

# **Introduction to the PHILOSOPHY of the Human Person**

## **Quarter 1**

### **Module 3: The Human Person as an Embodied Spirit**



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## **Introduction to the PHILOSOPHY of the Human Person**

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## I. Introduction:

Philosophers consider the human person as defined by the union of the body and the spirit. The human person is an embodied spirit. Not only are the body and spirit united, but they are also integrated with each other. This means that we cannot separate the two and they go hand-in-hand in making us who we are. Whatever affects the body also affects the body also affect the spirit, and this unique trait of the person enables him or her to experience both the physical world and the spiritual world. Embodiment enables us to do and experience all the things that make us human persons.



## II. Objectives

At the end of the lesson you are expected to:

- evaluate their own limitations and possibilities of transcendence; (PPT11/12-1f-3.2)
  - a. Define body and spirit.
  - b. Compare and contrast failure and vulnerability
  - c. Appreciate the value of loneliness and love.
- recognize how the human body imposes limits on and possibilities for transcendence (PPT11/12-1g-3.3)
  - a. Define embodiment
  - b. Relate embodiment to emotion, reflection, imagination and intellect.
  - c. Appreciate embodiment as the union of the body spirit.



For your better understanding of the lesson, here is the list of words and their meanings  
Read and understand them carefully

## III. Vocabulary List

- **Body**- this refers to the physicality of the person. It is the tangible element of the person
- **Spirit**- this refers to the intangible element of the person
- **Embodiment**-the ability to do and experience all the things that make us human person.
- **Failure**-refers to the confrontation of our weaknesses and limitations

- **Vulnerability**-is to become human, accepting our dependency to other people
- **Loneliness**- can be rooted from our sense of vulnerability, and fear of death.
- **Love**-is to experience richness, positivity, and transcendence.
- **Transcendence** the ability to surpass limit.
- **Human person** is not just the union of body and spirit as philosophers would say



## IV. Pre-Test

**DIRECTION:** Read and identify the following question. Write your answer in your notebook or paper; do not put your answer in the module.

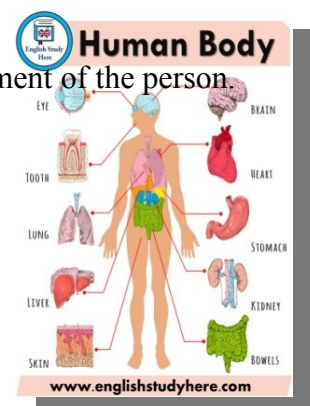
1. This is the intangible element that enables us to exercise though, possess awareness, and reach out to the outside world and others.
2. This is the ability to surpass limits
3. It is the confrontation of our weaknesses and limitations.
4. It refers the physically of the person and also known as tangible element of the person.
5. It is become human, accepting our dependency to other people.



## V. Learning Activities

### BODY

This refers to the physicality of the person. It is the tangible element of the person





## SPIRIT

**Spirit** comes from Latin word for “breath”, and like breath, **spirit** is considered a fundamental part of being alive. We also use **spirit** to **mean** “the general mood or intent,”. This refers to the intangible element of the person.

## EMBODIMENT

The ability to do and experience all the things that make

us human person.

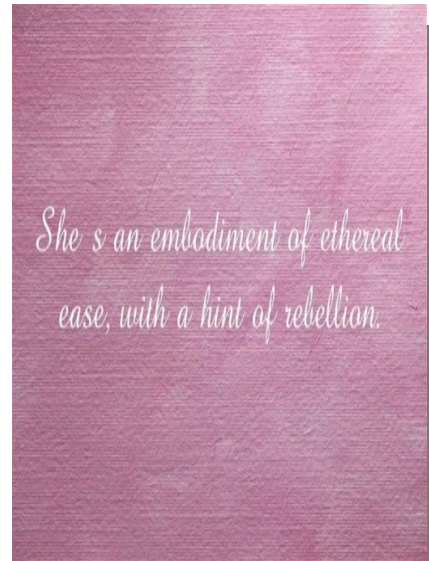
Embodiment- is the union between body and the spirit. It enables us to do and experience all the things that make us human person. Therefore embodiment is the one thing that enables us to feel love and love others.. For example, a pair of rubber slippers may not mean so much to most people, but a particular pair of rubber shoes could be someone’s treasure because it is a present from a loved one. The mere act of “holding hands” conveys a powerful message between lovers, as it is through this act that they can express their affection toward each other.

The human person is an embodied spirit. This means that both the human body and the spirit define human nature and experience. The body and the spirit come together to form a whole, and this integration define the embodiment of the person. The human person’s nature as an embodied spirit gives rise to the characteristics that define the person and enables us to engage in profound, meaningful experiences.

Human person is not just the union of body and spirit as philosophers would say. However, human person is an embodied spirit. Not only are the body and spirit united, but they are also integrated with each other. This means that we cannot separate the two. They must go hand-in-hand in making us who we are. What affects the body also affects the spirit, and this unique trait of the person enables the person to experience both the physical and spiritual world.

## Failure

Failure-our failure confronts our weaknesses and limitations. When a relationship fails, when a student fails a subject, when our immediate desires are not met, we are confronted with the



**“YOU LEARN MORE  
FROM FAILURE  
THAN FROM  
SUCCESS.  
DON'T LET IT  
STOP YOU.  
FAILURE BUILDS  
CHARACTER.”**

UNKNOWN

possibility of our plans, and yet, we are forced to surrender to a mystery or look upon a bigger world. Such acceptance of our failures makes us hope and trust that all can be brought into good. Even if we have sinned, as Augustine said “there is hope and forgiveness”.

“VULNERABILITY SOUNDS  
LIKE TRUTH AND FEELS LIKE  
COURAGE. TRUTH AND  
COURAGE AREN'T ALWAYS  
COMFORTABLE, BUT THEY'RE  
NEVER WEAKNESS.”

BRENÉ BROWN

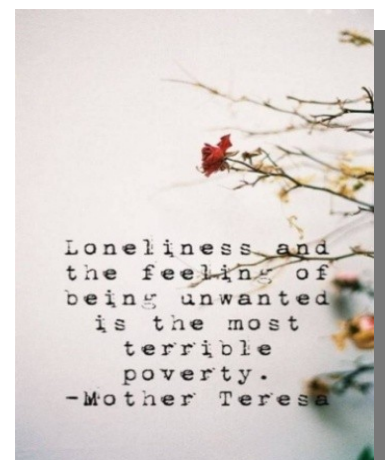
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## Vulnerability

To be invulnerable is somehow inhuman. To be vulnerable is to be human. Supermen or superheroes are hiding from their true humanity. The experience that we are contingent, that we are dependent for our existence on another is frightening. To work in the office or study in school, without acknowledging the help of others, is to live without meaning and direction. We need to acknowledge the help of other people in our lives. Such moments of poverty and dependence on others are not a sign of weakness but being true with ourselves.

## LONELINESS

Can be rooted from our sense of vulnerability, and fear of death. This experience is so common. However, it is our choice to live in an impossible world where we are always “happy” or to accept a life where solitude and companionship have a part. With our loneliness, we can realize that our dependence on other people or gadgets is a possessiveness that we can be free from.



“How you love  
yourself is how you  
teach others to love  
you.”  
- Rupi Kaur

thoughts above.com

## LOVE

Is to experience richness, positivity, and transcendence. Whether in times of ecstatic moments or struggles, the love for a friend, between family members or a significant person, can open in us something in the other which takes us beyond ourselves. Life is full of risks,



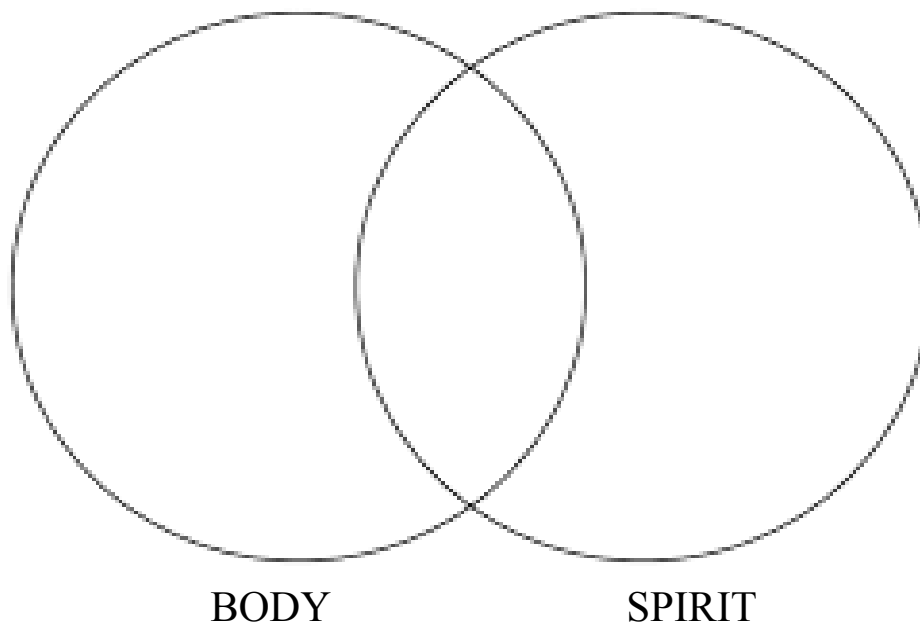
fears and commitment, pain and sacrificing, and giving up things we want for the sake of the one we love.

## VI. Practice Tasks

### Practice Task #1

Write your answer in your notebook or paper; do not put your answer in the module.

Using Venn diagram, define, compare and contrast body and spirit.



### Practice Task #2

**Write your answer in your notebook or paper; do not put your answer in the module.**

Essay: loneliness and love

The following are the guide questions:

1. How do you view loneliness?
2. How do you define love? Give concrete examples
3. Why does love transcend our own limitations?



4. What are the possibilities of a human person?

Rubric to be used.

(5 is the highest, 1 is the lowest)

Criteria:	Rating
Content and ideas are organized in a clear, logical manner	1 2 3 4 5
It directly addresses the topic & provides adequate discussion	1 2 3 4 5
It employs standard grammar conventions and proper word choice	1 2 3 4 5
It is original and does not contain plagiarized content	1 2 3 4 5
Total (20 pts)	

**Practice Task #3**

Write in your journal the instances wherein you were able to integrate mind and body, emotion and intellect, body and spirit.

Let the students make a one week journal entry about how some certain events are considered as examples of embodiment:

Criteria	Rating
The entry relates entirely to the assigned topic or question	1 2 3 4 5
The work conveys a genuine personal view regarding the topic or question	1 2 3 4 5
The entry is written following the conventions of good writing and proper grammar	1 2 3 4 5
The work is original and does not contain plagiarized content	1 2 3 4 5
Total (20 pts)	



## VII. Post Test

### Multiple choice



**DIRECTIONS:** Read and identify the following question. Write your answer in your notebook or paper; do not put your answer in the module. (see next page)

1. This is the intangible element that enables us to exercise thought, possess awareness, and reach out to the outside world and others.
  - A. Spirit
  - B. Vulnerability
  - C. Failure
  - D. Love
2. This is the ability to surpass limits
  - A. Spirit
  - B. Transcendence
  - C. Vulnerability
  - D. Failure
3. It is the confrontation of our weaknesses and limitations.
  - A. Failure
  - B. Vulnerability
  - C. Body
  - D. Transcendence
4. It refers to the physical of the person and also known as tangible element of the person.
  - A. Failure
  - B. Vulnerability
  - C. Body
  - D. Transcendence
5. It is become human, accepting our dependency to other people.
  - A. Failure
  - B. Vulnerability
  - C. Body
  - D. Loneliness
6. It is the ability to do and experience all the things that make us human person.
  - A. Embodiment
  - B. Loneliness
  - C. Love
  - D. Human person
7. It is rooted from our sense of vulnerability, and fear of death.
  - A. Embodiment
  - B. Loneliness
  - C. Love
  - D. Human person
8. It is to experience richness, positivity, and transcendence.
  - A. Human person
  - B. Embodiment
  - C. Loneliness
  - D. Love
9. It is not just the union of body and spirit as philosophers would say.

- A. Human person
- B. Embodiment
- C. Loneliness
- D. love



## VIII. Assignment/Additional Activities

- a. Research on an individual who has overcome his or her limitations to great success. Identify the factors that made that individual successful. Present your work as a report in class.
- b. Make a personal commitment to overcome one of your personal limitations. Track your progress in overcoming this limitation in your reflection journal. Give an update on your progress after a month.



## IX. Answer Key

### Practice Task #1

#### Post test

Multiple choice

1. A
2. B
3. A
4. C
5. B
6. A
7. B
8. D
9. A
- 10.