



DIRECTION OF LIFE

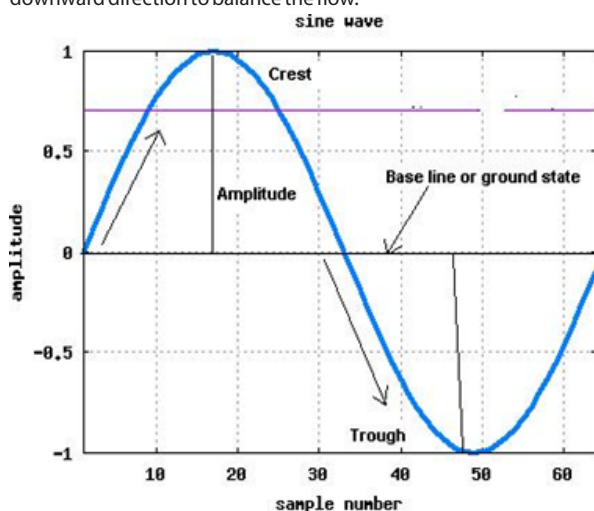
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ABSTRACT

A brief analysis of life perception, in general, has been documented in this article. The normal direction in which the life flows and the physiological and psychological states of a human nature has been addressed in this article. It is the inertia, which hinders the growth most of the time and how important it is to overcome this inertia using different opportunities are discussed here. How the neuro-linguistic programming is related to the formation of inertia is also explained with an example. Different aspects of the human mind are touched upon in this article in context to this topic.

KEYWORDS : Direction of life, Middle path, transaction analysis, life script, homeostasis, inertia.

INTRODUCTION: Our life is physics. The life is like a sinusoidal wave containing crests and troughs. We always start anything with a great excitement leading towards a crest situation in life. But as a rule of nature, we face lots of hurdles and our energy level goes in a downward direction to balance the flow.



At this stage, most of the people, as they start with a very high energy and by obvious means they flow with the energy and face trough situation. The amplitude of the trough will be as big as the amplitude of the crest. Hence, one has to be very careful in deciding any action of life. The energy level has to be maintained at optimum for each and every act we perform, to avoid becoming a part of crest and trough. We should always try to maintain a steady and consistent energy near to ground state.

This is similar to Homeostasis, where the physiological conditions remain relatively stable without fluctuating to any of the extremes. The state of homeostasis has great importance in the case of psychological and spiritual aspects also. Gautama The Buddha had given the spiritual path known as the Middle Path. It conveys the same meaning of remaining towards the ground without falling into either of trough or crest situation.

The psychological aspect of this can be understood by understanding the human mind.

Mind and water are very similar. Both exist in three states.

1. Solid (Ice in case of water and concrete conditioned character in case of mind)
2. Liquid (liquid water and in the case of mind, a fluid, unbiased mind, where there is no character (no character doesn't mean characterless))
3. Sublimation (water vapors and in case of mind, sublimation of mind or no-mind state)

The water, which is solid, ice, is very rigid, has a finite share and can be cut into pieces too. If you pour ice into a vessel, the vessel cannot be completely filled with ice because of its shape. Similarly, the rigid mind forms a character. And the particular character doesn't have the flexibility. The rigidity also comes due to ego and hence it can be broken into pieces.

However, it is possible to convert ice to water with warmth and similarly a rigid mind to a liquid mind with the warmth of love and compassion. And when love exists, the fluidity exists. This fluidity brings flexibility. The fluid water cannot be cut and it will take the shape of the vessel in which it is poured and hence vessel can be filled completely. Similarly, with the fluid mind, you get rid of the bias and can be filled completely in sync with the existence.

The third and the final state, after which the water exist in purest form is the sublimation and vapor state. This is the complete transformation of the mind to no-mind state. In this state, one can get rid of all the stored residual memory programs (KARMA in the religious term) and can attain to NIRVANA.

Some people have also compared mind of normal people and the mind of a saint with that of river Ganga at Gangotri during Autumn and winter. During Autumn, the Ganga water flows with a great force and bring along with it sand and debris and water generally is muddy in nature. This river at that time is dangerous and the water cannot be used for drinking. Similarly, the mind of a normal person is generally full of thoughts and is stormy. This stormy mind is dangerous and not useful. However, in winter, the river flow becomes calm and the water becomes very clear and serene. Similarly, the mind of a saint has been always calm and serene.

Similar way, Sigmund Freud has classified three awareness levels of a human mind, i.e. id, ego, and superego.

The Id: The id is the very immature component of personality. It operates only on the pleasure principle with no regard for anything else. One could say that it is completely instinctual. Freud referred to the id as the reservoir of psychic energy. It only consists of our basic biological needs. To eat, sleep, defecate, etc... The id is only a primary process thinker, so it is primitive, irrational, and illogical.

Example: Jack is walking down the street and he is very hungry. He only has an id, so when he sees an apple pie cooling in a window, he takes it or himself.

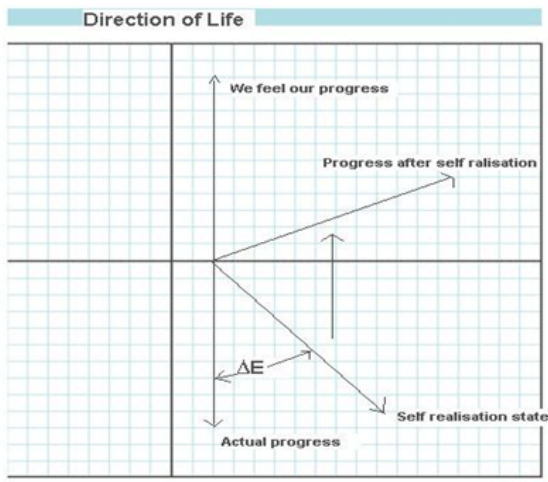
The Superego: The superego is our morals, principals, and ethics. It considers the social standards for social behavior and guides us on what is right and wrong. The superego begins to develop between 3 and 5 years of age. It is mostly shaped by what we learn as young children from adults. Eventually, we accept this training as a part of who we are. We put pressure on ourselves to live up to how we think we should behave.

Example: Jack is walking down the street and he is very hungry. He only has a superego so when he sees an apple pie cooling on a window, he does nothing. His superego tells him that it is someone's pie and that it is not acceptable to trespass on someone's property and take their pie.

The Ego: The ego is the moderator between the Id and the superego. It operates on the reality principle. It makes decisions that dictate behavior. The ego also considers social realities, norms, etiquette, rules, and customs when it makes a decision on how to behave. It seeks to delay gratification of the id's urges until appropriate outlets can be found. It uses a secondary process thinking to avoid negative consequences for society.

Example: Using the examples from above, Jack's ego would tell him that he should not take the pie from the windowsill, but instead he can buy some pie right up to the street at the local grocery store.

The other aspect of this is that we all feel that we are progressing in life in an absolute upward direction. However, the reality is something different. If we analyze our progress neutrally, we will observe that our growth, in fact, is in a downward direction. This is because the amount of knowledge generated every day is very huge as compared to the amount of knowledge we gain. Hence automatically we progress in a negative direction.



If we can realize this and take some action and try to shift the slope of the negative growth line towards zero line, then we can achieve a self-realization state. A great amount of energy indeed requires to attain the self-realization state, but once achieved can lead us to progress easily in a positive direction. Again, we have to remember that we should try to maintain the energy level near to ground state to avoid being a part of crest and trough.

This state of mind, we call it as awareness or consciousness. Most of the psychologists, including Allport had remarked that humans are a machine. This was because human beings are in the unaware state of mind. The behavior of most of the humans is mechanically out of the classical conditioning. And as Eric Bern has stated, decisions about ourselves, our world and our relationships with others are crystallized during our first 5 years of life. These decisions are based on the encouraging or disparaging pattern of [strokes](#) we receive from our parents and others. Based on these decisions, we assume one of four basic psychological life positions, which to a large extent determine our pattern of thinking, feeling, and behaving.

1. I'm OK—You're OK
2. I'm OK—You're not OK
3. I'm not OK—You're OK
4. I'm not OK—You're not OK

And based on the life positions, we keep playing a game of life in the unaware situation.

It is the push that is needed to come out of this monotony and re-script one's life. This push required to break the inertia or the energy difference ΔE .

We can take up the example of a decision for starting an exercise regime for the fitness. It generally happens that people stop exercising in a few days of starting it. This is mainly due to inertia. One, who can break the inertia or in other words, can cross the energy difference ΔE , will be able to continue exercising for longer periods.

Another example can be of learning driving. Here we can say that the neuro-linguistic programming plays an important role. It is very important to sustain till the formation of neuro-pathways begins. In other words, it is the same as energy difference ΔE .

In many religions like Hindu, Jainism, Muslim, etc; there is a great significance of numbers like 21, 40 and 108. People keep doing certain rituals either for 21 days or 7 weeks (about 40 days). Even fasting or chanting of Mantras also done for 21, 40 or 108 times or days. The scientific significance of this is very high.

Our skin has three layers, Epidermis, Dermis and Hypodermis. It takes about 21 days for all the cells of Epidermis to get renewed. For cell renewal up to dermis level, it takes about 40 days and up to hypodermis, it takes about 100 to 108 days. Hence 21,40 and 108 days are different milestones in creating NLP (Neuro-linguistic programming) or energy channels. Any activity, if done without a break for 21 days, will start creating NLPs and hence the inertia will become minimum. The energy difference ΔE can be easily overcome in 21 days. If we persistently continue the activity further for 40 days, it will become part of our habit and in 108 days, the strong subconscious programming can be achieved.

The Example of learning driving is a classic example of this. In 21 days, one can learn driving, in 40 days one can drive very smoothly and after 108 days of practice, the driving becomes automatic.

CONCLUSION:

It is very clear that everyone faces the inertia in their lifetime at some point in time. It is important to overcome this inertia and keep moving in the life to achieve our goals and becoming successful. The overcoming of inertia or energy difference ΔE can be achieved sometimes through different means such as a good friend, philosopher and guide or books or any positive incidence in life. The only thing we have to do is to keep an eye for them and grasp the opportunity once seen. It is very important to maintain the energy level to sustain the path of the progress. A good book, a friend or a guide can provide the required motivational push if the energy level starts dropping down.

Smaller changes in the lifestyle can also help in increasing the persistence and making a person more self-motivated. Rewards and punishments also play an important role in creating a self-motivational attitude.

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