



## INSIGHT OF YOGA HIERARCHY IN SOCIAL TRANSFORMATION

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### ABSTRACT

*Every existence follows a certain pattern, precision and regularity. But human mind of individuals varies with each other due to genetic imprints. Ever since the rise of human in this world; artificial intelligence has also started to grow and has led to copying the act of Nature in form of dance, singing, sculpture and more. During this phase of time though intelligence of human may have grown it hasn't led to destruction of Nature rapidly. But once this intelligence started to make equipment which led to industrial Revolution, Nature started to count its days. Within 300 years of this revolution we have lost many resources. This can be understood and rectified only through natural way of yoga (INTROSPECTION).*

**KEYWORDS:** Artificial Intelligence, Genetic Imprints, Destruction, Industrial Revolution, Resources, Introspection.

### INTRODUCTION

In the course of transformation of nature, most of its existence can be found in certain patterns either being quantum mechanics or mathematics or the existence of physical beings, everything will be under certain pattern, precision and regularity which simply termed as Law of Nature. The formation of atom follows certain law. The formation of molecules follows a certain law. The conversion of energy follows a certain law. Humans have understood these laws and they have created validation procedures through which in the course of time they have developed Artificial Intelligence. Let us look an example. Consider two water bottles made up of injection moulding. The shape and size of the two bottles will be similar since the bonding between the atoms will be of same pattern for certain pressure and heat i.e. the bonding of atoms at constant pressure and heat will be same with precision and regularity.

But when it comes to behaviour of human mind and its thinking patterns, most of the times it does not lie within the laws of nature. In terms of cognitive psychology, the thoughts that keep arising within oneself keeps them alive. These thoughts drive an individual ahead in their life. But there are still few questions to be answered, whether these thoughts which are driving them are safe, Acceptable and Healing. Also whether there is any validating procedure for thoughts and if one exists, why the world have seen such disastrous wars and unhealthy inventions. Another curious question is whether the thoughts arising from two people can be of same pattern, precision and regularity and if that so what is the existing procedure to validate it.

Group of individuals and nature forms the Society. The problems in society are due to the individuals and their decisions. We have analysed the existing social problems and root causes for them. The root causes have raised those questions and we have further analysed to find solutions to these problems and documented in this article. The answer for these questions lies in Introspection.



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## INTROSPECTION

The word Introspection is combination of Inner + Speculation. It means Thinking Inwards.

It is a process of questioning, analysing, researching, and perceiving and deciding within oneself. Introspective psychology is a product of behaviourism. Most of the philosophers has agreed the term introspection and its life changing results without argument. But the cognitive scientists have not yet fully accepted the term introspection and how it can change an individual's mind and life. They have questions such as whether they exist and whether it is self-reliable source of knowledge.

Whatever the questions maybe Self-reflection is a humble process. It is essential to find out why we think, say and do certain things.

## CULTURE AND TRADITION

The root cause for every action that an individual does is due to his thoughts. The words spoken and the actions did are only due to the thoughts arising within themselves. In modern world scientist have been researching continuously to find the source of thoughts and consciousness. They have developed various fields like psychology and cognitive science to research on thoughts. But if you research on what exists before the development of such science, then the answer will be Introspection. This term is in use by scientists for few centuries but the term philosophy is in use for many centuries. Introspection is the tool of philosophers. The term tradition and culture came into existence only with the efforts of philosophers. When we try to understand how they have become enlightened and wise, it is due to continuous meditation practice along with Introspection.

And now let us think of ourselves what benefits did these traditions and cultures have contributed to mankind. They have contributed individual peace and society peace. They have created do's and don'ts and united the thinking pattern of individuals. This thinking pattern has resulted in restriction of certain activities and even in creation of thoughts.

Every individual does activities based on their own thoughts. The result of the activities will either be Good or Bad. In order to avoid bad activities and results philosophers have contributed to society through culture and tradition. In broad perspective we can understand that these culture and traditions are results of Introspection of individuals over the course of time. And we can't deny the fact that these culture and traditions are the pillars of positively guided peaceful society.

## NEED FOR INTROSPECTION

"Man by nature is a social animal", stated the legendary Greek Philosopher Aristotle. The depth of this statement is to be understood clearly which dates back to 2000 years ago. That was period where people believed in creator and creation. But today's science proved humans are evolved from animals and they formed society. Also the genetic engineering is also proving that imprints of the genes are transferring from one individual to their off-springs. From this we can clearly understand that the imprints of animals are also transferring within humans from time to time. Thus these imprints play a major role in either responding or reacting to the individual's situation.

The emotional intelligence of an individual will always be reacting in nature. The feelings and emotions are guided by the imprints. The emotions like worry, stress, anger, lust, greed are the outcome of genetic imprints. Hence they react to situations. One has to analyse these emotions clearly and have to understand that they are the outcome of genetic imprints. This is possible through Introspection. This helps them to respond to the situation instead of reacting. This helps them to transform into a better human being.

The other important factor which has to be introspected for the sake of peace among individuals and society is Fame. Human mind is addicted to fame. Every action has a result. When an individual focus on certain results they commit to do actions only to achieve the results. Here it is important to introspect the motive of the result. Let us consider these historical experiences for better understanding. The motive of wright brothers is to fly and they did actions in order to fly and eventually it resulted in. The motive of Alfred

Noble is to find dynamite and didn't analyse the results and consequences it might produce. Now scientists are behind Noble Prizes. Their motive is to win noble prize. This is the serious threat to the society nowadays. This fame has been growing in terms of artificial intelligence.

Hence it is important to analyse the thoughts before inventing anything. It is important to introspect at the level of thought itself before starting any actions. When we look at the philosophers, though fellow humans doesn't accept and understand them, their contributions always resulted in positive manner to the society.

### INTROSPECTION TECHNIQUES

Introspection is not a technique alone. It can be a better way of living. It can mould an individual in positive way and transform them to higher states of consciousness. The following three analysis techniques are the core of introspection.

- ❖ Thought Analysis
- ❖ Emotional Analysis
- ❖ Who Am I

### SOCIAL TRANSFORMATION

Group of individuals form a family and group of families form a society more similar to formation of atoms and molecules. The physical appearance of any matter will change when the internal bonding between molecular structure changes. Similarly the social transformation occurs only when individuals transform themselves.

This transformation should be positive, good and peaceful. This is possible through introspection. Without introspection everyone think and do their own activities. But introspection unites their thinking pattern in terms of law of nature.

Thought Analysis is simple introspection technique through which an individual can conclude the origin of their thoughts. No science has ever given techniques other than this practice to find one's own origin of thoughts. Through this technique one can understand the origin of thoughts under categories of genetic imprints, situational instinct, external forces or due to nature. With this simple analysis one can conclude the origin of thoughts and shall decide whether to continue to desired actions only if their result benefits individual, nature and the society.

Emotional Analysis will help to maintain Peace within an individual and also in the society. The main reason for disturbance of peace in the society is War. The root cause for any war would be individuals Greed, Ego and Anger. Whether it is Alexander who desired to conquer the whole world or the countries who lead to World Wars, the root cause is an individual alone. Hence it is serious issue to address in order to attain a positive social transformation. Emotional Analysis techniques are the powerful tool to get rid of individual's greed and anger. This practice will results in peace among the individuals thus benefitting the peace for society and also to nature.

### CONCLUSION

Change alone is permanent they say but the result of the changes will either be positive or negative. In order to achieve positive changes introspection is the simple, powerful and yet the best technique the mankind has ever seen. It is every individual's responsibility to practice introspection in their day-to-day life to enjoying peace, prosperity, health and wisdom.

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