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How To Develop Our Personality? A Message.

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Abstract

Be brave. Always think positive. Be free. Always be flexible where it's necessary. Be obedient and eternally faithful to the cause of truth and humanity. So we need to have a clear idea of the mechanism of our mind. Can we train it to obey us, to cooperate with us? How can it contribute to the development of our personality? It is challenging because it demands hard, methodical labour, perseverance and a careful attention. So, every person's duty is to work towards it. In fact, every efforts brings success and satisfaction proportionate to the attempt. Advance like a star. Don't be frustrated by anything. When you have got the human body, then wake up the Atman within and say – I have reached the state of fearlessness! And then as long as the body endures, speak unto others this message of fearlessness: "*Tat Tvam Asi*" which means "that how you are! Only you can change the whole world. Only You. It is the message shared in the sixth chapter of the *Chandogya Upanishad* repeatedly. So, Swami Vivekananda said, "*Arise, Awake and Stop not till the goal is reached!*"

Key words: Personality, Be brave, Positivity, Fearlessness, Be free etc.

1.1 Introduction: -

How to develop our *personality*?¹ This question will come to our conscious mind only, not in sleeping state of mind. If we study properly then we find this question also raised in the old texts also. Before 5000 years ago, *Vedas, Upanishads, Puranas, Bhagavad Gita* also discussed about the *personality*. How to develop our *personality*? Is it necessary to focus our ultimate goal?

This type of questions also discussed in *Jainism*, *Buddhism* and also in *Advaita Vedanta* too. The word “*personality*” doesn’t mean a certain person, it’s a universal concept to develop his or her own nature. The development of one’s *personality*, done in the right manner, is a challenging and rewarding task for the energetic youth who can gain much from it. We can give different examples of energetic youth in the 19th century Indian Philosophers also, such as *Swami Vivekananda*, *Sri Aurobindo*, *Rabindranath Tagore*, *S. Radhakrishnan*, *M.K.Gandhi* and a well-known Indian scientist *APJ Abdul Kalam* also. Because they also developed their *personality* after studying those religious scriptures deeply. It means how a person behaves, feels and thinks, how he conducts himself in a given set of circumstances is largely determined by the state of his mind.

Dr. A.P.J Abdul Kalam shared his about the amazing life lesson to learn how to fly as, “During your studies, you will acquire a great friend who will accompany you forever. Who is that friend? That friend is knowledge. I am giving you here the knowledge equation: Knowledge = Creativity + Righteousness + Courage”. According to the Cambridge International Dictionary of English defined *personality* as “Your *personality* is the type of person you are, which is shown by the way you behave, feel and think.” So, *Personality development* in the real sense refers to deeper levels of a person. A study of our *personality* should start from a grasp of the nature of our mind, and how it functions. So, according to the *Bhagavad Gita*, the undisciplined mind acts as our enemy, whereas a trained mind acts as our friend.² Is there any necessity to know our mind? Yes. It’s necessary to know our mind first because if we intend to do many things then we need to follow four important things. Such as –

- 1) *Make resolutions to cultivate good habits.*
- 2) *To kick certain bad habits.*
- 3) *To study with concentration.*
- 4) *To do something with a concentrated mind.*

Very often our minds rebels, forcing us to beat a retreat from our efforts at implementing our resolution. We know the impressions of our past experiences presents various possibilities before the mind. Because our memory is the storehouse of past experiences. In this regard we can say there four aspects of mind which helps to develop our *personality*.³ Those four aspects are –

- 1) *Chitta*
- 2) *Manas*
- 3) *Buddhi*
- 4) *Ahamkara*

Strengthening of will-power is the essence of *personality development*. The divine core of our personality is covered by five dimensions. Those five dimensions are –

- 1) *Physical dimension*
- 2) *Energy dimension*
- 3) *Mental dimension*
- 4) *Intellectual dimension*
- 5) *Blissful dimension*

Physical dimension means consisting of our body and senses.

Energy dimension means which performs digestion of food, circulation of blood, respiration and other activities in the body.

Mental dimension means the activities of the mind, like, thinking, feeling and emotions, etc.

Intellectual dimension means the seat of discrimination and will-power. It also characterized by the determinative faculty in a person.

Blissful dimension means experienced as bliss during deep sleep.⁴

Personality development implies progressive identification with higher dimensions of personality.⁵ Development involves struggle with one's lower mind characterized by desires, old habits, wrong tendencies, impulses and bad impressions. The lesser we identify with the lower mind, and the more we identify with the higher mind. Go on doing well, thinking holy thoughts continuously, which is the only way to suppress base impressions...Character is repeated habits and repeated habits alone can reform character. Therefore *Swami Vivekananda* said, "Man is maker of his own destiny. We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves".

Lastly, we can feel that every action and thought that leaves an impression in our mind. These impressions determine how we behave at a given moment, how we respond to a given situation. The sum total of all our impressions is what determined our character. The past has determined the present. Even so the present and our present thoughts and actions will shape our future. This is the key principle that is governing *personality development*. More than 5000 years ago, in the *Bhagavad Gita* also shared a message on personality development. The deeper you dive into *Bhagavad Gita*, the richer the meanings you get.⁶

1.2 Objectives of the Study: -

In light of the background of the study presented above, the specific objectives of the study have been formulated as follows-

- (a) To study the role of a Person to develop their own personality.
- (b) To study the role of change to develop own personality.
- (c) To study how to avoid the negative thoughts in our day to day life.
- (d) Focus on some different Philosophers, Scientists view on this regards.
- (e) To analyze the role progressive identification with higher dimensions of personality.
- (f) To evaluate the role of the power of Concentration.

1.3 Methodology:-

Use two types of method. Specially descriptive method and analytical method. Data have collected from two main sources. Those two are Primary sources and Secondary sources. Primary data is collected from the various books. Specially, I studied the book "*Complete Works of Swami Vivekananda*". Published by Advaita Ashrama, Kolkata. In this book I find the awareness, necessity requirements for becoming a *person* and through this awareness anybody can develop their own *personality*. Secondary data is collected from various journals, newspapers, Government reports and publications.

2.1 Literature review:-

My paper will focus on how we can develop our own personality. Is there any criteria to follow? If there, what's that? Development means Science and technology. *Gandhi* also not rejected the view development through Science and Technology. Is there any possibility to develop our personality with the help of Science and technology? Studied *Bhagavad Gita* where it is mentioned that the purpose of the scripture is to guide us to elevate, integrate and fulfill our personality by scientifically and assiduously employing our will and effort. Before 5000 years ago in the *Bhagavad Gita*, Chapter number 6, verse number 5 also highlights the role of self-effort. It is described as- "*Elevate yourself by your own effort*". But till date haven't seen anywhere this self-effort conception within the education sector. Not only theoretical but should have practical class too on this regard. Therefore the *Government* has also needed to give instructions to all the authority of education sector to have a practical class on personality development. Then more and more youth can enter to think scientifically on personality

development. Though there are lots of theory on this regard but haven't seen practical class on this regard. This is one of the gap I find in my research proposal. So my study will be –

- 1) The study is an attempt to find how to kick certain bad habits.
- 2) It is an attempt to make resolutions to cultivate good habits.
- 3) It is an attempt to find to know how to do something with a concentrated mind.

Thus, the problem selected is stated above as follows “How to Develop Our Personality: A Message”.

2.2 Change yourself First: -

Change yourself first means if you think you are different from others then the word “change” will certainly happen in our day to day life. The word “yourself” is here is the subject and the word “change” is here as the object. In the Orthodox Indian Philosophy of *Vedanta* said it beautifully as, “If the subject will change then the object will bound to change, nothing can stop”. Change the Subject first means “yourself”, and the object “change” is bound to change. Only the “*Mind*” or “*Chitta*” or “*Manas*” or “*Buddhi*” or we can use the word “*Ahamkara*” disturbs us with the objects available in the materialistic world. So, it's necessary to bind the mind with the spiritualistic ideas. To those who have not controlled their own minds, the world is either full of evil or at best a mixture of good and evil. This very world will become to us an optimistic world when we become masters of our own minds.

The more we grow in *Love, virtue and holiness*, the more we see *Love, virtue and holiness* outside. All condemnation of others really condemns ourselves. Every step that has been really gained in the world has been gained by Love; criticizing can never do any good, it has been tried for thousands of years. Condemnation accomplishes nothing. The great benefit in this life is struggle. So, *Personality development* is necessary for success in any field.⁷

It is through that we pass. So, it's necessary to think that “I” am at the end, my own self, and nothing else. Realizing his or her own real nature and it should be the goal of life. We should know one thing that there is nothing that is absolutely evil. The devil has a place here also as well as God. So, always try to change yourself first. It will help to develop your *personality*.

2.3 Be Brave: -

For *Swami Vivekananda*, be brave always. Never mind failures. It will come and it will go again. So, if you fail a thousand times, make the attempt once more. Take your time and you will achieve your end too. Our life should be practical in the ideal. So, think not how many times you fail. Never mind. Time is infinite. Go forward. Look forward. Assert yourself again and again and finally light must come. Whenever darkness comes, assert the reality and everything adverse must vanish. Fear not the darkness covers your life. Stamp upon it, and it dies. It means if positivity or light comes it will definitely vanish.

Swami Vivekananda said, be not afraid. Get hold of the self.⁸ Avoid jealousy and selfishness. Be obedient and eternally faithful to the cause of truth, humanity then you will be able to develop your *personality*. Always remember it is the person, the life which is the secret of power, nothing else. In this embodied existence, you will be tossed again and again on the waves of happiness and misery, prosperity and adversity but know them all to be of momentary duration. Never care for them. But it's important to know that those who are always down-hearted and depressed in this life can do no work; from life to life they come and go crying and complaining. All the negative thoughts and ideas that are in this world have proceeded from this evil spirit of fear. So be brave. It will help to develop your *personality*.

3.1 Be Free: -

For *Vivekananda*, try to be free. It means free of mind. It will help to know something new. According to *Lucius Annaeus Seneca*, be free means "he who is brave is free". Learn to know that we are all one. Equality is the sign of the free. What is done is done. Don't worry about the past deeds. Try to face the struggle but be careful never to do the same thing again. It is only selfishness that causes the difference between good and evil. Give up the burden of all deeds to the Lord, give all, both good and bad.⁹

It is a very hard thing to understand, but you will come to learn in time that nothing in the universe has power over the self of man, until the self becomes a fool and loses independence. We must do well; the desire to do well is the highest motive power we have. When one realizes the slavery, then comes the desire to be free; an intense desire comes. According to *Toni Morrison*, "The function of freedom is to free someone else. So, free of mind is necessary to develop our *personality*."

3.2 Work like a Master: -

To develop our personality first and foremost personality is to work like trainer or like a boss or like a master. Then others will realize that you have something which is different from others. So, try to work like a master and not as slave; work increasingly, but do not do slave's work. Work through freedom! Work through Love! The word "Love" is very difficult to understand; love never comes until there is freedom. There is no true Love possible in the slave. Every act of Love brings happiness; there is no act of Love which does not bring peace and blessedness as its reaction.¹⁰ We must work.

3.3 Control your negative emotions: -

According to *David Lynch*, "Negativity is the enemy of creativity". So, don't let yesterday take up too much of today. Because each time we suppress hatred, or a feeling of anger, it is so much good energy stored up in our favour; that piece of energy will be converted into the higher powers.¹¹ It's time to start living the life we've imagined. If it scares you, it might be good thing to try. *Albert Einstein, Helen Keller, Theodore Roosevelt, George Eliot, Oscar Wilde, William James* etc. are shared their views on negative emotions. For *Albert Einstein*, "In the middle of difficulty lies opportunity". So, Control your negative emotions to develop our personality. Life is short so give it up to a great cause.¹² Fight on bravery. Success is not built on success. It's built on failure. It's built on frustration. Sometimes it's built on catastrophe. Success is achieved by developing our strengths, not by eliminating our weakness. Absence of jealousy is required to develop our personality.

4.1 The power of Concentration: -

The Bhagavad Gita says that you can train your mind to concentrate by resisting distractions and returning from them quickly. We see its results in every day.¹³

High achievements in art, music, etc. are the results of concentration. Only man has the greater power of concentration than other animals. We all concentrate upon those things we love, and we love those things upon which we concentrate our minds. The very essence of education is concentration of mind, not the collecting facts.

In *Advaita Vedanta* also shared a message on the power of concentration as, "Concentration is important because it helps focus the mind's energies. The capacity for concentration is said to have two components: that is attachment and detachment. The world is ready to give up its secrets if we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration. There is no limit to the power of the human mind.¹⁴

4.2 Faith in Yourself: -

The history of the world is the history of a few men who had believe in themselves. *Bruce Lee, Maya Angelou, Sir Edmund Hillary, C.S.Lewis, Mark Twain, Theodore Roosevelt, Dalai Lama Buddha* etc. all are shared their views on faith in yourself message to develop our *personality*. For Bruce Lee, “Always be and have faith in yourself. Don’t go out and look for a successful *personality* and try to duplicate it”. Without our faith in own self, the word *personality* will be a fake idea, nothing else. For Theodore Roosevelt, “Keep your eyes on the stars, and your feet on the ground”. So try again and again in faith yourself that you can. Yes. You can. But if you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be; if you think yourselves impure, impure you will be; if you think yourselves pure, pure you will be. This teaches us not to think ourselves as weak, but as strong, omnipotent and omniscient. He who has no faith in himself can never have faith in God.¹⁵

4.3 Conclusion: -

Personality involves overall development of an individual which is unique and interesting. *Personality* is both inner and outer qualities. *Personality* doesn’t mean only having a charm face but it can inside talent or traits as well. How to express any situation, it determines your *personality*. Expression on face tells all about you and a relaxed body shows the ease in a *person*. So, *Personality* is the inner psychological characteristics that both determine and reflect how a *person* responds to the environment. All the actions that we see in the world, all the movements in human society, all the works that we have around us, are simply the display of thought, the manifestation of the will of man. So, negativity is the enemy of creativity. Be positive, think positive always. It will help to develop Our *Personality*.

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