

Holistic Personality Development through Yoga

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Abstract

Bharat has been the cradle of spirituality since the dawn of the evolution and especially the human civilization in the world, in the specific three modes of the Absolute Eternal Existential Value termed as the ‘Consciousness’ as in “The Transcendental Consciousness”, “The Immanent Consciousness” and “The Illusory Consciousness”. The Transcendental Consciousness being the ‘Existential State Value of Consciousness’, the Immanent Consciousness being the ‘Behavioural State Value of Consciousness’ and the Illusory Consciousness being the ‘Apparent State Value of Consciousness’.

It is only this country and its cultural tradition which has Consciousness as its core subject of study, search and realization of all the Spirituality, Religion, Science and Philosophy. Whereas, in other parts of the world, in other civilizations, Consciousness has never been a subject of study in the areas of Spirituality, Religion, Science and Philosophy, until recent decades when the western psychology conceptualized the very idea of an agency responsible for all the ‘Intelligence’ behind the natural life processes but still lacking in the knowledge behind the very ‘Causation of the Evolution’. On the other hand in our civilization, such a ‘Causation of the Evolution’ and its functionality was always the main and core subject of study, search and realization, in all the natural life processes.

Key words: *Holistic Personality, Yoga, Transcendental Consciousness.*

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Introduction

It is only this country and its cultural tradition which has Consciousness as its core subject of study, search and realization of all the Spirituality, Religion, Science and Philosophy. Whereas, in other parts of the world, in other civilizations, Consciousness has never been a subject of study in the areas of Spirituality, Religion, Science and Philosophy, until recent decades when the western psychology conceptualized the very idea of an agency responsible for all the 'Intelligence' behind the natural life processes but still lacking in the knowledge behind the very 'Causation of the Evolution'. On the other hand in our civilization, such a 'Causation of the Evolution' and its functionality was always the main and core subject of study, search and realization, in all the natural life processes.

This 'Absolute Eternal Existential Value' termed as the 'Consciousness' has been studied, searched and realized in our civilization by the sages, into a 'Tri-Valued' system having the three modes both as the 'Noumenal' as well as the 'Phenomenal' cause behind the entire evolutionary cycle. These modes are the three states of the 'Absolute Transcendental Eternal Ultimate Pure Consciousness' as the 'Sat – the Equilibrium State', the 'Chit – the Responsive Dynamic State' and the 'Ananda – the Veiling State'. This 'Sat' is also called the 'Existence Value', 'Chit' called as the 'Consciousness Value' and 'Ananda' called as the 'Bliss Value'. These

three state values as the Tri-Valued Noumenality and Phenomenality of the 'Absolute Transcendental Eternal Ultimate Pure Consciousness' being the Real-SELF and the only Real-Reality, are the very basic foundation of all the 'Causation' behind the 'Nature' and the 'Laws of the Nature', which serves both as the 'Instrumental or Efficient Cause' and the 'Material Cause' of the 'Evolution as the Existence'. Hence, the 'Absolute Transcendental Eternal Ultimate Pure Consciousness' itself becomes the 'Existence' by apparently transforming through itself, within itself and then being superimposed on itself by becoming the 'Instrumental or Efficient Cause' as well as the 'Material Cause' both at the same time although being 'One without Second'.

These above aspects and attributes of the very 'Existential Value' as the 'Eternal Life Principle' were so well searched, realized and delivered in our society that it became the absolute basis of life and the core driving force behind the entire social, religious, political and economic structure in the vast expanse of our civilization, which also influenced the other prevailing civilizations in the world which were connected through the trade with that of ours. These eternal life principles were so strong holding and effective that our society became a unified system as a whole in which an individual behaved and served as collective while the society behaved and served as an individual. Hence, it became a blend of such

realized wisdom into the society from top to grass root level. This blended wisdom became the strongest platform of our civilization which rewarded in the realms of Religion, Art, Philosophy, Administration, Trade, Commerce, Science and Humanities. This development was such splendidly spread up and embossed within our society that it became the core parameter of the 'Human Personality Development' in a multidimensional perspective such that our society developed as a 'Holistic Socio-Economic' civilization as a whole for the very reason that due to such values in personality, every individual of our society became a 'Holistic Personality' and served the society in the same perspective and reality.

Although, these values inherent and vested in society has a vast range which were also covered as the academic subjects in education system, both theoretically as well as practically, and emerged as various interconnected 'Schools of Thought and Philosophy'. But, one of these 'Schools of Thought and Philosophy' became most predominant and proved to be most important in the 'Holistic Personality Development' in the society, both individually as well as collectively and came to be known as 'Yoga School of Thought and Philosophy'. This 'Yoga System' as being an exclusively comprehensive system of theoretical as well as practical aspects of 'Human Body, Mind and Soul', delivered a real-time inner and outer real personality development and conditioning of an individual for an overall multidimensional growth of an individual at all levels of 'Body' and 'Mind' with an inner alignment of both and finally alignment with the 'Souls' as the 'Real-SELF' and the 'Real-

Identity' of an 'Individual' as a 'Person' wherein, 'Soul' as the 'Real-SELF' being the 'Real-Identity' and 'Body-Mind' duo being the 'Persona' as the 'Apparent Modified Projection' of the 'Real-SELF' through itself, within itself and then superimposed on itself. Such 'Superimposition' of 'Apparent Modified Projection' of the 'Real-SELF' is called 'Nescience' or 'Maya'. Thus, 'Yoga' or 'Yogic-Science' became a lineage tradition in academia and came to be known as the 'Yogic-Tradition' which became most popular and flourished in an extremely vast area geographically as well as in timeline over the ages and era.

Yoga till date even in the modern era, as proven itself since and age old millennia system and school of thought and philosophy, is still proving to be one of the most efficient and successful system for the 'Holistic Personality Development' which enhances the 'Physical' as well as 'Mental' growth and efficiency of an individual such that the 'Persona' of that individual experiences growth, success and wellness as a whole in the 'Personal and Professional' life both at the same time which enables the individual to create a remarkable and explicit balance and harmony between the personal as well as professional life, thereby creating harmony at work, family as well as entire social strata. Such a balanced harmony was not only individually limited to one person rather collectively in the entire society and the civilization as a whole, in the ancient past of our cultural tradition in Bharat.

Now let us focus more on the functionality aspect of how this 'Yoga' or 'Yogic-Science' enhances the mental efficiency of the

practitioner over a period once practiced regularly with time punctuality as in the natural 'biological clock' and not just anytime one feels like to practice.

In this School of Thought and Philosophy of Yoga, the human personality is considered to be a blend of 'Gross', 'Subtle' and 'Causal'. These are the three parallel states of the 'Consciousness' as a 'Self-Superimposed Projection' all blended into each as three-in-one system, functioning as a single whole and a unified persona projection. These states at individual level projection considered as 'Jiva' or 'Microcosm' while at the cosmic level projection these are considered as 'Brahmm' or 'Macrocosm'. The 'Gross' state corresponds to the 'Physical body' in general, whereas the 'Subtle' state corresponds to the 'Mental and Intellectual phenomenon' and the 'Causal' state corresponds to the 'Causation of both subtle and gross states'. The physical body has the relevance similar to the modern physiology pertaining to the brain, nervous system and other physical organs. The Mental and Intellectual phenomenon is related to the psychological aspects. These two states are somewhere similar to the modern studies and research but the last state of Causation is like an esoteric phenomenon for modern academia for the very reason that this state of Causation is considered having the realm and dimension of the 'Karmic' impressions of the person as an individual Soul termed as 'Jiva'. Only this Causal state is beyond the scope of the modern academia since it is beyond their research methodology as a matter of fact.

The mechanism or the functionality of these three states of the individual consciousness is such that the individual karmic impressions get

stored in the causal state as a coded information quanta, which is much similar to the study and research of 'Scalar-Field' in modern physics as it also stores information quanta and that can be transmitted through the domain of 'Time' and manifested in the domain of 'Space'. This is a striking similarity of analogy between the ancient 'Yogic-Science' and the 'Scalar-Field' theory of modern physics, but no postulations or studies in modern medical science as such till date. Few paranormal science experts and other experts of 'Biophysics' have reached to some idea of such a biological scalar-field which contains the stored information of the entire 'Thought-Action' mechanism as well as the physical body medical information, which is represented through the genetic system in human body. In the scalar-field physics, it is considered that DNA also resonates on the scalar-field principles and hence carries out information pattern mechanism which can store and transfer information from one generation to the other. Now, this karmic information patterns expand themselves into a lower or a gross state in the form of mental and intellectual phenomenon within the realm and domain of the 'Subtle' state which is responsible for all the psychological phenomenon in the individual person and becomes the blue print of an individual's psychology or in general represented as an individual's personality. This state has all the functionality aspects of reasoning, logic, justification, emotions, feelings, perception, etc. pertaining to the individual psyche. The impact of this state when results on the 'Gross' state which corresponds to the physical body as in the physiological aspect of an individual, then the brain gets controlled just similar to the

hardware or mother-board of a modern day computer which is controlled by an operating system, wherein this case has operating system as the 'Subtle' state itself while the 'Gross' state serves as the hardware of the human system, having the particular individual consciousness or the 'Jiva' as the 'User' of this biological life-system (ref. 'Tripathi.V (2015). *Reality and the Knowledge-Representation. International Journal of Science and Consciousness; 1(1):22-25.*').

Thus, these three states of the individual consciousness collectively and in a more precise way, holistically function as the individual persona or the personality of an individual.

Here in this particular perspective, the Yoga School of Thought and Philosophy has an extreme edge over the modern medicinal and psychological academics system as well as the other such systems and schools of thought and philosophy in the world, such that no other system has ever incorporated or included the 'Real-Time' 'Noumenal' existential value as the 'Consciousness' which behaves as an individuality itself and functions through its own 'Self-Superimposed Projection' as the 'Phenomenal' existential value. Whereas, the other religions, systems and the schools of thought and philosophy, are far away from the rarest conceptualization of such kind as explained above in reference to this subject of study.

So far that we have an idea about the human persona and existential value, now we come to a point as elements of the human personality and its states and level along with the functionality aspects.

As described in above discussion on the human persona as the 'Self-Superimposed Projection', such is this holographic projection that it become a unified blend of four levels as a 'Quadra-Dimensional Holistic Personality' which has vested the levels of 'Transcendental State or the Jiva' as the Self-Superimposition, 'Intellectual State', 'Mental State' and 'Physical State'. In referential frame of persona, these above mentioned states become 'Transcendental Personality', 'Intellectual Personality', 'Mental Personality' and 'Physical Personality'. Now, there is an explicit mechanism and functionality of these states of personality for the reason that as an individual or a person, our actions have to be synchronized with our thought process. Our thought process in turn has to be synchronized with our Intellect which works in coordination with our Desires and Will. Such a synchronized and aligned process of conversion of our Willful Desires through Intellect and thought process management impacting on our Brain and Nervous System to produce such an action which straight away achieves the Goals & Objectives is called Quadra Dimensional Holistic Personality Development (QDHPD) which is the ultimate achievement made through the constant practice of this holistic system of the Yoga School of Thought and Philosophy.

The functionality aspects of these different states of personality are described below in brief:-

Our own personality as the SELF (Transcendental Personality) manifest itself as a reflective phenomena on Itself- through Itself- within Itself, which is called our 'Psyche'. Our psyche comprises of Intellectual

Personality, Mental Personality & Physical Personality

The Intellectual Personality incorporates our Intellect (*Buddhi*) which is our decision making instrument. Intellect works on the phenomena of positive discrimination.

The Mental Personality incorporates our Mind (*Manas*), Mind-Substance (*Chitta*), Ego (*Ahamkara* i.e. the Self of I-Being) and five subtle sensory faculties (Hearing, Touch, Vision, Taste, Smell)

The Physical Personality incorporates our brain and the nervous system as well as five physical sensory organs related to each of the five subtle sensory faculties respectively (Ears, Skin, Eyes, Tongue, Nose).

When our Transcendental Personality (the SELF) impacts on its own psyche, there is a process of synchronized alignment of the four levels of personality, which is responsible for the conversion & manifestation of any willful desire in order to achieve desired objectives & goals. Such a process of synchronized alignment of all the four levels of our personality is called Quadra-Dimensional Holistic Personality Development (QDHPD) as also mentioned earlier above.

Since time immemorial in the ancient period of our civilization, the practice of 'Yogic Science' was an unconditional part of the academic and social system which delivered a special result oriented creative output in the stream of spirituality, religion, arts, commerce, science and many more areas of the human life and made our culture a real holistic culture in the world. The philosophical and practical modalities and functionalities of this Yoga

system are most eloquent and especially Consciousness based which has the core content of enhancing the natural awareness of an individual which on its empowerment delivers a unique development to the intellectual and mental datum of the individual. This results in better levels of individual learning and understanding inherently, along with the great level of stress and other psychosomatic problems reduction. The individuals on its continued practice, develop special power of concentration, raised levels of awareness and calmness with much better understanding of various areas of life as in personal and professional both domains. The individuals' level of awareness also rises subsequently. There is also a remarkable change in terms of positive communication of the individuals with their family as well as in work life along with their own peer group.

Also, that the continued practice elevates their mind to become free from many harmful bad habits and results in the development of an explicitly splendid positive communication in such a way that they also develop a more clear perspective in understand life and its related issues as in the social scenario.

Apart from the above discussed effects and benefits of the constant practice of this Yoga system, there are few more distinguished benefits which are as follows:- **'Mind Power Development'**, **'Memory Enhancement'**, **'Concentration Enhancement'**, **'Positive Will Power Development'**, **'Creative Intelligence'**, **'Analytical Intelligence'**, **'Deliverance Intelligence'**, **'Power of Attention'**, **'Enhanced Reasoning and Logic'**, **'Emotional Freedom'**, **'Intellectual Independence'**, **'Observational Power'** and

last but not the least, ‘Mental Courage Development’.

All such aspects of personality development through the constant practice of our ancient Yogic Science shall reflect holistically in the persona of the individual subsequently on a routine practice daily over a period in time.

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