

Introduction to the Philosophy of the Human Person Quarter 1 – Module 3 The Human Person as an Embodied Subject



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This instructional material was collaboratively developed and reviewed by educators from public and private schools, colleges, and universities. We encourage teachers and other education stakeholders to email their feedback, comments, and recommendations to the Department of Education at [action @deped.gov.ph](mailto:action@deped.gov.ph)






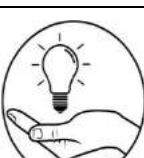

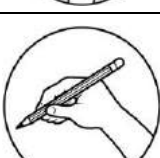
We value your feedback and recommendations.

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OVERVIEW

Name:	Date:	Score:
<i>Subject:</i>	Introduction to the Philosophy of the Human Person	
<i>Topic:</i>	The Human Person as Embodied Spirit	
<i>Content Standards:</i>	The learner understands the human person as an embodied spirit.	
<i>Performance Standards:</i>	The learner distinguishes his/her own limitations and the possibilities for his/her transcendence	
<i>Learning Competencies</i>	<ol style="list-style-type: none"> 1. Recognize own limitations and possibilities. (PPT11/12-lf-3.1) 2. Evaluate own limitations and the possibilities for their transcendence. . (PPT11/12-lg-3.2) 	
<i>What is this module all about:</i>	<p>In everyday life, we are facing different challenges that might come our way. These trials might push us into our limits that hinder our activities. Somehow, we come to ask ourselves how our body works. What are the things that limit our capabilities? How are we going to surpass such limitations?</p> <p>In this module, you will be able to answer these and many other questions that may be bothering you. Concepts like embodiment, limitations, and transcendence will be discussed in this module.</p>	
<i>Module Content:</i>	<p>Lesson 1: Understanding Human Person Lesson 2: Relationship of the Body and the Spirit Lesson 3: Limitations and Transcendence</p>	

Components in each Lesson	
	<p>What I Need to Know</p> <ul style="list-style-type: none"> - Learning Objectives
	<p>What I Know?</p> <ul style="list-style-type: none"> - Pre-Assessment
	<p>What's In?</p> <ul style="list-style-type: none"> - Review Activity
	<p>What's New?</p> <ul style="list-style-type: none"> - Motivational Activity
	<p>What Is It?</p> <ul style="list-style-type: none"> - Lesson Proper
	<p>What's More?</p> <ul style="list-style-type: none"> - Performance Task
	<p>What I Have Learned?</p> <ul style="list-style-type: none"> - Generalization
	<p>What I Can Do?</p> <ul style="list-style-type: none"> - Application
	<p>Assessment</p> <ul style="list-style-type: none"> - Post-Assessment



What I Need to Know

At the end of this module, the learners will be able to:

1. define the meaning of the human person;
2. identify and describe the character traits of the human person;
3. recognize own limitations and possibilities; and
4. evaluate own limitations and the possibilities for their transcendence.

The following are your guides for the proper use of this module:

1. Follow the instructions in every activity closely.
2. Be honest in answering and checking your exercises.
3. Answer the pre-test before going over the materials. This is to find out what you already know.
4. Answer the exercises encountered at the end of every lesson.
5. Review the lesson that you think you failed to understand.
6. Seek assistance from your teachers if you need help.
7. Ask permission from your parents/guardians whenever you have research and requirements to be conducted outside your home.



What I know

Pre-Assessment

I- MULTIPLE CHOICE

Directions: Choose the letter of your correct answer from among the choices given. Write your answers on your activity notebook.

1. What is the nature that enables us to become persons?
 - A. Spirit
 - B. Transcendence
 - C. Free will
 - D. Boundaries
2. What enables us to do actions whenever we want we want to or and makes self-determination possible?
 - A. Spirit
 - B. Self
 - C. Interiority
 - D. Free will
3. Why is the human person an embodied spirit?
 - A. Both body & spirit define human nature & experiences
 - B. The body is irreplaceable or indispensable
 - C. Through the spirit, he or she can explore and surpass his or her limits.
 - D. Allow the human person to possess an awareness of the self
4. What do you call the ability to surpass limits?
 - A. Interiority
 - B. Transcendence
 - C. Free will
 - D. Boundaries
5. What do you call an imaginary point beyond which a person cannot do?
 - A. Interiority
 - B. Transcendence
 - C. Free will
 - D. Limitation
6. Carmela, your classmate, is bullied by Karl because she is not properly groomed. How will you uphold the dignity of Carmela?
 - A. Give to Carmela things that could make her look good
 - B. Advise her not to mind her bully
 - C. Show her value and respect
 - D. Punish the bully of Carmela
7. Janela used the necklace of her sister, Julia, without asking a permission. Unfortunately, the necklace was lost. What should Janela do to show morality in her action?
 - A. inform Julia the incident and face the risk of being scolded

- B. tell her that you were not using her necklace
- C. ask money from her mother to buy another necklace
- D. stay quiet

8. Nick Vujicic is born with no arms and legs. But this limitation he had, did not hinder him from become a successful person. He had been known all over the world being a motivational speaker, and he even builds his own family. Which category of limitation and transcendence is this example?

- A. Facticity
- B. Spatial-Temporal
- C. Body as Intermediary
- D. Transitional

9. "I can always imagine myself living like a rock star, but I will never really know how it is to be a rock star unless I become one myself. I can never be you, or you can never be me." Which category of limitation and transcendence is this example?

- A. Facticity
- B. Spatial-Temporal
- C. Body as Intermediary
- D. Transitional

10. It gives us the chance to be more connected to one another. We should always appreciate what is present in our space because sometimes we only appreciate things or people when it's already gone.

- A. Facticity
- B. Spatial-Temporal
- C. Body as Intermediary
- D. Transitional

II- IDENTIFICATION

Directions: Identify what is being described in each statement. Choose a trait that defines a human person in the box. Write your answer in your activity notebook.

Self-awareness	Externality	Self-determination	Dignity
-----------------------	--------------------	---------------------------	----------------

1. It refers to the capability of the person to make choices and decisions based on his preferences, monitor and regulate his actions, and be goal-oriented and self-directed.
2. It distinguishes the human person from an animal because he or she has the innate right to be valued and respected.
3. In this trait, the human person can reach and interact with others and the world.
4. It is referred to the person having a clear perception of oneself, including his or her thoughts, emotions, identity, and actions.
5. Through this trait, the person needs to act freely and with due regard for the consequences of his or her actions.

Lesson 1: Understanding Human Person



What's New?

Activity 1.1: "Are We Humans?"

Directions: List down at least five pieces of evidences to support your claim that we are human persons. Write your answer and your explanation in your activity notebook.

	Evidence	Why?
What makes us human persons?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.

Guide Questions:

1. How did you find this activity? Was it difficult to answer? If yes, why? If no, why not?
2. How did you come up with those evidence? Explain.
3. Are those evidence evident to you? Why or why not?



What is It?

Philosophers were initially concerned with defining the essential characteristic that makes a person human. This essential characteristic is what distinguishes as from plants, animals, and other living things. Many agree that this essential characteristic is nothing

else but our being rational beings. Our rationality makes us superior to all others because it is the highest form of activity, and no other being has it. To fully understand the concept of human person we need to understand some terms about the discussion of the human person.

- Man – commonly used to refer to the entire human race.
- Human – refers to man as species – *Homo sapiens sapiens*.
- Human Being – used to distinguish man from another animal.
- Person – refers to a human being granted recognition of rights, protection, responsibilities, and dignity.
- Personhood – refers to the state of being a person.
- Human nature – refers to the characteristics that distinguish human from all other creatures.

What is a Human Person?

Philosophers look for in their search to describe the human person by defining it using the following character traits:

1. Self-awareness

- refers to the person's clear perception of oneself, which includes her thoughts, emotions, identity, and actions. It is also driven by rationality or human thought. It is an awareness not just of his or her surroundings but also of his or her existence, which leads to the notion of "self" – a person who perceives and experiences interiority, which is the quality of being focused on one's inner life and identity. Having an inner world allows a person to create goals, dreams, and plans.

2. Self-determination

- is the capability of persons to make choices and decisions based on their preferences, monitor, and regulate their actions, and be goal-oriented and self-directed. As human persons, we act, and we are aware of our actions.
- is associated with freewill, consequence, and morality. *Freewill* enables us to act willfully, control our actions, and recognize ourselves as the source of action. The *consequence* is the result or effect of an action or condition. And *morality* refers to the goodness or badness of an act.

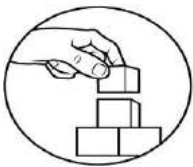
3. Externality

- is the capability to reach out and interact with others and the world. Our interaction with others and the world is externality. We believe that no man is an island and that we need to reach out to others to give meaning to our

existence as persons. We grow and develop not only through our thoughts and action, but also through the influence of other people whom we meet and interact with in our lives.

4. Dignity

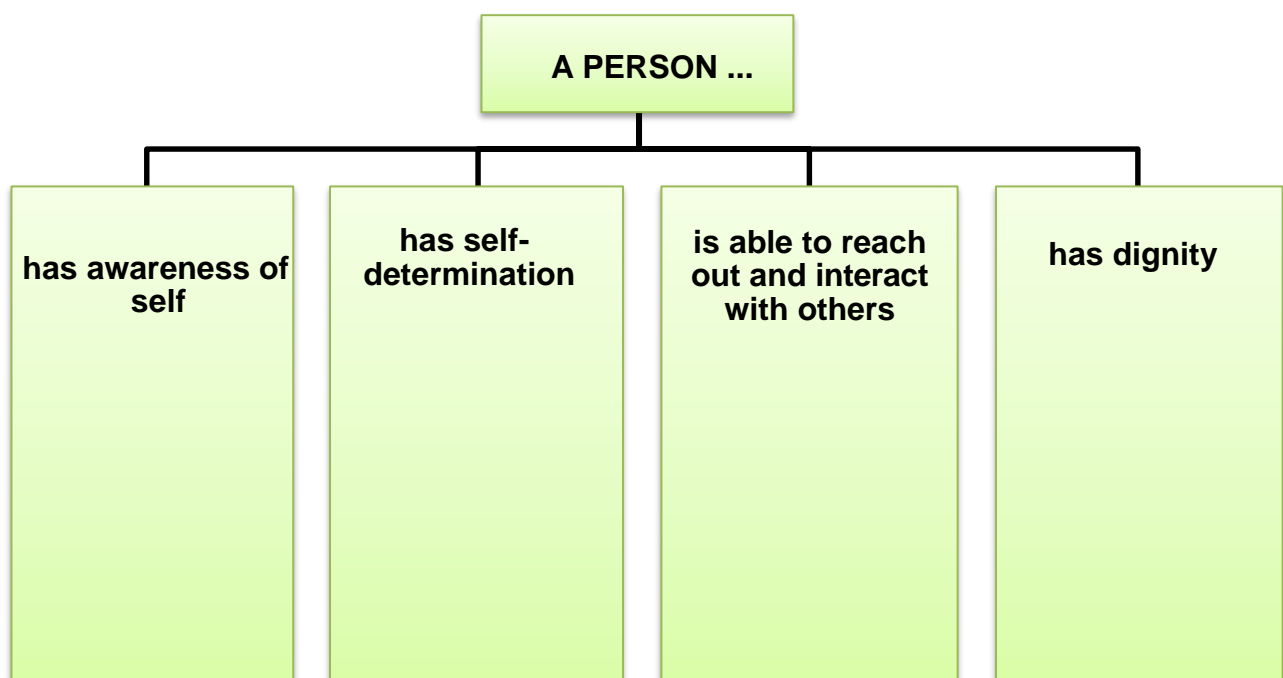
-is the innate right to be valued and to be respected. As human persons, we have an innate worth or value. Each person is worth the same as another person in the sense that every person is priceless, unique, unrepeatable, and irreplaceable. We do not equate our value to any material thing that we have. Outside forces or characteristics such as beauty, intelligence, or skills do not define our dignity. A person's incapability and criminal act will not make him or her less of a person he/she is expected to be. Since a person has dignity, he/she deserves to be treated fairly. The recognition of the dignity of the human person is the basis for the recognition of human rights.



What's More?

Activity 1.2: Complete Me!

Directions: Complete the graphic organizer below by writing in the boxes examples that show the following traits of the human person. Copy this and write your responses in your activity notebook.

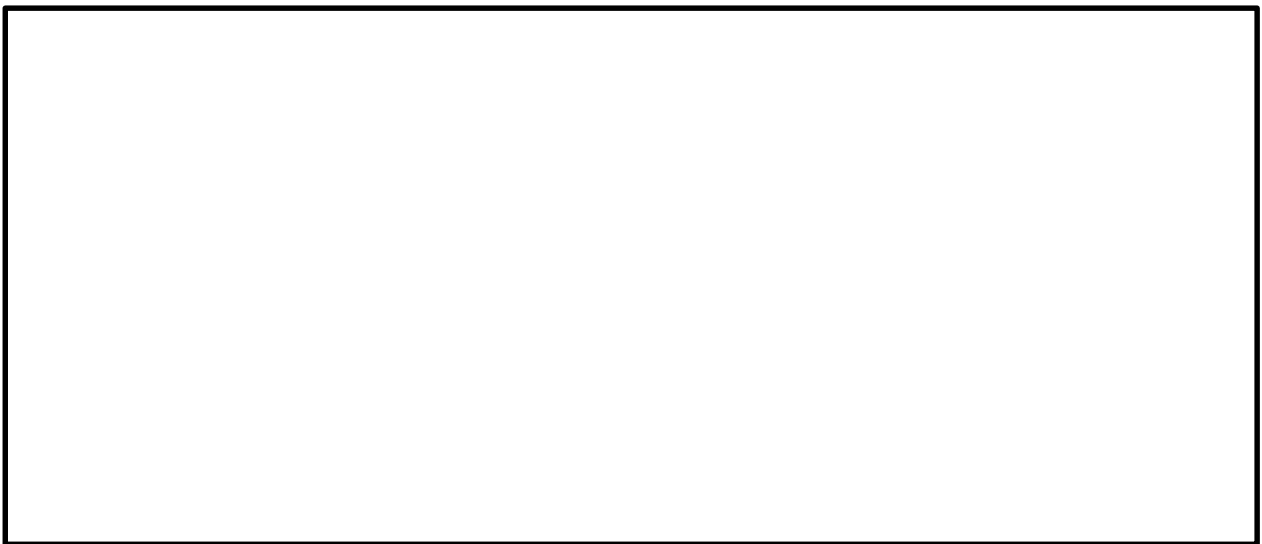


Guide Questions:

1. How did you find the activity? Was it easy to answer? If yes, why? If no, why not?
2. Based on your responses in the graphic organizer, do you find it important to know and understand the traits of the human person? If yes, why? If no, why not?

Activity 1.3: “Poster-Making”

Directions: Make a showing poster any of the traits of the human person. Come up with a creative visualization that will show its characteristics. Use long bond paper and art materials.



Rubric:

Criteria	Rating				
The poster clearly conveys the information and message.	1	2	3	4	5
The poster shows effective use of technique and good choice of materials.	1	2	3	4	5
The poster is creative and artistic.	1	2	3	4	5
Effective time and work management in making the poster are evident.	1	2	3	4	5
TOTAL (20 pts)					

Lesson 2: Relationship Between the Body and the Spirit



What's New?

Activity 2.1: "My Viewpoint!"

Directions: In one to two sentences, answer the questions clearly. Write your answers on the spaces given.

1. The four traits of the human persons are made evident through our actions. What is in our human nature that is an intangible (invisible) element, along with the body, defines us persons? _____.

2. Based from your answer in number 1, do you think it is essential to you?

_____.



What is It?

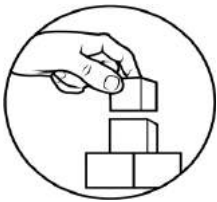
Philosophers believe that what makes a human person is not just all about its traits and characteristics. It is also not all about its physicality, such as being tall, dark, or having black hair. But philosophers also point out another unseen aspect of being a human person, which is the **spirit**. The union of the body and spirit is what a human person is, according to philosophers. **Spirit** refers to an intangible element of a human person enables one to exercise thoughts, possess awareness, interiority, and the capacity to reach out to the outside world and other persons.

The Human Person is an Embodied Spirit.

The idea of the human person as an "embodied spirit" does not necessarily refer to the incarnation or materialization of spirit as an immaterial entity. The embodiment of the spirit in the context of Christian philosophy specifically refers to the inseparable union of body and soul. Thus, when we say "embodied spirit" we mean that the body is not separate from the soul, just as the soul is not separate from the body.

So, when we speak that the human person is an embodied spirit, we specifically mean that the human person is the point of convergence between the material and spiritual entities, that is, between the body and soul. We cannot say, therefore, of the human person without the union of body and soul.

The human body also stands as the mediator between the material and the spiritual world. Being an embodied spirit, the person can encounter the world of objects in a manner that transcends the physical. An example of this is a prayer where the human body becomes an object of the world to reach the spiritual world (God) since in saying a prayer, the body is required.



What's More?

Activity 2.2: "Fill Me Out!"

Directions: Analyze and discuss how is embodiment demonstrated in the following situations. Write your answers in your activity notebook.

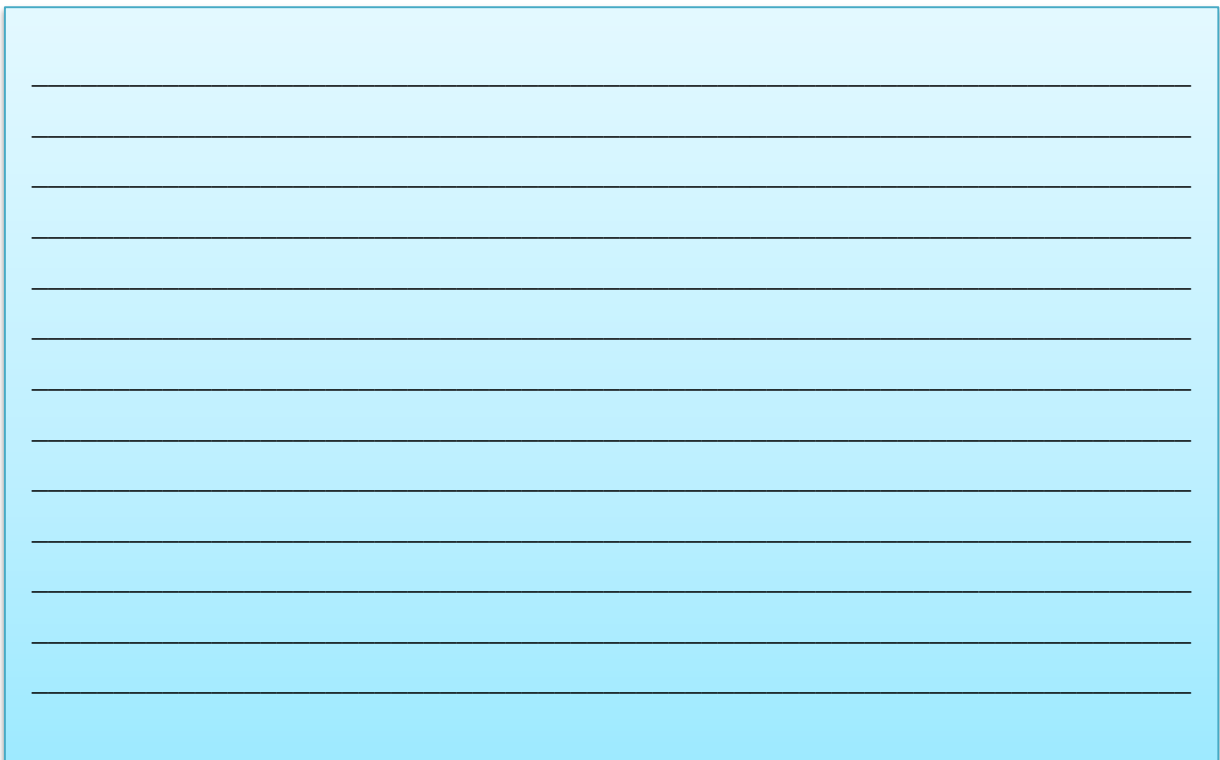
Situation	Discussion
1. Jansel likes to listen to OPM (Original Pilipino Music). He listens to music when he paints, as it inspires him to make beautiful landscapes on his canvass.	
2. Clarisa is very depressed. His girlfriend just broke up with him, and he has spent the whole day in his room. He keeps going over their old photographs in happier times while listening to their favorite songs on the radio.	
3. Jeff nervously waits to be called to perform on stage for her recital. She looks toward the audience and sees her family. Her father does the "thumbs up" sign and smiles at her. She smiles back, and she can feel her nervousness disappearing.	
4. Toni carries a picture of his family with him in his wallet. Whenever he gets a break from working in the fire station, he takes the picture out and imagines himself with his family back home.	

Guide Questions:

1. Were you able to discuss the situations without difficulty? If yes, why? If no, why not?
2. Did any of these situations have an impact on you? If yes, why? If no, why not?

Activity 2.3: “This Is Me!”

Directions: Think of a profound emotional experience you had and reflect on how your nature as an embodied spirit gave meaning to this experience. Write your response in our activity notebook.

A large light blue rectangular area with horizontal lines, intended for writing a response. The area is empty and occupies the central portion of the page.

Guide Questions:

1. Did you find this activity interesting? If yes, why? If no, why not?
2. After answering this activity, have you realized that knowing the “human person as an embodied spirit” is important to you? Explain.

Lesson 3: Limitations and Transcendence



What's New?

Activity 3.1: "My Limitations!"

Directions: Copy this table and fill in at least ten (10) limitations or weaknesses that you have as a human person. Write your answer in your activity notebook.

Things That I Cannot Do
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Guide Questions:

1. Were you able to respond the activity as expected? If yes, why? If no, why not?
2. What brought about your own personal limitations? Do you see yourself overcoming your limitations or weaknesses? If yes, why? If no, why not?



What is it?

This lesson will discuss human being's weakness and imperfections – a person's limitations and how he could go about getting pass these retrain in his being. It is with good reason that we consider the body as having several of weakness because we have many experiences that manifest the truth of this idea.

As defined in the Merriam dictionary, a **limitation** is “something that controls how much of something is possible or allowed”. This means that though the nature of the person as an embodied spirit provides numerous opportunities to explore everything around us and even within us, our human nature imposes limitations. It can be said that the person is very biologically deficient being. We do not have the natural ability to fly. We cannot breathe underwater without using breathing apparatus. We cannot survive in certain environments like other animals.

Three Categories of Limitations

1. **Facticity** refers to the things in our lives that are already given and did not choose them. It also refers to all the details that surround us in the present, including our environment, language, past decisions, past and present relationships, and even our future death.
2. **Spatial-Temporal** is about being limited due to our being temporal. This means that we will not live forever because we have a limited period of stay in this world (we call this finitude). We are just passers of this place. Our limitations here are based on time, ability, etc. (the not yet and the no longer). Just like a five years old child cannot put on lipstick because she is still a child (the not yet), and a senior citizen cannot bear a child because she is no longer capable of reproduction. On the level of being spatial individuals, we are limited by our bodies to be present in two or more places at the same time. We are set to be in one place at a time. For example, One cannot be in Manila and Cebu at the same time because his body does not allow him to.
3. **Body as Intermediary** is about having a body that links us to the world appears to be a source of limitation because we can never really directly and fully experience the world. We have established that we are our bodies, but also more than our bodies. Our body then serves as an intermediary between the physical world and us. It is because of my body that I experience the world as my world and not the world of others. For example, “I can always imagine myself living like a rock star; but I will never really know how it is to be a rock star unless I become one myself. I can never be you, or you can never be me.”

A very important tool that allows us to go through our physical limits is our mind. Although we have these physical limitations, we can transcend them because of our spiritual dimension. We have natural tendencies and inclinations as a human person. Some of these are felt bodily functions like hunger, fatigue, etc. **Transcendence** is the ability to explore and surpass limits. This means overcoming oneself or being in control even if the body reminds us of certain tendencies. Although these tendencies are felt, the person can govern them and ensure that they are exercised within the bounds of reason.

The presence of several limitations of being an embodied subject may make us think that life is difficult and is very restricting. But, if we come to think it, if we reflect on our personal lives, we could come to the idea that the limitations that we have make our lives more colorful and challenging. Let us try to look at these limitations and see how we could surpass or transcend our limitations, or perhaps we could realize that there is no need to overcome it.

1. Facticity

We understand that our facticity is the things already given to us the moment we are born. With this, we could say that we really cannot do anything about it, what we could do is to change our attitude towards it. If we let our facticity define who we are then, that makes it a limitation but, if we see our facticity as a chance to challenge and explore ourselves then, we are making our facticity a positive aspect of our life. As a free individual, we should always think that it is us who could decide what we want to do with our lives and that we are not limited to what nature has initially given us. Facticity challenges us to be creative with our life options and to maximize the possibilities that are given to us. For example, Nick Vujicic is born with no arms and legs. But this limitation he had, did not hinder him from become a successful person. He had been known all over the world being a motivational speaker, and he even builds his own family.

2. Spatial-Temporal

Our being temporal being maybe one of the things that bother as the most. Knowing that we are temporary being in this world often times gave us fear to try and do things. We are more concerned about what might happen tomorrow, next month or next year that we forget to live our lives for today. We forget to cherish and enjoy the present because we are too bothered about what might happen next. If we appreciate how wonderful the present is, then perhaps we could look at our temporality as a challenge, a challenge on making our life more interesting, colorful, and meaningful, and how we make most of the time given to us.

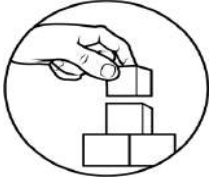
In relation to our being spatial being in one place at the same time may be a limit to us, but if we take a look at it – it also helps us overcome our temporality. Because being in one place at a time gives us the opportunity to appreciate more the things and people around us. It gives us the chance to be more connected to one another. We should appreciate always what is

present in our space because sometimes we only appreciate things or people when it's already gone.

3. Body as Intermediary

Having a body as an intermediary to the world may only allow us to experience the world base on our point of standing thus, limiting us to fully experience the world. But, if we take a closer look at it, it is somehow our privilege to experience the world uniquely. Our experience of the world is unique and distinct from other beings. Therefore, it gives more meaning to our experiences and how we live life as a whole. Although our body often conceals or restrict what emotions we wanted to convey, somehow it became our protection for there are a time that we do not want others to know what we truly feel and think. The body may pose some limitations, but these limitations serve as our advantage as well.

Each individual carries within himself or herself the possibility of transcending his or her limits. Most of our limits often involve facing a challenge or overcoming a weakness. Through the study of Philosophy, we can explore our limitations and possibilities for transcendence. The essence of transcendence is to acknowledge our limitations, identify possibilities for development, and change ourselves for the better. Another aspect of transcendence is opening yourself to new experiences and ideas. Our capacity for transcendence allows to work toward becoming better versions of ourselves.



What's More?

Activity 3.2: "The Revitalized Me!"

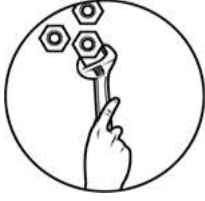
Directions: Complete the chart by rewriting your present limitations in the first Column concerning your answers in the previous activities. Make an action plan towards transcendence and the corresponding actions on how to surpass each limitation in the second column. Copy the chart in your notebook.

MY LIMITATIONS	PLAN TOWARDS TRANSCENDENCE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



What I Have Learned

- The human being is recognized not only as a distinct species – Homo sapiens, sapiens, but as unique being, an individual person possessing awareness.
- The human person possesses self-awareness which refers to the awareness of oneself as an active participant in reality. A person is not only aware of his or her surroundings or reality but also of himself or herself as a participant in this reality.
- Another trait that defines a human person is self-determination. This refers to the awareness of one's action. It is brought about by the person's free will and awareness of the consequences – that every action will have results or effects.
- A human person can reach out and interact with others. Our interactions with others define our existence and help us develop as a person.
- A human person has dignity that each of us has an innate value and worth that cannot be quantified.
- The human person is an embodied spirit. The body is not separate from the soul, just as the soul is not separate from the body.
- Despite being an embodied subject, a human person has limitations. A limitation is something that controls how much of something is possible or allowed.
- There are three categories of limitations. Facticity, Spatial-Temporal being, and Body as an intermediary.
- Facticity refers to the things in our lives that are already given.
- Spatial-Temporal being this means that we will not live forever – that we have a limited period of stay in this world.
- The body as an intermediary serves as an intermediary between the physical world and us.
- Transcendence is our ability to explore and surpass limits.



What I Can Do

Activity 3.3: “My Commitment!”

Directions: Make a personal commitment to overcome your limitations. Track your progress in overcoming them in your reflection journal. Submit an update on your progress after a month.

A large rectangular area with a light purple background and horizontal lines, intended for writing a personal commitment and tracking progress.

Rubric:

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)					



Assessment

I- IDENTIFICATION

Directions: Identify what is being described in each statement. Choose a trait that defines a human person in the box. Write your answer in your activity notebook.

Self-awareness	Externality	Self-determination	Dignity
-----------------------	--------------------	---------------------------	----------------

1. It is referred to the person having a clear perception of oneself, including his or her thoughts, emotions, identity, and actions.
2. Through this trait, the person needs to act freely and with due regard for the consequences of his or her actions.
3. It refers to the capability of the person to make choices and decisions based on his preferences, monitor and regulate his actions, and be goal-oriented and self-directed.
4. It distinguishes the human person from an animal because he or she has the innate right to be valued and respected.
5. In this trait, the human person can reach and interact with others and the world.

II- MULTIPLE CHOICE

Directions: Choose the letter of your correct answer from among the choices given. Write your answers on your activity notebook.

1. Carmela, your classmate, is bullied by Karl because she is not properly groomed. How will you uphold the dignity of Carmela?
 - A. Give to Carmela things that could make her look good
 - B. Advise her not to mind her bully
 - C. Show her value and respect
 - D. Punish the bully of Carmela
2. Janela used the necklace of her sister, Julia, without asking a permission. Unfortunately, it was lost. What should Janela do to show morality in her action?
 - A. inform Julia the incident and face the risk of being scolded
 - B. tell her that you were not using her necklace
 - C. ask money from her mother to buy another necklace

D. stay quiet

3. Nick Vujicic is born with no arms and legs. But this limitation he had, did not hinder him from become a successful person. He had been known all over the world being a motivational speaker, and he even builds his own family. Which category of limitation and transcendence is this example?
- A. Facticity
B. Spatial-Temporal
C. Body as Intermediary
D. Transitional
4. "I can always imagine myself living like a rock star, but I will never really know how it is to be a rock star unless I become one myself. I can never be you, or you can never be me." Which category of limitation and transcendence is this example?
- A. Facticity
B. Spatial-Temporal
C. Body as Intermediary
D. Transitional
5. It gives us the chance to be more connected to one another. We should always appreciate what is present in our space because sometimes we only appreciate things or people when it's already gone.
- A. Facticity
B. Spatial-Temporal
C. Body as Intermediary
D. Transitional
6. What is the nature that enables us to become persons?
- A. Spirit
B. Transcendence
C. Free will
D. Boundaries
7. What enables us to do actions whenever we want we want to or and makes self-determination possible?
- A. Spirit
B. Self
C. Interiority
D. Free will
8. Why is the human person an embodied spirit?
- A. Both body & spirit define human nature & experiences
B. The body is irreplaceable or indispensable
C. Through the spirit, he or she can explore and surpass his or her limits.
D. Allow the human person to possess an awareness of the self
9. What do you call the ability to surpass limits?
- A. Interiority
B. Transcendence
C. Free will
D. Boundaries
10. What do you call an imaginary point beyond which a person cannot do?
- A. Interiority
B. Transcendence
C. Free will
D. Limitation

Answer Key

Pre-Assessment

I- Multiple Choice

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

II- Identification

1. Self-determination
2. Dignity
3. Externality
4. Self-awareness
5. Self-determination

Assessment

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

II- Identification

1. Self-awareness
2. Self-determination
3. Self-determination
4. Dignity
5. Externality

References

Abella, Roberto D. M.Div. 2016. *Introduction to the Philosophy of the Human Person*. Quezon City: C&E Publishing Inc.

Sioco, Maria Paula G. and Vinzons, Ignatius H. 2016. *Introduction to the Philosophy of the Human Person*. Quezon City: Vibal Group, Inc.

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