

**Development of Integrated Value Based Personality Among the Future Leaders: Some Experiences of Science of Living in India.**

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For a future leader integrated value based personality is necessary for discriminating right and wrong. Here, it is important that only theoretical knowledge and understanding is not sufficient for giving a person the necessary power to translate the knowledge into action. The leader of spirituality have laid the greatest emphasis on the development of the vital energy on the life-force. When this energy, this force is developed all other powers become automatically activated.

Science of Living is an innovative technique which provide a strong base for integrated value based personality among future leaders. i.e., development of human mind, speech, body and breath. It provide a strong base for development of values, character and ethnicity, which develop devotion of duty. The Science of Living is evolved in such a way that future leader who would learn or master it will be able to accept the challenges met with in his individual as well as social life, national or international affairs. We may enlist them in the following points.

1. TENSION----- Physical, mental, emotional
2. HEALTH PROBLEMS-Physical, mental and emotional diseases (including psychosomatic disorders)
3. ECOLOGICAL POLLUTION/ RUPTURE IN OZON LAYER
4. DISTURB FAMILY RELATIONS
5. VIOLENCE AND CRUELTY
6. CORRUPTION/ DISHONESTY/IMMORALITY
7. DRUG-ADDICTION
8. NEGLECT OF LAW AND ORDER AND ETHICAL MORAL AND SOCIAL DISCIPLINE
9. ARMAMENTS/NUCLEAR WEAPONS (MILITARISM)
10. EXPLOITATION

After identification of different problems, we have to reflect on their causes. The following seem to be the main culprits in creating these problems:

- (a) Degeneration of faith in basic Values of life.
- (b) Utter materialistic out look.
- (c) Excessive proclivity for easy and comfort.
- (d) Hedonistic tendencies/ new cultural sensualism.



Sincere	energy
Warm	Security
	Happiness

**Negative**

Fear	Cruel	Tension
Hate	Weak	Frustration
Envy	Inconsiderate	Despondency
Suspicious	Rude	Loneliness
Greed	Drab	Unhappiness
Concept	Irritable	Failure
Self –pity	cold	Boredom
Inferiority	Lazy	poverty
Criticism	Undetermined	fatigue
Cynicism	Soar	Job-weariness
Indecision	Selfish	Dissatisfaction

Self-reliance, self-confidence, truthfulness, co-existence, self-discipline will power and determination. It covers all the four dimensions of human development-physical, mental, intellectual and emotional. It includes tracts on various facts of “Preksha Dhyana” which is an important technique of meditation for attitudinal change, behavioral modification and integrated development of personality.

The different methods of Preksha (i.e. perception) including Svasapreksha (perception of breathing), Sarira preksha (perception of body), Chaitanya Kendra Preksha (perception of psychic centers) etc. All these are methods of ultimate transformation in inner consciousness, when there is no need to sermonize for adopting virtues and giving up evils. When one start practicing perception, one experiences himself that he is changing, that anger and fear are subdued, that one is getting transformed into a righteous person.

**Preksha Dhyana increase Physical, nervous as well as Spiritual energies** : On the Physical level Preksha Dhyana helps each bodily cell to revitalize it self ; it facilitates digestion ; it makes respiration more efficient and improves circulation and quality of blood. On the mental level it provide an applied method to train the mind to concentrate, cleans and relaxes the mind. It offers a way to treat serious psychosomatic illness without drugs.

On the emotional level, the strengthening of consciousness reasoning controls reactions to environmental conditions, situations and behavior of others, harmonization of the functioning of nervous and endocrine systems results in control and ultimate eradication of psychological distortions. On the Spiritual level, the firm control of the reasoning mind regulation and transformation of blood chemistry through proper synthesization of neuroendocrinal secretions and production of dispassionate internal vibrations lead one to attain freedom from anguish and infatuation and to become free from the effects of mental afflictions and torments.

In the age of technology, industrialization and urbanization, from the childhood a person constantly subjected to tremendous stresses and tensions. These, in turn produce psychosomatic diseases like hypertension, insomnia and various types of heart problems. In desperation people take to drinking dangerous drugs which give temporary relief, but create more serious problems. The remedy does not lie in drugs or fantasy but it is in the process of catharsis and development of the inherent powers.

Today, eminent doctors, specialists and general practitioners alike have realized that meditation is a powerful therapy both for healing and maintaining good health. Irrefutable scientific proofs now available, show that meditation and consciously achieved total relaxation can cure and prevent number of diseases, which are caused by tension and stress. Scientific investigations have provided evidence that regular practice of meditation positively influences the control mechanism, which is ultimately responsible for the homeostasis in the body. It produces a more balanced equilibrium between the sympathetic and the Para-sympathetic components of the autonomic nervous system. The benefits of meditational practice are measurable and can be obtained by any body, who cares to learn the technique and practice it regularly.

Improvement of Physical health and cure of serious illnesses without injurious drugs, though a valuable contribution, is not the only or even the chief objective of meditation. It is, in reality, the apparatus for controlling one's irrational instincts of anger, aggression, cruelty, vindictiveness and fear. It is a tool for awakening and developing one's conscious reasoning and hereby modifying one's attitude and behavior to be truly worthy of being a human being. It is a "Process or remedying inner incompleteness and including inner discord" as aptly stated by William. The main objective of meditation is not acquire physical goodness but to acquire total 'psychical' goodness by eradicating all evils from one's thoughts speed and action.

Higher level of consciousness achieved by regular practice of perception of psychic centers i.e, (a) immensely strengthen the power of the unique human attribute-rational thinking and conscious reasoning and (b) weaken the force of rational impulses and primal drives. The cumulative effect of this two-fold transformation would ultimately eradicate the psychological turmoils and irrational behaviour.

#### **Development of integrated value through Kayotsarga:-**

Kayotsarga is a motionless state of the body and release tension. It is an essential and pre-requisite for the development of integrated personality of a future leader. Through this stage of

science of living a person can release form tension and acquired stadiness of breath and mind with physical immobility,

Auto suggestion is the basic principle of the technique of relaxation. Through the practice of this principle one can modify his psychological distortions and change the attitude with behavioral patterns and generally develop the personality.

Anupreksha – contemplation – is an important exercise in the system of praksha. Repeated prolonged recitation of words (or sentences) the practioner's acquire a virtue can bring about a redical attitudinal reform. Full concentration of mental faculty coupled with intense willing results in the fulfilment of the desired objective. If this objective is to affect an attitudinal change (e.g. from negative), the person can bring the change. Whether one's goal is spiritual or not the exercise of auto – suggestion positively accomplishes the desired transformation-on the basis of some studies some empirical results of the auto suggestion are : -

- A. Balance between activity and rest, relaxation.
- B. Mental vigilance, harmony in thought and deed.
- C. Development of will power and strength of determination.
- D. Purity of mind, genuine experience of reality.
- E. Change of mental attitude and humility unemotional reaction to environment.
  
- F. change of behavioral patterns ,increase of tolrance
- G. Peace of mind.
- H. coordination between the conflicting social interests
- I. Acquisition of extra-sensory perception.
- J. Freedom form addiction to a dangerous drugs etc.
- K. Prevention and cure of psychosomatic disease.
- L. Development of personal magnetism-
- M.Effortless concentration, freedom form nervous and emotional tension.

### **Breathing power helps to develop vital energy:-**

Today the biggest problem is that we have lost faith in our power and the manpower we have lies in our breath. Breath power, our vital energy governs our entire life. Therefore, concentration to increase the vital energy and restore the balance of breath power is essential .In the development of integrated value based personality science of Living yields the following three achievements:

1. Awareness of powers.
2. Access to those paths of development which the above awareness makes known.
3. Careful study, practice and experimentation.

Once there achievements have been made, faith and self confidence are automatically built. Breath power is the key to all kinds of development. This would automatically starve the base instincts and wild emotions. Anger hatred and all other impulsive outbursts would cease.

**Mere Breathing Provide Life Force to Every Cell of the Body :**

In the process of breathing every cell of the body is taking part and sensitivity will be awakened and the entire organism will become inundated with the Life force. There are three important centers from the point of view of such spiritual practice and experimentation:

1. **Prana Kendra** : (The Centre of the life force) which is the nasagra or the tip of the nose.
2. **Darshan Kendra** : (The centre of intuition) which is at the middle point between the eyebrows .
3. **Jyoti Kendra** : (The centre of controlling and disciplining one's temperament and nature ) which is in the middle of the forehead.

The first thing is the development of vital energy or the life force. For this it is necessary to concentrate for prolonged periods on the pran Kendra, i.e. the tip of the nose The seat of control is situated in the middle of the forehead which govern and control the entire personality. The Darshan kendra develops intuition the jyotikendra develops all behavioral traits and the front brain controls body temperature. The master controller or governor is the hypothalamus which controls even the pineal which in turn, controls. The pituitary.

It is only after these three developments take place-of the vital energy or life – force of intuition and of discipline that an integrated independent personality is developed. The future leaders can awakening and developed integrated only practice of spirituality and meditation. Without this practice a man who is tied down to animal or biological urges and drives can never be develop integrated personality. For this it is essential that the consciousness is kept at the entire and all other things at the periphery. All the thinking should be directed to the determining of the effect an activity or action will have on the consciousness. Mere catering to physical needs and even ensuring intellectual and mental development is essential, because mental development largely involves sharpness of memory and an ability to think and imagine.

Our Future leaders cannot solve the mental and intellectual problems through the present day education system. The present day education system is inadequate in this respect therefore there is a greater need to include different techniques of science of living like meditation and spirituality in the present day education system

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