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The Essence of true education: The complete Yoga of the Mind, Speech and Actions.

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Abstract:

The natural qualities of every person is according to his family, parents, birth place, time, society, religion, language, culture, etc. “In this way, all the living beings work according to their natural capabilities. Nobody can do anything about this.” 1 “The Supreme Lord (Soul, Heart), provides full energy to each and every living being to perform action, according to one’s natural qualities, whether right or wrong.” 2. “The attachment, anger and greed, are the three qualities that does not allow a person to uplift himself above his natural qualities.” 3. The different organs of the human body possess three qualities, that is, unsteadiness, stability and the duality. The mind (water element, blood, knowledge, intellect) of the human being, being the part of the nature is very unsteady. Only the heart (soul, Deity) has the power to integrate the mind, speech and the actions, to work in the same direction. The more stronger and stable the heart, the more it purifies the natural qualities in an integrated manner. For sustainability in the human behaviour, the essence of education is in teaching true ethical wisdom of humility, absence of pride, non- violence, tolerance, self-control and non-attachment to the outcomes.

Key Words: Essence of Education, Humility, Sustainable, Integrate, Intellect, Nature.

Introduction:

The qualities of the human behaviour can be made superior by emulating the examples of the conduct of the highest standards. The development of the qualities in a human being depends upon the thoughts, conduct and the attitude of a person. For instance, the qualities and the effects of the chemical substance or the material, depends upon the its nature and the composition. The rise in the degrees of heat and so the temperature, has resulted in the rise of the blood pressure and the ego, that indirectly results in the rise in the qualities of the hatred and negative competition, which is not a natural quality of the human beings. When the mind, speech and action of a person, work in the same direction, then the complete strength of the body works in that direction, to complete that work in a time bound manner. It is possible for the mind, speech and actions to work in the same direction, only when a person learns to discipline and control the desires of his senses. The Karmayoga begins from here.

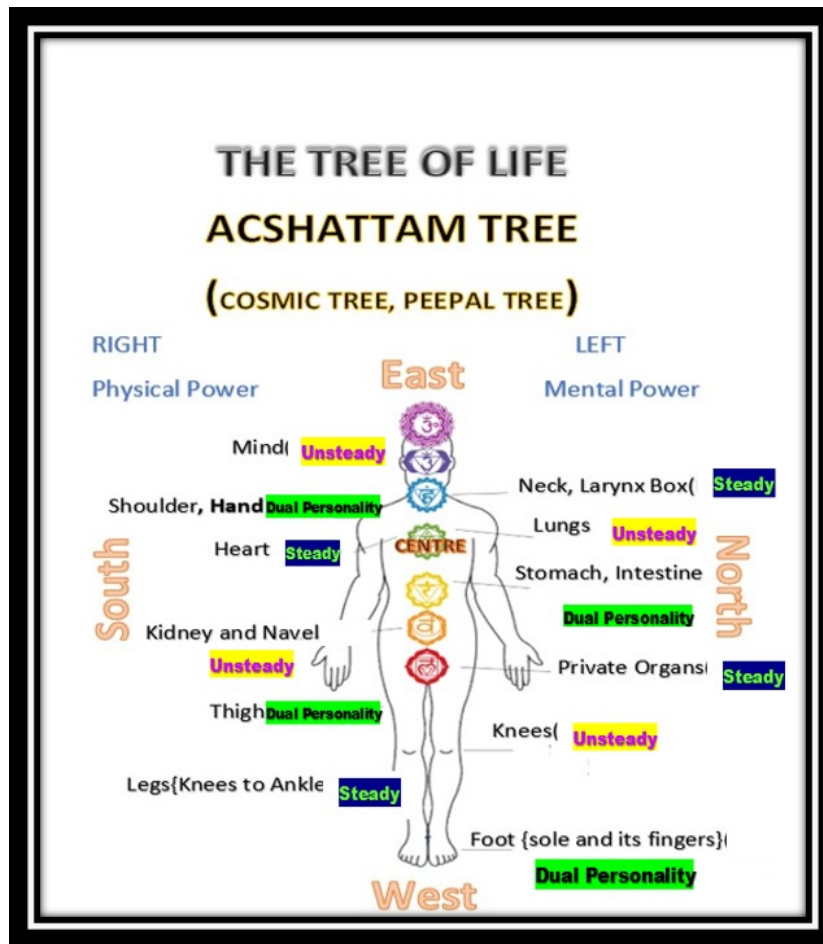
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The Natural Qualities of the Human Body Organs :
(Human Body Photo – Stable to Unstable Organs)



Mode of Action and Guna:-

The twelve departments of the human body also have their own different behavioral patterns. The different organs of the human body possess three qualities, that is, unsteadiness, stability and the duality. The mind (water element, blood, knowledge, intellect) of the human being, being the part of the nature is very unsteady. This unsteadiness directs the human behaviour towards the tamogun tendencies or the negative attitude. As this quality is predominant in the animals. The four parts of the human body are considered very unsteady, that is the knees, the navel, the lungs and the mind. The first three parts are the vehicles of the natural, local energy that sharpens the intellect and provides the physical and the mental energy. The unsteadiness in the behaviour of the human being is due to the mismanagement of his activities and lack of an equilibrium in the life. Its predominant symptom is the desire

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of the immediate satisfaction of his unlimited desires, that results in a temporary and short lived happiness. The basis of this ignorance is the lack of the true knowledge.

The three Qualities :

The 'Satogun' qualities (Steady, stable and positive behaviour) refers to the mental and physical purity of the human body. It develops from the integration of the speech, knowledge (lungs) and the heart. It increases with the stability in the character of a person. It inspires a person to perform good deeds and follow the path of the righteousness.

The 'Rajogun' quality refers to an emotional bent of human mind that increases the anxieties of the desires of the senses. It creates a sense of unsteady anxieties and illusions in the mind of a person, so that he is forced to direct all his energy and strength towards the fulfilment of the unlimited materialistic desires of the life. But, if a person is able to discipline the 'Rajogun' qualities, then the spirit of fraternity, love, kindness and humanity arises in his mind.

The Tamogun qualities refers to the attachment to the materialistic pleasures. These result in stress and indiscipline in the human behaviour.

The above mentioned three qualities and the character, play a dominant role and have their own significance or role in the mind, speech and action. "The glorious deeds produce heavenly happiness and the evil deeds produce hell thereafter." 4. The stable behaviour develops the qualities of the human beings and transforms the complete behaviour to the satogun qualities.

Bhakti (Devotion) Yoga - Anandmay Kosh

The nature has a bountiful of love and emotional and aesthetic scenery. Since the body of the human being is made of the five elements of the nature, so the tendency for attraction to the beautiful sight is very natural. The love, affection, attachment and the emotional attachment are quiet a natural part of the human behaviour. When this love, kindness and emotional attachment is towards the God and so integrated with the Supreme Lord (Soul, heart), it is called the devotion. There is abundance of love, life and peace in the nature, but due to the abrupt changes in the environment, due to the deterioration in the quality of air and water, the natural cycle is losing its balance and the equilibrium. The rise in the degrees of heat and so the temperature, has resulted in the rise of the blood pressure and the ego, that indirectly results in the rise in the qualities of the hatred and negative competition, which is not a natural quality of the human beings. In this way, the fluctuations in the coordination between the mind and the ego, develops an unsteady behaviour, that is not healthy for the human beings.

The Path of Devotion:

The path of devotion is the route to establish a stability in the behaviour of a human being. It is the very basis of the Gyanyoga and the Karmayoga. It is not possible that all the people in the world are the Gyanyogis and the Karmayogis. The Bhakti Marg is open to all, whether rich or poor, illiterate, ignorant or the educated. 5. Lord Krishna said, that He is the seed for all the living beings, the intellect of the intellectual people and the glow of the bright people. The Lord said, "I am the unborn (the sunlight), the infinite and the Lord of the Universe. I am the reason behind the origin of all the qualities in the human beings. The person who can understand this, is truly knowledgeable." 6. The Lord explained that the

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people who are devoted to the formless, unexpressed and the unthinkable form, truly perform a difficult and deep meditation. However, close the love and affection, brings the people together, the person who loves and the one who is loved, are both two separate individuals. The Brahma (intellect), Vishnu (speech, language) and the Shiva (heart, soul), all together reside in this body. So, one can imagine and believe in the form of the Supreme Lord, as the form of the human being. The body of the human being is rich in the divine qualities, beauty and the happiness. A person cannot love his shadow or its feeling. The Supreme Lord (heart) is always present inside the human being, while he is eating, studying, awake, joy, sorrow, etc and also gives strength to perform the actions, according to the physical and the mental qualities of a person.

The Supreme deity is always present inside a human being, despite all the negative attitude of a person and like a teacher, the Lord makes the person realize the mistakes, as the Lord loves its creations and is an epitome or an ocean of infinite love and care. (BG Sharanagatvatrulah). A person who devotes everything that he has to the Supreme Lord and bows before the Lord, the doors of the Lord naturally opens for that person. The Lord said in the BhagavaGita, "This is my word. The one who has affection and devotion for Me, can never be destroyed." 7. A person may have done harm to himself, by wrong deeds, but when he becomes an ardent devotee of the Lord, his negative physical and mental qualities get reduced and purified. 8. The Lord does not accept the sins of any person. Infact, the Lord purifies them, with His energy (light, soul, heart) and power. 9.

The Natural Cycle:

The natural qualities of every person is according to his family, parents, birth place, time, society, religion, language, culture, etc. "In this way, all the living beings work according to their natural capabilities. Nobody can do anything about this." 10. "The Supreme Lord (Soul, Heart), provides full energy to each and every living being to perform action, according to one's natural qualities, whether right or wrong." 11. "The attachment, anger and greed, are the three qualities that does not allow a person to uplift himself above his natural qualities." 12. The religious process is a yoga to help the human being to uplift himself above his natural qualities. For instance, the yoga of the neck (larynx box) and the intellect in the morning (4 to 8 am), to read and write, to perform the routine work in the morning, play in the evening, do meditation in the evening and to take rest or sleep in the night from 10pm to 4am. All those who perform these yogas in a discipline, will purify his natural qualities and will facilitate the integration of the nature and the Supreme Lord. 13. Only the heart (soul, Deity) has the power to integrate the mind, speech and the actions, to work in the same direction. The more stronger and stable the heart, the more it purifies the natural qualities in an integrated manner. Towards the end, the Lord Krishna said to Arjuna, "I am providing you My complete knowledge. You perform action as you think and desire." 14.

The Supreme Lord (heart) always takes care of the human being and never leaves him behind even for a while. According to Lord Krishna, "No one is my favourite or unfavourite. The person who follows My teachings and performs the right actions is very dear to Me." 15. The love and affection for the Supreme Lord cannot be expressed in words, but only can be felt. The qualities of the human behaviour can be made superior by emulating the examples of the conduct of the highest standards. The qualities of the Lord Rama and

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Lord Krishna are worshipped as the most and are the examples to emulate, follow and inculcate in one's life. The love and devotion are the most superior assets that enlightens the qualities of the human beings through the heart (soul) of the human being. According to Lord Krishna, the heart of every human being is a house to the Supreme Soul and is called the Lord of all the actions. 16. The Lord explained that He is always present inside every human being and help to uplift the qualities of every human being, with the help of the inner conscience of the human being. The Lord explained the coincidence that if the human being applies his intellect and mind, according to the teachings of the Lord, then the human being will always live with the Lord. 17. A devotee must exhibit the quality of an ocean, that is a reservoir of deep humility and devotion, as the Supreme Lord loves the humble and a courteous person. A person should devote all his actions to the Lord and believe in His decisions. "One must devote one's mind, speech and all the actions, in the Lord, take refuge in Lord, be immersed in His devotion and the Lord will liberate the devotee of all his sins." 18.

The Restless Mind:

The devotion to the Lord cannot be with the doubts. The devotion will develop only with the stability in the behaviour. When we work by devoting the outcomes of our actions to the Supreme Lord, then we are easily able to accept the outcomes as the blessings and the will of the Lord and this will prevent the mind from being unsteady or develop the anxieties. 19. The doubts, anxieties, hatred, etc, are the qualities that reflect the weakness of the mind, that separates us from the steady behaviour. Only when we believe, love and are devoted to our dreams and the passion, that we can be happy and be peaceful. 20. The infinite power of the Brahma, is known by the different names of the deities, inside the human body, such as Brahma (birth), Vishnu (speech) and the Mahesh (heart), but the strength to purify these organs, is the soul or the sunlight. 21. When a person is fully devoted with a commitment and meticulous effort and clean intentions, then the heart also becomes pure and develops the mind (lungs, purity of the blood) to the highest level of consciousness. 22.

The development of the qualities in a human being depends upon the thoughts, conduct and the attitude of a person. For instance, the qualities and the effects of the chemical substance or the material, depends upon the its nature and the composition. This human body has an ethical mission oriented arrangement, where the human being attains and achieves the kind of material he desires, according to the actions performed by him. Those who pray the deities (the organs that develop the satogun qualities), attain the positive qualities and those who pray the organs of tamogun qualities, attain the negative attitude. 23.

According to the Lord Krishna, a person may worship the Lord, in whatever matter, form, substance, with the devotion, then the Lord stabilizes the devotion and the belief of His devotee in that material form of the substance. All the significant achievements are blessed through that material form only, that is blessed by the Supreme Lord Himself. 24. The tenth chapter (the basis of the culture) explains that all the people must stabilize their behaviour, love and the devotion, in a Supreme Person, who is the most powerful and omnipresent. The eleventh chapter (the complete divine form of the Supreme Lord), clearly brings out the explanation on the presence of the Supreme Lord in all the living and the material forms. The twelfth chapter (worship of the natural qualities) illustrates about massive and the divine

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form of the Supreme Lord, that gives the highest happiness and peace to the devotee. There is also a direction, that the people should regard the complete universe as the most supreme and the greatest creations of the Supreme Lord. (sunlight, soul, heart). 25. A person must regard the nature and the soul, as the creations and part of the Supreme Lord and mould one's behaviour and the conduct in a positive, humble and courteous attitude, so that his heart becomes a divine place for the love of the Lord and has the divine qualities. The highest form of the love, devotion and the belief, can be attained by the way of the complete surrender and dedication to the Supreme Lord. (Soul, heart). The humble, pure and knowledgeable devotee is the one who is the most favourite of the Supreme Lord. 26. The knowledgeable person always worships and meditates with the purity of his heart (soul). 27.

Integration of the Mind, Body and Soul:

The devotion and the belief in the Supreme Lord begins with a silent prayer, by a person, with a desire to see the divine form of the Lord, to seek his blessings and this facilitates happiness, calm and the peace. The person starts believing in the integration of the nature and the Supreme Lord (Soul, heart) and the power of the truth. He realizes that the Lord is omnipresent. He also can understand the basic reason behind the sufferings of the people. 28.

The true meditation comes from the devotion without any selfish interests. The personality of the devotee becomes part of the love and belief in the God. The one who performs actions only for the social welfare and not for any selfish interests, is the one with the divine qualities, the One, who has created this world and its beings, the One who uplifts them. The devotee is able to excel and becomes successful, due to his confidence that comes from his actions out of his belief and the self surrender to the Supreme Lord. So, in this way, one can find a superior foresight and the complete strength of a human being, inside that devotee. When the devotion becomes absolute, then there is an integration and the confluence of the devotee, his soul and his deity, to become an Absolute form.

Conclusion:

For sustainability in the human behaviour, the essence of education is in teaching true ethical wisdom of humility, absence of pride, non- violence, tolerance, self- control and non-attachment to the outcomes. The attachment, anger and greed, are the three qualities that does not allow a person to uplift himself above his natural qualities. The unsteadiness in the behaviour of the human being is due to the mismanagement of his activities and lack of an equilibrium in the life. The materialistic desires should be disciplined to bring happiness in family, society and nation and also self- control and stress management.

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