Introduction to the Philosophy of Human Person
Quarter 1 – Module 7: The Human Person As An Embodied Spirit
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What I Need to Know

On this manual, you will learn about evaluating your own limitations and the possibilities for your transcendence as embodied Spirit. If you render your whole heart and mind in this endeavor, this will be an interesting journey!

The module will discuss the lesson about:

• The Human Person as an Embodied Spirit

After going through this module, you are expected to:

• Define Man, Person, Human Being/Person, Personhood and Human Nature
• Recognize that human beings have dignity and human rights
• Identify and understand the Human Person as an Embodied Spirit
• Appreciate that the Eightfold Paths of Buddhism leads to goodness and good life, and a way out of suffering
• Recognize how the human body imposes limits and possibilities for transcendence.

What I Know

Here we go, let us remember and answer the following questions based from your prior knowledge. Don’t be afraid, this one is set to get you ready on our topic. I know you can do it! Let’s go!

Activity 1: MULTIPLE CHOICES. Directions: Read and analyze the questions and statements carefully. Write the letter of your chosen answer on a paper.

1. It is the term commonly used to represent the entire human race.
   A. Human being  B. Human nature  C. Man  D. Person

2. It is a general term which refers to the deepest and natural behavior of a person that distinguish human from animals. It consists of collective traits that formed and considered the very essence of humanity.
   A. Human being  B. Human nature  C. Man  D. Person

3. It is the term used to describe humans who are not just mere humans different from animals but with inherent birth rights and exact origin of his/her classification.
   A. Human being  B. Human creature  C. Human nature  D. Human person
4. Carlo is a tall person with brown hair and brown eyes. What aspect of the human person is being described in the statement?
   A. Cognitive Self  
   B. Physical Self  
   C. Psychological Self  
   D. Sociological Self

5. Marie is very cheerful and friendly to her classmates. What aspect of the human person is being described in the statement?
   A. Cognitive Self  
   B. Physical Self  
   C. Psychological Self  
   D. Sociological Self

6. Which of the following is NOT an essential component of the human person?
   A. Conscience  
   B. Mind  
   C. Soul  
   D. Spirit

7. Which of the following BEST describes the concept of embodiment?
   A. Human person is essentially his/her body and nothing more.  
   B. Human person is essentially his/her spirit and nothing more.  
   C. Human person is essentially the unity of his/her body and spirit.  
   D. Human person is essentially a separate entity of the body and the spirit.

8. Which of the following experiences describe the concept of embodiment?
   A. Joy attaches a sentimental value to a pair of rubber shoes which was given by her mother.  
   B. Kim associates love with hypothalamus, a part of the brain that is responsible for feelings.  
   C. Ivy recalls a happy moment in her life and still feel the same happiness he felt at that moment.  
   D. Trina received a pat in her shoulder from her best friend and felt completely relieved at that moment.

9. Vincent loses his arm and leg due to a car accident. He loses a part of his physical body which makes up his physical identity. Which of the following statements is true about the concept of embodiment?
   A. Vincent can still be considered a human person despite losing a part of his identity.  
   B. Vincent is not fully considered a human person since he lacks one aspect of his identity.  
   C. Neither a nor b  
   D. None of the above

10. A criminal who have committed a heinous offense can still be considered a human person despite of his cruelty and inhumane act. The statement is _________.
    A. True, the dignity is still retained in spite of his actions because it is his inherent right.  
    B. False, the dignity of humans are removed once they don’t treat other people just and right.  
    C. Neither a nor b  
    D. None of the above
Lesson 7
Recognition of How the Human Body Imposes Limits and Possibilities for Transcendence

What’s In

Activity 2: Directions: Choose letter of the BEST answer. Write on a paper.

1. What is the branch of Philosophy that studies the method of acquiring and validating knowledge?
   A. Metaphysics  B. Ethics  C. Politics  D. Aesthetics

2. Who is the founder of Phenomenology?
   A. Jean Paul Sartre  B. Martin Heidegger  C. Edmund Husserl  D. Simone de Beauvoir

3. What point of view is central to the phenomenological method?
   A. First person point of view  C. Third person point of view
   B. Second person point of view  D. Absence of any point of view

4. What is the proper order of logical thinking?
   A. Concept-Perception-Inference-Proposition
   B. Proposition-Inference-Perception-Concept
   C. Perception-Concept-Proposition-Inference
   D. Inference-Proposition-Concept-Perception

5. How do you know if a statement is true according to the Correspondence theory?
   A. If you believe that it is true
   B. If philosophers believe that it is true
   C. If a statement is based on facts of reality
   D. If the statement is universally acknowledged to be true
If you did it on your own, you are an honest person. You have patiently answered our review that could also help you understand our lessons ahead of you! Now you are ready for another journey, let us start the ball rolling to know more about the Human Person and to understand and recognize our human limitations and possibilities! Let’s go!

**What’s New**

**Activity 3:**

Direction. Analyze the concentric circles and write on your paper a short interpretation based on your understanding.

**What is It**

The time has come! Let’s get started! Today’s journey will help us identify and understand the Human Person as an Embodied Sprit has something to do with defining Man, Person, Human Being/Person, Personhood and Human Nature (Abella, 2016).

<p>| | |</p>
<table>
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<tr>
<td>Man</td>
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</tr>
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<td>It refers to an individual who possess self-awareness, self-determination, rational mind, free-will and the capacity to interact with other and with himself/herself.</td>
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<td>Human Being/Person</td>
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<td>Personhood</td>
<td>A general term refers to the state of being a person with unique, sacred and ethical status within him/herself.</td>
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Human Nature | A general term refers to the deepest and natural behavior of a person that distinguish human from animals. The collective traits that formed and considered the very essence of humanity.

What is Human Person? Let’s find out!

The human person has birth rights. Human person from time after time learned how to live beyond what was traditional through the various human evolutions from Hominid to Homo Sapiens or the Modern Human like learning the concept of power, politics and economics. These reasons served as basis which led to a more structured political and economic system. Thus, rights of an individual is considered.

“All human beings are born free and equal in dignity and rights.”
- Article 1, Universal Declaration of Human Rights

The UNESCO (United Nations Educational, Scientific and Cultural Organization) affirms that...
- All human persons have “human DIGNITY [DANGAL ng tao], and this dignity must be recognized and respected by all.”

- That is why every individual human person “must be recognized as an end in himself or herself, as a representative of humankind.” A human person must not be treated as means even for a good reason (Kant). To recognize human person as an “end in himself or herself” means that s/he (she and he) has to be respected because s/he deserves it and that is the right thing to do.

(Hindi marapat na gamitin ang tao kahit sa magandang dahilan kasi ang tao ay hindi bagay na ginagamit).

Write your answer on a paper.

**Activity 4:** A. Give an example of using a human person as means for a good reason. Explain why it is not acceptable.

Human rights are “ethical values which can freely and rationally guide the attitudes and actions of all individual” human persons.

These are examples of our human rights:
- The right to life
- The right to enjoying freedom of movement
- The right to receive education and training, and to be informed

Our human rights protect the value of the human person and human dignity.
Write your answers on a paper.

**Activity 5:** A. Why is it that we cannot only demand our own freedom without respecting other people as much as ourselves and without recognizing that they have the same freedom and rights?

**Activity 6:** A. How would your life be when you fully enjoy these rights?

1. The right to life: _________________________________
2. The right to enjoying freedom of movement: _________________________________
3. The right to receive education and training, and to be informed: _________

**Activity 7:**
A. Do some readings about human rights violations. Give 2 examples (write your sources).
B. Why should we speak-out publicly against human rights violations?

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**A Human Person: A Composite of Body, Mind and Spirit**

**Human Person as Body and Mind**

There are two general kinds to distinguish a human person: The Cognitive Self and the Physical Self. The Cognitive Self (something within and cannot be physically seen) is the essential components of a human persons that deals with THE WHAT OF A PERSON which includes human persons’ belief, desire, dreams, and intentions. The other is one is the Physical Self (something can be seen in his/her physical appearance) which deals with the essential features of the human way of life or THE WHO OF A PERSON which includes his/her body type, strength and appearances.

**What is Embodied Spirit? Let’s find out!**

**The Observing Self and the Observed Self**

Embodied spirit is an animating core living within each of us. As embodied spirit, every human person has a self. In understanding the self, Kegan (1982) calls it a “reckoning of the spirit” based on Hegel’s idea that, "The spirit is never at rest but always engaged in ever progressive motion, in giving itself a new form" (from Hegel’s The Phenomenology of Mind). Hence, the evolution of the self is the unfolding of spirit.
The self has two aspects: one is the observing self and the other is the observed self (Wilber, 2000b). The observing self is aware of who or what we are, we say “I” or “I am.” The observed self refers to what we are aware of, for instance when we say, “I am this or that” (e.g., student, son/daughter) or “I have this or that” (things that you have).

**Human Person as Spirit: The Observing Self**

In Judaism *ruach* refers to “the divine spirit in every human person”, it is the core of your being (ang banal na diwa (divine spirit) ay nasa kaibuturan ng iyong pagkatao) and in Christianity *pneuma* refers to “the spirit that dwells in every person is of one essence with God” (Wilber, 1998).

St. Catherine says, “My being is God, not by simple participation, but by a true transformation of my Being. My me is God” (Wilber, 1998).

For example, "Where love is, there God is also" (Leo Tolstoy), so whenever we do acts of kindness and love we transform ourselves into the essence of God.

Write your answer on a paper.

**Activity 8:**
A. List down 5 acts of kindness and love done to you by your parents or family members.
B. What can you do to show your love to your parents or family members? Give also 5.

When we say “embodied spirit”, we normally believe and conclude of a spirit becoming human flesh (body). In Christian philosophy, the embodiment of the spirit particularly refers to the inseparable union of human body and soul/spirit.

Write your answer on a paper.

**Activity 9:**
A. Describe your observing self. (Nagmamasid na sarili)
B. Describe your observed self. (Napagmamasdang sarili)
C. Ano ang kaibuturan ng iyong pagkatao? Ipaliwanag.

**The Observed Self is Evolving**

What is Human Person as Embodied Spirit? Let’s find out!
As an embodied spirit human beings demonstrate these following qualities (Abella, 2016):

1. “Self-awareness refers to person having a clear perception of oneself, including his or her thoughts, emotions, identity, and actions (Abella, 2016).” The self is the subject that thinks, feels and acts. The self represents man’s interiority (loob in Filipino).

2. A human person is able to connect and interact with other persons, an animal or an inanimate object. We are able to go beyond our limited selves and embrace others.

3. We are not determined by others. We can direct the course of our own life. This is what we call self-determination which is “the capability of persons to make choices and decisions based on their own preferences, monitor and regulate their actions, and be goal oriented and self-directed” (Abella 2016). Thus human beings are free. However since our actions are based on our decisions we have to realize that every decision has a consequence(s). Good intentions and good actions lead to good consequences and bad intentions and actions lead to bad consequences.

4. Finally a human person has an inherent value and importance. This is what we call dignity. That is why no amount of money can equal the value of a human life. This is also the reason why individual rights are absolute (Rand 1964). The American Founding Fathers called rights as “inalienable” because it cannot be separated from our humanity. If we are stripped off of our rights we are stripped of our humanity.

**Human Transcendence**

St. Thomas Aquinas, a philosopher and theologian, said that “of all creatures, human beings have the unique power to change themselves and things for the better.” (Ramos, 2016). We have encountered persons who complain of any given situations or accept the reality or status in life as God-given thing. We heard a man sighing on TV during the early stage of Covid-19, “mahirap maging mahirap.” Though it is true that poverty is not just personal but also structural, as an individual person you know that you can do something to change the situation. This power is your ability to surpass your limits. This is the definition of Transcendence. You are able to transcend your limit through your physical and mental abilities. (Abella, 2016).

Religion and philosophy teach human beings to overcome our limits. In technological parlance, humans can upgrade themselves. Take for example, Buddhism. Buddha realized that all people suffers. Maybe in your case you just accept your own suffering as part of life but not for Buddha. This reality ignited his curiosity to examine and understand the word suffering. He left his royal life in the palace and spent his life for 6 years in the wilderness to find answers for his questions. The Eightfold Paths of Buddhism lead to goodness and good life, and a way out of suffering. The Eightfold Paths are shown below:

1. Right view- a correct understanding of the nature of things;
2. Right intention - eliminating thoughts of attachment, detestation, and harmful intent;
3. Right speech - abstaining from verbal offenses such as lying, divisive speech, unforgiving speech, and irrational speech;
4. Right action - refraining from physical offenses such as murdering, thieving, and sexual misbehavior;
5. Right livelihood - evading trades that directly or indirectly damage others, intoxicants, or poisons (drugs);
6. Right effort - forsaking undesirable states of mind that have already arisen, preventing undesirable states that have yet to arise, and sustaining positive states that have already arisen;
7. Right concentration - single-mindedness; and
8. Right mindfulness, consciousness of body, feelings, thought, and phenomena.

These are the values what human person needs to succeed. These are examples of the power mentioned by St. Thomas to change ourselves. If you can do the eightfold path even if you are not a Buddhist, you can transform yourselves from your present situation and transcend to what you desire you would be. Just believe in yourselves.

Write your answer on a paper.

**Activity 10:**
A. Choose 3 from the Eightfold Paths. Then explain how each of them can help you transform yourself from your present situation and transcend to what you desire you would be.

1. 
2. 
3. 

**What’s More**

It seems that you had fun knowing and exploring new or familiar ideas on today’s lesson. Right? I know that knowing ourselves require enough time. As they said, it takes a village to raise a child just like knowing yourself. For you to enjoy more of discovering new ideas, let us continue exploring the world of surprises! Are you ready? Let’s go!

**Activity 11: I Recognize Myself.**
DIRECTIONS: Kindly fill up all the information needed to complete the table. I know you can do it! You have the time to remember your past experiences and chance to look forward on the future. Don’t worry, nobody will judge you! I am with you and at the back to give my full support!
Design a similar table on your paper as it appears below. Give 5 on each item.

<table>
<thead>
<tr>
<th>Strengths</th>
<th>Weaknesses</th>
<th>Desires</th>
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</thead>
<tbody>
<tr>
<td>Abilities (I can)</td>
<td>Talents (I always do)</td>
<td>Fears (I can’t)</td>
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<tr>
<td>1.</td>
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<td>5.</td>
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**What I Can Do**

On this part, you are expected to showcase your ability from what you have learned from our journey. Are you excited? Let’s go!

Write your answer on a paper.

**Activity 12**: MYSELF, MY FAMILY, MY COMMUNITY! DIRECTIONS: Answer the real-life questions provided to you. No wrong answers, just give your best!

1. As a student, how can you conquer the challenges posed by this pandemic?

2. How did the present crisis make you realize the reality of human limitations, uncertainties and possibilities?

**Activity 13**: I PICTURE OUT MYSELF.
DIRECTIONS: Draw a picture of yourself as a HUMAN PERSON. Then explain your drawing in 10 sentences. Use 1 whole sheet of paper or bond paper (short).

Congratulations for giving your best shot! You never fail to amaze me! Keep doing your activities well! I believe you are more than ready to our next exploration. So, what are you waiting for? Let’s go!

On this part, since you have done a very good job. The activity will just ask on question on your journey exploring new and familiar things on the module. Let’s go!

**What other enrichment activities can I engage in?** (Additional Activities)

**Activity 14**: Practicing Human Transcendence (taken from Wilber’s (1998), Eye to Eye)

Human transcendence means discovering the core of your being, your true Self.
We get in touch with Spirit by engaging our full awareness, you might notice something great!

The self is a subject, a subject is not an object. Any object or things that you have is not who you are, but only part of who you are. (Higit ka pa sa kung anong meron ka!)

Please read it in a slow and leisurely manner, letting the words to sink in...

I am aware of my body, and therefore I am not just my body. I am aware of my mind, and therefore I am not just my mind. I am aware of my self, and therefore I am not just that self. Rather, I am beyond all of them. (Higit pa ako sa kung anong mang meron ako!)

Write your answer on a paper.

**Activity 15:**
A. Bakit mahalagang mapanghawakan mo na ikaw ay higit pa sa kung anong meron ka?
B. Ano ang maaari magawa nito sa iyong buhay? Ipaliwanag.

I can see my thoughts, so I am not those thoughts. I am aware of bodily sensations, so I am not those sensations. I am aware of my emotions, so I am not merely those emotions. I am AWARE of all of that! (Mulat ang aking Diwa!)

Take note (Pakatatandaan!): The true Self is not anything that can be observed, so you simply begin by disidentifying with any and all objects. (Ihiwalay mo ang iyong sarili sa mga bagay-bagay!)

I am aware of sensations in my body; those are objects, I am not those. I am aware of thoughts in my mind; those are objects, I am not those. I am aware of my self in this moment, but that is just another object, and I am not that. I am not an object. I am the pure Witness of all those objects. I am Consciousness as such.

**Activity 16:**
As you stop identifying with objects, you will simply begin to notice a sense of vast Freedom. When you are the Aware of thoughts, you are not bound by thoughts. When you are the Aware of feelings, you are not bound by feelings. vast sense of Openness and Release. You are Free.

A. Bakit mahalagang maka-igpaw ka sa makitid na naiisip mo tungkol sa iyong sarili at pagkatao?
B. Bakit mahalagang maihiwalay mo ang iyong sarili sa mga bagay-bagay (pansariling gamit, gadget, luho)?

I am simply Free. I am beyond my body and mind. I am embodied spirit.

In philosophy, to be free means loving what is true, good and beautiful because by doing so we become happy and we share our happiness to other people so that they would be happy too.

**Activity 17:** Ikaw ay malaya kaya makakapagpasya ka ng alagaan ang iyong katawan, punuan ng kaalaman ang iyong isip, puspusin ng kabutihan, katotohanan at kagandahan ang iyong puso at diwa.
What I Have Learned

Write your answer on a paper.

**Activity 18: I KNOW WHAT TO DO.**

**DIRECTIONS:** Sentence Completion: Supply the word/s to form a concept.

1. _______ is traditionally used to represent the entire human race, but it is no longer accepted today.
2. _______ is a term that represents the entire human race. A being that has intelligence that can be both man, woman and children. A composite of body, mind and spirit.
3. _______ refers to an individual who possess self-awareness, self-determination, rational mind, free-will and the capacity to interact with other and with himself/herself.
4. Human beings have _______ and human rights.
5. _______ is an animating core living within each of us.
6. _______ is a correct understanding of the nature of things according to Buddhism’s eightfold paths.
7. By living out this path, _________, we can experience forsaking undesirable states of mind that have already arisen, preventing undesirable states that have yet to arise, and sustaining positive states that have already arisen.
8. _________ refers to person having a clear perception of oneself, including his or her thoughts, emotions, identity, and actions.
9. St. Thomas Aquinas on human transcendence stated that of all creatures, _________ have the unique power to change themselves and things for the better.
10. This power is your ability to surpass your limits. This is the definition of _________. You are able to transcend your limit through your physical and mental abilities.

**Assessment**

This portion will measure your acquired knowledge based from the lessons learned in our module.

**Activity 18:** DIRECTION: Read and analyze the questions and statements carefully. Write the letter of your chosen answer on your paper.
1. Marie is very cheerful and friendly to her classmates. What aspect of the human person is being described in the statement?
   A. Cognitive Self    C. Psychological Self
   B. Physical Self     D. Sociological Self

2. A criminal who have committed a very heinous offense can still be considered a human person despite of his cruelty and inhumane act. The statement is ____________.
   A. True, the dignity is still retained in spite of his actions because it is his inherent right.
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REFLECTION

Activity 19.
Write personal insights about the lesson using the prompts below.

A. I understand that ___________. (Give 3)
   1. What knowledge have you gained that you could share with your family?
   2. What values/attitude (e.g., right speech, right action) would you want to put into practice in transcending your limitations? Give concrete example.
   3. How would you respond to human rights to make our society a better place for all?

B. I realize that ______________. (Give 3)
   1. What have you realized that could help you to become a better human person?
   2. What have you read that inspires you to be good to humanity?
   3. What activity have you done that you find meaningful and you would continue to do in your life?