

MESSAGE FROM THE PRINCIPAL

It gives me immense sense of pride and joy to see the Department of Psychology flourishing and striving towards academic excellence. The efforts and hard work invested by the students and the teachers of the department are commendable. 'Psychronicle' is a sweet fruit borne to these relentless efforts. This departmental publication provides a unique platform for students to express themselves, highlight the latest trends in the field of Psychology and provide a comprehensive collection of academic literature with inputs from professionals from the field.

I congratulate the students and the teachers of the Department of Psychology for their continuing efforts towards excellence, their enthusiasm and work on 'Psychronicle' under the abled guidance of In charge Mrs. Archana Patki and Mrs. Varsha Samant. I wish the Department of Psychology, the very best for many more fruitful endeavours.

Dr. Suman Jain,

Principal.

MESSAGE FROM THE HEAD OF THE DEPARTMENT

It is my pleasure to pen this message for the '*Psychronicle*' which has been initiated by the second batch of PG students in 2006-07 & so wholeheartedly taken ahead by the succeeding batches. This year too, the student's enthusiasm knew no bounds & the curricular as well as co-curricular activities were carried out with zest & fervour. I take this opportunity to express my heartfelt gratitude to the faculty of the department, without whom, such an eventful & satisfying year would not have been possible. From this year on along with the annual publication- *Psychronicle* the department will also be bringing out another quarterly publication- *Beacon*. My special congratulations to the team of students & Prof. Vaishnavi Verma for all their unstinting efforts in bringing out these issues & gratitude to the Hon'ble Management members & Respected Principal Dr Suman Jain for all guidance, support & encouragement.

Mrs. Archana Patki, Vice Principal,

Head of Department, Psychology.

EDITOR'S DESK

The past academic year has drifted by like any other, though we are a bit behind schedule because of all the academic demands being on schedule! So here's presenting you a brand new edition of the 'Psychronicle'! It has been a synergy of creative satisfaction and a comprehensive learning process for each one of us. This would not have been possible without the trust and guidance of our Principal and Head of Department of Psychology. Kudos to our Principal, Dr. Suman Jain and Vice Principal, Mrs. Archana Patki.

Topping the list of first was 'Beacon' the newsletter published by the department of Psychology. It had a theme based on stress. The Psychronicle presents an enriched confluence of art and science that psychology holds true for. Bringing about the first hand theoretical and practical experiences of the biggies in the field along with the bursting ideas of the budding psychologists. In this issue of the Psychronicle, we have included a little theme on Spiritual Psychology, to provide a voice to a mysterious subfield of psychology.

The journey has been worthwhile due to the support of- our Principal, our Head of Department, our faculty, our students and friends, the alumni and the experts in the field. A special mention of Ms. Alika Gupta for her contribution towards the cover page and Ms. Vaishnavi Verma for her relentless support. This issue wouldn't have turned out the way it is without them.

So go ahead and enjoy every bit of the disparity and similarity in each of the articles ahead!

Go Figure!

The Editorial Team

Inderjeet Sokhi, MA II

Urmi Chhapiya, MA I

Krina Gala, MA I

EMOTIONS

Ms. Jyoti Parekh, Professor

A simple word but has deep meaning. Emotions add colour, meaning and intensity to our lives. It is very difficult to precisely define emotions.

Robert Plutchik (1980) and K. T. Strongman (1987), in their textbooks on emotions, quoted more than thirty different definitions. Most of these definitions have four common elements to define emotions.

1. There is a stimulus situation that provokes the reaction,
2. There is a positively or relatively toned conscious experience- the “emotion” that we feel;
3. There is a bodily state of physiological arousal produced by the autonomic nervous system and endocrine glands; and
4. There is related behaviour that generally accompanies emotions e.g., the animal that is afraid cringes, trembles and runs (Lang, 1995).

Psychologists have agreed that there are six basic emotions and all other emotions are variations or combinations of these six emotions. Out of these six emotions, there are positive emotions and there are negative emotions. These basic six emotions are- love, joy, surprise, anger, sadness and fear.

Cross-cultural research has shown that people belonging to any part of the world having any culture, experience these six basic emotions. They are universal. Furthermore, these emotions are processed by different parts of the brain, so it is possible to experience combination of both positive and negative emotion together.

Many elements of emotions are apparently inborn in all humans, but learning seems to play a role in determining how much emotion will be displayed, how it will be displayed, and which stimuli will evoke emotional reactions. Thus people differ in their way of expressing their emotions as they learn to express it from their elders and their basic surrounding.

‘Emotions’, a word used by everyone, used in all relations as it is a base for every relationship. Emotions are like tossing of coin with unpredictable results- either positive or negative. We need to realise that our thoughts are very much associated with our emotions. Our thoughts give direction to our emotions.

When we are obsessed with anger, upset or filled with negative emotions, we start getting more upset or angry or think negatively about our relation with that person, which make

us to behave rudely or angrily with that person or will keep in mind in a form of grudge. And when it crosses its limits, it destroys us. Any reasons for such one sided way of thought/ emotions?

It applies similarly to our positive emotions. When our mood is happy, we ignore many things; forgive people very easily, and so on.

People say that emotions need to be controlled or one needs to be practical. Practicality means to understand the profit or loss arising out of our acts in any situation. If we are able to maintain a balance between our emotions and our thought in practical manner then people can deal with their situation properly.

When people are under the influence of emotions, it's better not act or say anything but try to calm yourself down and rethink about the situation, it helps in taking correct decision.

Think...

“Emotions are ruled by Thoughts,
Thoughts are ruled by Emotions.”

TRAUMA COUNSELLING

**Mrs. Archana Patki, HOD
& Ms. Aditi Huddar, Counsellor**

*A wounded body,
A blasted soul,
A mind – not even my own.*

*Trauma & stress
Shock & grief,
Chaos & destruction
Can this be unleashed by God's own creation?*

*Where's the peace & serenity
The heavenly tranquillity
How crave I for that
God made world
Where all creatures great and small
Strive to create a world –
Bright and beautiful
Wide and wonderful!*

A Trauma is a serious injury or shock to the body or an emotional wound causing substantial psychological damage. Generally it is an event or situation causing great distress & disruption.

There are two types of trauma

- Physical
- Mental

Physical trauma includes our body's reaction to any serious injury and threat.

Mental trauma includes frightening thoughts and painful feelings. They are our mind's response to serious injury. Mental trauma produces strong feelings and / or produce extreme behavior such as intense fear or helplessness, withdrawal or detachment, lack of concentration, irritability, sleep disturbance, aggression, hyper vigilance i.e. intensely watching for more distressing events, or flashbacks (sense that the event is reoccurring). One's response could be fear. It could be fear of a loved one being killed or being harmed. Some psychologists believed that more the direct exposures to traumatic events greater the harm. For instance, in a school shooting, an injured student will probably be more severely affected emotionally than a student who was in another part of the building. However, research shows second-hand exposure to violence can be equally traumatic. This includes witnessing violence such as seeing or hearing about death and destruction after a building is bombed or a plane crashes.

Six Characteristics of a Traumatic Event

- Unexpected event: When an event is known in advance, one handles it better than an unexpected event.
- A sudden shock: A sudden shock may not necessarily be a negative event; it could also be a positive event such as inheriting a million dollars. Either way your life is disrupted.
- Personal history: An unresolved issue from the past may come alive and aggravate the present situation.
- Unfairness: This permeates every aspect of our life and is a part of an event being traumatic.
- Powerlessness: Being powerless in a situation just as you cannot stop a hurricane or a tornado that destroys your house.

Some examples of trauma

- Life threatening danger or physical harm (especially to children)
- Exposure to gruesome death, bodily injury, or dead or maimed bodies
- Extreme environmental or human violence(terrorism) or destruction
- Loss of home, valued possessions, neighborhood, or community
- Loss of communication with or support from close relatives, friends, or acquaintances
- Intense emotional demands (such as searching for survivors or interacting with bereaved family members)
- Extreme fatigue, weather exposure, hunger, or sleep deprivation
- Extended exposure to danger, loss, emotional/physical strain
- Exposure to toxic contamination (such as gas or fumes, chemicals, radioactivity)

3 basic human responses seen when a person is in a traumatic situation are:

- Fight – we fight if we can.
- Flight/run – we run as fast and as far as we can.
- Immobility – this is a little known and misunderstood biological survival reaction but it is possible to be rooted to the place or to be speechless in case of a trauma.

Basic trauma recovery tips

Recovering from any kind of trauma takes time.
Give one time to heal and to mourn the losses that one has experienced.

Be patient with the progress of recovery.
Finally, be prepared for difficult and volatile emotions.
Allow one to feel whatever one is feeling without judgment or guilt.

Trauma self-help strategies:

Don't isolate: After a trauma one wants to withdraw from others. But isolation could wreck things. Connecting to others always helps to heal, so make an effort to maintain relationships and avoid spending too much time alone.

Ask for support. It's therapeutic to talk about your feelings and ask for the help needed. Turn to a trusted family member, friend, counselor; one could even join a support group for trauma survivors. Support groups are especially helpful if your personal support network is limited.

Establish a daily routine. To keep going post trauma, it's important to have a structured schedule to follow. Try having and following a daily routine, with regular times for waking, sleeping, eating, working, and exercise. Make sure to schedule time for relaxing and social activities, too.

Take care of your health. A healthy body always helps increase ability to cope with stress. Get plenty of rest, exercise regularly, and eat a well-balanced diet. It's also important to avoid alcohol and drugs. Alcohol and drug use can worsen your trauma symptoms.

Few techniques one could use as a trauma counselor:

Stress inoculation training :

SIT is a flexible, individually tailored, multifaceted form of cognitive-behavioral therapy.

Among the wide array of stressors that individuals, families, and communities experience, this provides a set of general principles and clinical guidelines for treating distressed individuals, rather than a specific treatment formula. It is many a times used as a secondary tool to other forms of interventions, such as prolonged exposure with traumatized patients or environmental and community supports with individuals confronting chronic stressors.

Basic pattern of SIT include the following:

1. Ensure with the client his preferred mode of coping; how these coping efforts can be employed in the present situation. Examine what intrapersonal or interpersonal factors are blocking such coping efforts.
2. Select each set of skill according to the specific need of the client or the group. Help clients solve major stressful problems into small manageable bits.
3. Train the clients in emotionally focused palliative coping skills, especially when the client is to deal with unchangeable and uncontrollable stressors (e.g., perspective taking; selective attention-diversion procedures)

Progressive muscle relaxation for stress relief :

Progressive muscle relaxation is an effective and widely used strategy for stress relief. It involves a process in which systematically tense and relax different muscle groups in the body. The most progressive muscle relaxation technique works from feet up to the face.

Positive Self Talk:

Positive self talk is a kind of talk one indulges in to make positive remarks about self and related activities.

It provides a mechanism for improvement or upliftment as one is low and down due to the trauma this strategy often helps.

Distraction techniques:

They are basically anything that can take your mind off whatever is distressing or troubling you. The logic behind using such techniques is that a person can't be thinking about more than one thing at a time at least at a conscious level.

A fantastic distraction technique is actually as simple as doing a jigsaw puzzle - this is because jigsaws are one of the few activities that use both sides of the brain and are an excellent way of coping.

As we live in a world characterized by a perpetual threat of terrorism the Psychologists of today and tomorrow may be called upon to deal with numerous trauma cases in this increasingly strife ridden world where selfish interests prevail over the general good. Traumatic events like the terrorist attacks of 9/11/2001 in U.S.A, 7/7/2005 train bombings in UK, 11/7/2006 & 26/11/2009 terrorist attacks in Mumbai and natural disasters like Tsunami in 2004 and 2011, consequent earthquakes in Japan, 26/7/2005 cloud burst over Mumbai, Tornadoes & cyclones in U.S.A. continue to impact entire humanity as live images get beamed directly into the peoples drawing rooms.

However, the fact remains that each individual's perception & capacity to deal with the trauma would impact each one differently. Building resilience & hardiness in the generation next could be a responsibility schools & colleges may well take up today.

INTROSPECTION AND FAREWELL

Mansi Gandhi, Counsellor

Hello, Once again the Psychronicle is back and so am I. This will be the last time I will be writing as the Counsellor of the college. This article is about my experience as a counsellor in this college and the kind of cases I dealt with. Firstly, it was a great experience to work in the college where I have studied. It allowed me to view things from a different perspective. As a student, one lacks certain knowledge or judgment to deal effectively, but when one is employed in the same institution as one has studied, it allows us to introspect on our attitude, acquired knowledge and behaviour.

On the professional front I got to interact with all my teachers, gain better insight in this field with the help of their knowledge, wisdom and experience, which was overwhelming at times. However, on the personal front, these teachers became close friends, and guides. I have gained lifelong mentors whom I can count on.

The kinds of cases that I dealt with here were quite varied. Most of the students faced similar kinds of problems in studies which were due to low socio-economic background and less exposure. They all had major difficulties with English language. So there were some group sessions as well as some individual sessions to help them in that area. Then some other types of cases were about effective management of interpersonal relationships. Dealing with children is professionally fulfilling. However, it is like walking on egg shells. Dealing with parents, who are at times, unwilling to work on their child's issues or overzealous in their parenting approach, is quite a task. Finding a middle path and effectively managing parents, without compromising on effective therapeutic interventions for the child, needs to be achieved. This has been an immensely important experience that I have gained.

This place also gave me a chance to overcome my weakness i.e. public speaking. There were a lot of interactive sessions conducted for the students of the college and for police colony children. But somewhere I felt maybe I could have done more in some areas. So just some pointers where I think I could have done better,

This is for all the future counsellors,

- 1) Firstly, be prepared for facing clients, teachers or parents who might doubt the effectiveness of counseling. Creating a sensitivity of counseling needs is essential.
- 2) Read DSM-IV. Use it as a bible.
- 3) Follow-up regularly with your clients as they usually start lagging after a period of time.
- 4) Be well versed with the tests required for your set-up

Overall it was a humbling learning experience and a lot of fun. I would like to thank everyone who was a part in making Mansi Gandhi a Counselling Psychologist in truest terms.

LONGING

Inderjeet Sokhi, MA II

*I'm longing to be free,
I'm long to be me.
I'm longing to express,
I'm longing to get done with the distress.
I'm longing to be swayed with the wind,
To dive into something without using my mind;
I'm longing for love to come around,
For someone to ordinarily see me in the crowd;
I'm longing to hear your voice,
To say that you love me and say it at least thrice;
I long for you to give up this fight,
For once understand my plight;
I'm longing to tell you what I really feel,
But fear that you will reject me for real.
I'm longing to be strong,
To fight the battles on my own;
I miserably fail every time I try,
But I still long to do it one more time.*

MENTAL TOUGHNESS POEM

Submitted by,

Mrs Anuja Chavan, Professor

Many claim to have it, yet few can define it
It is not something we are all born with
and few can be taught to attain it
but it is the base of what we yearn for- success

Talking the game doesn't cut it.
Could of beens whine about the lack of it
Winners don't tell anyone they have it
It shows in the passion in their eyes

The sport isn't just a game of skills, it is
a way of life- a constant challenge to
become the best, and these guidelines change day
to day, because mental toughness is playing
against the game itself, not a certain opponent
It doesn't matter how good anyone else
is, only how good you can be day in and
day out. The mind can overcome any
obstacle to achieve a true desire

You have seen them; the ones that make it look
easy, their mind has this power. It is through the
hours of staying when everyone else
went home, it is watching their heroes and
imagining doing the same thing. It
is believing in the mind that no one is better.

Mental toughness is thinking before you
perform, yet not knowing you even thought
before the task was done, it is leading when
no one else has the courage to lead, and it
is sacrificing your body, giving your heart,
and working beyond requirements

Discipline, repetition, constant learning and
believing in your self can give you the
gift of mental toughness. Skills come by fairly
easily, but only the true athletes possess the definition
of success- MENTAL TOUGHNESS

Author Unknown

STEALING GUAVAS TO A NON-PSYCHOLOGIST

Aditya Moses, H.R Manager,

Sahyadri Hospitals

The despairing state of psychology in our country is very disheartening. We have only 2 psychiatrists for every 1 lakh population and only 3 psychologists for every 1 lakh population. In our country where 70% of the population is below the poverty line the government spends only 1% of the total healthcare budget on mental health, very insignificant is it not? This should not lead to a tirade against the government but to the realization that we can make a change and we need to step up and be counted. The steps you take may be miniscule but they matter.

My first experience with psychology was a momentous one. My maternal grandfather was a psychiatrist who after working in Vellore and Canada decided to start a small 10 bedded psychiatric hospital in a small village in Tamil Nadu called Pollachi. I spent quite a few summers there and one fine summer day as the sun blazed down I learnt to play dominoes from him and learnt how he used it in his treatment. A very young me learnt that one of the most underrated and misunderstood sciences was Psychology. I grew up in a small town in hinterland Maharashtra. I never had the privilege of taking an aptitude test. There were friends who had difficulty in reading, in understanding but we did not have any help. The story is not a lot different now. Even in urban areas the cost of help is far more than the average salary of a minimum wage worker. In this situation, what can be done? Sahyadri Child guidance centre a group of people who shared the same ideals as me showed me a feasible solution. Who is to say that a small group of individuals who share the same ideals, who are passionate cannot sacrifice money for making a difference? This is exactly what I felt when I first visited CGC.

The place where you jump in wells and climb your neighbours trees to steal a guava, that is the place where there is a need. The hinterland of India no matter what state needs your help. I for one, intend to start the revolution, one child and one classroom at a time. A classroom full of bright young minds in these regions needs a chaperone. A chaperone who knows that they may pay in cotton or may not pay at all. A person who has the passion to watch those bright eyes twinkle as they try to make a better tomorrow. Can you make a difference? Can one person cause a change? Circa 1896, a young British doctor was moved by the abominable conditions in the hinterland of Maharashtra then called Deccan and decided to start a Hospital. A charitable hospital that did not charge the patients, that was happy to serve people

from all castes and creeds. Today the same hospital has grown to 250 beds and they still follow the same philosophy. This is where I grew up. This is where I jumped in wells and climbed my neighbour's trees to steal mangos.

As young, dynamic and strong individuals you can make the most significant difference to society. Come join the cause help those who most need it. The children deserve a better tomorrow. A brighter country, a vibrant and an equal society. Be not the armchair thinker but get your hands dirty, stand not on the sidewalk and watch the parade but join in the march. Today's small deed will be tomorrow's change because together we can.

DANCE MOVEMENT THERAPY

DEEPTI MAKHIJA
Psychotherapist
Director, Mindfulness centre

*Jump, run, stretch, throw.....
where have I come , I don't know
Apart from the pain, there was a lot to gain,
In silence and dance , I found comfort.
The procedures came in without any effort,
I feel connected to myself and sane...!*

When was the last time you danced uninhibitedly?
At a wedding? A procession? What was your experience? Did you feel you couldn't stop?

Dance is a liberating experience enabling the body to become a creative channel of ideas, expressions, emotions, feelings, rhythms, shape, energy, and direction. It is thus only natural that movements empower and celebrate.

Kolkatta Sanved, an organization working with survivors of trafficking, violence and trauma, has been pioneering DMT in South Asia since 2004. In addition to this they have recently expanded themselves to reach out to people living with mental illnesses. This is based on the realisation that people with mental health problems are too often stigmatised and ignored by the society at large. DMT has provided these individuals with a sense of Freedom and joy, providing new avenues for expression to even those hospitalised for many years.

In my personal experience this form of therapy has given a virtual kick to all my defences, at let me experience unconditional regard in the true sense of the word. it has helped me to be
ME...

It is worthwhile mentioning that this therapy is not restricted in its use; it works well with ADHD, dissociation, delirium, family therapy and many more areas.

So the next time you see a child dancing or you hear your favourite music in the background,
BECOME A CHILD, uninhibited and pure in your experience.

IT'S ALL BUT A PLAY.

A perspective on roles a play therapist plays.

Mrs. Nanda Purohit, Clinical Psychologist

Play is basic to all normal, healthy children. Play provides pleasures and learning and minimizes of risk and penalties of mistakes.

Frank Caplan

A five year old boy child was brought to the clinic by the mother complaining that he is not talking fluently as yet, not understanding what is said and not answering to anything what is said and taught in class by the teacher of his KG class. I smiled at the boy and said “Hello”. He stood there without saying anything rigidly and frowning with anger and fearing the person who wants to correct him. The mother (pointing to the two cupboards filled with different types of games and toys), said, “We will get chance to know each other.” His expressions changed at this moment, his face softened, he still did not say hello to me but looking at the toys he was curious, and nodded his head. On his subsequent visits he was open to play with the mother but would not greet the therapist. At present this child is in the 1st standard. He has come long way, to come in here, his grades on par with most of the children of his class. When he comes to clinic he greets me first, shares about his friends and happenings in life, small achievements which obviously thrills him. This transformation was a result of slow, gradual process of Client Centre Play and Filial Play Therapy.

Through play reality loses its seriousness.

A lot of information is available for you all who wished to assist children with behavioral, emotional, social and educational difficulties. What I emphasize here is practical ways in which Play therapist can help including the most appropriate roles a play therapist has to play.

While play therapist understands the value of play based approaches, it can be damaging to intervene without proper perspective of the therapists role. Families are likely to have more functional needs that must first be met.

There is tremendous variability in the ways children respond to their fears, uncertainties, worries, losses and reactions vary as time passes. Many are unaware of their situation and are uncommunicative. This is a normal response at this point. The play therapist does not have to venture out to programs and the techniques that have been established. Some ways of helping are more effective than others in harnessing the power of play to empower children and their families.

Play therapist main objective at this point is simply, to make contact. This is accomplished by assisting and helping children acquiring their basic needs met. The relationship formed at this time is the foundation of more effective intervention later.

Despite their desire to help, many professionals fall short of their good intentions because they do not fully understand the culture of the community and the impact of the problem on the family. Advance training in play therapy is useful in maximizing the abilities of play therapist to help. Children are embedded in the context of family and community. Play therapist who assists parents and children through their problems must consider ways to assist families, schools, and community at large in order to ensure that children receive best care.

Intervention start with needs of the child, it is tempting to assume that as mental health professional that we know what is needed. This assumption is to be avoided. Genuine empathy and excellent listening skills are vital. Too much care taking exaggerates rather than relive the feelings of helplessness.

Engaging parents in the therapy intervention is helpful and beneficial. It is revealed that parents have considerable concern for children's emotional well-being. Parents rightfully serve as co-therapist for their children. Thus much of work therefore focused on coordinating parents.

As time passes the therapist engages beyond the initial intervention and other roles are available too.

We grow old when we ignore the child in us who wants to play.

George Barnard Shaw

'THE SECRET' BY RHONDA BYRNE

Zalak Shah, MA I

The Secret is based on the Great Secret of Life that is the Law of Attraction. The whole secret revolves around the fact that more bad you think, the more bad things get attracted towards you and vice versa. The Secret helps us to understand the hidden and untapped power that's within us and the journey of discovering this hidden power helps us become a better person and be more optimistic and self-confident individual.

The Secret teaches us to have complete control over our thoughts and to believe ourselves. It is not restricted to just one area of our life. The Secret helps us to evolve and grow positive and better in all the areas of life such as finance, relationship, family, job, happiness.

The book is written in a simple and lucid manner and the language is easy to follow and grasp. The author has explained how to use the secret in very simple ways which helps the reader to relate the practice in their daily lives. The examples provided are easy to understand and which can be related with one's daily lives.

If you really start believing in the secret and start following it then it is really very effective. Unlike other book the three fourth of book speaks about practical application of secret in different spheres of life using common day to day and basic practical examples with solutions.

In an example given by Marce Shimoff it says-"in relationships we are so used to complaining about other people. For instance, "My coworkers are so lazy, my husband makes me mad, and my friends are so difficult." It's always focusing on other person. But for relationships to really work, we need to focus on what we appreciate about the other person, not what we are complaining about. When we are complaining about those things we are only getting more of those things.

The solution given for the same to take a piece of paper and for next 30 days to write all things that you focus on appreciate about that person. And you will find that when you focus on appreciating and acknowledging their strength that's what you will get more of and the problems will fade away.

The secret helps us to evolve as a better human being to rediscover the meaning and value of our emotions; it helps us to live our life to the fullest a more positive and better way. It has helped me to evolve as better person and is still helping me to become a better person. It is helping to build up better relations with my family and friends. The biggest thing is that it is helping me to rediscover happiness.

BHAGWAD GITA AND PSYCHOTHERAPY!

Kalyani Bhagwat, MA I

Bhagavad-Gita is one of the oldest scripture in India. It is not merely the scripture but it is the greatest philosophy, guiding force, path leading towards truth. Bhagavad-Gita has been influencing Indian culture since ages and throwing light on life of mankind. A new branch of philosophy took its root in early 19th century. That branch was basically interested with human mechanism, emotions and basic functioning of human beings. As that branch deals with human behaviour in scientific way, hence, that branch is known as Psychology.

There are many psychologist who study about human cognition and thought process, and they found that when humans hold certain thoughts which are faulty or irrational in nature it leads ineffective life experiences and when these thoughts are replaced with rational thoughts human beings can progress in various areas of life, In same manner Bhagavad-Gita talks about how perspectives of people make them to live miserable life and when they change it they can reach the ultimate aim of human life and that is Moksha

Let's see some of the principles of Gita and how they are related with some of the theory proposed by various psychologists.

Assimilation of knowledge

When knowledge sinks in and is really absorbed, then it automatically comes into play in our life. There is no gap between the knowledge and its practical application. When the knowledge is comprehend intellectually, but not assimilated or internalized, then this contradiction- I know something, but I do not know how to apply it to my life.

Self- theory of **Carl Roger** talks in similar fashion. Self theory states that individual's view of self within the context of environment influences his or her actions and personal satisfaction. If providing with a nurturing environment, people will grow with confidence towards self-actualization- becoming all they can be.

An important principle of self-theory is the belief that a person's perception of self and environment are reality for that person. Law of assimilation of knowledge from Gita applies here. When knowledge of self and environment is fully internalized in one's system it becomes reality. Hence people see different things from their own perspective and not in way they actually are.

People's problem is that their knowledge is not clear, so even though scriptures tell us that there is no happiness in the world of objects; people continue to feel that there may be some lurking happiness- if not in one object, maybe in the other. Gita describes this stage as "Brahama Satya Jagan Mitthya." That is Brahma is ultimate reality and it is Objective.

Equanimity with regard to objects

All material objects have a place in the scheme of our lives and every object has its special importance and value. We must recognize this and respect everything. Each has its place, importance and value, what one thing can do, the other cannot. So give each object the value it deserves. People often use objects as status symbols, and sometimes objects are often valued more than people. Also people are valued based on what they possess.

Albert Ellis founder of Rational Emotive Behavioral Therapy said holding irrational beliefs is the cause behind frustration and depression of individual. When it comes to objects and social status people think it is awful when I can't owe something to become part of certain social circle. Becoming owner of some object gives me important place in that society. According to Ellis there is difference between Desires and Needs. Even if we don't possess certain things which are other than necessities we are still able to live perfectly life of healthy individual. All objects are important. If we give them due importance and the right place in our lives, we will not have problems.

Equanimity in experiences

Regarding our experiences, the Gita states that we should maintain our equanimity through the pairs of opposites. Here we have to understand that equanimity means freedom from our personal likes and dislikes. If we neutralize our likes and dislikes then we can remain stable in all situations. A situation cannot be same at all times as change is changeless law of this world. If we accept one thing, we should be ready to accept the opposite also. Thus, we can either accept both or reject both.

According to Ellis also situations does not cause emotions but it is our thoughts responsible to bring particular emotions in us. Irrational thoughts like it are horrible when things are not the way one would want them to be. Similarly if something is or may be dangerous or fearsome, then one should be constantly and excessively concerned about it and should keep dwelling on the possibility of it occurring. Hence without Samata, we will continue to swing dizzily between elation and dejection, happiness and sorrow.

Equanimity about people

We categorize people based on their relationship with us, and our relationship with them. The Gita advises us to have equanimity with respect to people. There are two kinds of people- those who have difficulties and those who are difficult. We have to live with them, learn to accept every individual per se, way he or she is.

Ellis also identified irrational beliefs of people which cause problems in their relations. It is a dire necessity for adult humans to be loved or approved by virtually every significant other person in their community, People absolutely must act considerately and fairly and they are damnable villains if they do not. Emotional disturbance is mainly externally caused and people have little or no ability to increase or decrease their dysfunctional feelings and behaviors. One must be quite dependent on others and need them and you cannot mainly run one's own life. So, here, rational belief is there is no point in constantly complaining about people. The first step is to accept them as they are. The next step is to learn to relate with them in an appropriate manner.

So here we see how the principles of Gita also have therapeutic essence. You can follow either of the principles both are giving you the assurance of leading successful life if we internalized these principles in our thought process and behave in the light of them.

THE INNER VOICE.

Urmi Chhapiya, MA I

*“ I don’t know if you have ever heard it? The voice you know?
I have heard it. Its soothing voice still lingers in my ears. A voice soft, yet the strongest one I
have ever heard. It was the voice of the soul.”*

When I was five, I was asked what I wanted to be in life. I said I wanted to be friends with animals. As I reached adolescence I decided I wanted to be a veterinarian. Until I came to college I was very sure I wanted to be that, but then I finally walked the road to becoming a counselor, which was quite a transition. So what changed? Honestly I still don’t know 100%.

It was not until I started learning Tarot card reading that I began realizing the benefits of meditation. When initially meditating I could not concentrate. I used to easily get distracted from the thoughts coming through my conscious mind. Trivial, distracting thoughts at first and then slowly I could focus on the more important things. There were 3 voices within me. One of them was saying, “Let her do it. I can’t stand it. It’s the only way she is going to be happy.” The other said, “Oh no. No, No. She must study and be rational. Look at her! She is bubbling with the potential to help those poor mute creatures. She will be proud of herself and her family will adore her.” The third one was more reasonable. “I think she is capable of making her own decisions. Let us guide her but in the end let her do it by herself.” I was puzzled at hearing this in my dreams.

It was not until 2 years ago that I realized that it was not dreams I have been having. It was the inner voice. I began to listen to it more and as I began to go deeper into the study of psychology, I realized it was my psyche talking. Greeks believed that the soul was the "psyche." It would tell me what was right and wrong. Sometimes it would reason with me if my less noble side told me it was ok to break a rule once in a while. The voice was not only heard but at times I saw it too. Sometimes in the form of butterflies, at other times, in the forms of colors. Every one of them would tell me to change or go back a few steps and restart.

This voice was weak when I needed it the most. During one of the most crucial stages in my life I failed to hear it. It was shouting itself into my ears and I had gotten so used to the loudness of my less noble side that I turned a deaf ear toward it. After the stage passed I could not hear anything. I was trying to hear a voice in a silent night. After a while it returned only to scold me and make me ponder and run through the failure. It encouraged me to shut down for some time and see my life and correct my wrongs like a handbook guiding me. The phase was what I called the ‘Inner Calling’, a phase that taught me that big birds fly high. Meaning that they rise above the problem and get a bird’s eye view of the whole thing, something like getting a third persons perspective. Also as I started getting more spiritually inclined, I realized that spirituality is equated with positive thinking. If in the mind I visualized myself having attained the goals I wanted to, then in reality it made my resilience and will power all that more boosted. Another thing it taught me was that no matter how hard the road or how loud the unnecessary chattering becomes in my head, this voice is always there to speak to me when I call on it. It sometimes spoke to me in my own voice and at others in a huskier, ethereal voice. When the huskier voice would come, I would question it

and ask it who it is. It would say that it is my guide. My guardian angel. It told me that I was a strong, independent young lady who had a lot of potential. The feeling broke across my dark night sky. Like a meteor that had shot across a dimly lit starry night sky, everything was bright and new. My eyes saw what I wanted to be, what I am and how much of myself I had been holding back. In your heart you feel you have grown 10 times more than earlier and that you are filled with purpose and know exactly what you are here for. The voice told me to balance my passion for psychology with my inherited talent for the creative arts. I guess the path of life unravels itself as the time for it comes. The resources I already had. It's the path which puts me to the test knowing I have the resources. That's what tested my abilities and here is where the inner voice counts most. It guides my judgment and keeps me from straying of the right path.

That was what happened. This voice still talks to me and guides me. Some people in the psychology field would call this self-efficacy or maybe the Ego and Super Ego conversing with me. But I know what I hear and I know what I feel. I am blessed to always have someone watching me and looking out for me. And above all someone who made me listen to that inner unbiased and steadfast voice which helped me find my way in the darkest hour. I respect and honor my guide and shall continue to do so.

HISTORY OF DEVELOPMENT OF THE HUMAN MIND

Krina Gala, Hetal Jain, Aarti Palrecha, MA I

1. BODY-MIND CORELATION

In A crisis, the Mind perceives danger and the Body responds by letting the Autonomous Nervous System take over.

There are two divisions of the autonomous nervous system:

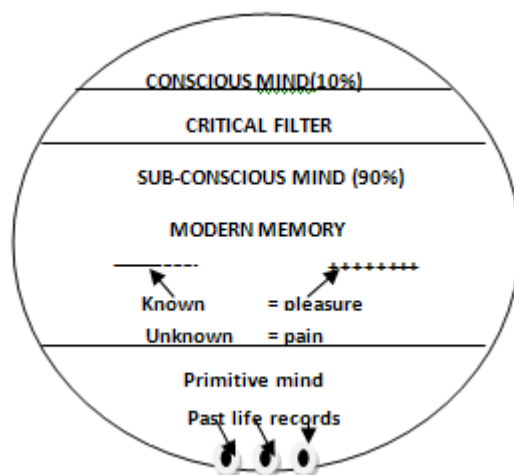
- Sympathetic: The sympathetic division is activated during the fight-flight mechanism. This is represented with various physiological changes in the system such as palpitation, increased rate of breathing and rush of adrenalin leading to action.
- Parasympathetic: the parasympathetic division is a self-regulating, stabilizing system that brings us back to a state of balance, i.e. homeostasis.

During sympathetic arousal, physiological changes occur, preparing us for fight-flight. After the danger has passed, the parasympathetic system restores balance or homeostasis.

2. INHIBITION

Definition: Unconscious defense against forbidden, unacceptable learned conditions, instinctual drives or impulses.

Originally, primitive man functioned completely by instinct. He did not have inhibitions. With passage of time, man started developing the ability to think. Amongst the first things that man thought about was survival. As a fall out of this, “rules for living” were formulated. With the formation of rules, inhibition started developing; some of the early inhibition that developed was modesty, privacy and sexual taboos.



THEORY OF MIND

1. FIGHT – FLIGHT REACTION

Definition: A primitive and involuntary reaction that is triggered during danger or anxiety in order to protect oneself or to escape from danger. Primitive man survived on two survival instincts. These were the instinct for fight and flight. Some animals and man developed greater strength and aggressiveness (fight) while others developed agility, speed and increased sensitivity of the senses of smell, sight, and hearing (flight). As primitive man started to think he developed a third response of pretending to play dead in a crisis. The modern day equivalent of this is depression. Animals that did not develop the ability for either, but remained passive, became extinct. These were among man's survival instincts.

2. SPLIT BRAIN THEORY

There are two hemispheres of the brain connected by a series of nerve endings. The right side of the brain controls the left side of the body, while the left side of the brain controls the right side of the body. The right brain excels in unfocused searches for meaning. It distinguishes between emotions and adapts to unknowns. This is the creative, artistic portion of the brain. The sub-conscious being 88% to 90% of the total mind capacity functions through the right brain which in turn comprises of 88-90% of the total brain mass. The left brain is logical. It reasons and analyses more than the right side. It tends to do things in sequences or steps. The conscious mind being 10 – 12 % of the total mind capacity functions through the left brain which in turn comprises 10 – 12% of the total brain mass.

3. PAIN-PLEASURE

Every organism will always choose pleasure over pain. Unknowns represent pain and known represent pleasure. A known is something that we have associated or identified with before. It may be either positive or negative but will be accepted by the mind because it has been experienced before. It might not be pleasurable experience but it represents pleasure because it is known.

4. MESSAGE UNITS

Definition: All inputs are received by the mind from the environment, the physical body, and the conscious and subconscious mind. When too many message units are received (as in a life-threatening emergency), the result is a state of anxiety. Probably the most influential source of message unit is the subconscious mind. When we have received an overload of message units, the critical mind is unable to process all the message units. The conscious mind is now incapable of dealing with this overload. As a result the fight and flight mechanism takes over which is operating out of the subconscious mind. The longer you stay in overload, the more disorganized the inhibitory process becomes. Since the sub-conscious is

nine times stronger than the conscious mind, we do not function logically in a state of overload.

5. DREAM

There are three types of dreams classified by the stage of the night in which they occur. These are:

- Processing (wishful Thinking Stage): The mind's attempt to sort and store the thoughts of the day.
- Predictive (pre-cognitive stage): The minds attempt to predict the vents of the future, based on current events.
- Venting (venting stage): The minds attempt to vent, or release, the unwanted or redundant message units accumulated during the day.

The most important of these types are the dreams that occur during the venting stage.

6. MODEL OF THE MIND

When the infant is brought into the world, he/she does not have the logic, reason, or the inhibitory processes. To make their needs known, the child uses more primitive mechanisms. The child has more primitive mind. Included in the primitive mind are the fight-flight mechanisms. As the child grows it develops the inhibitory processes.

How does the baby learn?

There are only two fears that a baby is born with, the fear of falling and a fear of loud noises. Everything else is learned by association and identification.

From age zero to approximately age eight, the child develops a library of these associations and identifications, he learns that some of these are good (positive) and some of these are bad (negative). These positive and negative associations form the pillars of our conditioning which in turn govern our responses to life situations.

Between ages of approximately eight and twelve we start to develop logic and reason. We are capable of making decisions and developing will power. This becomes our conscious mind, which represents 10-12% of our total mind power. The subconscious mind is made up of the remaining 88-90% of our total mind power. It includes the modern memory (where the library of association is stored) and primitive mind.

STILL SEEKING

Ms Vaishnavi Verma, Professor.

Female infanticide, it is not a myth; it is a brutal, vicious reality. With the following poem, I seek to highlight the insecurities and trauma felt by a girl child, shunted and abandoned by her father. Her unexplainable bond with the one she has never met. All these tears for what? Because she is a girl? She understands her search for validation is a futile attempt, yet she is still seeking...

I see your face every day when I look in the mirror

The emotions that I feel are so intense and debilitating.

My hands tremble from the rage that builds inside

I remember, yet again, that you rejected me.

When I look around to seek that validation

I feel lonely, worthless and humiliated

I try to reason, why I do this to myself again and again,

I remember, yet again, that you rejected me.

I wonder what I must have done

I rationalise, regress, repress and sublime

I overthink and dream that one day, you may come

I remember, yet again, that you rejected me.

I am running out of energy now, battles cease to excite me

Tired of asking questions whose answers will wound me

This war is not worth winning

I remember, yet again, that you rejected me.

Sometimes, I see it in her eyes, the fear that you left behind
I feel it in her, the insecurity and disappointment of my failure
But it kills me thousand times and more, when she sees you in me
I remember, yet again, that you rejected me.

I can see the wrinkles on your face, frown lines and crow's feet
I can count each one till my misery bleeds
Still, I love you so much, that I can't get myself to leave.
I remember, yet again, that you rejected me.

FROM EARTH TO EGO

Khurshed Batliwala,

Director of WAYE,

Art of Living Foundation.

Shiva's wife Parvati decides to take a bath. While bathing, a lot of dirt comes off her body, and being creative, puts that dirt into the form of a really handsome child, and being a Goddess blew life into the child and asked him to wait outside and not let anyone come in till she finished her bath. So the little kid goes out and waits and soon enough along comes Shiva, and asks the boy to step aside and let him go in. Boy refuses. Shiva gets angry. Shiva shouts and threatens. Boy doesn't budge. Shiva chops off boy's head! Parvati is very upset when she comes to know Shiva has killed her son. In any case to make her feel better, Shiva chops off the head of a passing elephant and attaches that to the body of the fallen child and gives Him life. Parvati is aghast at how her son looks and says everyone will mock him; no one will respect him. Lord Shiva smiles benignly and says that He will give a boon to the little Ganesha that before any Pooja or ritual of any kind is started, He, Ganesha will have to be worshiped first! Parvati is quite mollified by this, but demands a vehicle for Ganesha. Shiva presents Ganesha with a mouse as his vehicle. Parvati was very happy with that and the family lived happily for many eons to come.

And that's how Lord Ganesha was born.

Parvati is the Celebrative aspect of our consciousness.

Parvat means mountain: The Earth herself rising up in celebration. Now Parvati was dirty, meaning, the celebration had gone out of life, feeling of sadness, etc. had arisen, and she decides to take a bath (be alone).

When you are not feeling good (your celebratory aspect is dirty), you say, give me my space, leave me alone...

The dirt that comes off her and she gives life to is the Ego. She tells the Ego see that no one disturbs me while i am not feeling well. Don't let anyone come in!

That's exactly what most people do when they are not feeling good: people usually isolate themselves, feel separate from everyone and don't like others around them.

This is the significance of Parvati animating her ego and asking it not to let anyone disturb her because she is feeling dirty (sad).

Lord Shiva is the protector of Parvati. So when He sees her that way with her ego standing guard, keeping the Bliss of the Self out, He does what any protector would do. Kills it!

Chopping off the head signifies killing the ego. Now, when you have had your ego trampled upon, you are going to feel even more hurt and bewildered, which is where Parvati flares up. To appease her and teach her, Lord Shiva replaces the child's (ego) head with an elephant head.

The Elephant in Hindu mythology is held in great reverence. The big head symbolizes Knowledge. The eyes of the elephant are kind, full of compassion and innocence: the most beautiful in the animal Kingdom. So Shiva replaces the head of ego (ignorance) with Knowledge and innocence! That's not all, if you have ever seen an elephant walk, stately and strong, you can see that nothing can stand in its way! So Lord Shiva removed the ego and replaced it with Strength, Grace, Knowledge and innocence. What a superb combination! Lord Shiva then names the child, Ganesh. The Lord of Knowledge and Wisdom.

Ganeshji is the remover of obstacles. Obstacles are there because there is no Knowledge and awareness... as soon as wisdom dawns, all obstacles and problems just vanish like dew in the sunlight. What obstacle can stand in the way of an elephant?!

He has a huge stomach which signifies an all accepting nature. He is the Lord of all kinds of groups (Gana means group), so He accepts everyone, but He also wears a snake as a belt around the stomach, which means that He accepts you, but with the full awareness of a snake! It is not passive attitude acceptance, but an active, participative, transformational acceptance.

He has many hands, one holds a rope, another, a poke and still another, a modak. He offers you the modak (sweet) of Wisdom and Knowledge and when you come near to Him to take it; He quickly ties you with the rope, meaning that once Wisdom has dawned, you can never really go back to whatever you used to be! And it may happen that even having all the Knowledge and Wisdom, you may feel low, unhappy or miserable... then He pokes you (remember the snake? He accepts you as you are, doesn't cast you away, but takes action after acceptance), to wake you up to Reality. And sometimes if the poking is too much for you and you try to run away (you can't He has got you tied with the rope!), He gives you the sweet, the Knowledge and that brings you back to Him. And so Lord Ganesha binds you sweetly and firmly to Himself!

And the mouse? The mouse nibbles the veils of ignorance that surround our consciousness, so that true Knowledge can get established in the Self. So, Lord Ganesha rides the mouse who eats away the anger, the ignorance, the jealousy, the fear and allows the Bliss of Knowledge to dawn. Thus Lord Ganesha is the gift of Lord Shiva for Parvati to teach and nurture her to always be in her true nature. The Celebration and Bliss of the Self!

THE PRAGMATIC PLUNGE INSIDE

Rinku Das, MA II

Spirituality and psychology overlap each other. In both cases the focus is on self-realisation pertaining to our limitations, our thoughts and beliefs. One thing that binds both spirituality and psychology is spiritual growth. Growth refers to self-actualisation. When man realises his full potential and also accepts himself with his short comings. Nonetheless it is also truly essential that one tries to overcome his shortcomings but not to an extent that hurts his ego boundaries. By ego boundaries I mean, the line when you know what you truly are.

One cannot change overnight. Frequent changeability shows a fragile state of mind and it becomes more passive on the part of the person to accept anything and everything that comes his way. Here spirituality plays an important role as its only then one realises whatever experiences one encounters are they worth internalizing? Is it really going to help person gain his share of self-realisation? One can always answer these questions only if he is one with his body, mind and soul.

As hard it may seem with the myriad information we learn on daily basis, the unending experiences we encounter, the only thing that simplifies our lives is when we truly know oneself. Here psychology, the study of human behaviour, helps to make us understand how one should have unconditional positive regard for self and others. However we humans have the tendency to be critical of self, more than others. We attach conditions of self-worth to be loved and accepted.

Psychology, is also observing human behaviour and if we closely observe, we all have insecurities, fears, anxieties that most of the times controls our behaviours. These feelings are mostly underneath those clothes and the makeup we wear that temporally make us appear to be strong and unnerved. The truth lies beneath all of that. Something that runs deep is self knowledge, something which is raw, untouched.

To conclude, spirituality and psychology go hand in hand. It's more dynamic than static. More continuous than discrete. In the similar fashion, human nature is dynamic and should be forever. The sad part is many people take themselves too seriously and in the process complicate their lives as well as others. Our lives become simpler when we unconditionally love ourselves and others. The role of spirituality and psychology is more like a catalyst that helps achieve a state of loving, understanding and caring for self and others. Person who truly understands and loves himself is the one who can share himself with others. The journey then becomes more worthwhile.

IS ISLAM RELATED TO PSYCHOLOGY?

Sana Chunawala, MA I

Psychology is the study that mainly deals with understanding of human behaviour. Its immediate goal is to understand humanity and to benefit society. It is important to first understand the literal meaning of word psychology. Many explanations have been given to understand human psychology, but I think one of the best ways to understand it is from the creator who actually created soul and who talks about directly or indirectly about it through a revelation sent some 1400 years ago to and for the people called Quran. Islam is the religion one of its own kind which means submission of ones soul to Allah (god).it is the divine book which gives us the overall perspective of living life and dealing with its complexities. For better understanding, In this article I have given references of some quotations from Quran(the words of Allah), Hades(the talks of prophet Muhammad) in the effort to proof that how an decades old Islam is still running parallel to the ways of dealing life.

Among the therapeutic approaches in cognitive therapy which include cognitive behaviour therapy and rational emotive behaviour therapy deals with the thoughts and the behaviours of the individuals and attempts to alter the irrational or negative beliefs, helping develop more flexible ways to think and respond to situations. For e.g. Instead of just saying no for things we can give it a try. Traces of such fundamentals can also be found in this centuries old pieces of how a set of beliefs, impacts our thoughts and finally influences our behaviour is explained very well through a story of prophet Musa in which prophet Musa informs people of his clan to migrate (on the orders of Allah)to a land so that they can eat and drink well but the clan refuses as they feel that they are not as powerful or do not possess the ability to stay with those people and call themselves as grasshoppers while comparing themselves with other people. In spite of enough motivation and assurance given the people refuse to migrate and then had to face the consequences (punishment) till the next 40 years to find a place to settle. This story of Quran actually tells us that it is a bad idea to always perceive things with a negative belief or think less of one as compared to others because if you do not have a good self-image and faith in yourself and trust for others then you would end up having low self-confidence. As it is said in the revelations (QURAN: you may like what is not good for you and you may dislike what is good for you) So understanding this we need to alter our thoughts and appreciate the things possessed by us rather than ending up remaining unhappy and discontented.

Even as one of the famous scholars said ‘Watch out your thoughts as they may become your words, watch out your words; they become your actions, Watch your actions; they become your habits. Watch your habits; they become your character? Watch your character; it becomes your destiny’. Allah mentions in QURAN: ALLAH knows what you do not known) and so Allah in Quran too gives us recipe of having high self-esteem. Its ingredients are to do good deeds (work) for oneself or to others in a manner we can (by helping, teaching that profits someone or just spreading positive vibes etc.) as by the end of the day we would not end up introspecting about ourselves, have a sense of satisfaction, achievement and belief in our abilities to learn new things in the world as narrated in the (QURAN: that every individual on the earth has the right to gain knowledge). Because a literate is better apt to deal with a situation than an illiterate.

If we look further many Behaviour Psychologists are of the view that our behaviour is influenced by our environment in which we live for example, it is seen that when we are in a company of boys and girls who are more prone to use of abusive words or smoking, though we may initially disapprove or dislike it. But when you are constantly in the same surrounding, after some time you may begin to feel that it is okay to do so, soon you are influenced by your environment that you become a part of it and adapt to it. This view is also shared by the holy book of Quran in which it warns people (QURAN: if you follow their (wrongdoers) footsteps or desires then you will too become like them) and it also explains that in each individual signs of right or wrong are present to guide them on to right path but due to negative influence these signs get dim in us and so it is believed that if we maintain our relationship with Allah (god) through our prayers (namaz) He will be there to guide us to choose destinies appropriate for us. Psychology of today also explains that children are best imitators of their parents and so the personality of the child is greatly influenced by his upbringing. For example, if we abuse the child then it may affect the child and he would develop a negative belief about himself that he is not good, words are significant ways for expressions of ones feelings, thoughts about others so it should be used with great care as our words can hurt someone one and so even in Hades the people are given message of (Whoever believes in Allah and the Last Day should speak good or be silent). There is also one Hades that explains how our speech reflects our thought. Prophet Muhammad said with approximate meaning that 'Men are good when their hearts are good and their hearts will become good when their speeches are good'.

The revelations of Islam though are old but still if we compare it run parallel to one of the famous Freud's theory of psychoanalysis, which was bringing subconsciously repressed thoughts and feelings into the consciousness. By allowing individuals to express themselves so that the suffering caused by the repetitive return of the distorted forms of these thoughts and feelings could be vent out. Allah (god) to gives us this message to listen patiently and never interrupt the speaker so that one can express himself, and so as he himself mentions in the Quran that he is all aware of the hidden; he too gives us the solution and if we look around we realise that we do have a good listener, to whom we can approach without any prior appointment and that is our Creator. He is the best listener we can ever get as we can talk as much as we want without any feeling of being betrayed or having a bad impression upon Him. So He reveals in the QURAN: that he is aware what you hide and what you display. Giving us the message that we should easily express ourselves and when we truly express we are in a better condition to understand the depth of things better and deal with it and finally are at peace.

SPRITUALITY AND PSYCHOLOGY

Madhuri Rajasth, TYBA

Spirituality and psychology are two broader terms. From a Psychological point of view it is very essential for the human being to understand the meaning of his existence. To identify the world around us we learn concrete and psychological terms. We create a comfort zone for self to define our existence and meaning in the world.

Surprisingly, when we come across certain incidents or terms which have no explanation in classical terms of psychology, we tend to move towards spirituality. Psychology and Spirituality work in two different directions. Psychology studies behaviour. How the mind functions or does not function is covered under psychology. It is used to label certain behaviours and have clinical explanations to it. But the question arises when human mind does not run on expected pathways. Spirituality does not classify behaviour unlike Psychology. It is the inner sense of human being which interacts with God and creates alignment with Him. Many a times when we are trying to concentrate on a particular point when we have other objects as well around us sometimes we sense some force within us which generates a thought or creates a sensation which is just felt by our mind and body. It can neither be touched nor be seen.

The outer environment has lot of impact on the mind and body and every time the impact is different. It is true in case of every human being and happens throughout the life span. The self can be gained only by that person who craves for it with his entirety. The Vedic Scriptures says that to the aspirant, who seeks the self diligently, the self reveals itself. Knowledge acquired never remains the same. The external environment and the intellect have constant impact in human mind in various patterns. New channels of thoughts, fresh ideas and ever changing results are the conclusions. This is a lifetime process and every human goes through it. On the basis of the reaction towards the ever-changing outer world, a man's ideas, beliefs, opinions and views are always at constant state of flux. An atheist of today can be atheist of tomorrow and at the later period he may even become a devotee.

In this materialistic world we do not get the description of a thing and an enumeration of its features. Attentive listening is the means by which, one, who has had no experience of HIS presence within can recognize the divine presence everywhere. The object in the world have names and forms, qualities and functions but the inner self is beyond the instruments of perception i.e. body, feeling i.e. mind and thinking i.e. intellect. Meditation is the sight of intellect and the constant awareness of the intellectual level of the truth which we hear and our mind through reflection confirms. Human mind is the much more subtler than the sense organs and has a wider reach whereas the intellect is the subtlest equipment in a man's body with the help of which the man can crash down the present frontiers of thoughts to reach out to new areas of knowledge. Those who practice meditation do experience the spiritual enfoldment and relief from mental engagement of the outer world.

In Spirituality, belief is termed as faith, which is formed by the group of people to provide a functionally valid foundation for sustaining the belief. But in the Psychology, it is a representation of a mental state of a human which forms a propositional attitude.

Belief claims to be an assertion or expectation about reality which is presumed to be either existing or non-existing. Spirituality can refer to an ultimate or immaterial reality or the inner path which enables a human to discover the essence of their being on this earth; Whereas Psychology studies the cognitive structure of the mind which focuses on mental mechanisms. To study the human mental life there are various researches and theories are formed which gain relevance over the period of time and do fade in popularity when one theory is replaced with another one.

The head of the terrestrial spiritual-psychological hierarchy is a being sometimes called the Silent Watcher, who acts as a channel for all the spiritual forces flowing to and from the earth, and who is connected inwardly with all the beings on earth.

POWER OF MANTRAS

Shraddha Risaldar, MA I

"Mananaat traayate iti mantrah"
(That which uplifts by constant repetition is a Mantra.)

Mantras are particular sounds or groups of sounds which are used for tuning and centering auditory perception in such a way that the precise intoning of the selected sounds can induce a definite state of consciousness.

Origin of Mantras:

Mantras are Vedic in origin. The teachings of the Vedas consist of various Mantric chants or hymns cognized by different seers or Rishis from the Cosmic Mind. Since the Vedas are impersonal and eternal, the exact historical date of the origin of Mantra chanting is hard to arrive at. For example, every Mantra in the Vedas, Upanishads and various religious traditions (sampradayas) within Hindu religion begin with Om or Aum - the primordial sound, the sound that is said to have its origins at the time of the creation of the cosmos - also referred to as the 'Big Bang'.

Sound Is Power

I firmly believe that the sound of Mantra can lift the believer towards the higher self. These sound elements of Sanskrit language are permanent entities and are of everlasting significance. In the recitation of Sanskrit Mantras the sound is very important, for it can bring transformation in you while leading you to power and strength.

Different sounds have different effects on human psyche. If a soft sound of wind rustling through leaves soothes our nerves, the musical note of running stream enchants our heart; thunders may cause awe and fear.

The sacred utterances or chanting of Sanskrit Mantras provide us with the power to attain our goals and lift ourselves from the ordinary to the higher level of consciousness. They give us the power to cure diseases; ward off evils; gain wealth; acquire supernatural powers; worship a deity for exalted communion and for attaining blissful state and attain liberation.

How to Chant

there are many schools of thought on the methods of chanting. A Mantra chanted correctly or incorrectly, knowingly or unknowingly, carefully or carelessly, is sure to bear the desired result for physical and mental well-being. It is also believed by many that the glory of Mantra chanting cannot be established through reasoning and intellect. It can be experienced or realized only through devotion, faith and constant repetition of the Mantra.

According to some scholars, Mantra chanting is Mantra Yoga. The simple yet powerful Mantra, Om or Aum harmonizes the physical forces with the emotional forces with the

intellectual forces. When this happens, you begin to feel like a complete being - mentally and physically. But this process is very slow and requires a lot of patience and unfailing faith.

Healing by Mantropathy

the chanting of Om in Transcendental Meditation has now received widespread recognition.

Mantras can be used to treat tension and many other difficult diseases that are yet to come.

The Brahmvarchas Shodh Sansthan, research center for integration of science and spirituality in Shantikunj, Haridwar, India, is the only place I know of which carries out extensive experiments on 'mantra shakti'. The result of these experiments is used to testify that Mantropathy can be used scientifically for healing and environment cleansing.

Keep the Faith!

It is important to have complete faith in the recitation of Mantras. It is primarily through faith - aided by strong will - that one achieves one's goals. A sound body and calm mind are essential for the chanter of Mantras. Once you are free from all worries and have achieved stability in mind and body, you will derive maximum benefit through the recitation of Mantras. You must have a definite object in view and a strong will power to obtain the desired objective, and then direct that will to achieve the goal.

LIFE

Dhara Shah, MA II

What a wonderful Life,
I got to live!!
With the Beautiful people around,
Where divinity is ground.
Humanity is around,
Where love is ground.

What a wonderful life,
I got to Live!!
Blessed with Guru's Grace,
Feeling his presence always.
Surrounded with joy,
Feeling His unconditional love.
Oh! What a wonderful life,
I got to Live!!

With mother's warmth,
Father's possessiveness,
With support of sister

And friends always.

What a wonderful life,

I got to Live!!

Where nature symbolizes to be

Different in every situation,

Sun rise- to rise every day and give light,

Moon in dark sky- to give light in darkness,

Flowing river- always to flow ahead leaving the past behind,

Mountains- to climb the ladder of success,

Stars- to always twinkle.

Oh! What a wonderful life,

I got to Live!!

Sky- to be eternal being,

Flower- to blossom and spread fragrance,

Rainbow- to add different colours to other's life,

Seed of a tree- initially small but when nurtured properly it grows as a strong
being,

Water- to be clean and transparent,

Air- though cannot be seen, but its presence can be felt.

Oh! What a wonderful life,

I got to Live.

A THERAPIST'S BURDEN

Inderjeet Sokhi, MA II

In the past academic year I have learnt and applied a lot many therapies popularly used while counselling or treating an individual. One thing clearly understood was that no one particular therapy could be used in isolation while try to counsel a patient or individual, an eclectic and holistic view needed to be taken. Like a tailor made dress that fits just right, therapy also had to be similar just the right fit.

Recently I had an experience wherein I knew I was going astray and that my thoughts were not in the usual frame of reference. So as the age old funda that I had heard that, 'each shrink needs to have his own personalized shrink'. I conveniently went and asked two of my friends to be my counsellors. I knew I had a problem, I knew I wanted a solution, so the insight and judgement bit of the mental status examination was taken care of. My case history wasn't an issue because they had been getting regular updates of my life and did not need any more information about the current problem.

So on a decided day, date and time I had my much awaited counselling session with them. We straight off jumped to the issue and they started asking me my beliefs, the activating events that lead to such believes and the consequent behaviour. Clearly following Ellis' ABC Model and tried disputing my irrational thoughts and beliefs trying to get them at an irrational acceptable level. I was very well aware of what was going on and what was going to be their next steps in trying to get me accept the issue that I had. But then again I was in denial, I was aware of it, a very Gestalt concept but I lacked insight, a very Person Centred concept.

My counsellors tried hard to tell me that I was in denial of the depth of the issue and needed to accept it as soon as possible, so that I could move on and put the problem into perspective and eventually distance so there came in the Cognitive Behavioural Approach, where I failed to let them dispute my irrationality then put me on a maintenance track. They asked me write diaries, or vent out in any way possible to get closure over my issue. So CBT was being used to fulfil a very Gestalt concept of closure.

I was aware; I was thankful for their help that they saw my defences and pointed them out to me. I knew what techniques and theories applied to me but I didn't know why I still wasn't able to apply it on myself. I know what the goal is, I know what I want the outcome to be, but yet, something inside me, stops me from applying it to myself. I guess, it is like while dealing with most clients, when I realized as a third person, their defences, denial, and the dysfunctionality of their thought, behaviour and actions. May be in spite of knowing it, I was not willing to take the steps or was in denial, just usually giving up and waiting for things to get sorted on their own. But I had to take steps, may be not the best therapeutic ones, but I had my own eclectic ways of pulling myself out of it. Maintenance and follow up was necessary, even to let someone else map my level of improvement.

THE THREE POUND MARVEL

Madhuja Sawant, MA II

A few days back we had this lecture on brain structure and its various functions. One thing I got to know was that this organ weighs not more than three pounds and controls the rest of your body, depending upon what your whole body weighs, these three pounds dominate the rest of the kilos that make 'you'!!! It is also the one from where stems our thinking... it virtually makes who you are today.... what you say, feel, act, desire.... Everything that makes you is the result of this small marvel of nature... And that's why psychology studies it oh so dearly!

Everything in the subject is focussed on empowering individuals to get the puppet strings in their hands for once, and thereby getting themselves the luxury of dictating their lives. So is this also the vital organ that connects us to something deep, something unknown yet close to us, something that is beyond human control, something that keeps us awake at midnight with the thoughts and questions about our existence, life-purpose, instincts, righteous behaviour, morals and ideals, even when we are all tired? One thing which intrigued me during the lecture was that if all humans have the same brain structure why do we still differ in various aspects of life? Of course you have the experiences and the genetics and the up-bringing playing a role, but then who decides one's course of life? Who decides who should have what?

Then when my human capacities seem to drown me, I turn to something that we all believe to have all the answers, something called 'God'.... I personally believe, and this is something that the atheists would support too (I guess) that God is nothing else but the 'inner voice' that constantly keeps interrupting your practicality all the while... the voice that tells you that you did a good job when you listen to a troubled soul... the voice that tells you to give priority to your health and loved ones over the vodka shots or a fast-paced lifestyle... the voice that suddenly makes you realize that your father's piggy-back rides were a lot more comfortable than any other luxurious car that you could ever own...the voice that gets dissatisfied when you buy yourself a 50,000 rupees Swiss watch and see yourself losing out on time...

Strange as it may seem, things do seem different and better when you surrender yourself to this particular power... It is strange that people feel most happy when they do something good like helping others or if not then at least trying not to harm others intentionally. And that what spirituality to me is...being in the state of utmost happiness and satisfaction which you attain from the simple pleasures of life like seeing someone smile... The smell of a new guitar or even a walk along the pavement with your pet dog can be spiritual... It is all about connecting yourself with yourself, all over again, till the time you develop the capacity to answer all your questions. It's about joining the dots that you may

have not noticed till date, that was keeping the puzzle incomplete, and if karma and past lives exist, the splits in the puzzle could go way back in time...

Now from where does this inner voice stem??? The three pound marvel is the answer yet again... It is the one that connects you not just with your body but also your soul; it is the one which connects you with your higher consciousness... The power that it holds goes beyond what we can comprehend. What we think we know about ourselves is just the beginning, there is so much more left unexplored about our own psyche... our heart is the one which has 'life' in it, but without the brain, it wouldn't be worth as much... They say that when you are about to die, your brain stops working first and then your heart stops beating, and when you are born, the heart starts functioning first and then your brain. It indeed shows the meaning your brain puts into your life... People keep looking for answers outside them, forgetting to just take a peep within, and ignoring the inner voice... When we 'think', it is just a minute function of the brain that we are carrying out, but when we start to go deep within, when we actually start to listening to this inner voice, we are truly 'being human'... It is like this link, you know, your thoughts leading to the inner voice, which leads you back to your thoughts, and it goes on...

This is a very strong reason for me to choose psychology... the opportunity it grants me to connect with myself...the chance that it gives me to gain a spiritual experience. In some way or the other, it brings out the best in me... and encourages me to offer the same to the others that I come across. Of course whether others feel the same way like me or not is a different question, but I know that my inner voice is smiling when I do what the subject desires me to do...

So we are left with the most powerful decision of making the choice of what can dictate our life, our superficial mind or our inner voice... whether we would like ourselves to be known as thinking beings or the spiritual beings... I personally feel the latter is a better option because we are natural at it and it also does not overestimate its supremacy... But the question still remains as to who is the ruler of your life, who is the puppet master in the end, who choreographs the whole show and designs the end? So does this make your brain any less significant, of course not, but it does give you this feeling that you are not that powerful either... Maybe, as of yet...

