

Method of Streamlining Thoughts for Physically Challenged People

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Abstract— *Most of the physically challenged have depression because of their physical disability. To avoid depression they have to streamline their thoughts. Analysis of thought is one of the introspection practices in the World Community Service Centre (WCSC), Aliyar, Tamilnadu, India, which is designed and developed by Vethathiri Maharisi. Throughout the world so far around seven and half million people were trained in this analysis of thought introspection practices through this centre. Thought is one of the important processes for the humankind; if one should understand the thought then one can understand the whole process of the universe. Thought is very important for the differently abled people. The objective of this research is to explain the concept of Vethathiri Mahaishi's analysis of thought and analyzing the effect of this introspection practices through the questionnaire based analysis to the differently abled people. The result shows that the effect of Vethathiri Maharishi's analysis of thought is very effective and useful to the people to streamline their thoughts.*

Keywords—*Depression, Physically Challenged, Thoughts*

I. INTRODUCTION

Whatever a person thinks continuously in his life that will happen in his life - it is proverb. The human mind functions through thought. Thiruvalluvar is one of the great saints who lived in southern part of India during the period of 31B.C.E. [1]. He wrote the following poem:

“Think, and then dare the deed! Who cry,
'Deed dared, we'll think', disgraced shall be” (Thirukkural - 467) [2].

It means those think and then consider to undertake a matter, after undertaking the matter, to say “we will consider” is folly.

All the human beings are not having the same thought, even within the same family, county, culture and environment. One may indulge in thoughts about the welfare of the world and in some other time one may fill with selfish thoughts, even the thought may be explorative or aggressive in nature. Chewing gum consumers have a thought of spending more time for the purchase in retail shops [3]. Freedom of movement appears to be an independent dimension of thought which is not captured by the common measures of mind wandering [4]. Self injurious thoughts and behaviors are used to escape or regulate aversive physiological states during stress [5]. The negative cognitive styles will increase stress reactivity, low mood and accelerate cellular aging [6].

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Levine and Warman [7] investigated strategies for managing the intrusive thoughts like blasphemous, sexual, and violent. Lambert et al. [8] analyzed the thought recurrence frequency and duration of thought return.

In another poem, Thiruvalluvar wrote about thought as follows:

“Its sin if in the mind man but the thought conceive,
By fraud I will my neighbor of his wealth bereave”
(Thirukkural - 282)

The meaning of the poem is, even a thought is sin, think not them of craftily stealing the property of others. Ballard et al. [9] done a research on “harmful thoughts are decreased then suicidal idea will arise” and concluded that suicidal thoughts may be associated to symptoms of an hedonic free of other depressive symptoms. When the thought is converted into positive thinking, then it is the key for a successful life. The human mind is a reservoir of thoughts and is capable of countless thinking enabling as well as disabling thoughts. Enabling thoughts are those that empower us and at the same time disabling thoughts render us powerless. The kind of thoughts that one entertains in one's mind frequently, turns out to be the determining factor between success and failure. Our life is determined not by events but by the thoughts about the events. All our actions consist in thoughts. Erskine et al. [10] have studied about type of thoughts which may suppress candidate's age and working memory capacity and concluded that the aging may reduce intrusive thoughts. Good habits are extremely valuable for everyone. Most of human lives are driven by habit. Vethathiri Maharishi has given us a profound statement: “Habit is destiny”[11]. If one wish to influence or control his own destinies, he/she must take this into consideration and form appropriate habits. Physically challenged people have high levels of pressure, tension and melancholy because of the defenselessness, despair, disappointment, defeat and attitude of others towards them [12]. Differently abled human beings also are unable to aid themselves in their day-to-day living activities which lead to an experience of dependence to others and it ends in frustration which is a cause of depression. Marschark [13] cautioned a strong relationship between physical and mental functioning in human beings because any form of bodily or sensory deficiency disturbs one's universal mental functioning. Many individuals with physical disability experience anxiety [14] and also experience depression due to loss and as well as due to the changed behaviours of people around them [15]. There is a need to exchange in the mind-set of their thoughts towards themselves. It is a general human tendency that even one know that an act is not correct and he/she desire to avoid it, he/she forget himself very easily and continues to repeat the same act.

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If he has to rise from this level, he should identify all his negative, harmful and unwanted thoughts and make sincere effort to change each one of them. Instead of suppressing the obsession thought, just observe so that it will disappear quickly [16]. Only when an Individual examines himself and sincerely works to remove the impurities in his personality can have good physical and mental health and lead a successful life. Such examination is called "Introspection" or "self analyses". Such an analyses and practice is an effective method of applied "Introspection". One of the introspection practices followed in WCSC is analysis of thought. In this article, it has been seen that what is thought, how it arises, where from arises, why it arises, what is desirable thoughts and unwanted thoughts, why one should analyze the thoughts, what was the result of analyses of thoughts in view of Vethathiri Maharishi and how this practice will be suitable for the physically challenged to eradicate their depression.

II. ABOUT THE WCSC

Yogiraj Vethathiri Maharishi has started the World Community Service Center (WCSC) in 1958 at Chennai. The WCSC is a non-profit registered organization works towards world peace through the individual peace. As of now, throughout the world, more than 400 trusts and around 2050 sub centers have been registered and affiliated to WCSC. Through these trusts and centers 7.5 millions of people benefitted the Simplified Kundalini Yoga (SKY) practices. He wrote about 80 books, many of which became academic textbooks. One of the introspection practices trained in this centre is analysis of thought. The effect of analysis of thought is analyzed in this research through the questionnaire.

A. Greatness of thought

The human mind can be said to function through thought. The parameters of perception are cognition, experience and discrimination. By this means, the mind perceives the internal and external, the subjective and objective, and assesses the value of relationships with men and materials according to one's memories, present circumstances and future projections. As a catch-all term, this comparative psychic system is termed 'thought'. The specialty of mind is thought. Each thought consists of four dimensions. They are time, force, volume and distance shown in the Fig. 1.

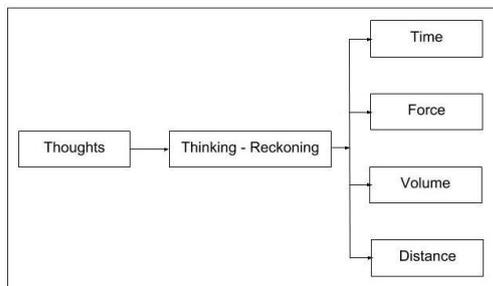


Fig. 1. Thought Dimensions

For example, if a person think of attending a festival, then the first thing comes to his mind is, when, at what time and how long the function will be? The next thing comes to our mind is distance, that is at what distance he have to travel to attend the function? The next one is volume, which is how big the festival will be? And the next one is force of thought that is how much force he has to put in that particular thought? Ones

a thought comes to an individual, then it will be converted as a word and then it will be converted into deed and action, which is shown in Fig. 2

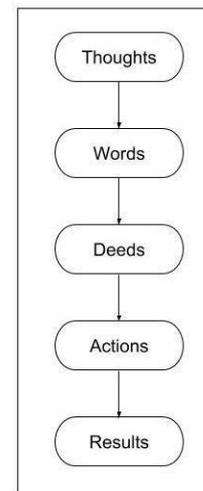


Fig. 2. Thought process

Based on the action, one can attain result either it may be joy or sorrow. So everyone should be very careful about the thoughts, because it is going to convert into as an action. Our forefathers realized that in an emotional state, our thoughts tend to indulgence in the so-called 'six temperaments': greed, anger, miserliness, immoral sexual passion, vanity (inferiority/superiority complex) and vengeance [17] shown in the Fig. 3.

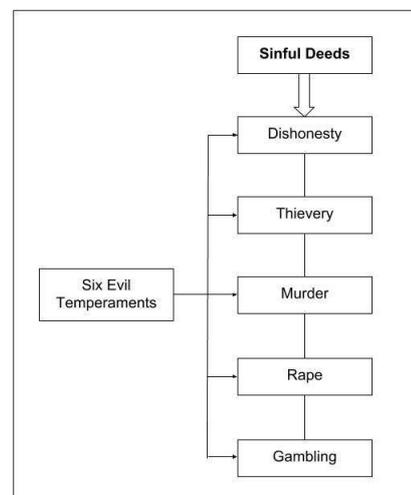


Fig. 3. Six evil temperaments transformation

When one realizes his own value and transcends egoistic aggression and possessiveness, the thought process blossoms to qualities that are the very opposite to the six temperaments shown in Fig. 4, the qualities of an enlightened life: contentment, patience, generosity, chastity, equality and forgiveness [18]. A philosopher is one who engages his mind in inquiry into truth and studying the wonders of nature. Each one of us can cultivate that state to an extent. One should often remember admirable personalities and keep them as role models for one's own thought and behavior.

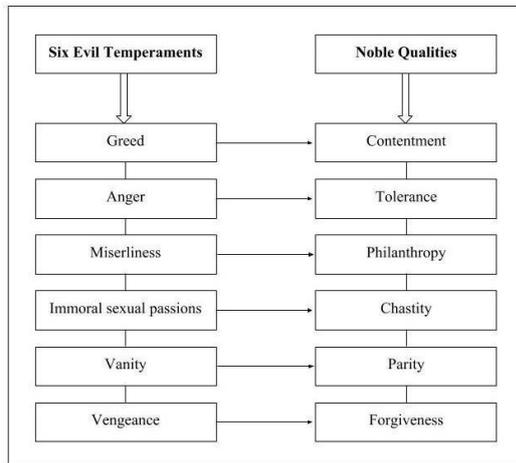


Fig. 4. Sublimation of the six evil temperaments

Through the sensory organs peoples are doing some actions, based on that they are experiencing something and it is stored in brain. When they think about the same experience it expands through our brain cells as a thought is called mind, which is shown in Fig.5. If they adopt the thought and once again they are doing the same action through the sense organs repeatedly, it is a habit. If peoples are not adopting the particular thought, then it goes away as a thought.

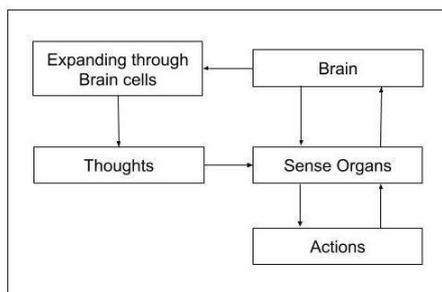


Fig. 5. Mind and thought process

Thoughts shape one's will, and will shape one's achievements and behavior in life. If thought is analyzed, streamlined and moralized, only the selected thoughts will be entertained and blossom into positive speech and action, enabling fulfillment of aspirations for the best of oneself and others. A good personality is developed depending on clarity and honesty of thought; insincerity obviates success in anything and everything. One must take care to avoid unwanted thoughts that arise without awareness. There is only one way of doing this: the mind should be given practice to keep awareness and develop positive thoughts, always aiming to benefit ourselves and others around us. If thought is to be analyzed it can only be done so by means of thought. Using thought itself as the tool, one's thoughts must be filtered with discrimination; thought itself must be made the guardian of thought. One's thought is the judge for his own thought, because thought could only be understood by thought. This act of using thought to observe, supervise and regulate itself is known as 'analysis of thought'. Only if analysis of thought is done habitually one can elevate his personality. All thoughts should be qualitatively assessed. To the extent, if one succeeds in removing unwanted thoughts, he/she becomes useful to himself/herself and to the world. In order to practice the cultivation and pursuit of creative, harmonious and positive thoughts, there must be some guidelines for practice. It is not at all enough to simply wish that one should not have negative and conflicting thoughts, one's thoughts arise from

one's environment as well as the inherited tendencies from all the ages of living beings on earth, not only from one's parents but from all one's forefathers and back through the entire line of evolution. To reject unwanted thoughts, one must know a bit of psychology. It is a popular adage that: "what you resist persists". The mind and its thoughts cannot be successfully fought or struggled against, but can be utilized as the most powerful tool for crafting your own happiness and well being. If a man fills the mind with useful thoughts and good deeds, unnecessary thoughts and bad deeds will automatically fly away.

III. ROOT CAUSES OF THOUGHTS

Those who want success in their life, then they have to analyze their thoughts and streamline it. The thoughts may be streamlined by using the method called 'analysis of thought'. The analysis and approach methods are used to find the reason for arising a thought. If he/she knows the reason for arising a thought, he/she can avoid negative thoughts [18]. There are six root causes for thoughts. The following are the root causes of arousing a thought due to the force of:

- need
- habit
- environmental conditions
- imposition by others
- heredity and
- Divinity.

A. Thoughts from force of needs

A thought may arise due to the basic need. The need may be hunger, thirst, climatic variations and to relieve the pressure of excretory forces. For example, when a person is in very thirst, then thought arises because the reason of force of need. So he must accept this thought for health and allow it into action. So the other thoughts may arise naturally in order to maintain the physical body and mind are fit and active in nature. These types of thoughts arise due to the force of need.

B. Thoughts from the force of Habits

Due to the habit of an individual, a thought may arise. Automatically a thought may come due to the habit. It may be not due to need; it is only because of force of habit. For example, having morning breakfast at 9.00 a.m., is a habit. Even a person is not feeling hungry then thought may arise for having breakfast. This is an example for arising of thought from the force of habit. He knows that without hungry, if he takes food, then instead of giving energy, it will take away the energy. But even without hunger, he normally takes food due to the force of habit. Once he understood the particular thought, which is aroused only from the force of habit and if it is neglected, then the particular activity is avoided.

C. Thoughts from force of circumstances

A thought may arise due to the force of environment. Suppose one is neither hungry nor it is not a lunch time, but a thought of food arises, as one is passing by the restaurant where usually lunch is taken. In this case, environment is the motivating factor.

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Eating without hunger affects one's physical health and it is also wastage of money. This is an example for a thought arise due to the force of circumstances. One should be in constant awareness not to allow this type of thought. However, some thought may arise due to circumstances which may be good for the individual. For example, everybody is going to church and a thought may arise to go to church. Such a thought is positive and such an involvement is likely to result in enhancement on one's life and becomes good. The motivation factor for this thought is the force of circumstances.

D. Thoughts from the force of other's imposition

Other's thought may influence the individuals' is called 'other's imposition'. For example, while walking through the town, one person see a dress which is very attractive in a cloth centre. Casually he has enquired the price of the cloth and bought it. While returning home, awareness comes suddenly. Already the numbers of dresses are there in the house and there is no need to buy a new dress. Then if he thinks why he bought this dress? This thought is only because of others' imposition. The dress manufacturer while manufacturing, he put his thought of everyone will buy this designed dress. When one come across the shop, same thought comes to purchase of new dress and he buy it. So these types of thoughts arise due to the force of other's imposition.

If the thought is due to other's imposition, one should analyze effectively with constant awareness and can be saved from being victim to this type of thought and wasting time and resources.

E. Thoughts from force of Hereditary

Sometimes a thought may arise through the hereditary link; like the seed whole plant is hiding. When you sow the seeds, it sprouts by part by part then comes branch, leaves and everything, first flower, then vegetables and then fruit. Similar to that, a thought may arise from the hereditary link of a person, According to the growth of the body, thought of hereditary link will blossom into thought. Then that will follow in action. In such a way, from the hereditary link, one may get thought. According to the thought, the action may arise and then habit may come. His/her father or grandfather may have a thought of becoming a lawyer. The same thought may arise to him/her after completing their younger age.

F. Thoughts from force of Divinity

A thought may arise to serve the society. This thought may come atomically without any reason/background which will be beneficial to the humanity and it is only due to the force of divinity. In the entire world, all the people's thoughts are how to get rid of sorrows? That particular thought comes to Buddha and now peoples have a way to attain enlightenment. Like this, any thought comes, that is only because of force of divinity.

IV. INTROSPECTION FOR ANALYSIS OF THOUGHTS

Those who wants success and peace in their life, they have to analyze the nature of thought, power, types and effect. Each and every thought comes to our mind is based on the above six root causes only. Once thought comes, then people have to analyze whether it is good for the individual and/or others. Whenever a thought arises in our

mind, the route cause for the thought should be identified. Then the thought should be analyzed whether it is good for self and others. Others in the sense mean it includes the family members, relatives, friends and the entire society. If the thought is good for self and for others, then it should be converted into action. Good thought is identified based on "One's action should not create any harm to self or others, physically or mentally, at present or in future". The morality is shown in Fig. 6.

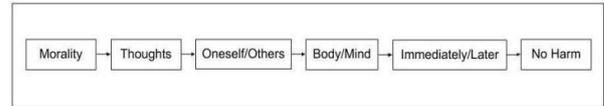


Fig. 6. Morality with thought

Thought is a natural process for the human mind and it creates around 35 to 48 thoughts every minute. Even though it is a natural process it should be streamlined through introspection and autosuggestion. Otherwise, the unwanted thought will create harm to oneself or others. If one adopts the unwanted thought repeatedly, then that will lead to habit of a person. One should know the reason behind the thought and what will be the effect of thought, after comes into action? Then it is easy to streamline the thought. If a thought is unwanted, then the autosuggestion should be utilized as "Hereafter I will keep awareness not to pursue this line of thought". Once autosuggestion is done sincerely and a person is not adopting the particular thought, then it will not lead to any harm to anybody. The analysis of thought process is shown in Fig. 7.

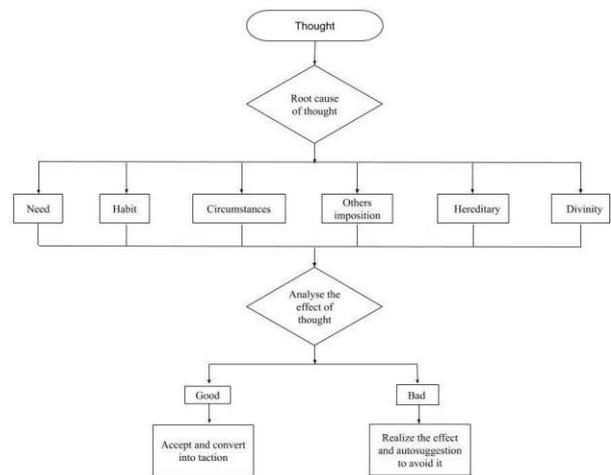


Fig. 7. Process of analysis of thought

Once the thoughts are streamlined and adopted, then one will enjoy joy and happiness. Whenever the unlimited thoughts are avoided and focused on important and limited thoughts, definitely one can achieve the specific thoughts and that will lead to harmony in life. If one adopts only good thoughts then that will becomes a habit and that will improve the personality of the individual. As [19] Shakespeare put it in Hamlet is: "Nothing is either good or bad, but thinking makes it so".

A. Practical Technique for Analysis of Thoughts[16]

Step 1. Sit comfortably in a calm place and observe the thoughts.

- Step 2. Make a list of all the thoughts as per the format given in Table 1.
- Step 3. Classify them into six categories as mentioned in Table 1 and put tick mark in the corresponding category
- Step 4. Analyze each and every thought and determine whether it will lead to harm oneself or others, physically or mentally, at present or in future. Based on that identify whether it is good or bad.
- Step 5. If it is good for all, note clearly that the particular thought is useful and important for oneself or others. Also consider whether enough resources and opportunities are available to act upon these thoughts. If so, such thoughts should be adopted and converted into action and in conclusion one have to mention "Yes".
- Step 6. If any thought is unnecessary and it will lead to disturb oneself or others, then make autosuggestion several times as: "I will not allow this thought to arise again, as it disturbs my life and wastes my time" and in the conclusion it should be mentioned as "No".

Table-I: Analysis of Thoughts

S. I. No.	Thoughts	Reason for arising a thought						Outcome - good or bad?	Conclusion Yes or No
		Negatives	Habits	Circumstances	Importance by others	Hereditary	Divinity		

Finally, it is necessary that one should not adopt the unnecessary thought and just flow it. Important and necessary thought should be adopted and converted into thinking and do the necessary action.

V. ANALYSIS OF THE INTROSPECTION PRACTICE

To analyze the effect of the Vethathiri Maharishi's introspection practice on analysis of thought, a questionnaire is formulated and tested through the practitioners. Totally ten questions are formulated, which are shown in Table 2. The questionnaire is created through Google forms and circulated to the practitioners. Distribution of the questionnaire was done, through Whatsapp, social media and emails.

The 5-point Likert-type scale [20]. (1=strongly disagree to 5= strongly agree) was used in the study. The participants were asked to respond within a day. After this period, the participants were reminded through mobile phone, email, and persuaded to return the completed questionnaire. Participation to this study was voluntary and anonymous. A response rate of 55% was achieved. Forty one responded our questionnaire and their experience in practicing this analysis of thoughts is shown in Fig. 8. Fig. 8 shows that more than 75% of the respondents were practicing this analysis of thought introspection practice for more than 5 years. The male and female respondent ratio is also shown in Fig. 9.

The participants' opinion about each question is summarized and shown in Fig. 10. For the Question 1, 68% of participants strongly agree, 25% of participants agree and 7% neutral about the analysis of thought training program, which is easy to understand and follow in their life.

Table-II: Analysis of Thoughts Questionnaire

S. No.	Questions
1	Is this training on analysis of thought is easily understandable and able to follow in your life?
2	Can you feel what is thinking?
3	Are you able to know the root cause of your thinking?
4	Do you feel that all the happenings in your life have been done as per your thinking?
5	After this training, are you able to give up the unnecessary thinking?
6	Is positive thinking arises in your mind?
7	After this training on analysis of thought, are you able to concentrate on your activities?
8	Are you able to achieve your desire, after this training on analysis of thought?
9	After this training on analysis of thought, do you feel that your conduct and character have increased considerably?
10	After this training on analysis of thought, can you concentrate on work/activities better than before?

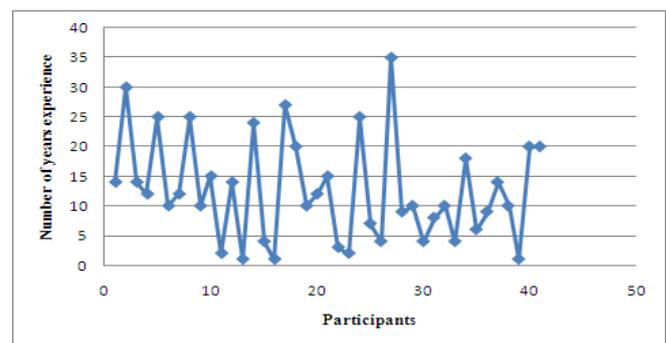


Fig. 8. Respondents experience in practicing the analysis of thought

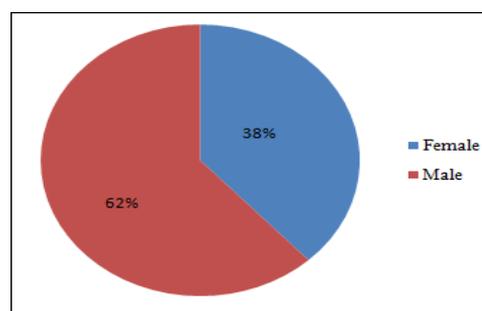


Fig. 9. Respondents' gender ratio

For the Question 2, 47% of participants strongly agree, 46% of participants agree and 7% neutral and they are able to understand about thinking. Once the thought is converted into thinking that will overemphasize in mind and he/she have to face the consequences.

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So it is up to the individual whether he have to convert as a thinking or not? So through this question the participants are able to understand the difference between the thought and thinking.

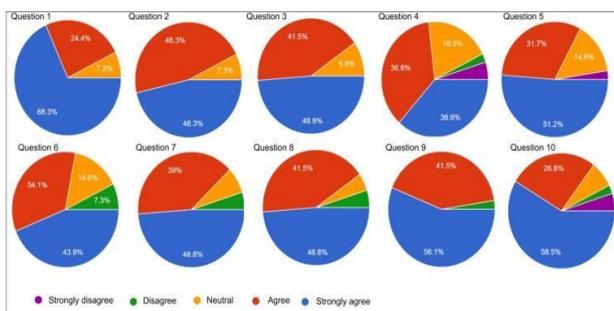


Fig. 10. Participants' responses about Thought questionnaire

For the Question 3, 50% of participants strongly agree, 42% of participants agree and 8% neutral and they are able to understand the root cause of the thought. Once a person knows the root cause of the thought then he could easily judge whether the thought is required or not? Unnecessary thoughts could be easily identified, once he/she know the root cause of thought. If the particular thought is not required, then there is no need to hold the thought or otherwise autosuggestion to avoid, just he have to flow it so that it will flow away. For the Question 4, 40% of participants strongly agree, 39% of participants agree and 21% participants neutral, 2.4% participants disagree and 4.9% of the participants strongly disagree. The 79% of the participants have agreed that they are able to understand whatever happening in their life is based on their thinking only. Once thought and thinking process is streamlined, then that will happen in our life. For the Question 5, 51.2% of participants strongly agree, 31.7% of participants agree, 14.6% neutral and 2.4% of participants disagree about the eradication of the unnecessary thought. All the unnecessary thoughts will create problems to oneself or others. So, after this analysis of thought, 82.9% respondents are able to remove the unnecessary thought and so they will lead the life without any burden. For the Question 6, 43.9% of participants strongly agree, 34.1% of participants agree 14.6% neutral and 7.3% of participants disagree to arise positive thinking. The positive thinking will bring all the good things to one's life. The 78% of respondents have agreed that they have positive thinking after attending the analysis of thought training program. For the Question 7, 48.8% of participants strongly agree, 39% of participants agree, 7.3% neutral and 4.9% of participants disagree to concentrate on their activities. Because if one have too many thoughts, then he cannot concentrate and achieve anything. Once his thoughts are streamlined then he could achieve whatever he wants in his life. The 87.8 % of respondents agreed that they are able to concentrate in their activities after attending this analysis of thought training program. For the Question 8, 48.8% of participants strongly agree, 41.5% of participants agree, 4.9% neutral and 4.9% participants disagree to achieve their desires after the analysis of thought introspection practices. Once a person streamlines his thought then he will have limited good thought. Then he will able to concentrate on the particular thought and that will happen in their life. For the Question 9, 56.1% of participants strongly agree, 41.5% of participants agree and 2.4% neutral and their conduct and character have been improved positively after attending the analysis of thought

training program they will not be harm to oneself and others. For the Question 10, 58.5% of participants strongly agree, 26.8% of participants agree, 7.3% neutral, 2.4% participants disagree and 4.9% of participants strongly disagree and they are able to concentrate better than before the analysis of thought training. They are more focused on their good and important activities

VI.CONCLUSION

In this research, the Vethathiri Maharishi's one of the introspection practices on analysis of thought is analyzed with different groups of participants. The result shows that most of the participants either strongly agree or agree in almost all the questions. It shows that this analysis of introspection practice is very effective. This introspection practice is easy to understand and follow, easy to differentiate thought and thinking, understand the root cause of thought, effect of thinking, eradicate unnecessary thinking, create positive thinking, concentrate important activities, achieve desires, conduct and character improvement and better concentration on work/activities to the practitioners. So the analysis of thought will be very useful for the physically challenged also. If they follow this introspection practice then definitely they will reduce their depression level and they could achieve their goals in their life. The effect of this introspection may be further analyzed, before and after giving training for physically challenged people by using various statistical methods, different methodologies, different questionnaire and psychological analysis.

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