



PERSONALITY DEVELOPMENT

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Vishva Vidhyalaya

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CONCEPT OF PERSONALITY

❖ Oxford dictionary defines it as;

✓ State of being a person.

OR

✓ Existence as an individual.

OR

✓ 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.

OR

✓ A person with regard to this total characteristic.

OR

✓ The quality state or fact of being person.

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- ❖ **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.**
 - ❖ **Personality may also be considered as the different capacities, potentialities, abilities and qualities of a 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.**

DIFFERENT ASPECTS OF A PERSON OR AN INDIVIDUAL

- Person or an individual is also named as Human being. To understand the different aspects of a person, which forms his personality, we will have to understand the term human being.
- On the basis of researches in Metaphysics & Parapsychology in the last few decades and on the basis of ancient scriptures human being is defined as...

Human Being = Physical Body of five Inert Elements + Metaphysical consciousness (The Soul)

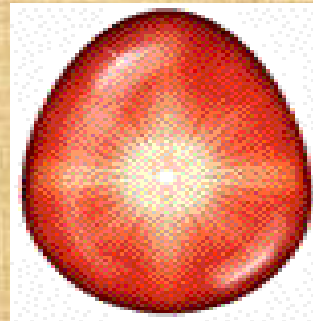


DIFFERENT ASPECTS..... continued

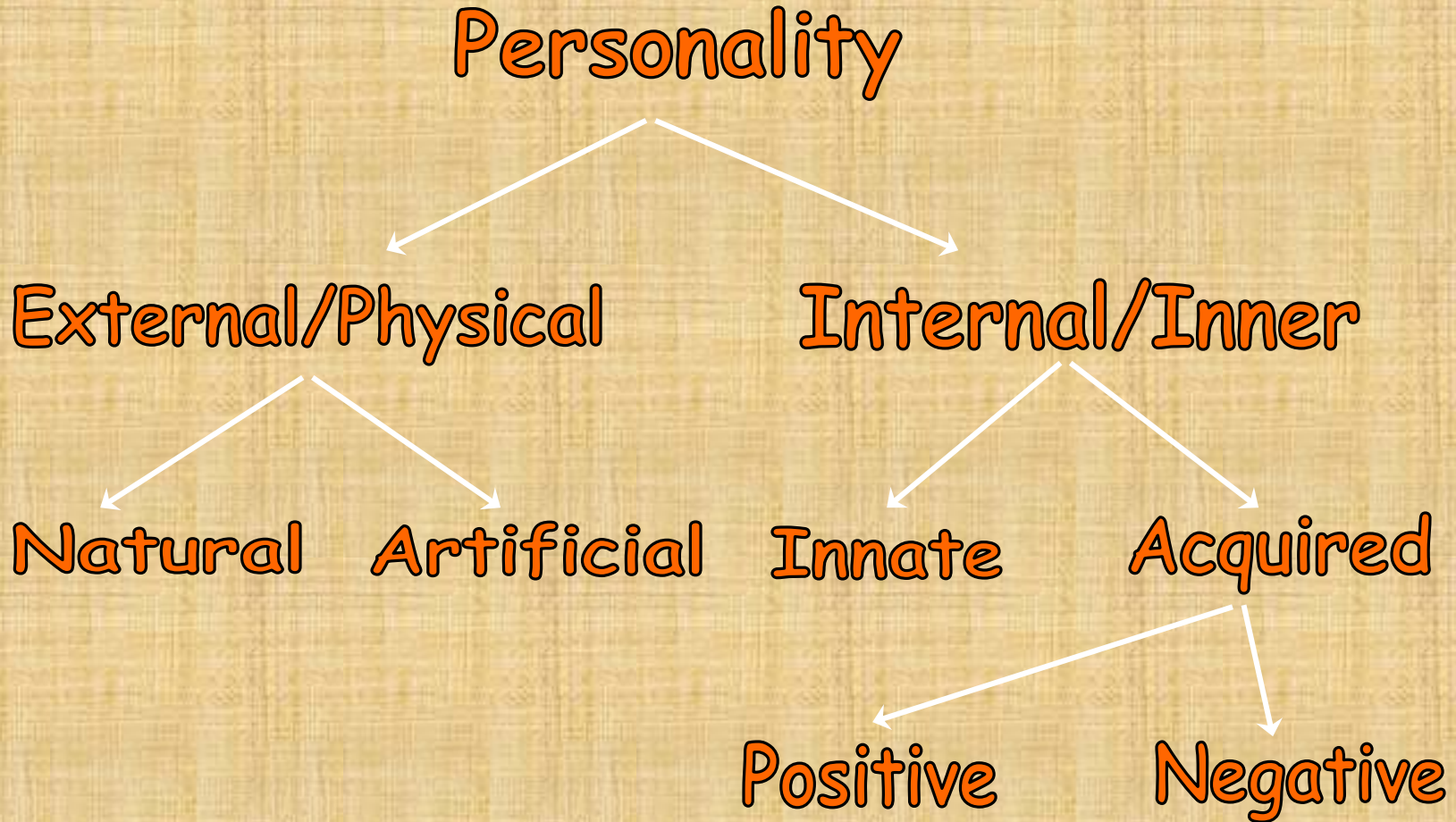
**The term human is derived from the
word Humus - Means Soil (Body)
Being - Means one's own self**

i.e. Metaphysical Consciousness

The Soul



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

It is related to state of metaphysical consciousness.

Characteristics Of Metaphysical Consciousness

- **It is not physical entity but it is a metaphysical one. i.e. it is neither physical matter nor physical energy.**
- **Hence it is dimensionless entity.**
- **It is a source of conscious energy.**
- **Therefore the form of each individual consciousness is a point or a dot.**
- **The main attribute of each consciousness is its eternity and immortality.**
- **In various Mythologies, consciousness is named as Soul, Ataman, Ruha etc.**



Functional Powers Of consciousness

MIND

Ability

- To Think
- To Imagine
- To Conceive
- To Desire

INTELLECT

Ability

- To Discriminate
- To Understand
- To Judge
- To Decide

The metaphysical consciousness
(The Soul)

RESOLVE (PERSONALITY)

Ability to carry impression of thought;
understanding, decision and action

MIND



- It is neither physical nor subtle entity but it is an ability or faculty of metaphysical consciousness to think, to imagine, to conceive, to desire.

INTELLECT



- It is neither physical nor subtle entity but it is an ability or faculty of metaphysical consciousness to discriminate, to understand, to perceive, to judge, to decide.

RESOLVE (PERSONALITY)



- It is an ability of metaphysical of consciousness to carry and to retain impressions of one's own thoughts, understanding, decision and actions in the form of..

Memory > Resolve > Nature > Habit > Attitudes

These impressions form the inner personality.

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 day's inner personality is viewed differently and is evaluated on the basis of higher values of following quotients.

I.Q.(Intelligence Quotient)

It is a measure of your intelligence especially of following powers

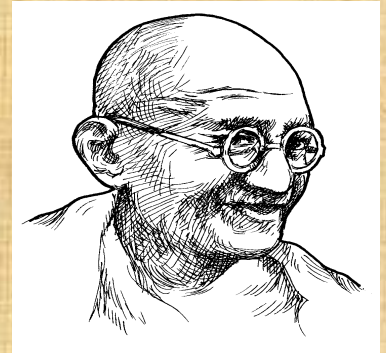
- **Discrimination**
- **Reasoning**
- **Analysis**
- **Interpretation**
- **Comprehension**
- **Perception**
- **Judging**
- **Decision-making**

etc. of a person.



E.Q. (Emotional Quotient)

It is a measure of your capability to recognize your own feelings and those of others and to regulate emotions in yourself and in your relations.



M.Q. (Moral Quotient)

It is a measure of moral values and virtues like

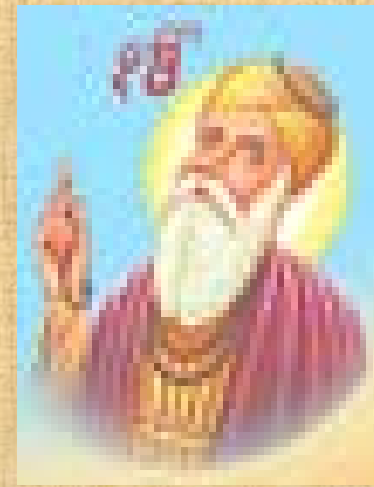
- **Honesty**
- **Sincerity**
- **Truthfulness**
- **Co-operation**
- **Sense of responsibility**
- **Contentment**
- **Fearlessness**
- **Humility**
- **Sympathy**

etc. in a person.



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 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 ,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, fobic mania etc.

Dynamics of Mind

Signals from Senses

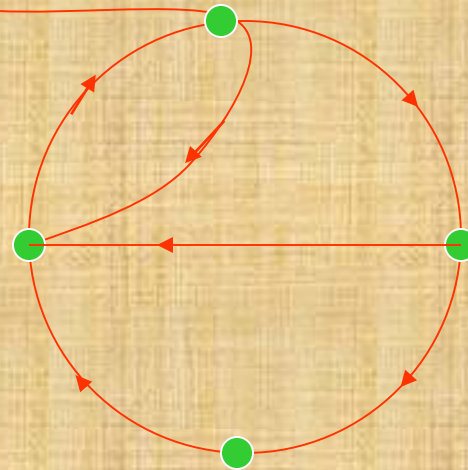


Mind

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 our subconscious.**



- ❖ **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 HUMAN 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 Suggstions

- **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 and right 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

- ❖ **Breathe 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.**
- ❖ **Breathe 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 breathe in let your belly come out steadily and gradually and when you breathe 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 warmth 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 Rai Yoga Meditation

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



God Realization

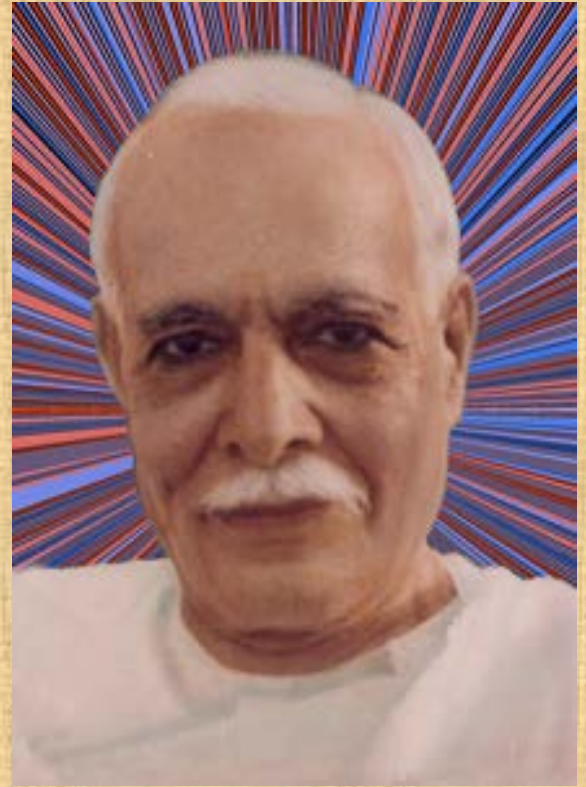
Means having true concept of GOD

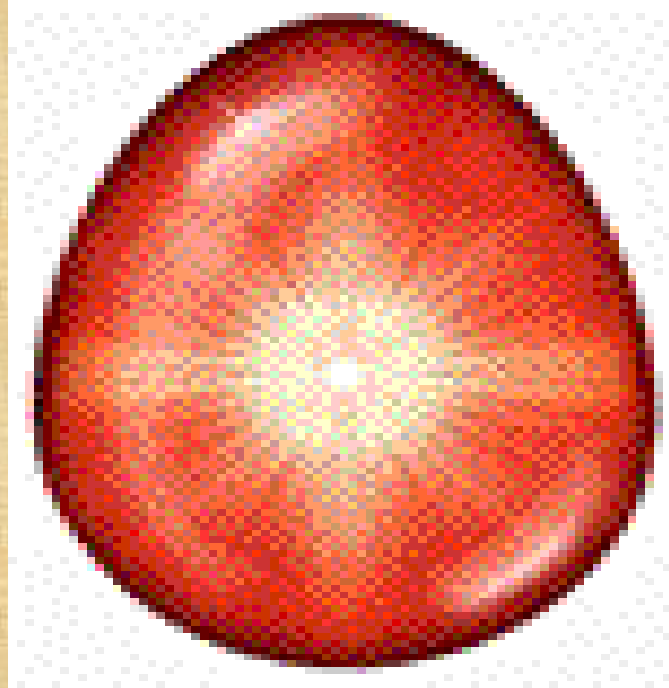




THANK YOU VERY MUCH

**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