

Mind management is base for better Performance: A Review

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Abstract— *Allopathic medicine not necessarily cure all the patients of all the diseases. The left out patients or let out diseases may have some underlying problem which was not caught by these allopathic medicines. So to bridge this gap, there is a need to know and explore the hidden underlying problem and hidden potential to solve it on scientific basis. Proper mind management can lead to endorphins release which intern strengthen immune system. Nowadays there is an urgent need to encourage researches in this area on mind management and yoga practice as it will be not be just a need but a necessity for everyone to save one self and this world. So yoga and meditation should be included in day to day life style to deal with complexity of modern days. And it is also necessity to include this spiritual science with modern medicine to compliment modern medicine. So everyone should practice yoga not only for the sake of self development and self spiritual enrichment but also for world harmony and preservation of society.*

Key words –*Mind Management, Psycho physiological relation, Yoga, Meditation*

1. Introduction

The existence of one's life on this universe is reflection of one's state of mind. Its one's thought that distinguish human being from each other. One's thought comprises of psycho-physio-social interactions in one's own inner and outer environment. Ant it need efficient mind management to explore is vibrant energy at its maximum during various activities of existence. Applied sciences can contribute to one's performance but over and above the contribution of psychology and spirituality remains unparallel in the years to come. Allopathic medicine not necessarily cure all the patients of all the diseases. The left out patients or let out diseases may have some underlying problem which was not caught by these allopathic medicines. So to bridge this gap, there is a need to know and explore the hidden underlying problem and hidden potential to solve it on scientific basis. It is said that doctor do not heal patient, patient heal themselves with the help of therapies doctor apply on them. It does not mean that allopathic medicine should be replaced with other therapy and doctors are nothing to do with patient but rather it should be complemented and enhanced with exploring the hidden potential in human being him/herself.

Cell is described as a unit of living body as a cell has all the characteristics of life and it reproduces by division. However there are some exceptions like neurons, which do not reproduces but can be trained. This training can be done by proper mind management. Brain is situated in skull and anatomically made up of neurons and supporting cells. One can increase the action potential in these neurons by proper mind management.

Another important thing is attached to life is emotions, these emotions are felt by human beings as feelings of love, tension, discomfort etc. Negative emotions like anger, stress, frustration etc. releases negative hormones like GABA and positive emotions like love, joy, peace etc releases positive harmon like endorphins. These negative hormones decreases the efficiency of immune system whereas these

positive hormone strengthen the immune system. This immune system create an equilibrium in inner and outer environment of body and intern act as a safety measure for body. In other words it is police guard of the body and is strongly associated with occurrence of diseases. By making strong the immune system, one can be better healthy if not have any disease and if have any diseases then prognosis will be better. So further proper mind management can help in boosting positive emotions intern leads to strong immune system and better prognosis in disease.

2. Need of Mind Management:

The human mind is the great wonder of the universe and is world's largest filtering device. It can do such things that can astonished the world. Its hard to define the mind but it can be observed through its functions. Since ancient times human beings are trying to explore its process of working and its functions in the form of outcomes in relation to individual itself, dyadic level and at the level of organizational and universe. It is a complex matter to understand its process of working. Each behavioural phenomenon has multi-factorial causes. Its function reflect on structural brain as some activity although this consciousness of mind does not have any physical structure but activities of brain can provide some clues about mind's consciousness and its functions. And this consciousness/awareness is more powerful than neural activities in brain.

Through mind management techniques, one can charge oneself with the super creature energy to make it more powerful and transparent, so it can perceive and analyse in a better way. By proper mind management positive emotions are created which leads to strengthen the immune system. So with proper mind management not only the prognosis of the diseases can be made better but every organ and system is positively affected by this and a whole person is transformed into a better person though this proper mind management. So modern medicine is inclining towards this concept.

Managing the mind effectively and efficiently is a process of perception, exploring, analysing, realising, planning, organising, directing, controlling and exploring human mind for achieving all round success in personal, professional and social life. It is related to self intro-inspection, self awareness and self development. One of the influential contribution to the concept of management is given by Herri Fayal (1841-1925) consisting of six functions "forecasting, planning, organising, commanding, co-ordinating and controlling".

Dr. Ashok Pangariya, a famous neurologist of Rajasthan also insist upon exploring the potentialities in this type of alternate medicine to compliment with modern medicine.

Apart from skill development, diet etc. relaxation and meditation techniques have become major tools for proper mind management to enhanced its performance. It is far sure that one need mind to manage a mind in any of the state of mind.

To excel mind management one need to combined awareness with success e.g. if 100% mind management possible then 100% will be success and if 50% mind management possible then 100% will be success. So everyone should run his/her own race.

3. Mind Management techniques:

There are many techniques for mine management. An ancient *Yogi Maherishi Pantanjali* have given *Ashtang* yoga for this purpose. He said that practice consistently make major changes at cognitive, physical and spiritual level. Mediation with spiritual enlightenment is powerful technique for mind

management to enhance performance at its maximum. Yoga addresses the mysteries of within individual itself and of the universe. Yoga by virtue of being a science, is the universal birthright of mankind, which necessarily implies that it does not belong to any sector or group of society, nor is property of any religion or country. That's why India's Honorable Prime Minister Mr. Narendra Modi ji' had put a proposal in united nation council (UNO) on 27th Sept. 2014 to celebrate "International Yoga Day" and on 11.12.14 the forum of 193 members with 177 Co-members nations recommended the said proposal to celebrate International Yoga day on 21.June 2015".

Yoga is an ancient yet timeless science of self development, based on the laws governing the natural forces and their relation to the supreme essence. According to sage *Patanjali*, yoga is to control the modifications of consciousness, a process of gaining mastering over mind. Science of Yoga and its techniques have now been re-oriented to suit modern sociological needs and life style. Yogic philosophy views individual as a whole being, which includes one's physical, mental, intellectual, emotional, social and spiritual dimension. Yogic discipline works gradually through its various techniques to unfold and develop all the different levels that comprises a human being.

Shri Aurbindo said about Yoga that it is a methodical effort towards self perfection by development of potentialities hidden in individual. It is a process by which the limitations and imperfections can be washed away resulting in a super human race.

"*Yoga Vashishth*" one of the famous book portrayed Yoga like this: "Yoga is a skillful methodical trick to calm down the mind. It is a skillful subtle process and not a brutal gross effort just to stop the thoughts wandering in mind. It is a technique to reach the ultimate state of silence i.e. peace.

When mind drops it's perceptions of senses and stop individualize the wandering thoughts, state of 'no mind' or 'mindlessness' which interns is full of peace so sometimes called as 'mindfulness' is achieved through meditation which is a part of yoga. Eternity is explained at a sacred depth of the meditation. Nobody can provide these eternal facts which one can achieve oneself through meditation.

Dr. Lazor says that meditation appears to have a direct influence on the structure and activities of brain. A study published in Journal of Alternative and Complimentary Medication, found significant difference in brain wave activities between meditation practicers and non practicers.

Extensive researches were conducted in this area like research conducted at AIIMS Delhi, Defense Institute of Physiology and allied science, Vivekananda Yoga Research Foundation, JIPMER Lonawala etc. Many of these researches revealed that six month of Yogic practice leads to enhancement of Parasympathetic activities and provide a stability of autonomic balance. By balancing autonomic activities mind can be managed. So mind can be managed gradually though meditation.

Awakening the life forces provide a comprehensive overview of traditional Yoga philosophy and at the same time creates context that help one to move towards knowing one own spirit. So main purpose of one' own existence i.e. self actualization and self realization may be understood.

In the *Bhagvat Geeta* a great *Yogi Shri Krishn* made understand Arjuna the importance of Yoga and encourage him to practice yoga not only for the sake of self development and self spiritual enrichment but also for world harmony and preservation of society.

4. Future Aspects:

Nowadays there is an urgent need to encourage researches in this area on mind management and yoga practice as it will be not be just a need but a necessity for everyone to save one self and this world. So

yoga and meditation should be included in day to day life style to deal with complexity of modern days. And it is also necessity to include this spiritual science with modern medicine to compliment modern medicine.

Further Readings

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