

Chapter 12 : Understanding Human Being as the Co-existence of 'I' and 'Body'

Introduction

In the pursuit of holistic well-being and understanding of the self, the subject of "Human Values and Professional Ethics" introduces a profound concept — **the Human Being as the co-existence of 'I' and the 'Body'**. This concept is central to achieving harmony within oneself and forms the foundation for harmonious living in society. It helps students realize their true nature, desires, and the role of the body in fulfilling these desires. The understanding eliminates confusion between material and conscious existence and guides toward a balanced and purposeful life.

Detailed Explanation

1. What is a Human Being?

A **human being** is a **co-existence** of two distinct yet interrelated entities:

- **'I' (Self or Consciousness)**
- **'Body' (Physical Entity)**

This means that we are not just the physical body. We are essentially **conscious beings** (the "I") living with and through a physical body.

2. Understanding 'I' (Self)

The **'I'** refers to our **consciousness** or the **real self**. It is:

- The **knower, seer, and doer**.
- **Intangible** and **non-material**.
- Capable of **desiring, thinking, and selecting**.
- The source of **feelings, emotions, values, and intentions**.

Key Functions of 'I':

Function	Explanation
Desire	Longing or wanting something; the starting point of any action.

Function	Explanation
Thought	Imagining, comparing, analyzing based on desires.
Expectation	Choosing or making decisions based on understanding and evaluation.

3. Understanding the Body

The **body** is the **physical** aspect:

- A **material entity** made up of cells, organs, and systems.
- Has **needs** like food, clothing, shelter, etc.
- It is **perceivable** through the senses.
- Acts as an **instrument** of the 'I'.

💡 The body **does not have desires**, **cannot think**, and **does not make decisions**. It simply executes the will or intention of the 'I'.

4. The Co-existence of 'I' and the Body

Feature	'I' (Self)	Body
Nature	Conscious (non-material)	Material
Function	Desires, thinks, decides	Executes, responds to stimuli
Needs	Happiness, peace, trust	Food, water, clothing, exercise
Recognized by	Introspection, awareness	Sensory perception (sight, touch)
Continuity	Continuous, even in sleep	Not continuous (subject to decay)

They are **mutually interacting**:

- 'I' uses the body to **express** and **fulfill desires**.
- The **body needs care** from the 'I' to function properly.
- If the '**I**' is **confused**, the **body is misused** (addictions, overwork).
- If the **body is unhealthy**, it affects the **clarity and stability of the 'I'**.

5. Implications of This Understanding

Understanding the difference and relationship between 'I' and the body helps in:

- Achieving **self-regulation and self-discipline**.
- Making better **lifestyle choices** (diet, exercise, sleep).
- Reducing **stress** and **anxiety**.
- Developing a **balanced perspective** on physical and mental well-being.

- Avoiding **over-identification** with the body (ego, appearance obsession).
 - Realizing that true happiness lies in **right understanding**, not in physical indulgence.
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□ 6. Harmony in the Human Being

When the **‘I’ and the body work in harmony**, the human being functions optimally.

- The ‘I’ provides **right understanding**.
- The body follows through with **appropriate actions**.
- There is a sense of **well-being, satisfaction, and inner peace**.

On the contrary, **disharmony** arises when:

- The ‘I’ lacks clarity or is misled by **external influences** (media, peer pressure).
 - The body is **neglected** or **abused**.
 - This results in **confusion, unhappiness, diseases, and mental unrest**.
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★ 7. Practical Examples

- Overeating junk food:
 - The body does not demand junk; the ‘I’ craves taste.
 - Wrong understanding leads to physical harm.
 - Addiction:
 - ‘I’ becomes dependent on sensory pleasure, body suffers.
 - Meditation/Yoga:
 - Helps align ‘I’ and body by calming thoughts and energizing body.
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📌 Summary

Understanding the human being as the **co-existence of ‘I’ and the body** is a foundational concept in living a balanced, meaningful, and harmonious life. The ‘I’ (conscious self) is the **observer, thinker, and decision-maker**, while the body is an **instrument** used by the ‘I’. True well-being and happiness arise from understanding this relationship and maintaining **harmony** between the two. Recognizing and nurturing both aspects — the ‘I’ through right understanding and the body through proper physical care — leads to an enriched human experience.
