

Personality Development - Healthy Mind and a Healthy Body

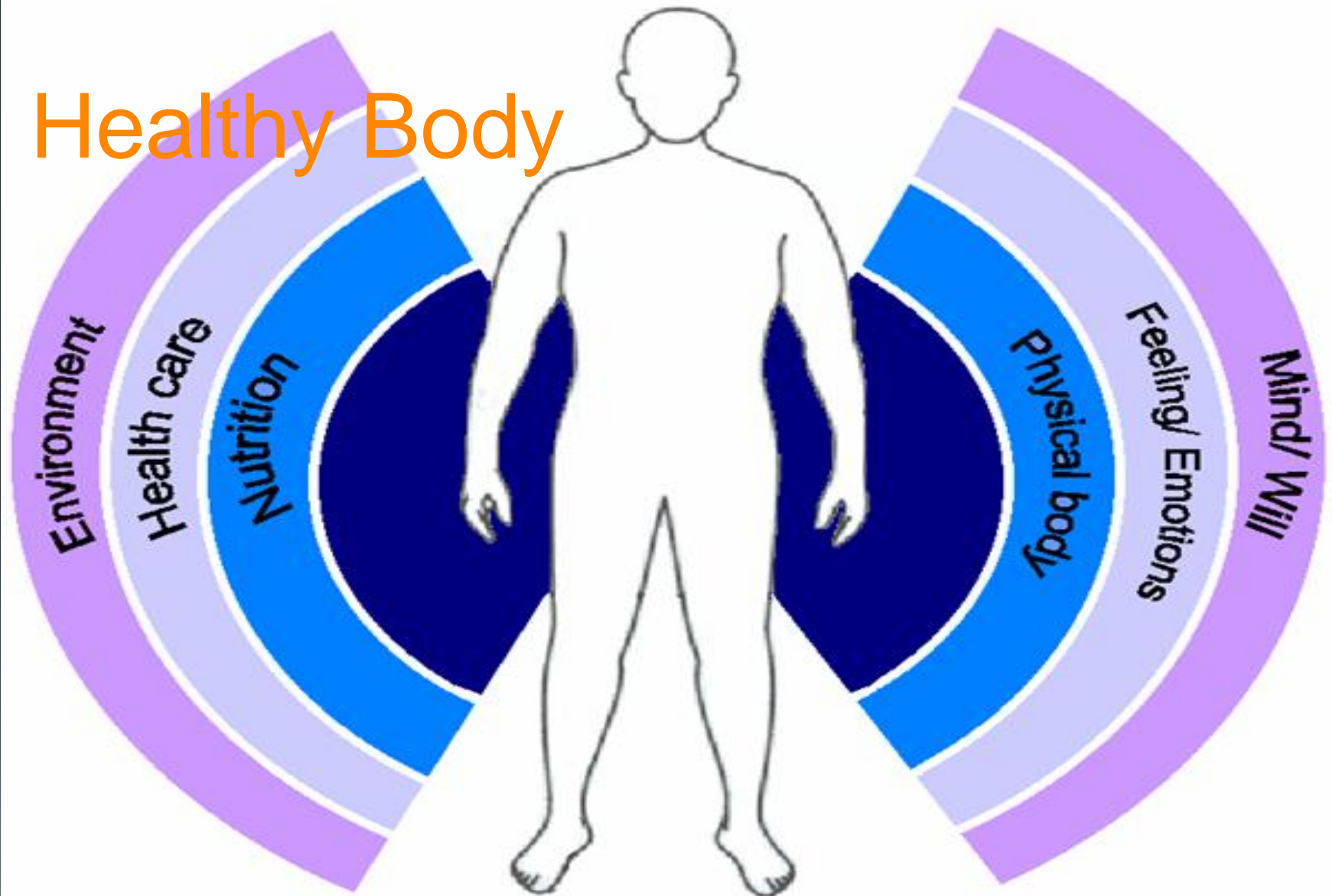


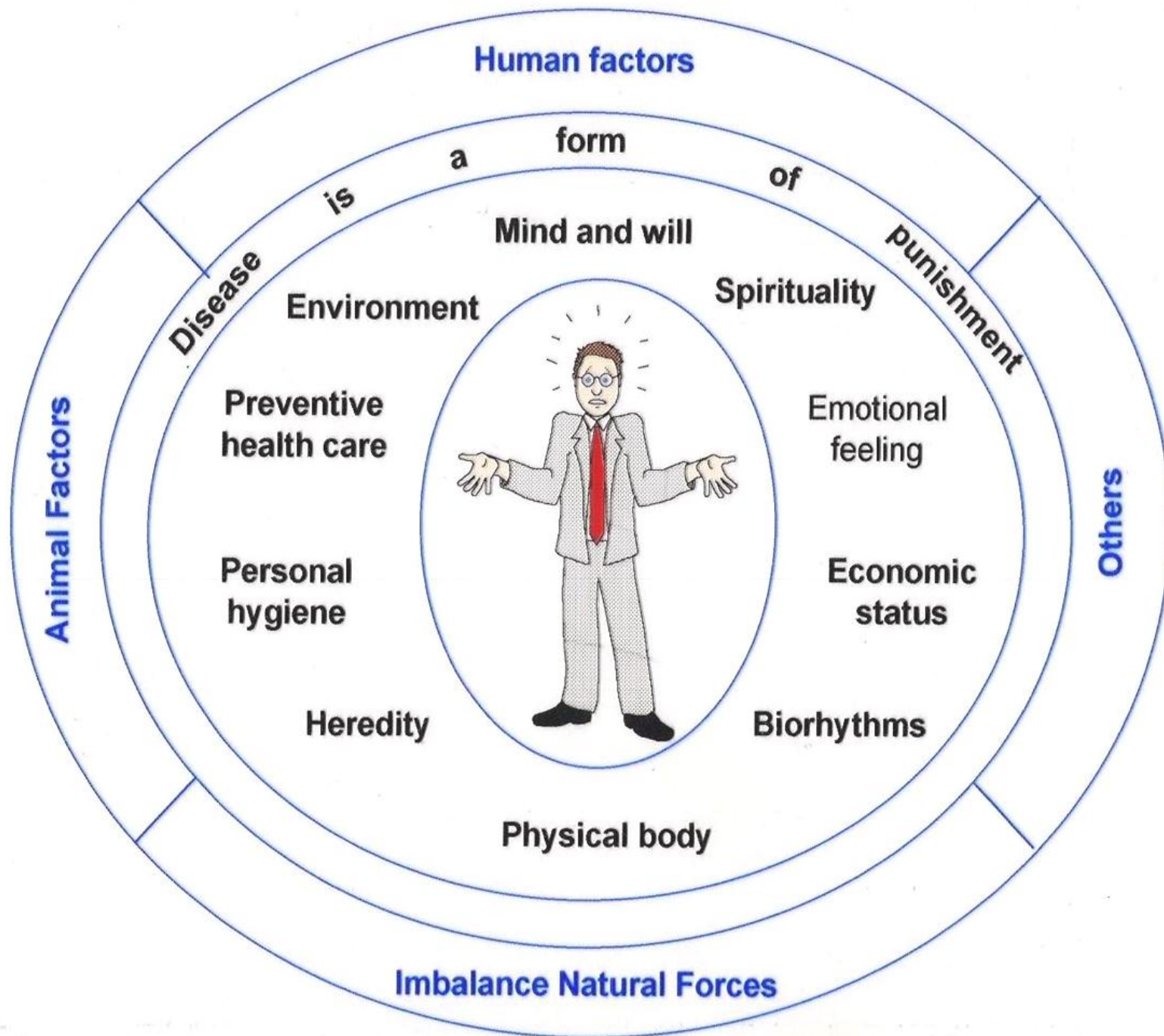
Good Personality

Attributes of a person with “Good personality”?

- Good physique
 - Pleasing manners
 - Personal and Professional integrity
 - Trustworthiness and reliability
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- Good control over body and mind

Healthy Body





Holistic Health and Disease

Healthy Body

- Nutrition **No junk food!**
- Personal Hygiene
- Exercising
 - Traditional methods (Yoga, Pranayam etc.)
 - Modern methods (Gym, aerobics, etc.)
 - Walking and jogging
- **Disciplining of daily routines is a must!**
 - **→ Mind control is essential for a healthy body.**

When is mind unhealthy?

- Agitated mind is unhealthy
- What agitates human mind?
 - Not getting what one desires
 - Getting what one dislikes
 - Uncontrolled emotions in the mind
- Continuous accumulation of such likes and dislikes stresses the mind out.
- Stress agitates the mind
- **Stressed mind is unhealthy**

Healthy Mind



- Stress-free mind is healthy and calm
- Such calm mind can be controlled more easily
- De-stressing the mind is needed:
- Prevention of accumulation of day-to-day complexes
- Clearing the stockpile of stored complexes

HOW?

Cultivating a Healthy Mind

- Documented human experience of the past:
 - Non-reactive observation of oneself mitigates the strength of these complexes
 - Continuous awareness makes this a continuous process: results in clearing the stockpile
- Different paths for removal of accumulated complexes:
 - Path of service
 - Path of intellectual analysis
 - Path of devotion
 - Path of meditation

Summary

- Good Personality arises from a healthy body and healthy mind
- Healthy body needs a healthy mind
- Healthy mind can be achieved by preventing accumulation of complexes in mind
- Non-reactive self-observation de-stresses the mind
- This is possible through several paths: paths of service, intellectual analysis, devotion or meditation



Thank You...

Questions Please...