



A STUDY ON ANALYZING THOUGHTS TO TRANSFORM THE PERSONALITY

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ABSTRACT

Thoughts play an important role in strengthening the mind and inducing chemical changes in the body. When the mind functions through the five senses and take the shape and qualities through experiences, man forgets his real nature. Even when the sixth sense starts developing, man does not wake up for this slammer. Evil thoughts harm the body and the mind producing chemical changes, wastage of life energy and bio-magnetism. Evil thoughts should be avoided and noble ones to be allowed to grow in the mind so that one's personality can be transformed the more we understand the wonders of the mind, the greater will be our happiness, satisfaction and peace.

KEYWORDS: Thoughts, Personality, Introspection, SKY Yoga.

INTRODUCTION :

When we observe the mind and its functioning, we discover that every action of ours excepting those motivated by instinct is invariably proceeded by a thought. Thought and action are inter-linked and once one follows other in an unbroken chain. If we analyze our thought, we will understand the causes that motivate them. Such an understanding will help us to harness and utilize our mental powers to the best advantage and regulate our actions through an effective control of the underlying thought.

Origin of Thought

There are mainly six root causes from which our thoughts will originate.

1. Need
2. Habit
3. Circumstances
4. Others imposition
5. Hereditary
6. Divinity

Analyzing Thoughts

Thoughts may be raised by any one of above six root causes or by a combination of two or more of them. But we can understand the functioning the mind by constantly observing the thoughts that arise in the mental plane and by trying to trace those thoughts to the sources which they arise. When the mind is engaged in self enquiry, such observation discovers that all the thoughts that arise within it are nothing but

its own shapes and qualities. So by practicing this method of continuous observation, the mind begins to understand the motivating force of every thought. It also learns to estimate correctly the consequences that will follow if the thoughts are turned into action.

If you learn to analyze your thoughts in the manner explained the above, if we trace the root cause, motivating a thought, we can correctly assess the consequences of that thought and decide whether it should be allowed to gather strength and into action or should be eliminated at the outset. If one is certain that a particular thought will create problems and result in pain, it is allowed to develop, one should think clearly and repeatedly of the adverse consequences. This will imprint them deeply in the mind. If this process is followed with firmness within, the thought about the adverse consequences will also arise simultaneously and weaken the harmful thought. The result will be that the harmful thought will subside altogether.



Introspection

This process of introspection where the mind sets as a spectator and watched itself enacting its own drama is really a wonderful experience that has no parallel. The stage in which the drama is enacted is built within the mind itself. The actors are only different reflections that emerge from the prism of the mind; the script of the drama is a fabric of the mind, the mind wild the mega phone and directs the drama. The owner of the stage and the troupe is only the mind. Wonder of wonders, the spectator and the audience is also the mind! This single entity known as the mind plays all the diverse roles with such deceptive perfection that it is not easy to see the one true reality behind these various facets. The term metaphysics is but another name given for the study by this unique drama of the human mind.

Conclusion

By employing this method one can gradually eliminate all harmful thoughts and allow only creative thoughts to develop. This is a simple practice which will improve the character, and ultimately, one’s personality. Remember, the character of an individual is decided the quality and texture of his thought. By practicing this method, purifying the mind and transform your personality”.

Practical Method of Analyzing Thoughts

S.No.	Thought	Reasons of Thoughts					Results	Conclusion
		Need	Habit	Circumstances	Other’s imposition	Hereditary		

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