



INTROSPECTION PRACTICES FOR MENTAL HEALTH

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ABSTRACT

The art of living is associated with Yoga. We must understand at the first instance what is yoga? "Improving the body to become healthy and the mind to be wealthy, regulating the activities, accordingly clear in identifying our own mistakes and nullifying the same, eradicating the old imprints of mind, leading one's own life happily and getting the ability to help others to lead their life happily is called yoga". Without following these principles we can't succeed. For improving health we can do exercises or asanas. For healthy mind what we can do? The only practice here arises is introspection following meditation. Simplified Kundalini Yoga designed by Vethathiri Maharish has four processes on the whole. They are (1) Meditation (2) Introspection (3) Sublimation and (4) Perfection. Meditation develops will power and peace of mind. Introspection enlightens the knowledge and guides one as a life-light. The process of Sublimation metamorphoses the character by gradual changes in one's habits. Perfection is the fruit and significance of the spiritual development. Everyone wants to accomplish his goals in his lifetime. Meditation along with introspection leads to reformation of character or to change the impurities of mind to purities thereby humankind attains sublimation, ultimately perfection in life happens.



KEY WORDS: Simplified Kundalini Yoga, Meditation, Introspection, Sublimation, Perfection, Agna Chakra, Sahasradhara, Emotion, Patience, Reformation.

INTRODUCTION

The aim of mankind is to unite with the almighty. How this can be achieved? Yoga is an inevitable thought for the mankind to reach this aim. In modern days the needs of the people are more. Tolerance, adjustment and sacrifice stand very least in character. The thing which needs more important in life takes least preference in human life. Now man's life is going on in a mechanical way without peace of mind. Hence, the need to lead the life peacefully arises as an essential thought of the day and the same is fulfilled through introspection practices thereby mental health is elevated.

ANALYSIS OF DATA

Vethathiri Maharishi simplified the kundalini yoga having four processes on the whole viz meditation, introspection, sublimation and perfection.

(1) Definition of Yoga given by Vethathiri Maharishi

Improving the body to become healthy and the mind to be wealthy, regulating the activities, accordingly clear in identifying our own mistakes and nullifying the same, eradicating the old imprints of mind, leading one's own life happily and getting the ability to help others to lead their life happily is called yoga.

(1.1) Meditation

Vethathiri Maharish has through years of research and meticulous practice, been able to simplify the process of meditation and raising the Kundalini power, whereby it has become easy for everyone whether male or female, to practice. He has devised a method by which the Kundalini power of an aspirant can be raised from its original location and moved to the Agna Chakra, with the help of a person adept in the practice of Kundalini Yoga. During meditation, sensory perceptions and the working of the mind are halted, as a result of which biomagnetism is conserved. Among the four processes of simplified kundalini yoga, we have to see one of the process introspection in detail.

(1.2) Introspection

Only when an individual examines himself and sincerely works to remove the impurities in his personality can he have good physical and mental health and lead a successful life. Such an examination is called 'introspection' or self-analysis. Introspection consists of analysis of thought, moralization of desire, neutralization of anger, eradication of worries and realization of self.

(1.2.1) Analysis of Thought

Human personality is based on thoughts, words and deeds. Of these three, thought is the primary one. One who wants to achieve best personality has to streamline his thoughts which reap the benefits of greater happiness, wisdom, health and peace.

(1.2.2) Moralisation of Desire

Entertain desires for achieving or enjoying something that can give pleasure. Such desire is virtuous. Every arising desire should be weighed and only the worthwhile ones retained, eliminating the unwanted and unnecessary.

(1.2.3) Neutralization of Anger

Undesirable desires turns us become emotional and we can express it in the form of anger. Anger destroys the person who is possessed by it and then it proceeds to destroy others also. No wise action happens, tragedy and irrevocable loss remains as result. Hence anger has to be neutralized.

(1.2.4) Eradication of Worries

"Worry is nothing but a mental disease based on wrong calculations". We make our own assessment of people, situations and things and expect something. But events occur according to the universal law of cause and effect. Each problem that has become a worry can be analysed. Solution through wisdom is only path for every suffering not worries.

(1.2.5) Realisation of Self

Truth consciousness helps to realize self. If we analyse all appearances and manifestations of the Universe, we find only composed of atoms. Whatever be the object and whatever its nature, see the indwelling truth this and this alone consciousness. Unless and until one realizes self, he cannot get peace of mind, because the mind with such a quest cannot secure proper satisfaction from any other contact or enjoyment. Therefore the Realisation of Self becomes an inevitable need for developed souls.

(1.3) Benefits of Introspection

One who introspects himself gets reformation in his character thereby possesses enlightenment ultimately results to lead life peacefully and happily. By constant practice, dissipate the imprints of sins is occurs. As a result the aim of mankind to attain the perfection happens.

2. Experiment

I practiced myself introspection on experimental basis at duration of 8 weeks. Every day I allotted 45 minutes for this practice. During that time, I allotted 15 minutes for relaxation, 15 minutes thuriya meditation which means concentrating on sahasradhara and 15 minutes for introspection. While doing relaxation cells in the whole body got rejuvenated. By meditation sensory perception and working of mind halted thereby our energy is saved. During introspection I listed out my all desires, worries and anger. If we analyse all these factors which are happening in our day to day, we can easily sort out all problems and take a right solution to solve all problems. If a desire is not possible, we could leave it, like that whatever the problem, we can take decision through wisdom. By introspection our emotional attitudes could change thereby reformation in character occurs. I too realized these effects during my introspection. I find out by doing introspection which not only gives mental health, also gives physical wellness too. During emotion the cortisol hormone secretes more at our body. If we try to change emotion into patience with awareness in all situations lead to curtail secreting more cortisol hormones. Hence I took cortisol hormone test of my blood while starting my practice and at the end as detailed below.

Statement showing the Endocrinology test report of blood sample

8 weeks: weekly 6 days - 45 minutes duration.

Relaxation - 15 min. Thuria meditation - 15 min.

Introspection - 15 min.

Biochemical Variable

Name of the Test	Pre-test	Post test	Reference value
Cortisol (AM)	9.96 ug/dl	6.00 ug/dl	7 am-10am: 6.02-18.04

(2) Research Articles referred on Introspection in Google

(2.1) Embrace introspection as way to deeper your inner-peace and happiness by Sophia Ojha

Meditation practice strengthens mind, calms it and builds equanimity. The other thought cleansing activity is introspection. With introspection, we can find solutions to our everyday life challenges, because introspection gives clarity and steadiness for tackling our day to day activities.

(2.2) Psychological change with introspection and meditation by www.themeditationblog.com

In our day to day life we repeat the patterns that cause us as well as to others pain in interpersonal relationships such as getting irritated, impatient or angry too quickly in the wrong moments. Changing such pattern of everyday life is not an easy one, which requires a lot of introspective exploration to fully understand the psychological motive that caused the slip.

(2.3) The Art of Introspection in a self-obsessed world by Jennie Lee

Introspection encompasses a study of one's self from the personality level to the soul level as well as a study of the unfiled field of consciousness, or ultimate self and develops a life according to your aspirations.

(3) Practices for Introspection

Our day to day life is like a circle rounding among thoughts, desires, anger and worries. For regulating all these activities we should follow a practical method daily. After meditation the mind becomes calm. In that state of mind, we can take our own problems and take solution through wisdom to solve it. If we want to change our characters, we must take a resolution on what shall we do to keep following with awareness and which gives success.

CONCLUSION

Everyone wants to accomplish his goals in his lifetime. Meditation along with introspection leads to reformation of character or to change the impurities of mind to purities thereby humankind attain sublimation, ultimately perfection in life happens.

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