

# Personality Development through Yoga

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## Abstract

Human personality is a very complex topic. There are many definitions of personality. Simply we can consider it as a collection of physical, mental and behavioral traits and patterns that we exhibit in our life. Personality is a set of qualities that make a person distinct from another. In the science of yoga there is a two-way approach: the practice and the concept. Both are essential for the development of personality. Concept helps man to follow the practice with faith and practical experience is useful to understand the concept in subtle ways. Regular practice of yoga helps in attaining physical and mental fitness, the basic prerequisites for overall personality development.

**Key words:** Human personality, Yoga

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### Introduction:

As man is a physical, mental and spiritual being, Yoga helps to promote a balanced development of all the three stated above. Personal power is enhanced by the practice of Yoga. One learns to identify their own inner resources and draw upon the energy needed from their own inner sources. It helps one to increase his or her awareness, i.e. self-awareness. It helps in attention focus and concentration.

Personality is a set of qualities that make a person (or thing) distinct from another; An assumed role or manner of behavior; qualities that make a person stand out from the crowd - the complex of all the attributes--behavioral, temperamental, emotional and mental--that characterize a unique individual.

Personality is what makes a person a unique person, and it is recognizable soon after birth. A child's personality has several components: temperament, environment, and character. Temperament is the set of genetically determined traits that determine the child's approach to the world and how the child learns about the world. There are no genes that specify personality traits, but some genes do control the development of the nervous system, which in turn controls behavior.

A second component of personality comes from adaptive patterns related to a child's specific environment. Most psychologists agree that these two factors—temperament and environment—influence the development of a person's personality the most. Temperament, with its dependence on genetic factors, is sometimes referred to as "nature," while the environmental factors are called "nurture."

While there is still controversy as to which factor ranks higher in affecting personality development, all experts agree that high-quality parenting plays a critical role in the development of a child's personality. When parents

understand how their child responds to certain situations, they can anticipate issues that might be problematic for their child. They can prepare the child for the situation or in some cases they may avoid a potentially difficult situation altogether. Parents who know how to adapt their parenting approach to the particular temperament of their child can best provide guidance and ensure the successful development of their child's personality.

Finally, the third component of personality is character—the set of emotional, cognitive, and behavioral patterns learned from experience that determines how a person thinks, feels, and behaves. A person's character continues to evolve throughout life, although much depends on inborn traits and early experiences. Character is also dependent on a person's moral development.

Personality can be divided into three types: Type A, Type B and Type AB. Type A individuals can be described as impatient, time-conscious, controlling, concerned about their status, highly competitive, ambitious, business-like, aggressive, having difficulty relaxing; and are sometimes disliked by individuals with Type B personalities for the way that they're always rushing. They are often high-achieving workaholics who multi-task, drive themselves with deadlines, and are unhappy about delays. Because of these characteristics, Type A individuals are often described as "stress junkies."

Type B individuals, in contrast, are described as patient, relaxed, and easy-going, generally lacking an overriding sense of urgency. This can also be described as lazy and lacking ambition. People who live in their mother's basements are an example. Because of these characteristics, Type B individuals are often described by Type A's as apathetic and disengaged. There is also a Type AB mixed profile for people who cannot be clearly categorized.

Personality Development quintessentially means enhancing and grooming one's outer and inner self to bring about a positive change to one's life. Personality development is an art to have a magnetic personality, which everyone wants to achieve.

***Priyam ma krnu devesu priyam rajasu ma krnu  
Priyam sarvasya pasyata uta sudra utarye.***

- Atharvaveda 19/62/1

Meaning: O Lord! Make me dear to gods. Make me dear to kings. May I be dear to all the viewers, be they sudra or vaisya (the servitors or the professionals).

Attractive personality is formed by the judicious mixture of strength and emotions. The better the synthesis of these two elements, the more magnetic and charming the personality will be. Both the attributes are doubtlessly essential but their real significance and meaning lies in their proper synthesis. In isolation, either of the two loses its effectiveness. Strength alone without emotion and sensitivity does not make a person capable and competent, but simultaneously makes him cruel hearted too. Consequently, people, even as they feel attracted to the powerful person, also remain inwardly scared of him.

The same is the case with emotions without strength. In this condition, the personality develops tender feelings but lacks in determination and competence. This type acquires "the poor fellow" image inviting from the people a patronizing attitude. Such a personality can be anything but attractive. It is true that the thinking and behavior of such a person touch the inner chords of those who come in contact, but for want of sufficient capability he is unable to provide them any succor. All the tender emotions in life can not add up to power and strength, and such persons are generally forced to lead the life of an imaginative and emotional but weak person.

Therefore, if you are desirous of making yourself magnetic, combine your strengths with emotions and then see how soon you become the centre of

everybody's attraction. People of every age, class and qualification will vie with one another to be near you. The world will hold you up as a role model; it will talk about you, dream about you and want to become like you. Whether you are a man or woman, farmer or officer, student or housewife, it does not matter. In every condition and every situation, the doors to personality refurbishing are open to you. You have only to make a start.

The first step is to get ready to make the body and mind receptive and deserving. Remember, body becomes capable by self-control and mind by introspection and contemplation. A disciplined and regulated lifestyle and light physical exercises impart a certain beautiful luster to the body. For proper expression of this beauty, the dress should be in tune with the place and occasion. In this connection, the important thing to always bear in mind is that the real source of the accentuated charm of the body is the subtle vital energy and this vitality comes only by tapa and continence. Purity and piety increase person's vital force whereas unrestrained sensual proclivities sap it. To maintain attractiveness for a long time, one has to retain vitality and vigor for long too.

To become capable and strong at mental plane, develop the habit of introspection because it helps promote one's abilities and hidden talents. Identify what is your special talent, your innate aptitude and set about to work on that. It could be anything music, sports, management, housekeeping, or any other branch of knowledge and art. If you find yourself unable to identify it, consult your friends, or guardians. Do not lag behind at any level in the rigorous striving for talent nurturing.

Physical strength and mental prowess make one powerful. Now the turn is of the virtuous qualities that give expression to this power. So, try your utmost to inculcate the qualities of courage, bravery, patience and fortitude in you. Make Yoga practice, part of your life. As purification and asana strengthen your body, practice of pranayama makes the individual

pranically strong and mentally strong. Practice of meditation makes you emotionally mature and spiritually evolved.

These attributes will make you the sinecure of all eyes, not only at home and in the immediate locality but the society at large. Only the virtuous and the righteous radiate real magnetic, not the vicious and the wicked. Even the latter need a cloak of virtues to look attractive. It is another matter that after the spurious façade is gone, they are in for great ridicule and derision. The truly virtuous, on the other hand, retain their pull till the last breath.

Besides being strong and capable, one must be sensitive and emotional, because power without sensitivity makes a person arrogant. People will soon start running away from him. The three expressions of sensitivity presently relevant here are; (i) service to the needy, (ii) generosity, and (iii) tolerance. You will be able to develop your abilities through the instrumentality of all the three. The one basic rule to be an observer or be a giver, not a beggar. Only he, who gives, attracts; a beggar repels, and people just shun him.

In this way, the Yoga sadhana of combining strength and emotion will continue to add charm to your personality. But you will have to remain continually vigilant for its full and effective expression.

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