

Evaluation & Evolution of Personality



Brahmakumaris

Presntation

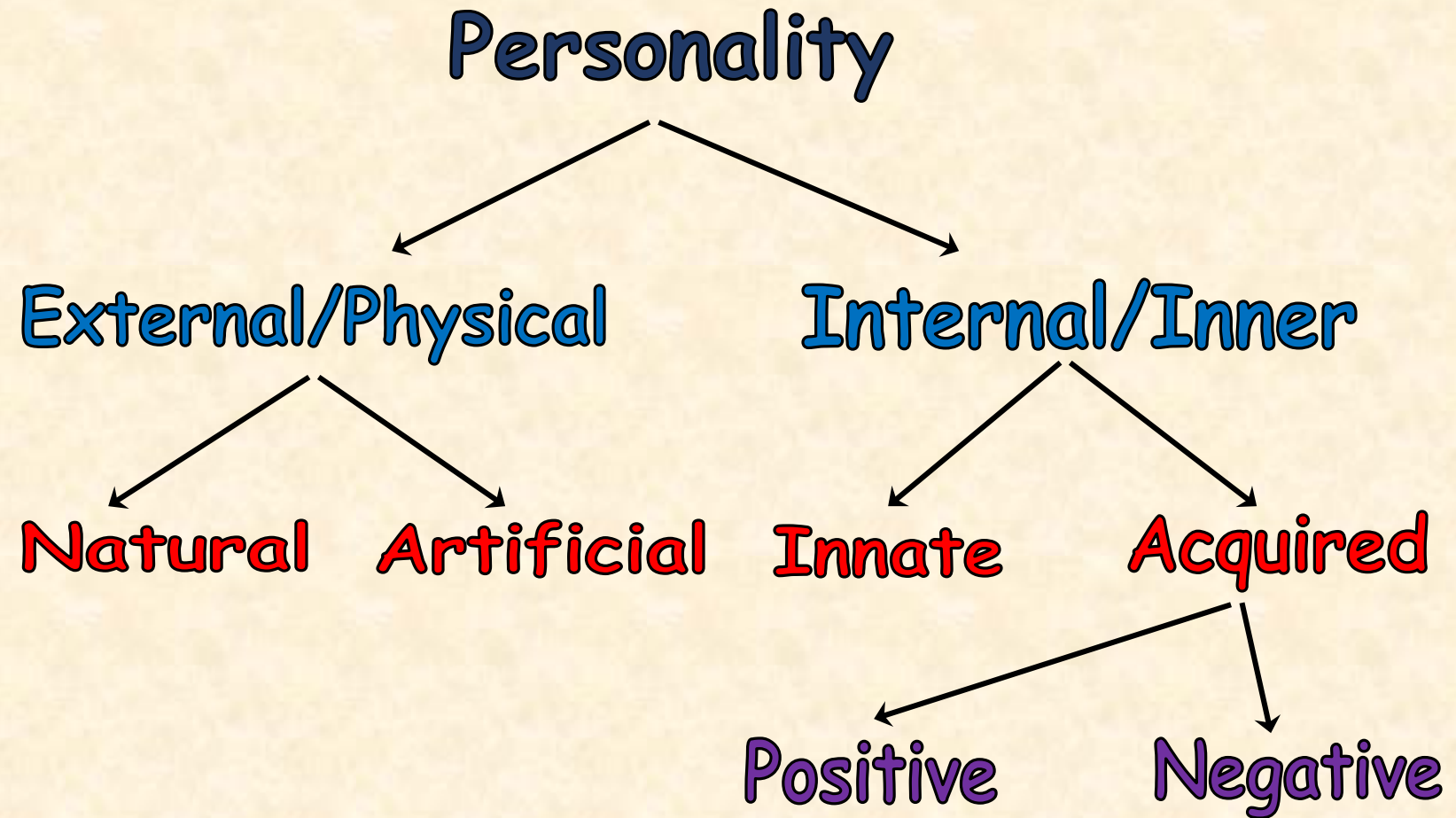
B K Prafulchandra

CONCEPT OF PERSONALITY



- ❖ Oxford dictionary defines it as: Qualities that make up a person's character.
- ❖ Webster's dictionary defines it as: The total of the psychological, intellectual, emotional and physical characteristics that make up the individual, esp. as others see him.
- ❖ Normally personality is defined as how others see a person. Person may be judged from the way he reacts, acts, and responses to a situation.
- ❖ A person meets the situation whether through anger or vigor, through acceptance or rejection that depends upon the psychological, emotional and physical status of the person.
- ❖ Each person is having his own memory, resolve, nature, values, virtues, powers, skills, attitudes, beliefs, emotions, and characters. The way in which he acts or deals, according to the above said qualities, is defined as personality.

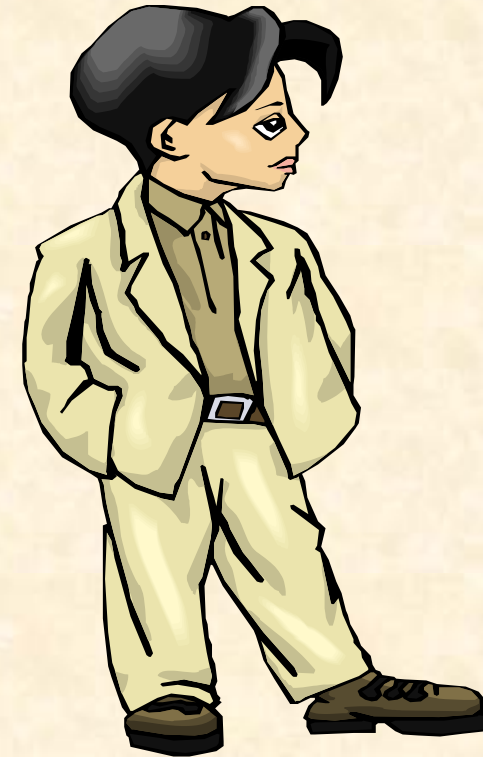
TYPES OF PERSONALITY



Physical Personality

It is related to the physical body and its different aspects are

- Proportionate Body
- Body Features
- Symmetry
- Height
- Weight
- Complexion
- Dressing
- Handsome (male)
- Beautiful (female)
- Speech
- Gestures



Most of these aspects are natural but some of them may also be developed artificially.

Inner Personality & Its Aspects

It is related to state of metaphysical consciousness.

Types of Inner Personality

Innate Personality

- Purity
- Peace
- Bliss-happiness
- Love
- Power
- Knowledge


Acquired Personality

- Memory
- Resolve
- Nature
- Habits
- Attitudes
- Instinct
- Outlook
- Experience
- Skill - Talent

The Inner acquired personality is the acquired qualities of metaphysical consciousness (soul) while playing role in this world drama birth by birth.

This may be positive or negative.





Now a days inner personality is viewed differently and is evaluated on the basis of higher values of following quotients

- 1. Intelligence Quotient – I. Q.**
- 2. Emotional Quotient – E. Q.**
- 3. Moral Quotient – M. Q.**
- 4. Spiritual Quotient – S. Q.**

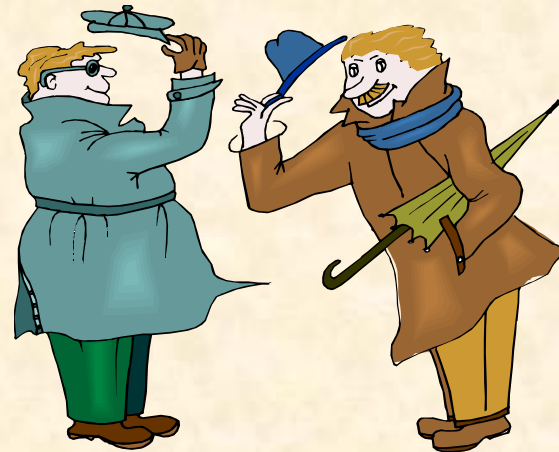
IQ vs. EQ vs. MQ vs. SQ



With IQ you are hired.



With EQ you are promoted.



With MQ you are graced.



With SQ you are contented.

I.Q. (Intelligence Quotient)

It is a measure of our intelligence especially of following cognitive powers of a person.

- **Discrimination**
- **Reasoning**
- **Analysis**
- **Interpretation**
- **Comprehension**
- **Perception**
- **Judging**
- **Decision-making**



It can be enhanced by improving general knowledge, higher educational qualification and by practicing certain psychological & intellectual techniques



E.Q. Emotional Quotient

E. I. Emotional Intelligence

During late 1980's Peter Salovey of Yale & John Mayer of New Hampshire University first time quoted this term Emotional Intelligence

WHAT IS EMOTION? It is a felt tendency to move towards something assessed as good or favorable and away from something assessed as bad or unfavorable. It is also called "feeling".

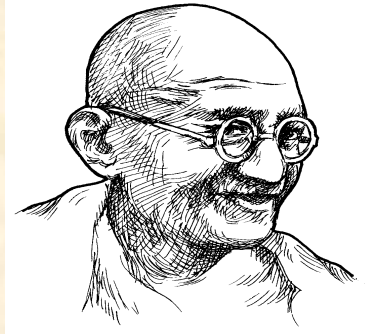
WHAT IS INTELLIGENCE? A set of cognitive abilities, which allow us to acquire knowledge, learn and to solve problems.

WHAT IS EMOTIONAL INTELLIGENCE?

- ❖ *Emotional intelligence refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.*

.....**Daniel Goleman**

- ❖ *EQ means nothing but the skill to handle one's own and others emotions intelligently.*
- ❖ *Emotional intelligence is head working with the heart.*
- ❖ **It is your capability to handle your anxiety, your anger and your ability to interpret non-verbal communication.**



TYPES OF EMOTIONS

POSITIVE EMOTIONS

- ✓ Love
- ✓ Peace
- ✓ Compassion
- ✓ Sympathy
- ✓ Thankfulness
- ✓ Bliss
- ✓ Tolerance
- ✓ Purity
- ✓ Trust and Faith
- ✓ Enthusiasm
- ✓ Patience
- ✓ Hope
- ✓ Mercy

NEGATIVE EMOTIONS

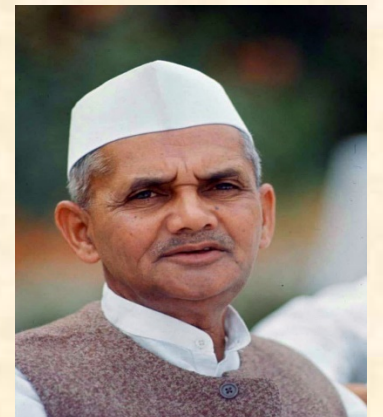
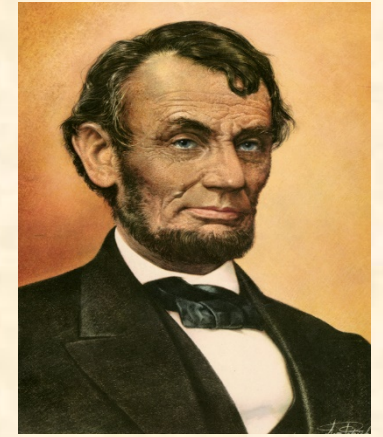
- ✓ Attachment
- ✓ Anger
- ✓ Hatred
- ✓ Jealousy
- ✓ Sadism
- ✓ Worry
- ✓ Intolerance
- ✓ Impurity
- ✓ Doubt
- ✓ Depression
- ✓ Impatience
- ✓ Shyness
- ✓ Fear



M.Q. (Moral Quotient)

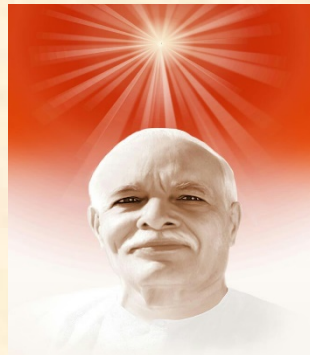
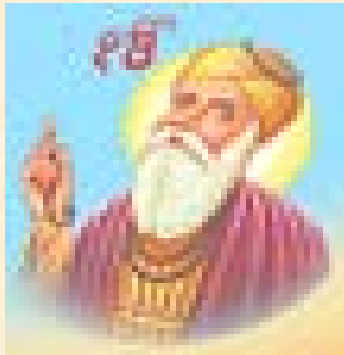
Core Values of an Ideal Person

- Honesty
- Sincerity
- Integrity
- Truthfulness
- Sense of responsibility
- Spirit of service
- Concern for good of society
- Wider outlook
- Creativity
- Humility
- Cheerfulness
- Fearlessness
- Trusteeship
- Self respect
- Respect for others
- Self control
- Love and goodwill
- Feeling of brotherhood
- Dedication
- Easy going



S.Q. (Spiritual Quotient)

It is a measure of spiritual awareness and perception of a person, which leads to pure, blissful, peaceful, love full and happy life.



The high value especially of E.Q. and M.Q. very much depend upon high value of S.Q., which can be enhanced by

understanding the laws of spiritual science

and

practicing Rajyoga Meditation.

HOW WAS ORIGINAL PERSONALITY OF A HUMAN SOUL

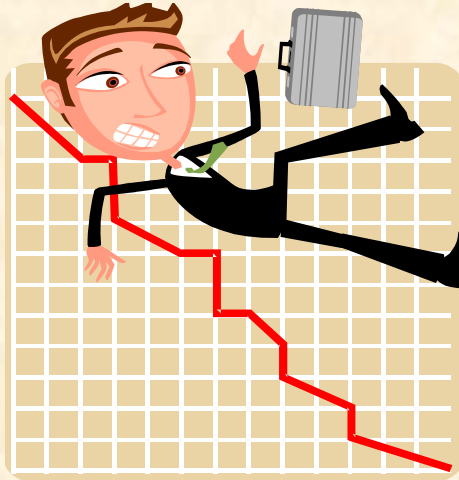


- In our early births at the beginning of the cosmic cycle of the world drama, we were fully soul conscious, we were full of values & virtues , we were completely free from influence of vices viz Sex-Lust, Anger, Greed, Attachment, Ego and also their allied like Jealousy, Hatred, Sense of Revenge, Intolerance, Sadism etc.

- No sins were committed by any one of us, hence every one was free from any sort of sorrow or suffering. i.e. Adhi, Vyadhi and Upadhi. People were fully peaceful, happy and satisfied.
- Each one of them was full of **VALUES** and **VIRTUES** like divinity, cheerfulness, sweetness, honesty, sincerity, truthfulness, contentment, fearlessness, harmony, humility, respect etc.
- Each one of them was full of **POWERS** like power to rule over senses, discrimination power, decision-making, power to co-operate etc.
- Each one of them was full of **EMOTIONS** like purity, love, bliss, sympathy, empathy, trust, thankfulness, enthusiasm, patient, hopes etc.
- This continues for approximately half of the cosmic cycle of the world drama.



DOWN FALL OF HUMAN PERSONALITY



- The down fall of the mankind started from the copper Age as human being started becoming body conscious due to gradual loss of soul consciousness.
- Due to Ignorance and Body consciousness vices like Sexlust, Anger, Greed, Attachment, and Ego etc. emerged from the soul and the soul came under the influence of vices and started committing sins.

MECHANICS OF DOWNFALL OF HUMAN PERSONALITY

VIRUS OF VICES		INNATE PERSONALITY	TURNED INTO
Sex-Lust	— ✕ —→	Purity	Impurity
Anger	— ✕ —→	Peace	Peacelessness, Tension, Anxiety
Greed	— ✕ —→	Bliss & Happiness, Self-contentment	Unhappiness, Worry, Misery, Selfishness
Attachment	— ✕ —→	Love, Empathy, Mercy, Sympathy, Brotherhood	Partiality, Hatred
Ego	— ✕ —→	Power	Powerlessness, Weakness, Fear



NEED FOR PERSONALITY TRANSFORMATION

- **Thus, Personality of an individual got degraded and almost became negative.**
- **Even the psychologists and the parapsychologists say that human inner personality has almost gone down to 80% to 85% negative.**
- **It is in this context that the topic Personality Development has become need of the day.**
- **Now Personality development means transformation of degraded acquired personality of the human, which is basically our subconscious mind.**
- **For this we will have to understand different levels of consciousness, which is commonly known as Types of mind.**

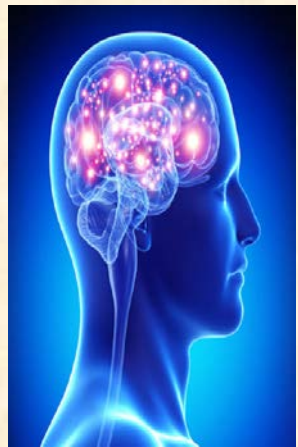
TYPES OF MIND

CONSCIOUS MIND

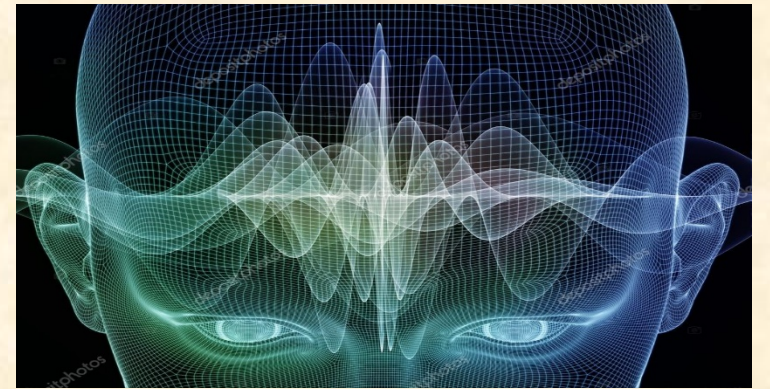
- The part of mind, which remains fully active when we are awake.
- It is the part of mind, which we are conscious about.
- One is easily able to know the contents of conscious mind.
- Our conscious mind has the ability to think, it can accept or reject.
- Conscious mind forms hardly 10 % of the whole mind.

SUBCONSCIOUS MIND

- During normal state one cannot remember the contents of this part of consciousness.
- Our subconscious mind only accept, it makes no distinction regarding inputs. It is a data bank.
- All our experiences of life are stored in this part of consciousness.
- The contents of subconscious come to the surface during sleep or when we practice relaxation or yoga or when we get concentrated in some work.
- The subconscious mind is like the automobile while the conscious mind is like the driver. The power is in automobile but the control is with driver.



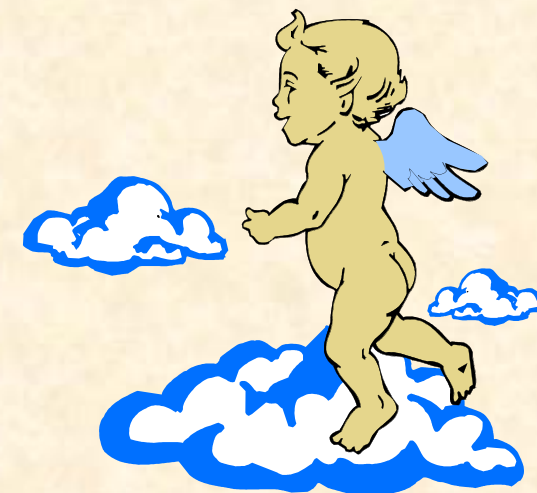
STATES OF MIND



States	Cycles / Second	Situations
Delta (δ)	1 to 4	Deep sleep or Raj yoga meditation
Theta (θ)	4 to 7	Shallow sleep or Raj yoga meditation
Alpha (α)	7 to 14	Half awake or Raj yoga meditation
Beta (β)	14 to 25	Awake
Beta + (β^+)	25 onwards	State of tension, anxiety, phobic mania etc.

Dynamics of Mind

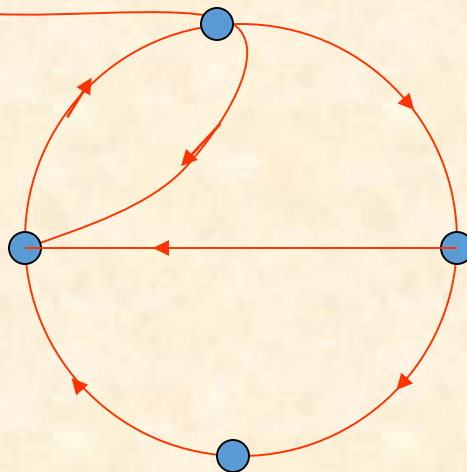
Signals from Senses



Mind

Where thoughts are generated

**Personality or
Sub-conscious**
Which is acquired



Intellect
Which takes the decision

Body

Through which actions are performed

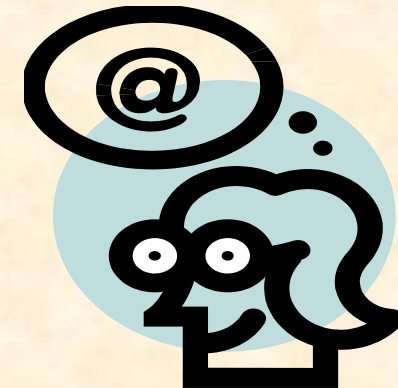
❖ The Quantity, Quality and Speed of thoughts generated in mind ultimately depend upon our Personality or state of our subconscious mind.



❖ The Psychologists and Psychiatricians say that at present, under the influence of vices, our acquired personality is 80 to 85% negative. Hence around 80% of our thoughts are either toxic or negative or wasteful.



❖ At present, the number of thoughts generated in human mind is around 40,000 per day.





SCIENTIFIC APPROACH OF PERSONALITY TRANSFORMATION

Relaxation

Adopt any one of the relaxation techniques or practice of Raj yoga meditation and stabilize your mind at least in alpha state.

Auto Suggestions

- Formulate required autosuggestions in proper sequence for transformation of acquired negative personality.
- Link up with your subconscious mind to communicate with it and Start giving autosuggestions with full confidence.
- Autosuggestions influence both your conscious mind and subconscious mind, which in turn influence our personality.

Visualization

- Visualization is the process of creating and seeing mental pictures of the kind of thing you want to have or do or the kind of person you want to be. Visualization goes hand in hand with autosuggestions.
- Pictures are more effective than word on our subconscious mind or our subconscious mind understands pictures better than words. Words are effective by 25% while pictures are effective by 75%.
- Visualization makes the mind more creative. Most of the creative people in the world possessed very much high power of Visualization.
- The most successful scientist *Thomas Alva Edison* was once asked by his friend that why he was so successful on the life. Thomas replied in one sentence ' I never think in words but I always think in pictures'.
- Emerge a clear and white mental screen in front of your inner eyes. Try to visualize your autosuggestions as far as possible by picturizing them on your mental screen.





Emotionalization

- In order to attain desired results, autosuggestion and Visualization must be accompanied by feelings and emotions.
- Hence add your positive emotions to make personality transformation more effective. i.e. Let your head and heart work to gather.
- Sustained change only happens when we shift at an emotional level rather than at a logical level...your heart rather than just speak to your head

How many times?

Repeat the same autosuggestions along with visualization 3 to 4 times during every sitting of relaxation. Practice this procedure 3 to 4 times a day. Wait patiently for the result.



How Should Be Your Autosuggestions?

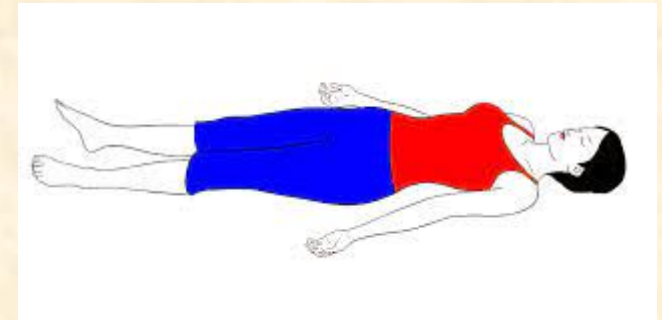
Your auto suggestions should be

- **Short, Simple and Straightforward.**
- **Your autosuggestions should not have dual meaning.**
- **Do not use any negative words in autosuggestions.**
- **Never use the word ‘ *NOT* ’ in your suggestions.**
- **Your autosuggestions should be in present continuous tense.**
- **Your autosuggestions should be Picturizable or visualizable.**

Relaxation Techniques

Position No. 1

- Lie down in 'Supine ' position and keep some distance between two legs (Savasan).
- Feet will be facing outward.
- Keep little distance between hands and the body.
- Keep your neck and back straight.
- Close your eyes.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.
- This is the most comfortable and relaxed position.



Position No. 2

- ❖ Sit in a relaxing chair and keep your back straight.
- ❖ Sit backward as much as possible in the chair.
- ❖ Keep some distance between two legs and knees.
- ❖ Keep your ankle inward and feet outward.
- ❖ Upper extremities in semi flexion position resting comfortably on your lap.
- ❖ Keep your head erect so that your back and neck are aligned.
- ❖ Keep little distance between upper jaw and lower jaw.
- ❖ Lips may touch each other.



Position No. 3

- ❖ Sit up in an upright position on the floor in Sukhasan with both the legs flat and crossed on the floor.
- ❖ Hold your hands loosely in your lap, with palms one over another (Lopa Mudra or Gyan Mudra).
- ❖ Keep your head erect so that your back and neck are aligned.
- ❖ Keep little distance between upper jaw and lower jaw.
- ❖ Lips may touch each other.





Relaxation Through Deep Breathing

- ❖ **Breath in for the period of 1.5 to 1.75 second or for 4 counts through your nostril.**
- ❖ **Hold the air (breath) in lungs for the period of 0.5 to 0.75 second or for 2 counts.**
- ❖ **Breath out for the period of 2 to 2.5 second or for 5 counts gently and slowly through your nostril.**
- ❖ **Before you start next cycle of breathing take rest of 0.5 to 0.75 second or for 2 counts.**
- ❖ **When you breath in let your belly come out steadily and gradually and when you breath out let your belly go in.**
- ❖ **Now fully concentrate on breath and try to feel the inflow and out flow of the breath within your nostril.**
- ❖ **Increase your concentration on your breath and now try to feel, within your nostril, the coldness of the air, which you inhale, and warmness of the air, which you exhale.**
- ❖ **Try to feel fully relaxed.**

PERSONALITY TRANSFORMATION THROUGH RAJ YOGA MEDITATION

- ✓ As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- ✓ It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitude and perceptions.
- ✓ The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for personality transformation.
- ✓ Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- ✓ Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to divine personality.
- ✓ It is a key leading to total personality transformation through self-realization, God realization and world realization.

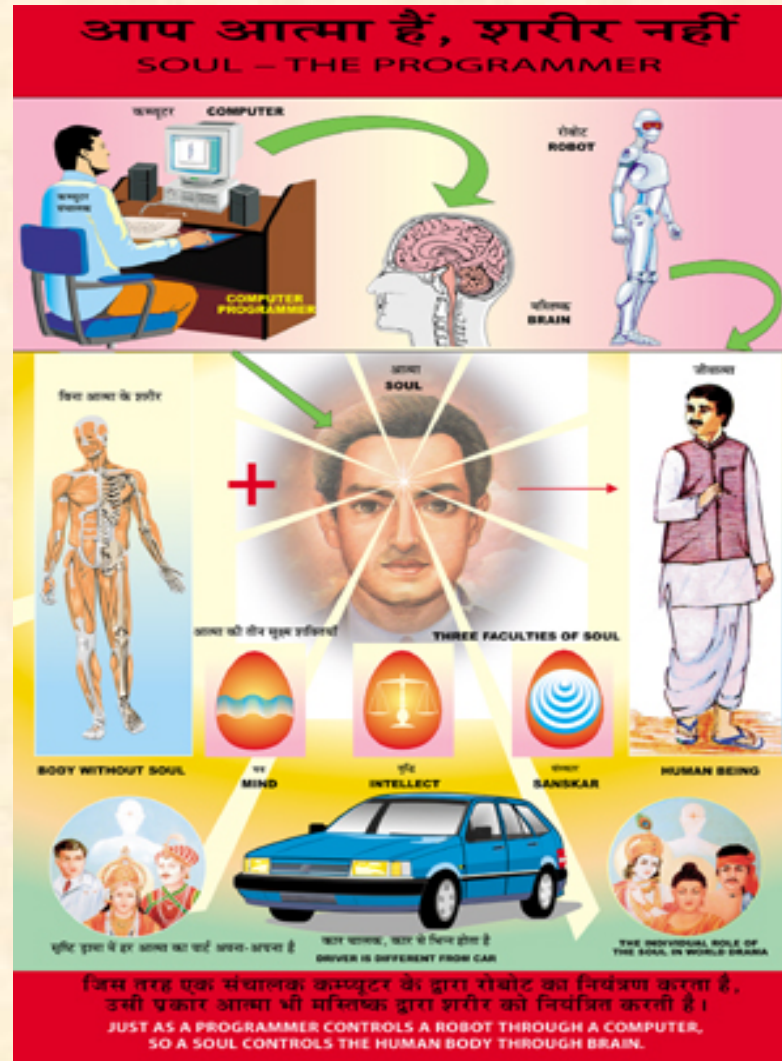
Major Steps of Rajyoga Meditation

- ❖ **Physical and Mental Relaxation**
- ❖ **Withdrawal**
- ❖ **Concentration**
- ❖ **Introversion**
- ❖ **Introspection**
- ❖ **Self Transformation**
- ❖ **Self Realization**
- ❖ **Linking up with God**
- ❖ **God Realization**
- ❖ **Empowerment And Enrichment of Self**



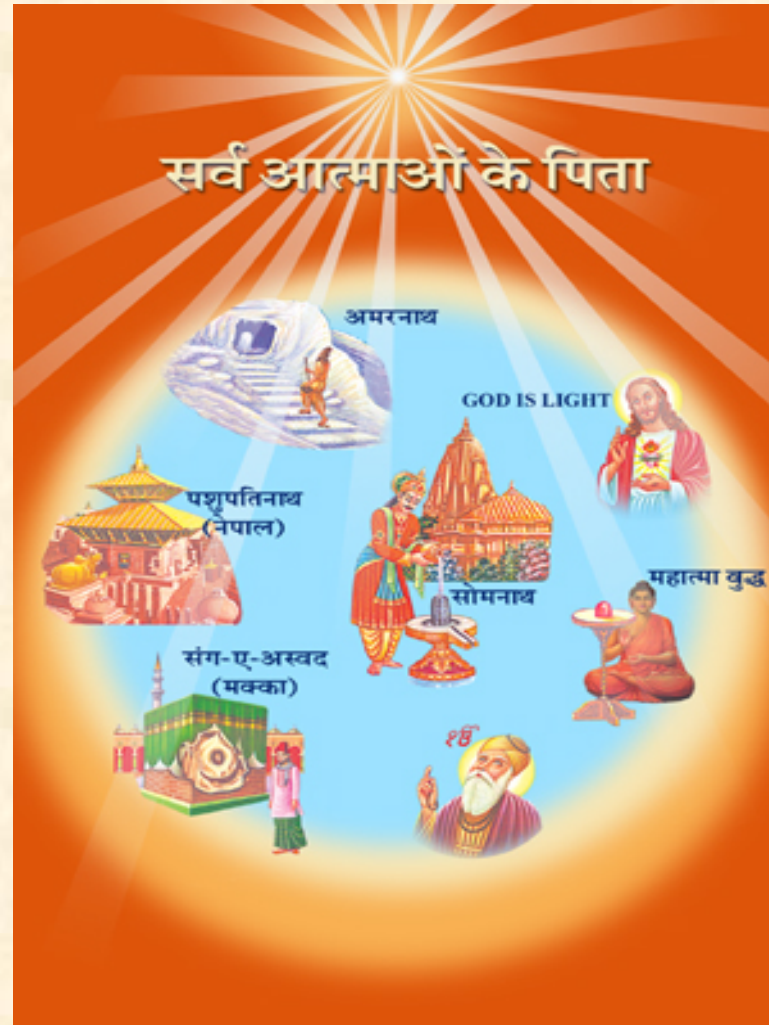
Self Realization

Means knowing one's own self



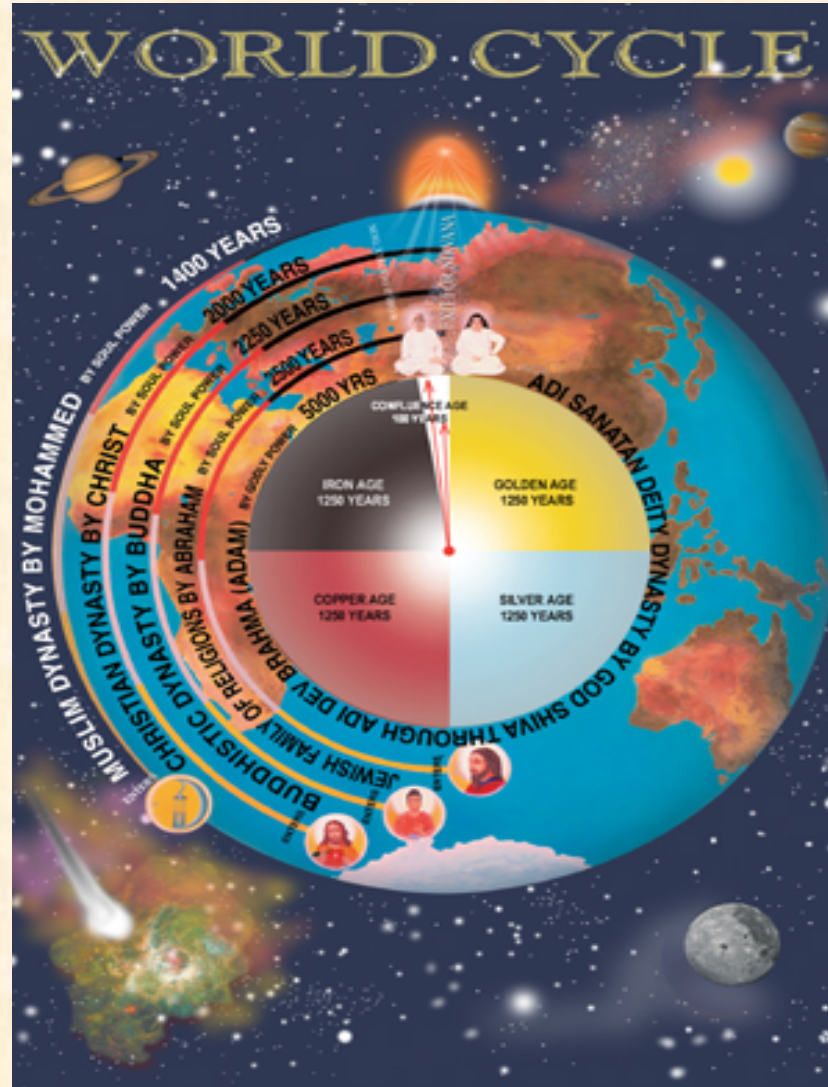
God Realization

Means having true concept of GOD



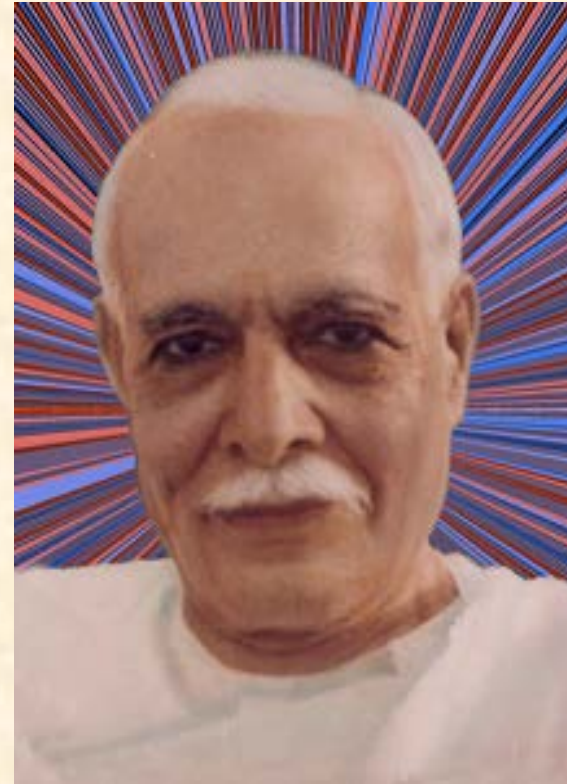
World Realization

Understanding the eternal world drama and its principles,



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN
THIS
PRESENTATION. WE
HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.**





Om Shanti