



Personality is Maturity

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“ There is time for everything.
And give it the best ... ”

Personality development is something which can be cultivated only when you have intense love with yourself and nature. The unification of the desires, the application of the mind to a single purpose, produces a sort of inner peace. Man integrates himself by meditation, just as by action. But he should not be content with contemplating the beauty of the ocean, of the mountain and the clouds, the masterpieces of the artists and poets, the majestic constructions of the philosophical thoughts, the mathematical formulas which expresses the natural laws. He must also be the soul who strives to attain a moral ideal, searching for light in the darkness of this world, marching forward along the mystical way and renouncing himself in order to apprehend the invisible substances of the universe.

The unification of the activities of consciousness leads to great harmony of organic and mental functions. In a community where morality and intelligence are simultaneously developed, nervous and nutritive diseases, criminality and insanity are rare. Those who pursue moral scientific or religious ideals do not seek philosophical security or longevity. In those ideals they sacrifice themselves.

Employment

Work consumes at least a third of our lives. Success or failure at your chosen profession affects your self confidence, your self worth and the self validity of your personality. Your work should agree with you. Make your constitution work for you, not against you in every aspect of your life and is one of life's great challenges. No one should take their work home with them, because that will exhaust the mind and body.

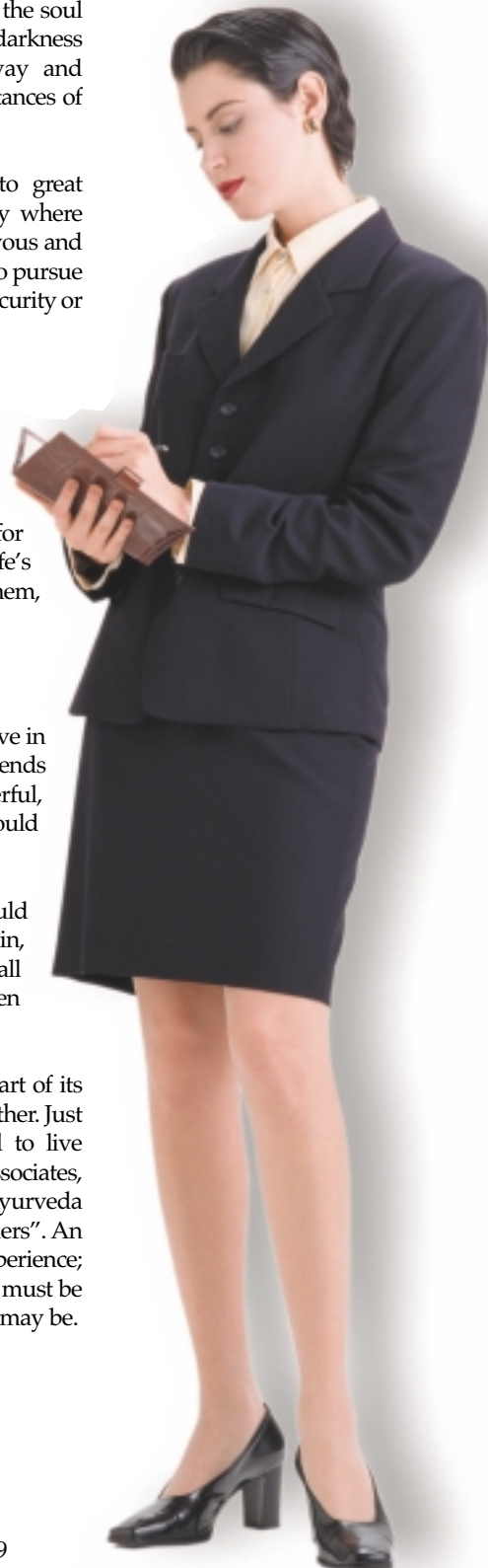
Surrounding

You might, if you choose to maximize your spiritual nature live in a simple and limited style in a simple dwelling with simple friends as neighbours, avoiding the company of the rich and the powerful, whose minds are immersed in the mire of the world. This would enhance the air and other energies in your organism.

And if you want to exercise your mental faculties, you would adapt yourself to whatever environment you find yourself in, experiencing people of all sorts and styles, maintaining under all circumstances perfect presence of mind. This would strengthen your fire energy.

Varied vegetables cooked together into stew, each offering part of its own individuality and each accepting part of the identity of other. Just as you have responsibility to yourself to eat healthy and to live healthily, you have the responsibility of choosing healthy associates, healthy environment and healthy past-times. This is why Ayurveda insists that all your spare time should be spent with your "elders". An elder is anyone who is older than you in maturity and experience; chronological age is irrelevant. A society which has no elders must be shunted, no matter how advanced materially or artistically it may be.

" Take time to think; it is the source of power "



Character

A country represents men, not matter. The morality and the mettle of citizens directly reflect on the country in which they live. Prosperity and poverty are not born in a country but are the outcome of the endeavours or lethargy of the people. An individual is the centre of construction or conflagration. Unless the quality of the individual is superb, the personality is good the character of the country becomes a beacon-light to other nations. When a man lacks quality how can the products produced by him acquire quality. A country may achieve material supremacy but unless this acquisition is lined with individual and national character, it will only be short lived.

Consistency in thought, speech and action is the only basis for individual character and personality development. Hard work, honesty and love for the country will aid in nation building activity with super speed for sure success. If the spirit of dedication and devotion to the country is generated, promoted and sustained in the individual, there will not be a crisis of personality and character. One should not forget that character rightly bridges the gap between percept and practice.

It is high time that we ensure top priority for character building in a country that will obviously result in nation building on a strong moral base. The basic responsibility for the moral awakening lies on parents and teachers, who strongly influence and mould young minds. Political leaders too have a distinctive role to play in selflessly guiding the nation to reach its goal of prosperity. Any complacency on our part will surely result in slow but sure destruction. In a like manner, those who keep the peace of inner self in the midst of the tumult of modern city are immune from nervous and organic disorders. The Ayurvedic system gives great emphasis to overcome these sorts of mental stresses by improving the intelligence, will power and through knowledge of self through spiritual exercises.

Take time to live; that is why you are born.
Take time to think; it is the source of power.
Take time to read; it is the foundation of wisdom.
Take time to exercise; it is the secret of staying young.
Take time to be quiet; it is the opportunity to seek God.
Take time to love and to be loved; it is God's greatest gift.
Take time to laugh; it is the music of the soul.
Take time to be friendly; it is the road to happiness.
Take time to dream; it is what the future is made of.
Take time to pray; it is the greatest power on earth.
There is time for everything.
And give it the best...

The issue of appreciation is a big one. Many of us feel that we are being taken for granted. The people we serve do not appreciate us, so why should we give them the best? The answer is that we have our own integrity and standards and derive meaning and satisfaction from doing a great job. It does not matter whether or not anybody knows or appreciates what we do – we still have to do what is right. We still have to be the best we can be. This is about us, not them. This is about how much we care, not about how much they care. Love yourself and never cheat your mind.

“ Take time to laugh; it is
the music of the soul ”



The desire to be appreciated is normal. But it is hard to bring meaning if one craves applause. A person who craves applause will focus on getting it instead of focusing on meeting the needs of other. Also, people do not always remember to applaud. If you crave applause, your happiness will depend on the whims of others. By contrast, the meaning and satisfaction that you receive when you help others will always be yours, whether or not anybody else applauds.

“ Take time to exercise; it is the secret of staying young ”

Purpose

I believe each of us was born for a purpose; and immense meaning and satisfaction comes from discovering and fulfilling that purpose. That purpose will be about making a difference to loved ones, friends, and the community. If there is purpose there is identity and there is personality. Whether you act on needs that are big or small, long term or immediate, near or far away, you can make a difference. You are most likely to make a difference if you address fundamental human needs. These needs do not vary that much around the world. People need food, clothing, and shelter. They want good health, a safe environment, the opportunity to learn and grow, meaningful work, time with friends and family, and a sense of belonging. People want dignity, peace and justice.

So let's do it. Let's work on world peace. Teach people how to read, sing to a child, mentor a teenager, do something everyday and keep at it day after day. Work each day and plant hope and grow happiness for others. There is great hope in this. When more people are focused on meaning and less focused on "success," the world will start to make sense. People will help each other without worrying about who gets ahead in their company hierarchy; they will live their values and follow their hearts, and do what they were born to do even if it does not lead to power, wealth and prestige. Decisions will not be made on the basis of power rivalries but on the basis what is best for individuals, organizations and society. People will not create problems to enhance their own power, but will solve problems to enhance their own personality and personal meaning. You will make a difference and one of the lives you change, will be your own.

The instability of modern life, the ceaseless agitation and lack of security create a sort of disturbed consciousness which bring about nervous diseases like motor neuron diseases, organic disorders of the digestion, defective nutrition, colitis and accompanying infections of the kidney and of the bladder which are the remote result of mental and moral imbalance. Such diseases are almost unknown in social groups where life is simple and not agitated, where anxiety is less constant.

Unintelligence is becoming more and more general in spite of the excellence of courses given in schools, colleges and universities. Strange to say, it often exists with advanced scientific knowledge. School children and students form their minds on silly programmes from public entertainment. The social environment instead of favouring the growth of intelligence, opposes it with all its might.

Personality development is the only tool to fight to preserve this beautiful nature and fellow human beings. YL

