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## INTROSPECTION

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### ABSTRACT

**T**he beauties of Nature are not confined to any one place. We can find them everywhere.

What is needed is only willingness and patience to look; Nature will overwhelm us with its endless parade of beauty. But if we want to know the secret of Nature, we need not go to anywhere. All the secrets of Nature are locked up within us.

Introspection is designed to reform character, obtain enlightenment and to enjoy a happy and peaceful life. One has to put himself through some important psychic practices. This practices come under the process of introspection. The process of Introspection consists of five lessons:

1. Analysis of thoughts
2. Control of desire
3. Neutralization of anger
4. Eradication of worries
5. Realization of consciousness

These practices will enable one to understand the value of one's own existence. Through constant research, and by leading a virtuous life, one gradually, day by day, dissipates the imprints of sins. As a result the soul become pure and perfect and the mind becomes peaceful.

**KEYWORDS:** Introspection, Consciousness, Nature, Peace and Virtuous.

### INTRODUCTION

Vethathirian Simplified Kundalini Yoga will gives Yogic moral practices. Such as Introspection.

Simplified Kundalini Yoga: A system of meditation clarity and strength of mind;

Process: Meditation, Introspection, Sublimation, Perfection.

Introspection: A practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

The process of introspection involves observation of one's own mental processes, thinking and emotional states. Some argue that introspection is a reliable guide to self-knowledge.

This is problematic, however, because introspection is itself a thinking of process - can one engage in introspection for the process of introspection itself? This will result in an endless spiral of infinite introspection, not to mention an infinite number of simultaneous mental events, meaning that at some process introspection must stop and unreflective thinking start.

Introspection means examining one's own self. Man's life is along three angles: 1. Nature, 2. Self and 3. Society. For successful life, one has to understand the nature of three aspects. Introspection is a necessary practice for this enlightenment

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*"Knowing yourself is the beginning of all wisdom."*



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5. Realization of consciousness

### 1. ANALYSIS OF THOUGHTS

When we observe the mind and its functioning, we discover that our every action is invariably preceded by a thought. If we analyze our thoughts, we can understand the causes that motivate them. The understanding will help us to harness and utilize our mental powers to the best advantage. We will be able to regulate our actions through effective control of these underlying thoughts.

There are mainly six root causes from which our thoughts emerge: 1. The force of need 2. The force of habit 3. The force of environmental conditions. 4. The force of other's impositions 5. The force of hereditary and the 6. The force of the evolutionary process of Divinity.

Hundreds of advertisements in the newspapers on radio and television create "other's imposition". The fact that many of us do succumb from time to time, to the suggestions of these factors, is proof of the power of this motivating factor. Only through effective analysis and constant awareness can we save ourselves from becoming victims to this factor. It wastes our time and resources.

### 2. CONTROL OF DESIRE:

One must be aware that the human mind can generate hundreds of desire in the course of one hour. And this process continues throughout one's life. Only a few of these desires have the potential for fulfillment. Most of the desires cannot be achieved in practical terms. This feeling of failure brings misery, frustration and vexation. This colors man's character to an irreversible extent. It produces an unhappy situation for any man. But how to avoid it?

Whenever a desire arises in one's mind, the following questions should be posed:

1. What is the root of the desire?
2. Is this desire for the good?
3. Can I live and be content without this enjoyment or desired thing?
4. What exactly will be the result to me and others, if I achieve the desired thing or enjoyment?
5. Can I physically and financially afford to attempt the achievement of this thing or experience?

Every desire should be introspected with these questions. In the course of one week it will be surprised to find that the desires stand dramatically reduced in number. Those which remain can preserve and consolidate peace and happiness.

### 3. NEUTRALIZATION OF ANGER:

Anger is a vile emotion that wreaks havoc on individuals and even on nations. The bulk of the wars recorded in history have resulted from anger, either immediate or harbored over a long period of time.

Unless anger is neutralized, one cannot get peace or happiness at anytime.

Starting the Exercise: In column no.

1. List the people with whom you are prone to become angry more often. List them in decreasing order. The first name will almost invariably be that of your life partner!
2. Record the answer to the question: "Why do I get angry with this person?"
3. Answer the questions: "Is the fault wholly that person's or have I, too, contributed to it through any commission or omission on my part? Should I shoulder at least a percentage of the blame?" This inquiry will be a real eye-opener for you. Then honestly identified the fault.

4. Ask further “ In case the fault is wholly that of the other person, can I succeed in rectifying it through my anger ?”. If the answer is “yes” then there was never any reason whatsoever for a second bout of anger with reference to that person. But the very fact that the individual has appeared in no.1 is the proof that anger serves no purpose as a reformative receipt.

Having completed the exercise, one must consolidate the conclusions, and prepare a plan for the future regarding anger.

#### 4. ERADICATION OF WORRIES:

Worry is a kind of mental disease which arises due to wrong calculations. The basic reason for worry is the difference between what one imagines should happen and what actually happens.

##### Analyze worries first:

The problems which lead to worries must be divided into four groups:

1. Problems that must be faced or endured;
2. Problems that must be kept in abeyance ( Knowing they will be solved by society or by the law of Nature in time)
3. Problems that must be ignored; and
4. Problems that must be solved immediately.

Only Nature can end all our problems. It will suffice if we refrain from creating new problems because of our ignorance and emotions. As for problems that are not of our making, they should be tackled with the skill developed by clear thinking – free of emotion.

Through mature wisdom , we can solve our problems tactfully and successfully. We all possess such inherent wisdom. What we have to do is utilize it properly, and make our wisdom a strong tool to dispel worries. Then we will achieve happiness, prosperity and peace of mind.

#### 5. REALIZATION OF CONSCIOUSNESS - WHO AM I ?

The body is a mass of atoms. The atoms are the action state of matter or Truth. The soul is the group-function of ethereal particles. These particles are the dynamic energy of Truth. The mind is the projected state of the soul when it functions within the body. Everything is Truth or Matter in the Primordial State. The soul, mind and body are the evolutionary stages of Truth. There is nothing in the whole universe except Truth.

So the answer to the question “Who am I ?” is “ I am Truth” . In understanding this, one surrenders the concept of “I” to the Almighty. Even the sound “I” is nothing more than the action of Truth - Almighty.

In the illusory state, because of restricted sensations, living beings think that each of them is a separate entity. But in the perfection of such sense, man realizes that one present within the many.

When a man understands this ultimate and divine truth, as well as its existence and functions. When he lives according to that understanding, he will enjoy a peaceful and blissful life.

Ignorance of this truth leads man to shortsightedness, intoxication with sensual pleasures, and emotions of several kinds. These lead to problems, pains and miseries in life.

When a man achieves self- realization, he gains a breadth of vision, mental equilibrium, and other such noble qualities, and wants to be of service to others. This enables him to lead a life of peace and bliss.

#### CONCLUSION:

Introspection is designed to reform character, obtain enlightenment and to enjoy a happy and peaceful life. One has to put himself through some important psychic practices. A practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

These practices come under the process of introspection. These practices will enable one to understand the value of one’s own existence. Through constant research, and by leading a virtuous life, one gradually, day by day, dissipates the imprints of sins. As a result the soul become pure and perfect and the mind becomes peaceful.

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