the Body = Physical facility\* = Material in nature  
 Fulfilled by = Physio-chemical things = Material in nature

**(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 lEeku	=	Physical Facility (Eg. Food, Clothes) lqfo/kk (tSls&Hkkstu] diM	✗
	Continuous fujUrj	=	Unlimited vlhfer	✗





# 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

## Practice Session after Lecture 8

1. Take the list of desires you made in PS2. Update it if required. Now classify the desires as being related to the need of the Self or need of the Body. If a desire appears to be related to both (needs of the Self and needs of the Body), look for the purpose, and split it into two or more sub-desires until you are able to see clearly whether the sub-desire is related to the need of the Self or the need of the Body.

From this exercise,

- Find out at least two key distinguishing features between the needs of the Self and the needs of the Body.
- Roughly what percentage of your desires is related to the needs of the Self and what percentage is related to the needs of the Body?

# Practice Session after Lecture 8...

2. Make a list of your activities from morning till night. Some of these are activities going on in you (the Self), some activities are going on in your Body and some activities involve both you (the Self) as well as your Body. Classify the list of activities in these three categories (see table, below).

Activity	In the Self	In the Body	Involving both the Self and the Body
Running			I made the decision to run. The Body is running
Eating			I made the decision to eat. The Body is eating. The Body is getting the nutrition and I am getting the taste
Thinking	I am thinking. My body is not involved		
Feeling excited	I am feeling excited	There is some effect on my Body also	Both, me and my Body is involved
Heartbeat		This is happening in the Body	
Blood circulation		This is happening in the Body	
Other activities...			

Write down your observations regarding:

- The activities of the Self which do not involve the Body. Can you see that these activities are continuous?
- Activities of the Body. Can you see that they involve some internal organs of the Body (like the heart and blood vessels)? Can you see that these activities are discontinuous or cyclic?
- Activities that involve both, the Self as well as the Body (like climbing a staircase). In such activities, try to identify the role of the sense organs as well as the work organs.



## Expected Outcome

The students are able to relate their desires to need of the Self and the Body distinctly. They are able to see that the Self and the Body are two distinct realities, and a large part of their desires are related to the need of the Self (and not the Body). They may also be able to conclude that while their efforts are mostly centered on physical facility, which can only fulfil the needs pertaining to the Body and not the Self. They may also see that they are going by the assumption that physical facility will fulfil the needs of the Self also.

The students are able to see that the Self and the Body are two distinct realities and there are three distinct types of activities going on – activities of the Self, activities of the Body and activities of the Body in which the decision of Self is involved. They are able to see that activities like understanding, desire, thought and selection are the activities of the Self; the activities like breathing, palpitation, blood circulation etc. are fully the activities of the Body, while the activities they do with their sense organs like hearing through ears, seeing through eyes, sensing through touch, tasting through tongue and smelling through nose or the activities they do with their work organs like hands, legs etc. are such activities that require the participation of both the Self and the Body.



# FAQs for Lecture 8

Distinguishing between the Needs of the Self and the Body



# Questions

- 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?
- If this is spirituality, then our religious texts have answer to all such questions. Why not refer to them directly?
- ...





# Self Reflection

## 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 un consciously.
- 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.