



ANALYSIS OF THOUGHT HELPS US TO IMPROVE OUR MENTAL HEALTH

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ABSTRACT

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, and act. Mental health is important at every stage of life, from childhood to adulthood. To improve the mental wellness, thought analysis is one of the yogic practices. To analyze the thought we must know all about mind. Man is mind, and mind is the man. Mind is a mysterious and marvelous phenomenon. Its working center is genetic center of the living beings. Mind wave is always emerging from the genetic center. The bio-magnetic waves pertaining to the experiences of mind and the frequencies play an important role. So far it has been noted that the human mental frequency works in four states i.e. Beta, Alpha, Theta, and Delta. Maintenance of peace of mind in the family and social relationships is of utmost importance for everyone. Realization of the nature of the mind will give one a maturity to perfect the personality in all fields of life. The Bible says, "For as he thinketh in his heart, so is he..." (The Proverbs 23:7) In Tamil also, there is a saying, equal to this verse, "vz;zk; Nghy; tho;T". These illustrate the incredible power of our mind in influencing what we currently are, and ultimately what we become. So thoughts must be analyzed to use them beneficially. For success in the practice of introspection and diversity of thoughts should be understood. Thoughts produce imprints, which give rise to further thoughts, thoughts and imprints, again and again in endless cycles. There are mainly six root-causes from which our thoughts emerge. They are Needs, Habits, Environmental conditions; Others' impositions, Heredity; and Divinity. Thought may come by any one of the above six causes or by a combination of one or more of them. Good thoughts must be fulfilled; evil thoughts are to be neglected. We should not give room to harmful thoughts. We should eliminate such thoughts at the outset itself, with firmness and sincerity. In due course such thoughts will not arise. 'A person, whose mind is filled with pure and noble thoughts, and who remains in a state of constant introspection, is a Gnani or an enlightened person.



KEY WORDS: Mental Health, Mind, Thought, Analysis, Noble Thoughts.

INTRODUCTION

It is essential to all of us to have a good physical health and mental health. Physical health and mental health can be maintained and preserved by some proper yogic practices. 'Analysis of thought' is one of such introspection practices formulated by Sri Vethathiri Maharishi. By doing this introspection mind can be tuned up in the right direction. Since thought arise in mind, we must know the mind and its activities. Before that we will know what mental health is.

MENTAL HEALTH

Mental health includes our emotional, psychological and social well-being. It decides how we think, feel, and act. It also helps to handle stress relates to others. Mental health is important at every stage of life, from childhood to adulthood. According to World Health Organization (WHO), mental health includes, 'subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence and self-actualization of one's intellectual and emotional potential among others.' The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. Mental health develops the capacity to live a full and creative life and the flexibility to deal with life's inevitable challenges. To improve the mental wellness, many therapeutic systems and self-health books are there. One among them is yoga practices.

Mind

Man is mind, and mind is the man. "Only when the body and the soul worked together does mind exist and this mind is what constitutes the personality of an individual, makes him humane, human, a 'Man'. Mind is a mysterious and marvelous phenomenon. Its working center is genetic center of the living beings.

Frequencies of mind waves

Mind wave is always emerging from the genetic center. The bio-magnetic waves pertaining to the experiences of mind and the frequencies play an important role. So far it has been noted that the human mental frequency works in four states. When one is perceiving with the senses, engaged in worldly deeds and enjoying or suffering from the results, the mental wave functions from 14 to 40 c.p.s. It is called beta state. 'when the mind wave is focused inwardly in meditation, feeling the force of Bio-magnetism, its frequencies reduces to one of the three subtle states of mind, the alpha, theta, and delta, which are 8-13, 4-7, and 1-3 c. p. s. respectively.'

Thought

Maintenance of peace of mind in the family and social relationships is of utmost importance for everyone. Realization of the nature of the mind will give one a maturity to perfect the personality in all fields of life. Mind is the sum of all actions and experiences of the soul. Thought is a specialized function of the mind. Thought is performed in terms of time, distance, volume, and force. Thinking involves processing anything in accordance with the above four parameters. The Bible says, "For as he thinketh in his heart, so is he..." (The Proverbs 23:7) In Tamil also, there is a saying, equal to this verse, "vz;zk; Nghy; tho;T". These illustrate the incredible power of our mind in influencing what we currently are, and ultimately what we become.

So thoughts must be analyzed to use them beneficially. Sri Vethathiri Maharishi also says, "Mind is the fertile ground from which thoughts, words and deeds arise. Words and deeds originate as thoughts and blossoms in to action later. For success in the practice of introspection and diversity of thoughts should be understood."

Thought cycle

Thoughts produce imprints, which give rise to further thoughts, thoughts and imprints, again and again in endless cycles. It is wrong to decide that a thought, which entertained in the mind, would never be put to action. It will surely take action somehow or other. Therefore it is important for the people on the spiritual path to analyze the thought.

Classification of thoughts

Sri Vethathiri Maharishi says, "There are mainly six root-causes from which our thoughts emerge. They are: (1) From the force of Needs; (2) From the force of Habits; (3) From the force of Environmental

conditions; (4) From the force of Others' imposition; (5) From the force of heredity; and (6) From the force of the evolution process of Divinity”.

Analysis of Thought

Thought may come by any one of the above six causes or by a combination of one or more of them. Good thoughts must be fulfilled; evil thoughts are to be neglected. We should not give room to harmful thoughts. We should eliminate such thoughts at the outset itself, with firmness and sincerity. In due course such thoughts will not arise. Natural calamities, like cyclones, floods or earthquakes are the results of the evil thoughts that have risen with in the minds of the people. If we find a thought unnecessary, an auto-suggestion is to be made to prevent it arising in the future.

‘A person, whose mind is filled with pure and noble thoughts, and who remains in a state of constant introspection, is a Gnani or an enlightened person..... Thoughts should rise with awareness, watching over itself and making corrections all the time. This is introspection, which has to be performed once a month, a week, or even every moment, which alone can pave the way for sublimation and perfection.’

CONCLUSION

It is essential to do this thought analysis, regularly. This will give constant awareness in the mind. Noble thoughts lead to the uplift of the self and the society. ‘Analyzing the thoughts helps overcome desires, anger, worries, and helps in realizing the Self, through constant awareness.’ It improves positive mental health. Noble thoughts enhance the inner potential and give good will to cope with the people. People with good thoughts work productively. They face the stresses in life with firm mind.

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