

## LESSON 27

### NURTURING THE WHOLE BEING: AN INDIAN PERSPECTIVE

#### SUMMARY

At present we are living in the age of technology, industrialization and urbanization. The world is becoming very competitive. Indian society has become very complex and fast moving. All these cause stress and strain resulting in many diseases like high blood pressure, insomnia, diabetes and heart attack.

All this happens mainly because we are not in control of our faculties. We let the circumstances and outside world control ourselves. The solution of the problems lies in developing the ability of control to and regulates the mind or one-self.

#### Importance of Controlling and Regulating the Mind

For healthy development of the individual and society self-control and discipline are very important. Without it the negative feelings like possessiveness, arrogance, aggressiveness, anger, hatred and intolerance etc. take precedence.

Yoga as a way of life is necessary for healthy development of an individual. It is a profound physical, emotional and cognitive experience. There should be a balance between body, mind, intellect and emotions. Modern

education lays more emphasis on the body and intellect. Its neglect of emotional aspects seems to result in lack of discipline, restraint, tolerance and character.

No progress in the lives of the individual or the community can ever be done without proper mind-control and regulation. A peaceful and tranquil mind can achieve anything in life.

Interestingly the mind is controlled by the mind itself. The difficulties which we experience in controlling the mind are created by our own mind.

It needs patient, intelligent, systematic hard work following certain practices of meditation. The mind has to be gradually and systematically brought under control.

#### Jeevan Vigyan

Jeevan Vigyan is a harmonious practical method to inculcate human values. It teaches us the positive values to enable us to control our mind. Human behavior can be disciplined only if our thoughts and mind are disciplined.

According to psychology the control of behaviour is partly regulated by the nervous system and endocrine glands. They keep undergoing changes and they can be consciously changed. The

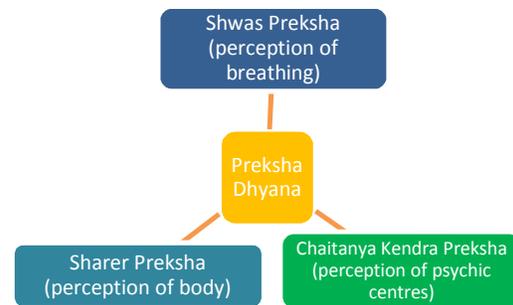
changes can also be brought by bhavshuddhi or purifying the emotions. If we learn to control our thoughts, purification of behaviour will follow.

Jeevan Vigyan is a method of controlling our emotions. Our emotions have to be refined otherwise they may create problems. It trains our brains to regulate emotions and behaviours. It is a plan to build a wholesome personality.

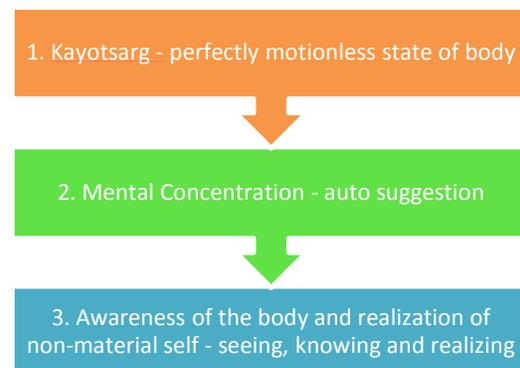
It is often said that modern education helps the development of knowledge and intellect. It considerably neglects our attitudes, inner consciousness and spirituality. Jeevan Vigyan provides for a balanced development of both the hemispheres of the brain. It teaches control of our senses and reflex – actions.

### Preksha Dhyana

Dhyana or meditation is an important component of Jeevan Vigyan. It is a particular technique of controlling and disciplining the mind. Its objective is to attain change in attitudes and behaviours and develop an integrated and balanced personality. Preksha Dhyana involves developing self-awareness by relaxation. It brings poise to the mind and it looks controlled and disciplined. The different aspects of Preksha dhyana include-



When a person starts practicing dhyana or meditation, one gradually experiences a change in one's thinking and feeling. He/she feels that anger and fear are no longer disturbing and person's behaviour changes. One becomes a more righteous person. Stages of Preksha dhyana:



### Art of Living

The basic tenets of Art of Living and the Science of Living (Jeevan Vigyan) are the same: Let our body, mind and soul be in total harmony.

A hundred years ago **Sri Paramhansa Yogananda** introduced the concept of Art of Living. The essence of his teachings is that to lead a more integrated humane and spiritual life we need discipline and control of mind. It gives certain practical

methods for the uniform development of mind and soul such as balanced diet, regular exercise, practice of meditation, studying religious literature and leading a pious life.

More recently Art of Living has been revived and refined by **Sri Sri Ravi Shanker** with the goal of creating an atmosphere of love and peace for entire humanity. For the purpose Sri Ravi Shanker has introduced a technique of **Sudarshan Kriya**. It incorporates specific natural rhythms of the breath which harmonises the body, mind and emotional stress, fatigue and negative emotion as anger, frustration and depression. Leaving you calm yet energized, focused yet relaxed.

Breath is the link between body and mind and thus works as a key to handle negative emotions and facilitate the use of true potential at work at home and at leisure. We can learn to skillfully use the breath to change the way we feel, hence release negative emotions.

We need to do a cleansing process within ourselves. In sleep we get rid of fatigue, but the deeper stress remains in the body. Sudarshan Kriya cleanses the system from the inside.

### **Transcendental Meditation**

**Maharshi Mahesh Yogi** has propounded (developed) a simple system of meditation called **Transcendental Meditation (TM)**.

It is said that meditation is like floating on the surface of a pond, contemplation is like swimming on the surface and TM is like diving deep into the pond-from the outer surface to deep inside the water.

TM does not involve concentration or contemplation. Using this method, the mind experiences subtler (finer) state of thought and eventually transcends (goes beyond) all thoughts. TM moves our mind from the surface of life to the depth of our Being. In other words, through TM the outer conscious mind can get access to the inner glories of life.

Our existence is rejuvenated and all mental and physical tensions are removed. The mind becomes peaceful, disciplined and controlled.

### **Vipassana**

It is a technique to bring peace and tranquility to the human mind. One has to keep on observing the truth that manifests itself and the Law of Nature starts revealing itself.

The word “Vipassana” means to observe the reality as it is in its true nature, not just as it appears to be, not just as it seems to be, but as it is in its true nature.

Controlling, disciplining and regulating the breath is other technique called ‘Pranayama’. But ‘Vipassana’ is quite different from ‘Pranayama’. In Vipassana you observe the breath as it is –

natural and normal breath. The exercise is to experience the reality which manifests itself within the framework of the body, not a breathing exercise. The barriers of conscious and unconscious mind are broken by this technique of observation.

### **Evaluate yourself**

1. Discuss the difference between Jeevan Vigyan and art of living.
2. What is Transcendental meditation?
3. How is Vipassana different from pranayama?