

## **Psycho-Spirituality- A trigger for thought transformation**

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### **Abstract**

The whole idea of Psycho-Spirituality as we see it, is to transcend what's wiped out a psychological approach, to transcend what seems to be psychological. The psychological aspect of it's just something to affect clearing away the clutter to urge to the purpose where we will reach the spiritual truth, and realize that it's already happened, it's already there. It seems that we expect about what appears to be a psychological issue, it seems that we do techniques that revolve around it, but really, it's about connecting first at a deeper level, keeping that in mind while we are browsing the opposite aspects of it. That's the spiritual aspect that permeates the entire process. regardless of what it's like that we do in form, we are still always returning to the joining with the Spirit, truth Self, joining with the reality of what we are.

Whereas psychology deals with duality and helps make duality better and more tolerable, with Psycho-Spirituality we focus of the pure truth of Oneness after we are handling the thought of the illusion of separateness. At the level, truth Self level, there's nothing to try to do but to simply accept Oneness. But in form, we apply these psychospiritual techniques to facilitate the furtherance of the acceptance of the spiritual aspect. Acceptance is simpler once we dig through the debris (Negativity) of the mind that obscures the validity of the essence of our being. Just merely stating the reality does help the people sometimes, but sometimes, taking a lively stance and energy towards digging through the lies of the illusion can help facilitate the acceptance of Oneness.

The focus of this approach is basically Oneness, but the psychological aspect is put in commission of realizing the oneness of what we are, and since it's put in commission of it with the energy the force and therefore the will of Oneness behind it, it's not like regular psychology, it's not even close. We're performing from the opposite side of it, we aren't standing on the side of duality, working back and hoping to urge to Oneness. We stand on the side of Oneness, undoing the thought and therefore the effects of duality, approaching it from the other side, due to the very nature of how we do it.

Psychology attempts to try to do something; what we do is not any attempt, it's coming from an area of truth that's not speculative. There's no argument: Oneness is Oneness. that's where we are coming from, and that we are helping the mind, the aspects of our mind that appear as if people, to understand that there are not any people, to figure through the imaginary problems. rather than being totally fixated inside the matter, we do what Einstein talked about, we are getting to a special level to unravel the imaginary problem. It's beautiful and stylish in its idea and its approach, and it doesn't require anybody to believe the methodology of it, it just works because it cannot not work, because it's what it's. Eventually, the mind is pulled out of the illusion, and that we proceed from there.

*Keywords: Psychology, Psycho-spirituality, Spirit, Yoga.*

### **What is psycho-spirituality:**

Psychospiritual growth may defined because the structural development of psychological growth, alongside or followed by the direction of spiritual growth. The sense of

self is developed and differentiated from the false self which has been generated as a defense against the anxiety of being a real self. The false self tends to be defended; only truth self are often transcended,

and it's in its transcending that it's ultimately discovered. During this process of development of self-there could also be spiritual response to deeper spiritual realities, but hearing and response are going to be hindered by psychological conflict or problems. Again, psychological growth isn't always followed by spiritual growth because the individual could also be too satisfied with the self-understanding achieved to ascertain that this is often not an end in itself but a by-product on the thanks to self-transcendence and surrender. The self-encapsulation and self-preoccupation resulting from sin and from psychopathology block spiritual growth. Only the false selves are seen for what they're can they tend up and therefore the true self seen, when the necessity for surrender to God is known. Both Christian spirituality and psychotherapy involve the crucifixion of the false self or self-centeredness. Then God instead of the self can become the lord over life.

### **Educational psychology:**

The study of human learning process from both cognitive and behavioral perspective allows researcher allows researchers to understand individual differences in intelligence, cognitive development, affect, motivation, self-regulation, and self-concept, as well as their role in learning. The field of educational psychology relies heavily on quantitative methods, including testing and measurement, to enhance educational activities related to instructional design, classroom management, and assessment, which serve to facilitate learning processes in various educational settings across the lifespan. [1]

### **Psycho-spiritualism in Yoga:**

Adi yogi Maharishi Patanjali Say's in his book about Psycho-spirituality in the term of

Yama and Niyama, there are five Yama Viz. *Ahimsa, Satya, Asteya, Bramhacharya and Aprigraha* as well as the Niyama Viz. *Saouch, Santosh, Tapas, Swadhyay, Ishvar Pranidhan*. He talked about these tools to cleanse the mind with negative thoughts and load with the positive attitude to get success in the path of glory, which is discussed further. Furthermore, he discussed about the path of Yoga as per the eligibility criteria of the *sadhak*, Viz. for lower grade *sadhak*. he needs to follow the eight fold path of the Yoga while in the next chapter he discussed about the Kriya yoga Viz. *Tapas Swadhyay and Ishvar Pranidhan*, so medium level *Sadhak* need to follow the this tri fold path of Yoga and last but not the least the upper grade *Sadhak* needs to follow the Bi-fold path of Yoga Viz. *Abhyas and Vairagya*.

So basically, these different types of yoga are describing with the help of Yoga Sutra of Patanjali because he knows about the status of mind, so he decides to split the practices as per the status or stage of practitioner. If someone is at a lower stage, so, he needs to follow the eight fold path of Yoga, actually he needs to change himself Psycho-spiritually and then he will be able to continue the practices of yoga and after practicing a lot he will be able to achieve the stage of oneness of simply samadhi.

While at the same time he decides to give the next level practice which starts from a bit higher stage of psycho-spirituality, means those who are having a bit higher level of consciousness can starts their practice from a bit higher stage. They need to start practice from *tapas*, means they doesn't need to start from very beginning like Yama and niyama, because they are already crossed that level of consciousness.

Thereafter he describes the final level of consciousness so those people who are already achieved a level of consciousness can starts their journey from a quite higher stage of consciousness in this stage he tells

us to follow the final level of consciousness Viz Practice of Detachment. Only by the practice of detachment practitioner get the final goal of the life which is the feeling of oneness.

### **Now the question arises**

Why Maharishi Patanjali need to describes these different levels of consciousness to the audience of their book?

And the very simple explanation is he knows about the learning processes of the mind, pscho-spiritualism of the mind, while psychology refers to the study of mind and spirituality Refers to the phenomenon of mind. Psycho-Spirituality is the interface of our Body, Mind, and Spirit. It is reflected through traditions and culturally accepted practices that can influence our mind and emotions. Practices such as meditation, mindfulness, and concepts like values, compassion, and altruism can influence the overall state of well-being. So he talked about the overall well-being and the phenomenon of the mind.

### **When we change the world would changes:**

Visualize waking up tomorrow morning, absolutely contented. Satisfied with everything – God, our life, family, food, home, job, friends, money, comforts, city. Accepting myself, people, situations, traffic, pollution, weather, as they are. Admiring the beauty and uniqueness in every speck of creation. Savoring morning cup of tea, discharging duties with a smile, enjoying every interaction, sending a blessing to everyone, relishing food, focusing only on the good, welcoming surprises, remaining hopeful even in a hopeless situation – simply living it up with faith and love. How different will my tomorrow be from my today? My quality of life will rise a few

notches because I choose to change my tomorrow, and it starts with one thought – of contentment for everything I have. My thought triggers a pleasant feeling, an attitude of gratitude, right actions and soothing behavior. So, I send positive energy to my body, to people and the universe, influencing all three – so my health improves, relationships become harmonious, and I contribute to world peace. If I repeat this the next day and the next, what started as “Changes in Me, Will Change My World”. Also, I am always one thought away from changing my world.

My world is not somewhere out there. It starts from within me, from my thoughts. I the being, constantly radiate my energy into the world. So, if I emerge the divinity within, the world changes. If I heal someone with my love, the world changes. If I stand up for morals, the world changes. If I reconcile with my past, the world changes. When I go step out into the outer world in this state, my every action will reflect the flavor of my inner world. As angels, we are agents of change. Let us influence our family, country, and the entire humanity, one day at a time by transforming ourselves. Let our collective energy of goodness envelop the planet to bring a change and create a beautiful world full of positivity.

### **My wisdom creates my destiny:**

Spiritual wisdom teaches us that happiness is independent of our accomplishments, possessions and relationships. Yet, some days we feel pleasant, some days anxious. Some days we are enthusiastic, some days dull. This means that sometimes our feelings are not in our control. The fact is that each of us can create feelings and destiny of our choice using Thought Power. How do thoughts manifest destiny? Answer is in a simple chain moving forward sequentially from our thoughts to feelings, attitude,

actions, habits, personality and destiny. Let us understand how they work.

### **My Every Thought Generates My Feeling.**

Thoughts are my creation. Every thought gives rise to a feeling, so how I feel is decided by the quality of my thought. So, if I consciously create a pure, positive thought, I feel happy. Happiness is a feeling, an emotion and an experience I go through. Likewise, I also experience feelings like peace, love, pain, anger. Suppose I create a thought – *I enjoy working in this office.* it generates a positive emotion and I feel happy. On the contrary, if I create a thought – *I dislike working here,* it generates a negative emotion and I feel dejected. My inner power depletes so my job feels tougher as I get weaker. Instead, if I think – *I have challenges at office but will face them,* my positivity helps me to overcome them.

### **My Feelings Develop My Attitude.**

My thoughts create feelings at every moment whether in my relationships, workplace or a shopping mall. Everyone is who they are, everything is what it is. But how I feel about people and situations over a period develops my attitude towards them, determining whether I accept, respect or reject them. So, if I create a thought – *I enjoy working in this office* over a period of time, the resulting happiness defines my attitude about my office – one of belongingness.

### **My Attitude Brings Me into Action.**

My attitude dictates my outlook, behavior and response to people and situations. So my attitude drives my actions. Using yesterday's example – I am an employee whose attitude towards my office is one of belongingness. This attitude brings me into action. I give my best performance. I work passionately and align with my company goals.

### **Repeated Actions Form My Habits.**

Repeating any action twice, thrice, or ten times makes it a habit. When I am a high-performing employee, I enjoy all the associated benefits. It enhances my happiness and motivates me to do better in the next task, then the next. So I get into a habit – of remaining happy, performing and succeeding.

### **Habits Define My Personality.**

I become what I repeatedly do. So all my habits combined together shape my personality. They become an integral part of my life, flowing into my behavior and guide my way through life. If I am a happy employee, it flows in my personality. In this way my happiness is not restricted to my workplace but accompanies me everywhere, leaving its impression in everything I do.

**Personality in Action Manifests My Destiny.**  
As will be my personality, so will be my every action. As will be my action, so will be the consequence of the action. That consequence is my Destiny.

**Summary:** This is how all elements close – my thoughts create feelings, feelings develop my attitude, attitude comes into action, actions repeatedly done cultivate habit, habits influence my personality, and my personality scripts my destiny. Therefore, I select how I would like to feel the entire day, my whole life. I decide the list of emotions to use and therefore the ones to avoid. I even have the facility to write down a destiny of my choice. We must stop for a while and think about the overall situation of the world that, Are we meant to be destined with eight million tons of plastics in our ocean? Are we meant to be destined with the eighteen thousand rape cases? Are we meant to be destined with the most corrupted country in the world? The simple answer is NO. So, once I create a positive thought, it manifests a

cheerful destiny and this is real thought  
transformation and will create a brighter

future for younger generation.

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