



# THE WESTERN AND EASTERN CONCEPTS OF SELF

ARCHIE NIÑO C. AGUILAR

# **Culture**

**Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts.**

## **Material Culture**

**This consists of human technology that people make and use – clocks, kitchen utensils, nipa huts, cell phones, buildings, etc. This is the physical aspect of culture.**

**It is very much dynamic and it changes from time to time.**

## **Non-Material Culture**

**This includes intangible human creations – beliefs, values, norms, and symbols.**

**Example: being conservative, religiousness, same-sex marriage etc.**

**Generally, our social personality is a reflection of culture itself.**







# Individualistic Culture



**The rights of individuals tend to take a higher precedence.**



Self-actualization by every individual is an ultimate goal.



# Collectivistic Culture



95711527

**Collectivist cultures emphasize the needs and goals of the group (“we”) over the needs and desires of each individual.**





Resources  
should be  
shared with  
relatives.





People are considered "good" if they are generous, helpful, dependable, and attentive to the needs of others.



# Eastern thoughts aim at transformations in:



*Consciousness*



*one's relationship to other  
people and the world*



*Emotions*



*Feelings*

# **A closer look to different Eastern thoughts:**



**Buddhism – “Budh” means awake.**

**To be able to understand yourself and the universe, you should be awake.**



**Siddharta Gautama known as Buddha is the founder of Buddhism**

**All people have seed of enlightenment so we have potential to be like Buddha.**

- There is no self or no soul.**
- There is only nothing and all else is an illusion.**
- There is nothing permanent but change, “Anicca”**



The doctrine of karma connotes that good conduct brings a pleasant and happy result and creates a tendency toward similar good acts, while bad conduct brings an evil result and creates a tendency toward similar evil acts.

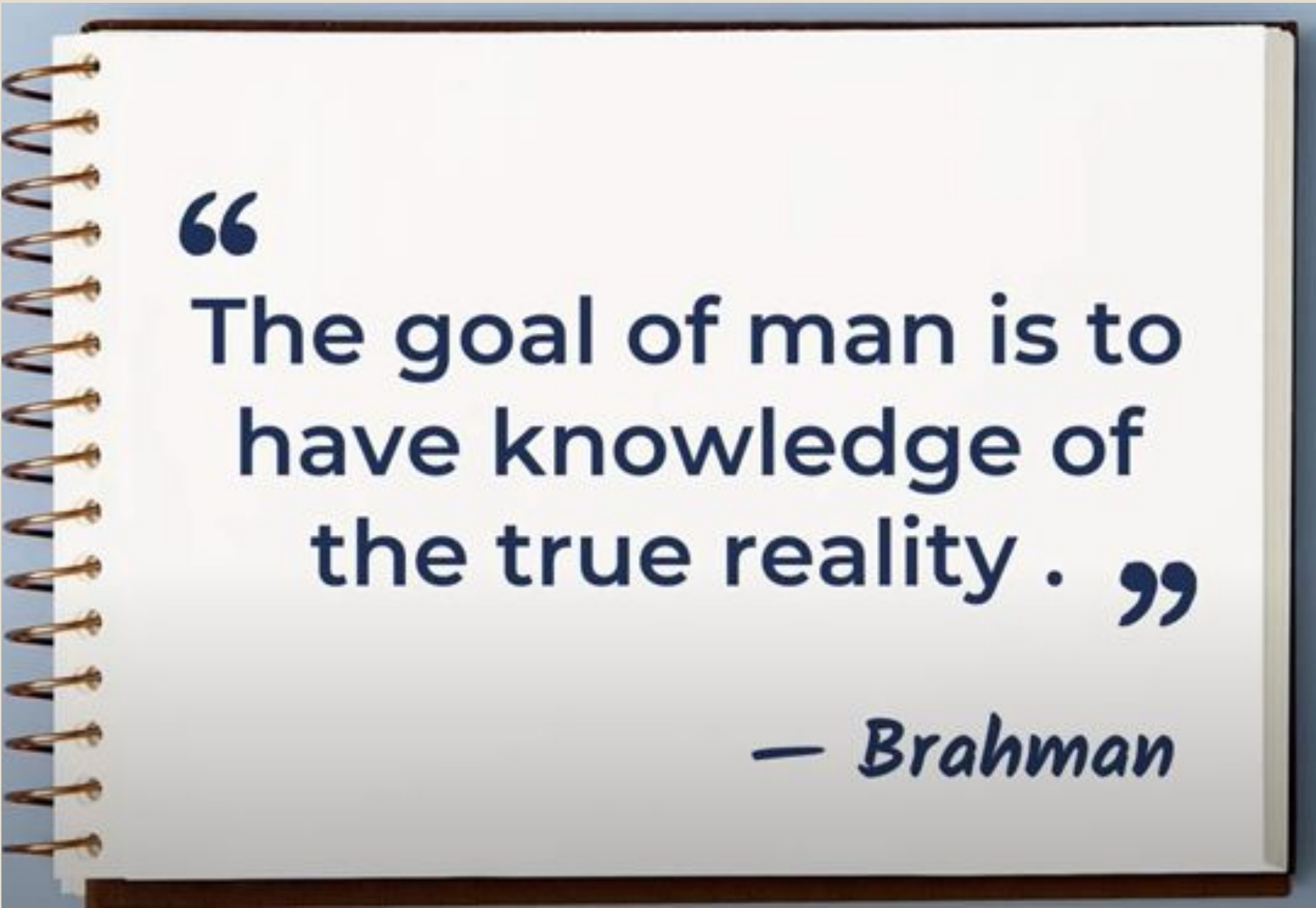




**The ideal is to experience Nirvana, the extinction of desire, hatred, and ignorance and ultimately, of suffering and rebirth. It can be achieved through meditation.**



**Hinduism – The religion of ancient people known as the Aryans.**

A spiral-bound notebook with a white page. The page has a faint, light blue grid pattern. The notebook is bound with a gold-colored spiral on the left side. The quote is written in a dark blue, sans-serif font. The opening and closing quotation marks are large and bold. The text is centered on the page.

“  
The goal of man is to  
have knowledge of  
the true reality . ”

— Brahman









**They also believe in Karma as one of the most important concepts in Hinduism.**





**Hindus believe in Atman (inner self, spirit or soul) being an immortal soul continues to be reincarnated from lifetime to lifetime until it is freed from the cycle of rebirth and reach a state of nirvana or non-birth.**





Karma does not end  
with a body's death,  
its influence may  
extend through  
incarnation of the  
soul.







**Confucianism – System of thought and behavior  
originating from China**

A spiral-bound notebook with a dark brown cover is shown from a top-down perspective. The left side of the notebook features a silver-colored metal spiral binding. The page is white with faint horizontal lines. A quote is written in a dark blue, bold, sans-serif font. The quote is enclosed in large opening and closing quotation marks. The text of the quote is centered on the page. Below the quote, the words "— Golden Rule" are written in the same font style but in a smaller size. The notebook is placed on a light beige background.

**“**

***“Do not do others what  
you would not want  
others to do to you”.***

***”***

***— Golden Rule***

**The self is conceived as a  
“relational self” – “one which is  
intensely aware of the social  
presence of other human  
beings.”**



**Moral character is perfected through continuously taking every opportunity to improve oneself in thought and action.**

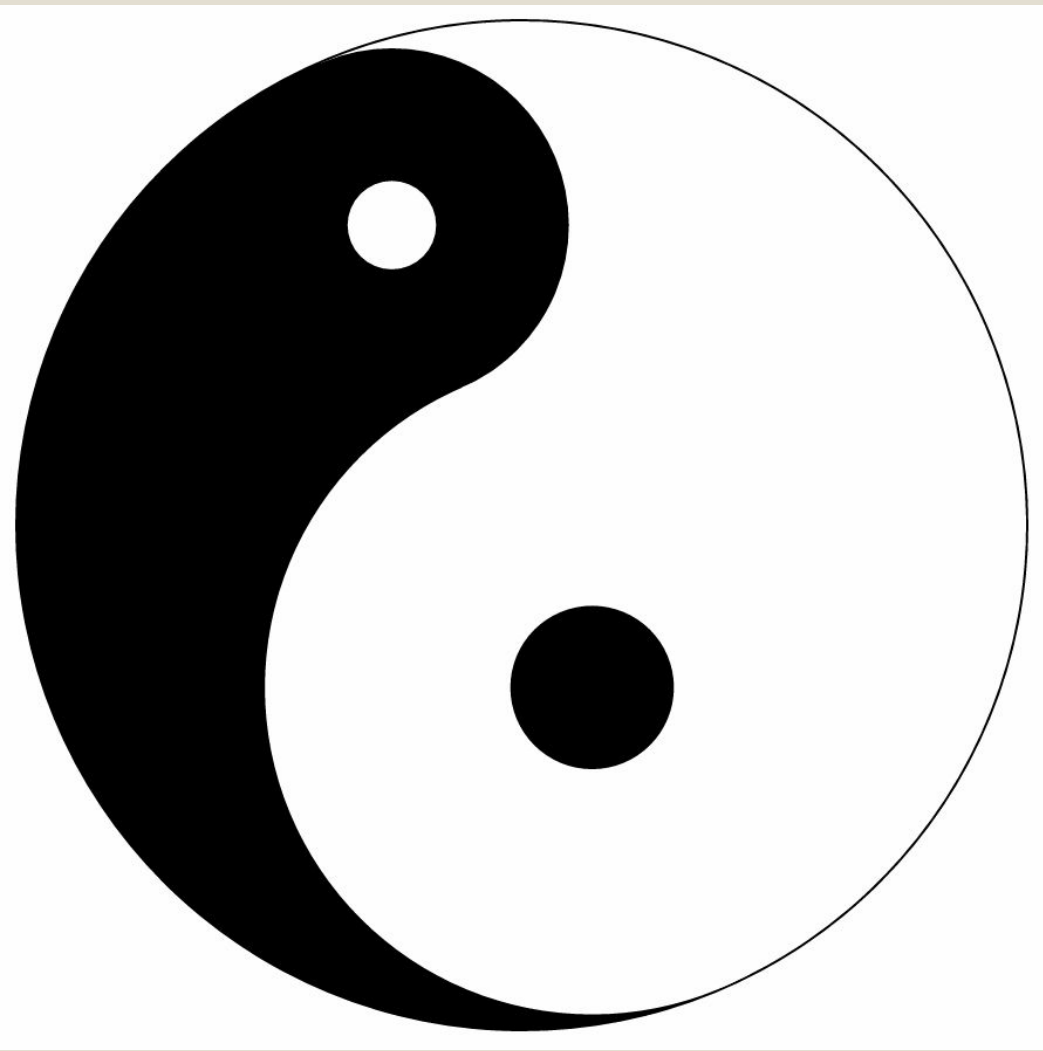


**Taoism – Chinese philosophy attributed to Lao Tzu**





**The focus of Taoism is the individual in nature rather than the individual in society.**



**Taoists stress the importance of harmonizing with nature by balancing *yin* and *yang*, and developing *chi* through meditation and disengagement.**

**Chi is variously known as the "breath of heaven," "mystical breath," the "breath of nature" and the "quality of spirit."**



**Taoism's concept of selflessness which emphasizes living a balanced life with society and nature complements our belief in *kapwa tao* by which we regard each other as equals.**

<b>DIMENSION</b>	<b>WESTERN THOUGHTS</b>	<b>EASTERN THOUGHTS</b>
<b>Frame of Reference</b>	<b>There is a separation between philosophy and religion.</b>	<b>Religion and philosophy are intertwined.</b>
<b>School of Thought / Belief System</b>	<b>Rationalism Empiricism Phenomenology</b>	<b>Hinduism Buddhism Taoism</b>
<b>Source of Knowledge</b>	<b>Has made use of reason rather than faith to pursue wisdom</b>	<b>Often associated with religious beliefs</b>
<b>Notable Philosophers</b>	<b>Socrates, Plato, Rene Descartes, John Locke</b>	<b>Buddha Confucius Lao Tzu</b>
<b>View of Self</b>	<b>Egocentric</b>	<b>Sociocentric</b>
<b>Ideal</b>	<b>Self-actualization through personal growth</b>	<b>To achieved balanced life and find one's role in the society.</b>
<b>Cultural Framework</b>	<b>Individualism</b>	<b>Collectivism</b>



# TAKEAWAYS