



INTERNATIONAL JOURNAL OF
YOGA & ALLIED SCIENCES

Personality Development : Achieving Human Excellence “The Yoga Way”

Rudresh Kumar Singh¹, Dr Kamakhya Kumar²

1. Scholar Masters in Yoga Uttarakhand Sanskrit University (Yoga Teacher and Evaluator at YCB, Former Teacher of Indian Culture, Embassy of India Bahrain)
2. Associate Professor (H.O.D) Deptt of Yogic Science, Uttarakhand Sanskrit University, Haridwar

ABSTRACT

Yoga belongs to the world but it has a home “India” Its birthplace and Experts from the birthplace can only guide about its true essence of Yoga. Yoga is like vast ocean of knowledge and precisely we can work on specific dimensions with scientific approach to develop an ideal and balanced personality following “The Yoga Way”. Personality of a person from the yogic point of view must have “A Disease free body, rhythmic breath, stress free mind, prejudice free intellect, memory free from negativity, ego which unites us all together and self which is free from sorrow. To develop the personality we must work on all these different aspects together. So basically when you explore it’s another dimension all these people who have excellence in their domain area of expertise are certainly fully blossomed at one level of their existence but that does not mean that they have a complete balance on other levels of existence too. As we look into global data many people lost their lives every year across globe due to certain medical complications or Suicide, homicide or crime and too much of dependencies on Antidepressant. So is yoga and its scientific intervention a way which can help to develop an ideal personality along with developing healthy, happy and prosperous society resulting in promoting peace and harmony and making world a Better place to live.

© 2021 IJOYAS. All rights reserved

Article history:

Received 20 June 2021

Revised 10 July 2021

Accepted 03 Oct 2021.

Keyword:

Yoga, Different Levels of existence, Balanced Personality, Scientific intervention.

Introduction:

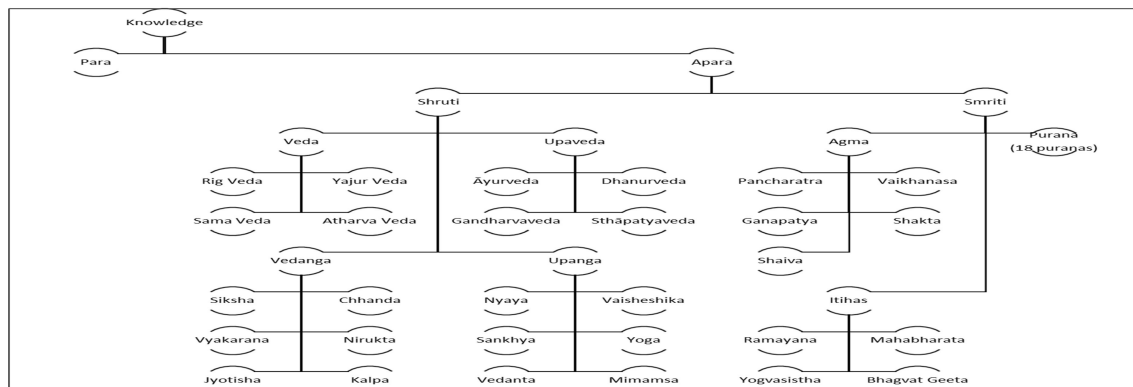


Figure: Chart shows structure of Knowledge and Knowledge of Yoga in Upanng / shad darshan

So in the structure of knowledge from ancient knowledge system where knowledge is of two types. Para and Aparā. Aparā has 2 branches Shruti and Smṛiti tradition. Shruti has four streams Veda, Up-veda, Vedāṅg and Upaṅg or Shad Darshan. So the knowledge of yoga in our Vedic tradition we get in Shad Darshan.

Understating the dimensions of the self:

So how personality can be developed by inculcating and implementing the knowledge of Yoga, here we will be exploring some new dimensions about it. So here I will begin with the point whenever someone asks you about your introduction, we usually introduce ourselves that I am an Engineer, Scientist, Doctor, Professor, Musician, Artist, Actor, Philosopher, Political leader, writer, Businessman, sportsman etc. So in this **introduction what usually we refer is whatever position we have achieved or skills we have worked on through our constant self-effort. That is the introduction of yourself to the society but introduction of self to the self can happen only on the path of Yoga.** How rich our ancient knowledge system has been from time memorial knowledge is applicable till today.

Knowledge Tradition and reference of Ideal Personalities from Ancient India

Yoga Vashistha- The knowledge of Yoga Given by Maharshi Vashistha to Lord Ram. Knowledge of Yoga given to Arjun by Lord Krishna in Bhagwat Geeta. Knowledge of Yoga shared by Maharshi Patanjali in Patanjali in Patanjali Yog Sutra, Knowledge of Yoga which was

Shared by Lord Shiva to Maa Parvati came which was further perceived by Nath Parampara Yogi's. The Knowledge of Yoga Shared by Maharshi Gherand to King ChandKapali. Gautam Buddha, Mahaveer Jain lived and propagated the knowledge of Yoga in some form. Swami Vivekanand lived the knowledge of Yoga.

Definition of Self Explained by Adi Shankaracharya:

One of the finest example of Yogic tradition knowledge how profound our ancient saints have been, When Atam Govindpadacharya Ji asked introduction of Adi Shankaracharya he sang Nirvanshatakam. That's the beautiful example of self. Adi Shankaracharya ji shared- neither I am body, breath, mind intellect, neither Panchkosha, Panch prana, Panch Vayu, Sapt dhatu, Neither dharma, Arth, Kama, Moksha, neither Punya, paap, Veda, Yagya, Neither father, mother, brother, sister, Guru or Shishya, I have no form, neither I am birth or death. I am that pure conscious bliss. Means self is devoid of everything else and that self was beautifully explained by a Shishya to his Guru. That was the richness of our ancient knowledge system.

Understanding the Self and six other levels of Human existence and its relevance in personality development.

- **Body-** First level of our existence which we can see it through eyes and feel it.
- **Breath-** Second level of our existence. We can't see breath but we can feel it.

- **Mind-** Third level of our existence which has tendency either to go into the past or into the future.
- **Intellect-** Fourth level of our existence Which often creates a prejudice about anything or it is always ready to learn new things. Even while reading this your intellect may be judging at this moment whether I am talking right or wrong.
- **Memory-** Fifth level of our existence. Memory either it can be filled with too many past impressions or negativity or it can be super-efficient to learn new things.
- **Ego-** Sixth level of our existence which differentiates one person from another person in the society.
- **Self-** Seventh level of our existence.

Now you notice whenever our life is not working just notice that you might be stuck up at any particular level of existence. May be you are physically not fit or mentally not peaceful or caught into impressions or feeling sad due to something wrong happened in the past or emotionally not stable, mood swings and all. Then what is the **definition of ideal health. “ Disease free body, rhythmic breath, stress free mind, prejudice free intellect, memory free from negativity, ego which unites us all together and self which is free from sorrow is the birth right of every human being on this planet and Yoga helps us to align all these seven levels of our existence.** One these seven levels are aligned definitely we will be having potential to perform our best in all dimensions of our life be it at workplace or managing family and being a responsible citizen and doing our best for organisation which we belong to. For that we need to be physically fit, mentally peaceful and emotionally stable. By giving

our best for whatever we do in our life at the same time not getting attached to any person, place or event then life becomes really meaningful to live being centred, calm composed, creative and innovative. Yoga makes you complete.

Human excellence/ Fully Blossomed personality at different levels of existence in different domain area of expertise.

So you might have seen or met with people who have achieved brilliance in their field by working constantly in their field, extrovert in nature sometimes they become public figure or celebrities and sometimes they remain introvert in nature and they keep contributing with their knowledge and skills. So basically when you explore its another dimension all these people who have excellence in their domain area of expertise are certainly fully blossomed at one level of their existence but that does not mean that they have a complete balance on other levels of existence too. For example you might come across cases where celebrities, public figures committing suicide. After achieving so much of prosperity yet not having emotional stability. Greed is the biggest reason of all the scams in society. You often come across the scams by different eminent personality, after doing financial crime and looting money they flee the country. There are many example of scams done by politicians or Bureaucrats which means that brilliant brain does not guarantee brilliant character sometimes. So the question is why even after achieving so much in life yet no contentment they do something wrong and then they suffer. So is Yoga a way to develop a balance personality?

Lets understand fully blossomed personality at different levels one by one.

At the level of Body: All the sports personalities, Athlete's, Gymnasts, Armed forces people, Body builders they do work on their body investing more quality time and hard work thus fully blossomed at the level of body but that does not mean of guarantee that they all have a balanced command on other level of existence that is emotional stability, mental peace, brilliant memory etc.

At the level of breath or Prana: So if you observe the people belonging to the spiritual organisations, following the path of yoga, and those who are into the practice of pranayama thus having a balanced command on Pranic body and they remain more emotionally stable.

At the level of Mind: Creativity and innovation can happen through only calm peaceful and serene state of mind. If you notice people belonging to all creative field like music, art and culture, crafts, designing, singing, writing, painting etc are blossomed at the level of mind.

At the level of Intellect: Just observe people belonging to Research and Development division of different organisation, Science and Technology Engineering, space science, Medical science, Artificial intelligence, people belonging to intelligence wing across globe from different countries, Judiciary etc all these people invest their quality time on their logical ability thus blossomed at the level of intellect.

At the level of Memory: Have you been to any Gurukul? If not you must visit any traditional Gurukul in India and just understand their methodology of learning. Gurukul students have brilliant memorising ability. They memories 25-30 thousand verses and what makes them unique is their rituals which they follow. They practice Trikal Sandhya, recitation of

verses and constant revision is the key which makes them proficient at the level of memory.

At the level of Ego: All the conflicts between countries, Geopolitical issues, trade related issues, Bilateral issues, or conflicts among religion, caste and culture is Just because of ego. Can you do corruption and crime against your near at dear ones? No but often we come across such cases. So any person of community if they commit crime or get involved into non violence is just to satisfy their ego and due to lack of Viveka they are not able to discriminate what is right and what is wrong. On the contrary to this just look at all spiritual organisations they don't set boundaries based on religion, race, caste, culture or countries. For them entire world is one world family.

At the level of Self: Once you learn to keep a harmony and balance among all six other levels of human existence then you can experience the true self which remains devoid of sorrow and misery. Self which remains as a constant unchanging entity and witness all the changes which is happening in the inner and outer world. Example: Refer life story of any enlighten masters from Guru Shishya Tradition in India.

Problems and Challenges faced by the world:

Just refer the two different statistical data from the Source IHME Global Burden of Disease (2017) and the study conducted on the number of people lost their lives either by medical complications or by crimes and people across globe and total number of people who are on Antidepressants as per OECD data. Do we ever look for the permanent solution for these challenges and how Yoga can help and to what extent?

Number of deaths by cause, World, 2017

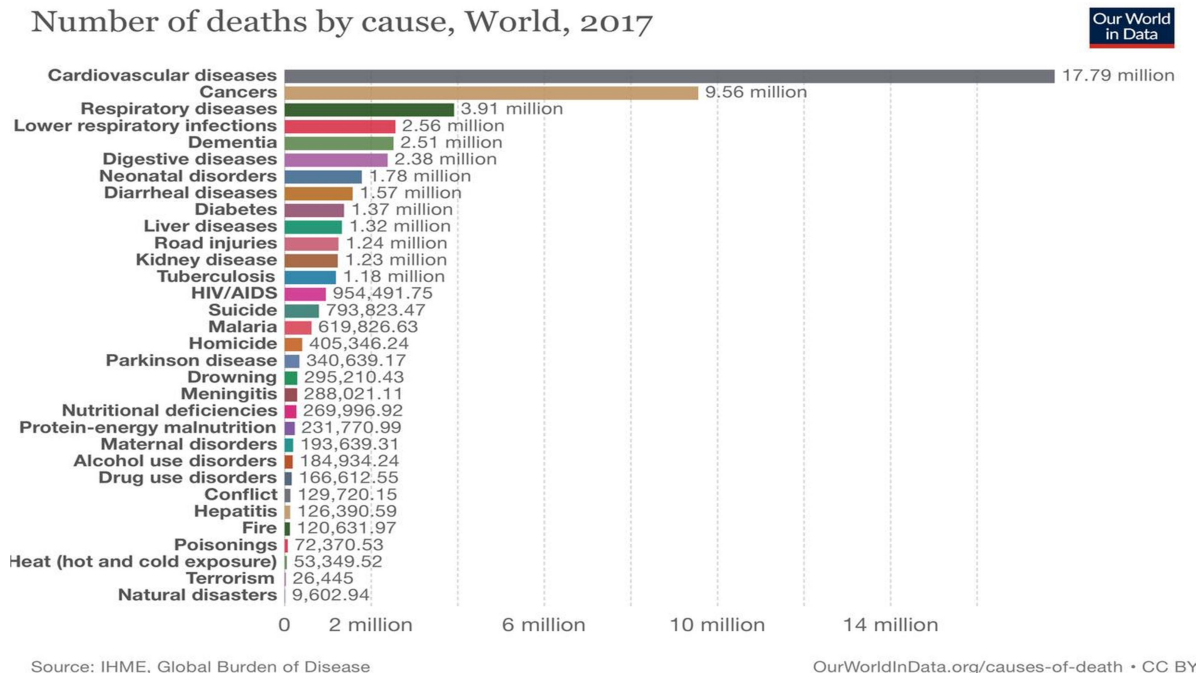


Figure : Chart shows global burden of disease and the people who lost their lives.

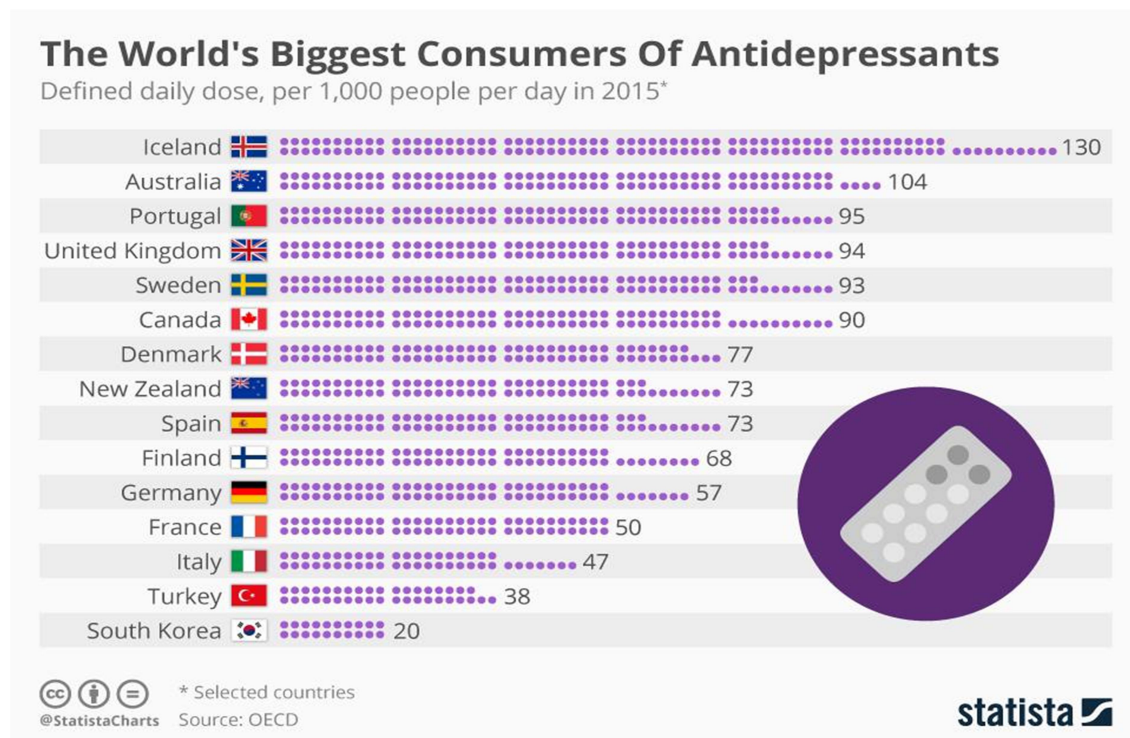


Figure : Chart shows number of people dependent on Antidepressants.

Working on personality development with ancient as well as scientific approach by implementing knowledge of Hath Yoga and Astang Yoga.

A balanced personality can be developed by practically implementing the Knowledge of Hath Yoga and Astang Yoga.

By implementing knowledge of Shatkarma practically to remove all the impurities/ Tridoshas from the body and then getting into practice of Sukshma Asana/ Asanas for developing strength and flexibility in the body followed by practice of Pranayama, Bandh and Mudra which makes a person more emotionally stable and broadens the vision. This practice should be done constantly for long time with full honour and gratitude without a gap under supervision of a learned expert. Once you get through this practice then you are prepared to proceed with Astang yoga. Implementation of Yama and niyama will happen effortlessly followed by Asana, pranayama and you will be able to restrain your senses from its object of desire that is Pratyahara. After doing this Body is effortlessly prepared to experience

meditation followed by Samadhi. Outcome of this will be a fully blossomed personality with peaceful calm composed and serene nature, better emotional stability, brilliant memory, sharp intellect and broader vision to contribute for the nation with knowledge and skills and that is what is needed for the society.

Psychological perspective of personality development: Indian & Western concept:

Indian concept of Sattva, Rajas and Tamas Nature of a Person:

The three Guna's refers the philosophy of mind in yoga and Ayurvedic psychology. They are particularly meaningful in terms of their psychological manifestation. Guna means strand, attribute or quality, and in Bhagwat Geeta they are described as very fabric our existence. We can also understand Guna's as different levels of Consciousness. The imbalance in Guna's creates disturbance in life. So idea is to keep a balance between Rajas and Tamas and keeping the sattva high to excel in with Sattvik personality. Let's look into qualities which are integral part of Sattvik, Rajasik and Tamasik prakriti.

Tamas Prakriti	Rajas Prakriti	Sattva Prakriti
Dull Mind Obscures awareness Veiling power Apathetic, Lazy, sluggish, foggy, heaviness, prone to depression, allows for rest and sleep and hinders meditation.	Energetic mind, distort awareness, projecting power, busy, passionate, aggressive, frustrated, prone to anxiety, Allows for motivation and hinders meditation	Clear, calm mind Reveals awareness, powerful, easy going, balanced, peaceful, harmonious, contented, truth, belongingness, Facilitates meditation.

Western concept of the Big Five personality:

The big five also known as the five factor model, is the most widely accepted personality theory held by psychologists today. It states that the personality can be boiled down to five core factors known by OCEAN or CANOE. The research

concluded by Martijn van Mensvoort from Leiden University on hands constellations in agreeable personalities stated the five factors and qualities which attributes to them.

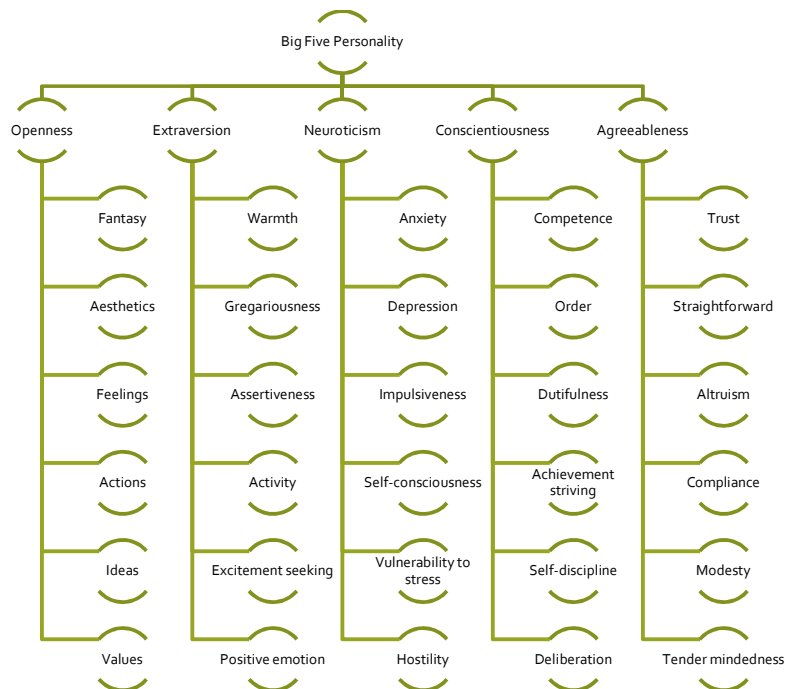


Figure: Chart represents the big five personality and quality which attributes to them.

Scientific intervention a target oriented practical approach to measure the changes.

This fact about personality development the yoga way can be proven practically comparative study among control set and people who are into in depth practice of yoga. Different parameters like Physical fitness, mental peace, emotional stability, behaviour pattern, approach towards life, contribution towards society, relationship with family and at workplace can be a survey based study and on the medical point of view scientific intervention which can be done is measuring all health parameters of control group and group of people practicing yoga can be studied.

Conclusion:

During this pandemic when community at large across globe collectively going different challenges at physical, mental and emotional level. COVID-19 which has impacted lives of approximately 17.58 crores people from all walks of lives, many lost their lives and lost their jobs, going

through mental stress and weak immunity in such difficult situation where people will be more health conscious and aware about yoga, how the knowledge of yoga can be an effective in overcoming all the challenges and developing a strong personality. More scientific studies needs to be conducted and Yoga must be promoted, practiced and taught across all walks of lives.

Acknowledgement:

I would like to offer my sincere thanks to all spiritual organisations and Yoga schools and Universities in India for taking this sincere efforts to promote and propagate this knowledge of yoga. I would also like to thank Respected Dr. Kamakhya Kumar Sir (Head of the Department Yogic Science) at Uttarakhand Sanskrit University for his valuable guidance and encouraging me to write this paper. I would like to thank Suresh Dhaka friend from IIM Kolkata for her support and cooperation.

Reference:

1. <https://www.artofliving.org/ved-vignan-maha-vidya-peeth>
2. Charney DS, Southwick SM. Resilience: the Science of Mastering Life's Greatest Challenges. Cambridge: Cambridge University Press; 2012.
3. McCarroll P, O'Connor TJ, Meakes E. Assessing plurality in spirituality definitions. In: Meier A, O'Connor TJ, Van Katwyk PL, editors. Spirituality and health: multidisciplinary explorations. Waterloo: Wilfrid Laurier University Press; 2005. p. 43–61.
4. Benson PL, Roehlkepartain EC, Rude SP. Spiritual development in childhood and adolescence: toward a field of inquiry. Appl Dev Sci. 2003;7:205–13.
5. Piedmont RL. Does spirituality represent the sixth factor of personality? Spiritual transcendence and the five-factor model. J Pers. 1999;67:986–1013.
6. Koenig HG, McCullough ME, Larson DB. Handbook of religion and health. New York: Oxford University Press; 2001.
7. Kumar K, Phenomenon of Consciousness and its approach to Meditation, International Journal of Science and Consciousness, Vol: 1, Issue 1, July- Sep. 2015, pp7-12.
8. Kumar K, Vedic Mantras: an influential factor for Spiritual Health, International Journal of Science and Consciousness, Vol: 1, Issue 2 Oct- Dec 2015 pp 9-14.
9. Kumar K; Importance of Healthy Life Style in Healthy living; Juniper Online Journal of Public Health. 2017; 2(5): 555596. ISSN: 2573-2153 DOI: 10.19080/JOJPH.2017.02555596.
10. Kumar K; A study of the improvement of physical mental health through Yoga nidra; Dev Sanskriti Inter-disciplinary Research Journal, Vol. 4, Issue 4; (2006) 39-46.
11. Kumar K; Current issues in Science of Consciousness and Yoga; International Journal of Yoga and Allied Sciences, Vol. 3, No. 2, 2014. pp 93 - 97. ISSN: 2278- 5159
12. Kumar K; Experience Swadhyaya for Healthy Mind; Nature & Wealth, vol IX no.2; Apr 2010.
13. Kumar K; Human Mind, Mental Process and role of Yoga in Mental Health; International Journal of Science and Consciousness, Vol. 4, No. 2, 2018, pp: 48-54.
14. Kumar K; Improving Mental Health through Mantra Yoga; Yoga Magazine (Body Mind Spirit); Published from York Street, London; Issue 55 Aug. 2007 pp: 60-62.
15. Kumar K; Introduction to Patanjali Yoga; Nature & Wealth, Vol. X, no. 2; Apr- June 2011 pp 9-10.
16. Kumar K; Just Breath: Improve Your Respiration through Yogic Breathings ; Yoga Magazine (Body Mind Spirit); Published from York Street, London; Issue 53 June 2007 pp: 66-68.
17. Sripriya Krishnan; Personality development through yoga practices ; Indian Journal of traditional knowledge Vol. 5(4), October 2006, pp 445-449.
18. Prof. Raviraj A. Vatne; Role of yoga in personality development ; Scholary Research Journal for Humanity Science and English Language; Feb-March 2017 Vol. 4/20 pp 4592-4595.
19. Kumar K; Prayaschitta Sadhna: A Psychospiritual Approach; International Journal of Yoga Allied Sciences; Vol. 9 Issue 1; Jan-June 2020. Pp 89-94.
20. Mensvoort M.V; Hands constellation in aggregable personalities; Multi perspective hand reading; March 2017.

Cite this paper as: **Singh R K & Kumar K, Personality Development : Achieving Human Excellence "The Yoga Way"**, International Journal of Yoga and Allied Science, Volume: 10, Issue: 2 ; July-Dec 2021(169-176) www.indianyoga.org