

Personality Development

GOKULMUTHU NARAYANASWAMY

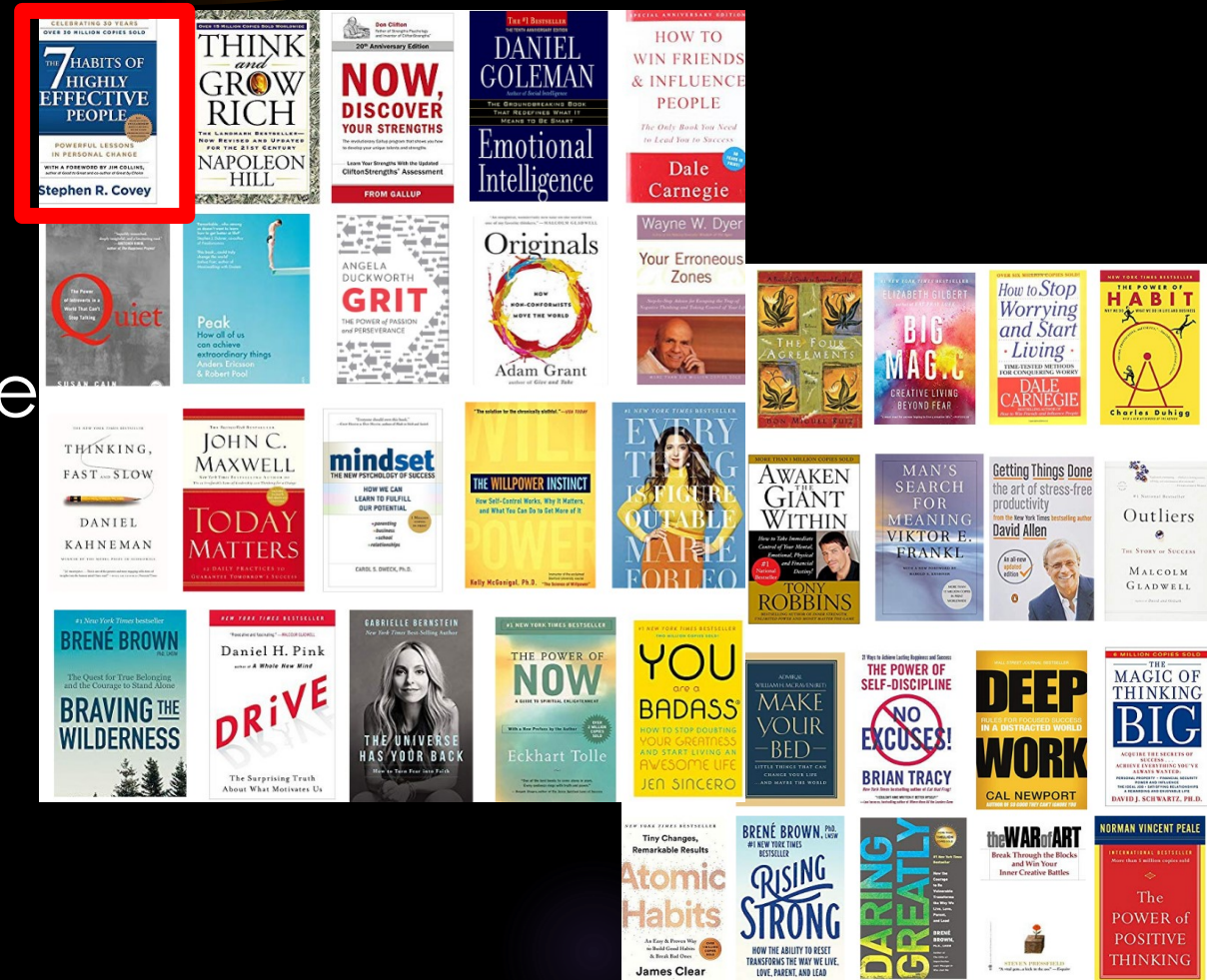
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Gist of Self-help Books

- ▶ You are responsible for your life
- ▶ Don't compromise on integrity
- ▶ Have a goal and prioritize
- ▶ Work efficiently and manage time
- ▶ Strive for win-win
- ▶ Be humble and receptive
- ▶ Keep learning and improving
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What is Personality?

▶ Five layers (Koshaas)

▶ Annamaya – Physical

- ▶ Body, height, weight, colour

▶ Praanamaya – Physiological

- ▶ Life, health, pulse rate, blood pressure

▶ Manomaya – Emotional

- ▶ Likes, dislikes, temper, desire

▶ Vigyaananmaya – Intellectual

- ▶ Values, beliefs, biases, analytical abilities

▶ Aanandamaya – Blissful

- ▶ Freewill, luck, tendencies, karma phala



Example of Chariot

▶ आत्मानं रथितं विद्धि शरीरं रथमेव तु ।
बुद्धिं तु सारथिं विद्धि मनः प्रग्रहमेव च ॥ ३ ॥

▶ ātmānam rathitam viddhi śarīram rathameva tu ।
buddhiṃ tu sārathiṃ viddhi manaḥ pragrahameva ca ॥ 3 ॥

▶ Know the *âtman* as the lord of the chariot, the body as only the chariot, know also intelligence as the driver; know the minds as the reins.

▶ इन्द्रियाणि ह्यानाहुर्विषयाँ स्तेषु गोचरान् ।
आत्मेन्द्रियमनोयुक्तं भोक्तेत्याहुर्मनीषिणः ॥ ४ ॥

▶ indriyāṇi hayānāhurviṣayāṃ steṣu gocarān ।
ātmendriyamano yuktaṃ bhoktetyāhurmanīṣiṇaḥ ॥ 4 ॥

▶ The senses, they say, are the horses; the objects which they perceive, the way; the *âtman*, the senses and the mind combined, the intelligent call the enjoyer.

▶ Kathopanishad 1.3.3, 1.3.4



You are Responsible



- ▶ Gita 3.42
- ▶ इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥ 42॥
- ▶ indriyāṇi parāṇyāhur indriyebhyaḥ param manah
manasas tu parā buddhir yo buddheḥ paratastu saḥ
- ▶ Senses are greater than sense objects; mind is greater than senses; intellect is greater than mind; the person is greater than intellect.
- ▶ Body, health, emotions and intellect are your instruments
- ▶ You have the freewill and responsibility for your decisions
- ▶ Hold all the instruments under your control. That is real freedom
- ▶ Decide your goals and pursue them consciously





Goals and Milestones


- ▶ If you are given Rs.10,00,000 how will you spend it?
- ▶ Four पुरुषार्थ - Purushaartha
 - ▶ अर्थ - Artha - Wealth, security, business
 - ▶ काम - Kaama - Pleasure, entertainment, luxury
 - ▶ धर्म - Dharma - Charity, donation, social service
 - ▶ मोक्ष - Moksha - Dispassion, freedom



Real fulfilment of life is in serving the people around you by doing your duties happily with dispassion and freedom

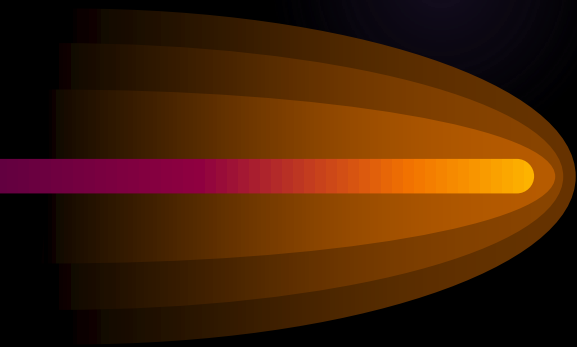


Pursue Dhaarmic Desires

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- ▶ Goals and Means should be:
 - ▶ Legal and ethical
 - ▶ Moderate – keep your priorities clear
 - ▶ Non-binding – face success and failure
 - ▶ **What problem of mankind do you want to address?**
 - ▶ **What value do you want to add?**



Goal and Process

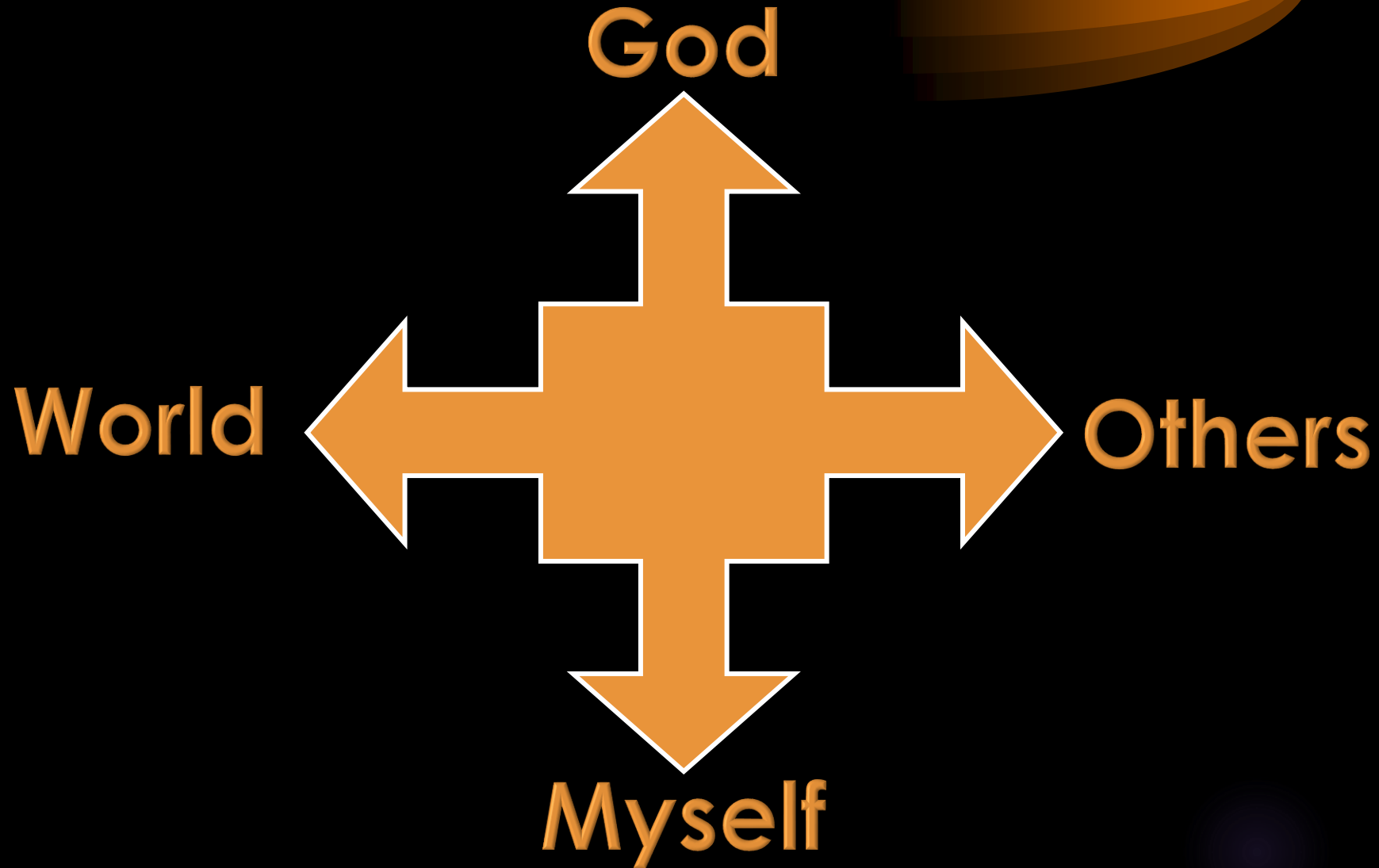


- ▶ Define your Goal in the **present tense** as it would be when you have achieved it
 - ▶ Example: I have a PhD in Material Science and I have found the best material to make Solar Electric Cells
- ▶ Visualize what you would be to achieve it
 - ▶ Example: I am familiar with all the scientific and technological developments in the field. I am one of the worldwide authorities in the field.
- ▶ Visualize what your daily routine would be
 - ▶ Example: Everyday I spend time reading all the books and articles on the topic. I spend time trying different materials in the lab.
- ▶ Start aligning your current habits to that





Four Relationships



Qualities to Develop



- ▶ Gita – 12.3, 12.4
- ▶ **God** - अव्यक्तं पर्युपासते
 - ▶ See the divine unity in all diversity
- ▶ **World** - सर्वत्र समबुद्ध्यः
 - ▶ Maintain equanimity under all situations
- ▶ **Myself** - सन्नियम्येन्द्रियग्रामं
 - ▶ Keep senses and mind under control
- ▶ **Others** - सर्वभूतहिते रताः
 - ▶ Engage in the welfare of all living beings



See the Unity

- ▶ अव्यक्तं पर्युपासते – See the divine unity in all diversity
- ▶ God is the sum total of everything that exists. (10.20)
- ▶ God is the in-dwelling spirit in all living beings. (15.14, 15.15)
- ▶ God is the essence of everything. (7.7 - 7.11)
- ▶ All worship reach the same God. God responds appropriately. (7.21, 4.11, 9.24, 5.29)
- ▶ God is the Order in the Universe or Nature.



Maintain Equanimity



- ▶ सर्वत्र समबुद्धयः – Maintain equanimity in all situations
- ▶ Life will have ups and downs. There will be pleasure, pain, gain, loss, success, failure, fame, infamy, etc. Learn to forebear them. (2.14, 2.38)
- ▶ Give and take. (3.12 - 3.16)
- ▶ Do your duty and be ready for any situation. (6.1, 2.47, 2.48)
- ▶ Accept success with humility and failure with dignity.
- ▶ **How?** Do all actions as offerings to God and accept all results as gifts from God. (12.6)



Maintain Self-Discipline

- ▶ सन्नियम्येन्द्रियग्रामं – Keep senses and mind under control
- ▶ The quality of your life depends on the quality of your mind.
- ▶ A mind under control is a friend. A mind not under control is an enemy. (6.5, 6.6)
- ▶ Repeated thinking of sense objects will create binding thoughts and lead to downfall. (2.62, 2.63)
- ▶ Practice moderation in food, rest, work, etc. (6.16)
- ▶ Various kinds of self-discipline - tapas (17.14 - 17.16)
- ▶ Detailed steps for meditation (6.10 - 6.15, 12.8 - 12.12)
- ▶ How? Fill the mind with positive thoughts, stories in the life of saints and devotees, glories of God, names of God, etc.



Serve People

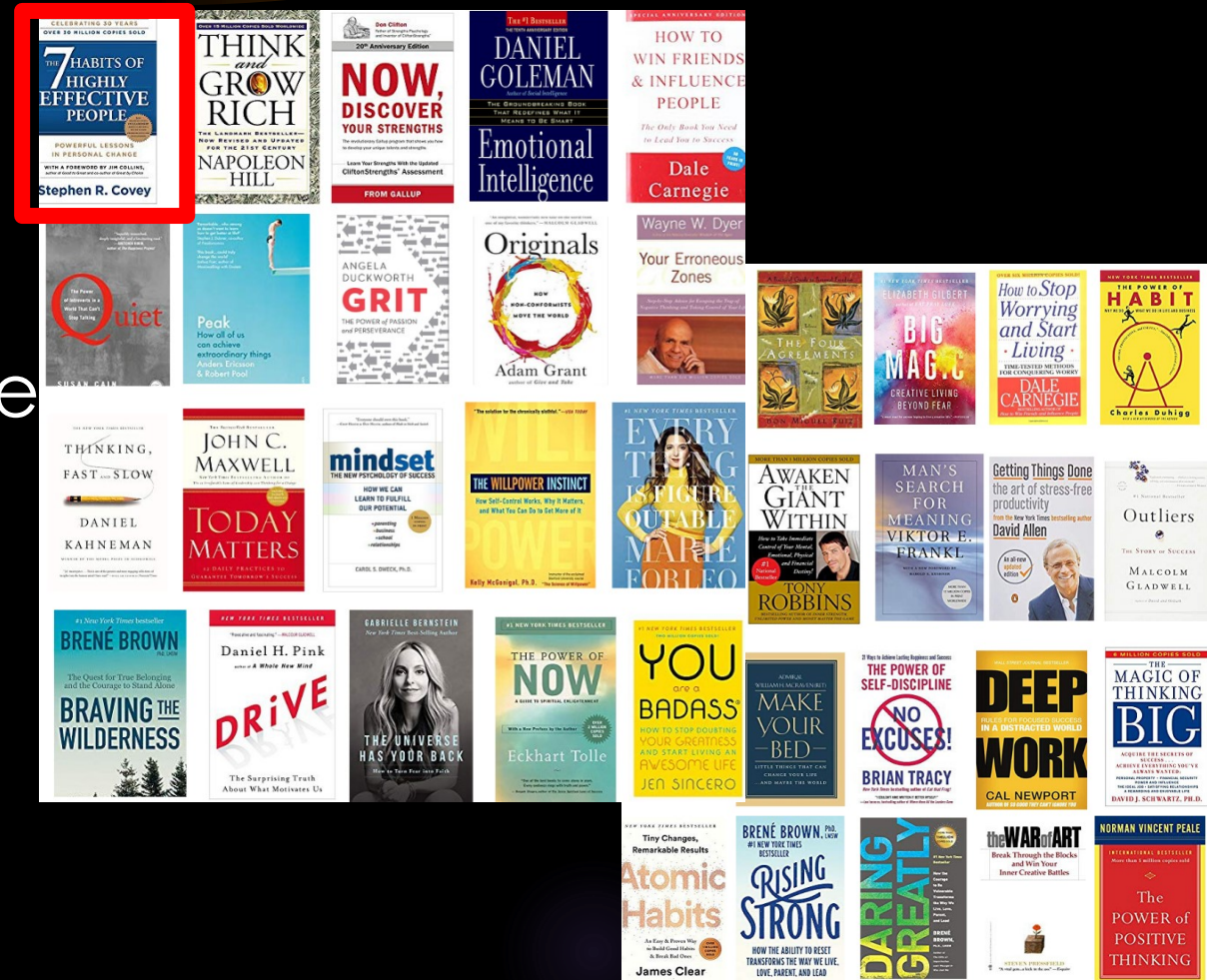
- ▶ सर्वभूतहिते रताः – Engage in the welfare of all living beings
- ▶ Be non-hating, friendly and compassionate towards all living beings. (12.13)
- ▶ Do not intend harm to any living being. Avoid harm as much as possible. (17.14)
- ▶ Help other human and living beings as much as possible with kindness.
- ▶ Serve the underprivileged people, without expecting anything in return (17.20)
- ▶ **How?** See God as the ultimate inner recipient of the service done to every living being. (5.29)





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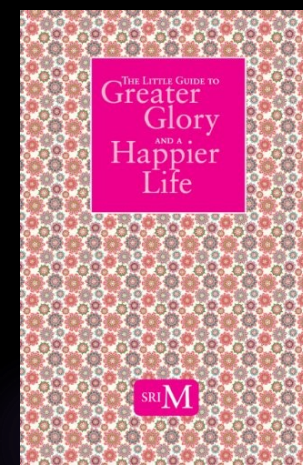
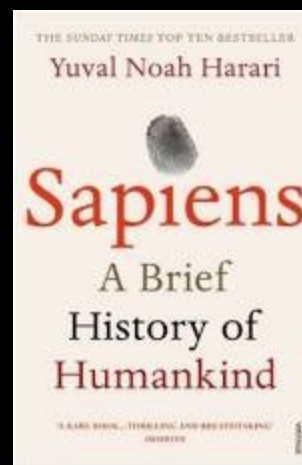
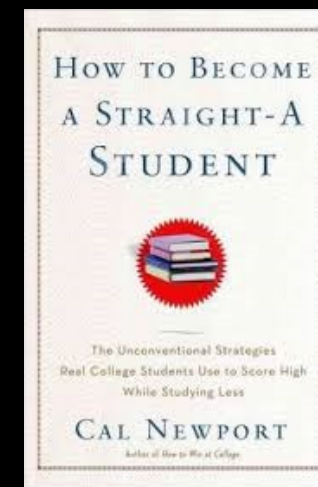
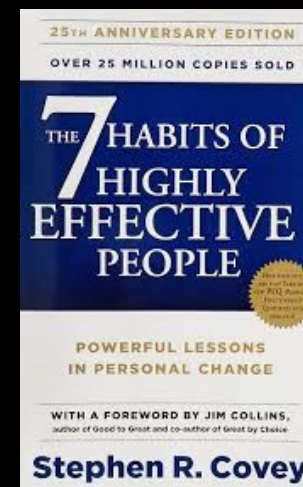
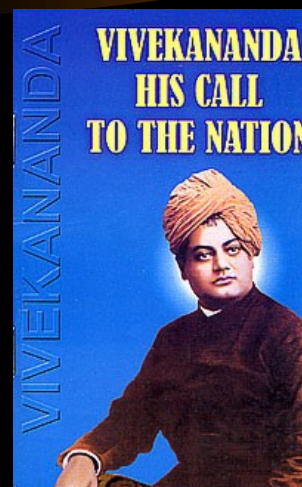
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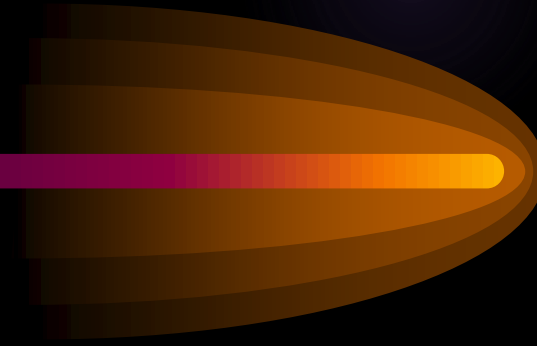
Reading List

- ▶ Vivekananda – His Call to the Nation
- ▶ The 7 Habits of Highly Effective People – Stephen Covey
- ▶ How to Become a Straight-A Student – Cal Newport
- ▶ Sapiens – Yuval Noah Harari
- ▶ The Little Guide to Greater Glory and a Happier Life – Sri M.
- ▶ Life Skills Workshop – Gokulmuthu Narayanaswamy (www.practicalphilosophy.in/elibrary)





Thank You



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