

Self Management

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Self management is caring oneself and it is choice of mine, not of others. It leads to self respected life in self controlled discipline. It is a way of elevating the energy of yours self in your eye. Self management is defined as the behavior of one with oneself. If you are generous to self, then you will always be in the attitude of gratitude and your personality will be acknowledge by others. But if you are selfish, it will be translated as you are in the trap of 'negativity' in the form of jealousy, anger, greed and attachment which are the root cause of the downfall of your personality. You must have some space in self management.

If you recollect your days' of childhood and school, when your parents and teachers used to give instruction to check your habits like 'sit correctly', 'eat correctly', 'walk correctly', and 'talk gently' or ' behave rightly' or when will you feel your responsibility etc.? By that time, you failed to translate the words of caution of your respected into a meaningful behaviour of self-discipline. Majority of people do not understand what is meant by self-management? Self-management is much more than self-discipline. Self-management is living in self- awareness in terms of feeling, thought and action of yours viz- a- viz others.

Drivers of self-management:

The drivers of self-management are:

1. Responsibility,
2. Relationship,
3. Role; and
4. Resource.

1. Responsibility: Responsibility is the capability to respond in every situation. So be cautious and wait for a while in responding. There is a difference between response and reaction. While responding, we have full control on our feeling, thought, words and action whereas in reaction, we are in the control of others, it means, we react as per the wishes of our opponents. The source of response is processed by feeling and thoughts. Since, you are responsible for your-self and you are creator of all your feeling and thought; this will stop the game of blaming. If you are stable in your thoughts and others stimulate you for reaction, you will be able to cope with stimuli for reaction and only then you can response. Doing responsibility begins with a feeling of being responsible resulting into creation of thoughts which is in one's control. Stability in feeling, action and creating positive thoughts of reaction is your responsibility. You feel happy, if you fulfill your responsibility and continuously take care of your responsibility which depends on the change of the quality of thoughts. In every situation, choice of creating thought is yours. If you have no choice or absence of choice, it indicates a stage of helplessness or hopelessness and it will be demotivating force. But if you have choice, exercise your choice in managing self..

The gravity of responsibility depends upon the relationship. Your response will differ from situation to situation and person to person in spite of same level of stimuli. For example, take a situation what will be the reaction of a mother and father on the death of a child, when the stimuli is the same. It depends upon the gravity of hurt created by her/him in mind. If mother accepts it, her reaction will be mild but if father do not accept it, his reaction will be grave and vice-versa. The consequence of every decision is my responsibility.

Response rests on the behaviour of others. So if you do not know how to handle your-self, then you cannot handle others. So learn, how to create your life with allotted time? Hence, responsibility is rest on joining and sharing problems with positive attitude of response.

2. Relationship: Relationship is the exchange of energy in terms of feeling and thought from your-self to you and with others. The entire life is full of responsibility to maintain good relation with your-self. Every single relation is a responsibility and source of energy. Communication is the need of relationship which creates energy and it is a free flow between the parties. So increase the quality of energy to strengthen the relation. The quality of relationship may be of (i) feeling to feeling; (ii) thought to thought; and (iii) soul to soul. Relationship should not be for the purpose of getting but it should be for giving. Think what you should have to give in relation and what are you giving? Relationship is the name of self-respect and respecting others.

Now you have to think that you have to establish relationship with body-conscious people and with soul-conscious people because relationship is not based on photo but is with consciousness. If you remember your kith and keen, you will create an image of that relation in your mind, even if they are not with you, whereas sometimes your kith and keen is living with you or you have photographs, but you are not visualising relationship. But when we are in body conscious, the relationship may be between thought to thought and feeling to feeling. It is a matter of experiencing relationship. So we experience relationship with whom, we remember. Experience is not what you are saying or repeating but it is an energy concept. Hence, relationship is that which create energy for each other. If you are in relationship with body-conscious level, do not keep expectation because it is not good for relation. Do not use gazettes to examine relationship every time because it is situational even if the stimuli are same. Like-wise in relationship, words are like ingredients which increase the quality of relationship. Hence, if all the faculty of body is not functioning or closed, then we are overpowered by others words. If our immune system is weak, we are in the trap of disease of words of others resulting bad relation. So paint your relationship in a colourful image. Hence, add more colour in your eternal colour box to make your relation brighter.

Disconnection in relationship is great barrier. It may be related to past in the form of hurt, present behaviour and future threats. So do not get disconnect in relationship in any form and any situation. Always make an attempt to connect with good memories which happened in life. It will be fruitful at feeling level to re-establish relation with your-self and others to fulfill your responsibility. Relationship is a closeness to peace, love and happiness which gives energy.

If you have bad relation with yourself, it indicates that you are deeply hurt by others words. So, don't move your life in a single route road of relations. Because it is easy to move ahead but it's difficult to back in back gear in which the speed of recovery of relation will be very slow. Give due respect to your relation.

(i) Feeling to feeling:

Feeling to feeling relationship requires empathy alongwith sympathy. Empathy is concern with intrinsically whereas sympathy is related to extrinsically. Relationship is a reflection of our feeling about what kind of person we are and what kind of relation I have with own? It is based on respect. Generally, we respect our self on the bases of body conscious or extrinsic value or acquired knowledge, skills, money, beauty, position, status and relations with peers. But it should be based on the intrinsic quality of oneself. For example, if we portrait a picture of a man/anything on canvass with all his evils or weakness, then how can I respect. Hence, make a picture with positivity because everybody is blessed with quality. We know that no one is perfect. So watch the salient features of every soul and change your prospect to yourself. Feeling good about self is not excitement but it is a relationship at emotional level but there is no space of exploitation.

(ii) Thought to thought:

Thought to thought relation needs generation or exchange of ideas, opinion, consultation, and suggestions at mind conscious level. If the generation of thoughts is rational, logical and practical, then you will be able to manage self because it will connect yourself with self confidence resulting to increase in faith and trust to oneself.

Thought to thought means synchronization of thought with words and action of oneself. Store your thoughts in mind-chips. But before storing thoughts, you have to watch your thoughts because there is lots of noise in your heart. The noise of thoughts may be concerned with thought of present, noise of experience of past and noise of anxiety of future. The noise of thought depends upon the speed of thought which is governed by speed of talk which depletes the energy. The faster speed of talk also indicates faster creation of thought. So check the speed of thought and control it. Therefore, if you speak slowly, there will be only useful talk. Be quiet at the level of word, it will stabilize our thought. Generation of thought is interwoven with feeling. So, neither creates competition/pressure at feeling level nor at thought level in relationship.

(iii) Soul to soul:

Soul is invisible but real strength/energy gifted by God in human body which beats our heart. The relationship between soul to soul and soul to super-soul is spontaneous being a creation of God.. It is relationship of ages to ages or from the cycle of birth to death like relationship with the entire creature of nature on the earth

treating them as soul. It gives a sense of all is well. Every time we not only feel about soul but also occasionally, we say that listen and act as per the voice of soul. Because we believe that the voice of soul is pious and indicates about the truth to body conscious human being. It is possible when we are consistent and stable at feeling and thought level. Everyone has heard about the soul but do not realize the existence of soul. When our soul transforms from one costume to another, our invisible strength is fully discharged. So charge your-self by connecting to super-soul. This will be a stage of self esteem and it gives a sense of belongingness to self and with others.

3. Role: Taking responsibility is a virtue. Hence, your first role is towards self by protecting yourself from the exposed risk, and then takes care of others. Spare some time for you. So, your role is to maintain a good health which can be attained by regular physical exercise, nutritious food, and proper rest for body, sound mind which requires rests through meditation which nourishes with spirituality and sound financial position.

The second role is towards your family. Member of the family is not property but you are the trustee of family as they are separate soul. So, do not exert pressure to fulfill your responsibility and third, towards your job which requires integrity and honesty. This will keep your mind in a perfect order resulting enhanced ability to make right decision to respond. One can understand oneself by the energy of knowledge + understanding + meditation

The role of self is to live in self-awareness with responsibility and relationship. Ask to yourself why you are here and with whom you are related? The role of yours is important with body conscious and soul conscious people rests with the relationship of yours. You are the drawing and disbursement soul of calm and peace; love and affection; and happiness. So with these tools, your role is empowering your-self for self-ruling and self-controlling under different situations. The crux of role is to practice to live in self-discipline with taking care of the responsibility of relationship. Trust and have faith in your-self by saying you know you-self that is why nobody can hurt you. When the God is with you, you have no problems. If you are capable of taking care of your-self and of others who are in body conscious and soul conscious. So first protect your-self, only then you can save others.

4. Resources: The resources of self management are: (i) Physical, (ii) Mental, and (iii) Spiritual.

(i) Physical: The physical resources of energy are our organs and these are (a) action organs i.e. hand, foot, mouth, source of discharging urine and anus (b) sense organs i.e. nose, ears, eyes, tongue and skin. These are the hardware of body whereas the software of the body is thought, mind, soul and ego. Thus, these two wares must be in perfect order. It is software which governs the hardware. Hence, the software of the body computer must be free from virus which is flowing in the physical environment. So the purity of physical level is most important and it should be maintained with the purity of food, purity of wealth and purity of soul.

(ii) Mental Energy: Feeling/thought power is the valuable source. It depends upon me, how I am creating powerful thought i.e. positive thought with awareness. Negative thought is unawareness, if it is accumulated, it will deplete energy. Hence stop and check your thoughts which are either positive or negative. We can't stop negative thoughts because meditation is not stopping thought but it is watching our thoughts; it is awareness about what am I thinking? Memory plays great role in personality. Every thought is recorded in my memory and it is my personal coded programming. These stored thoughts come outside out of impulse into action. Thoughts are the creation of my belief system. The source of belief system i.e. culture, is like a root of a tree, trunk are the thought and braches are action which reflect stability and peace. Thus, reformatting of belief system will crease in managing self. So pour water in the root rather than taking care of trunk and braches.

(iii) Spiritual: The fatigue of mind causes ill health which is the root cause of depletion of energy which means discharging of the battery of soul because of the loose connection or disconnection from super-soul. So, nourish mind with spirituality. When all the means of managing self is not going to prove worthwhile, then we have option to remember the God i.e. connecting the wire of soul to the electric or power of super-soul. This connection should be strong. This will charge the battery of soul and the fatigue of mind will disappear. Then, we will be in a position to change our belief system and culture which will stabilize our thought and our action will reflect peace. When we are in body conscious, we get hurt but when we are in soul conscious, we will never hurt.

Because we know that body is mortal but soul is immortal. The poetry 22 and 23 of chapter two of pious epic "Shri Mad Bhagwat Gita" describes truth of soul as follows:

“वासोसि जीर्णानि यथा विहाय नवानि गृह्णाति नरोऽपराणि ।

तथा शरीराणि विहाय जीर्णान्यन्यानि संयाति नवानि देही ॥

“नैनं छिन्दति श्नुसणि नैनं दहति पावकः ।

न चैनं केल्लदयन्त्यापो न शोशयति मारुतः ॥”

The theme of the above quote is that as human being put off his old clothes to wear new clothes, like wise our soul transform form old costume to new costume. The truth of the soul is that no means (i.e arms and ammuniton, fire, water and wind) can destroy our soul. In this transformation, super- soul (God) changes the soul from one body to another body in the interest of the soul.

In this way, a soul conscious people don't bother about the body in physical form but the body conscious people must live in awareness that we are a puppet in the hand of God. But it does not mean that we have to forget about our thought-words and action and bend our knee for miracles. The crux of the self-management is to harmonize our thought, words and action for self-discipline.

Last but not the least, redefined your priorities and relations with yourself, till you start loving peace and happiness and disseminate them to entire humanities.

References:-

1.Shri Madbhagawat Gita, published from Geeta Press, Gorakhpur, U.P.;India.