

Self- Awareness: Switch yourself into the inner world of reality

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Abstract

We are living in age, in which every student has to prepare oneself for invisible competitive battle for achieving goal, and for handling it there is necessary to know about thyself, as we know that the Hansraj Gangram Ahir (the union minister of state for Home) report shows in Rajya Shabha –many students has committed suicide between 2014 and 2016 i.e. 9474 students have committed suicide in 2016, 8934 in 2015; 8068 in 2014; the reason behind it, not able to handling failure and negative emotion. A self- aware personality is capable to learn from failure rather than indulge in negative thoughts or in others mental health issues and set goal accordingly to his/ her strengths and weakness. If anyone wants to success in his/her life so there is very necessary to ‘know thyself’ because only that person has power to take control of his/ her life and can change his/her destiny by doing his/her efforts, who is self-aware. Thus, this article has emphasized on switch yourself to inner world and deals some techniques how to be self-aware such as Johari Window, Tasha Eurich’s archetypes of self and panch koshas.

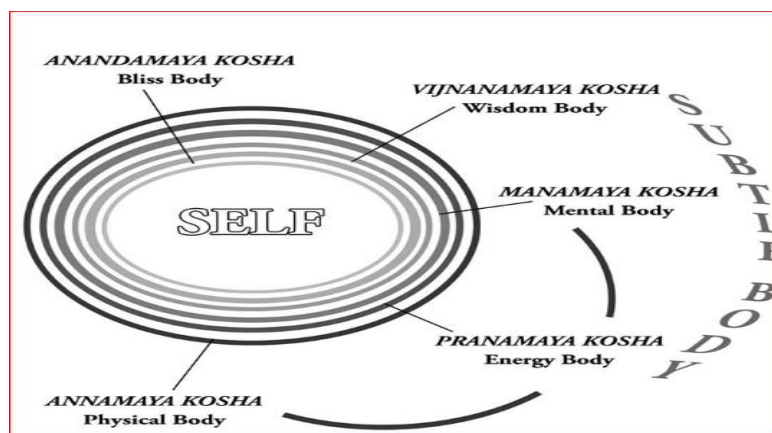
Key word: Self, Inner world, Johari Window, Archetype of self and Panch Koshas.

Introduction

As a human being everyone has some goal to achieve in life. Some people successfully achieve it where as some are faced failure for it. Being a student of secondary level it is necessary to set the goal according to his/ her strengths and weakness because it is an age of ‘emotional turmoil’ negative thoughts are emerged easily as the Hansraj Gangram Ahir (the union minister of state for Home) report shows in Rajya Shabha –many students has committed suicide between 2014 and 2016 i.e. 9474 students have committed suicide in 2016, 8934 in 2015; 8068 in 2014. Lancet report in 2012- **“India has one of the world highest suicide rates among young people aged between 15 and 19.”** It demands some urgent interventions to come out from this dangerous trend. Our prime minister, Narendra Modi, in **“Maan ki Baat”** in March, urged the people of India to openly discuss depression and other mental health issues. (www.livemint.com).

After analyzing, this critical situation, some states government have launched positive interventions program such as Happiness curriculum launched in Delhi for nursery to eight standard students with aim to encourage a sense of knowing yourself, resilience skill, reduce anxiety negative thought as well. A self- aware personality is able to learn from failure rather than indulge in negative thoughts or in others mental health issues and set goal accordingly to his/ her strengths and weakness. If anyone wants to success in his/her life so there is very necessary to ‘know thyself’ because only that person has power to take control of his/ her life and can change his/her destiny by doing his/her efforts, who is self-aware. Having ability to know thyself means having confidence on self. In spite of many hurdles, a self-confidence personality make his/her own way to achieve goal accordingly his/her will.

Self- According to Cambridge dictionary, “Self is the set of someone’s characteristics, such as personality and ability that are not physical and make that person different from other people.” According to Indian philosophy the Jiva (soul or self) consists of five koshas and it is a structure of multi layered hierarchically organized sheaths.



(Source: <https://soulguidedcoach.com/five-body-layers-or-koshas/>)

The five layers of self:

- **Annamaya Kosh (food sheath):** This layer is nourished by food. It includes five elements i.e., earth, space, air, water and fire and all of these make a physical body. Tamo guna is dominated in it. It is decay able in nature. It is based on shad- bhava- vikara (6 changes) i.e. Birth, Existence, Growth, Change, Decay, Death. Through these methods one can be purify and develop the annamaya kosh i.e. Upavas, yogic postures, inner purification, tapashcharya (practice of austerity) and letting the soul free from worldly attachments. Some main traits of this layer:
 - Needs- survival, some need such as food, rest, relaxation, sleep, exercises.
 - Functions- Gross motor activities, Yoga, Exercises, and vocational works.
 - States- Sleep, egoism, fear, lethargy, illusion, fantasy.
 - Characteristics- Rajas moderate and Sattva mind, Tamas (Id) dominated.
- **Pranamaya Kosh (vital Sheath):** This layer is nourished by ‘prana’. Rajo guna is dominated in this sheath. This sheath is also perishable. In yoga, pranayama affect this kosha. Some main traits of this layer:
 - Needs- Safety, security, protection and defense
 - Functions- Feelings of hunger, thirst, cold, and heat, produces action energy (kriya Shakti) for action
 - States- Sorrows, worry, anxiety, jealousy, activeness, Self-assertion.
 - Characteristics –Rajas (Ego) dominated, tamas moderate, sattva mild.
- **Manomaya Kosh (mental sheath):** This portion is nourished by knowledge. It includes Gyanendriyas and Karmendriyas and both are medium to interact with world. This kosha is made of a combination of sattva guna and tamo guna. It is perishable in nature. Our mind has certain types of vrittis such as lust, greed, anger and so on through meditation one can keep away his/her mind from vrittis. Some main traits of this layer:

- Needs – curiosity or thirst for knowledge, achievement, social, emotional needs-love, belongingness, self-esteem etc.
 - Functions – Sensations, perception, conception, memory (remembering & forgetting), thinking, feeling, imagination, understanding, creative work etc.
 - States- dull, distracted, diffused, concentrated, inhibited.
 - Characteristics –(sattva + tamas)
- **Vigyanamaya Kosh (intellect sheath):** It is nourished by ego. Vigyanamaya literally means, intellect, hence vigyanamaya kosha is known as intellect/ wisdom/ knowledge sheath. It is responsible for will, discernment and determination. Some main traits of this layer:
- Needs – intellectual curiosity, achievement, power, self- expression.
 - Functions – conception, inference, comparison, discrimination, decision, determination, creative imagination and intelligence.
 - States- concentrations
 - Characteristics- sattva + rajas, sattva dominated, rajas moderate, tamas mild.
- **Anandmaya Kosh (blissful sheath):** It has close proximity to the soul that is why it experiences bliss coming out from the soul. It is nourished by emotions and consciousness. It has three qualities:
Sat - being truthful,
Chit- the main separating line between living and non-living and has a sense of consciousness and the last quality is
Anand- ever joyful state. Some main traits of this layer:
- Need- Self- realization, deliverance from pain or bondage, peace, self-actualization.
 - Function- Self- lessness, grater love, world-mindedness, experience of truth devoid of abidya.
 - States- Engrossed, ecstasy, soul- consciousness.
 - Characteristics- pure sattva.

Self- Awareness-

“To have greater self- awareness or understanding means to have a better grasp of reality”-Dalai Lama



(Source: <https://www.kalw.org/>)

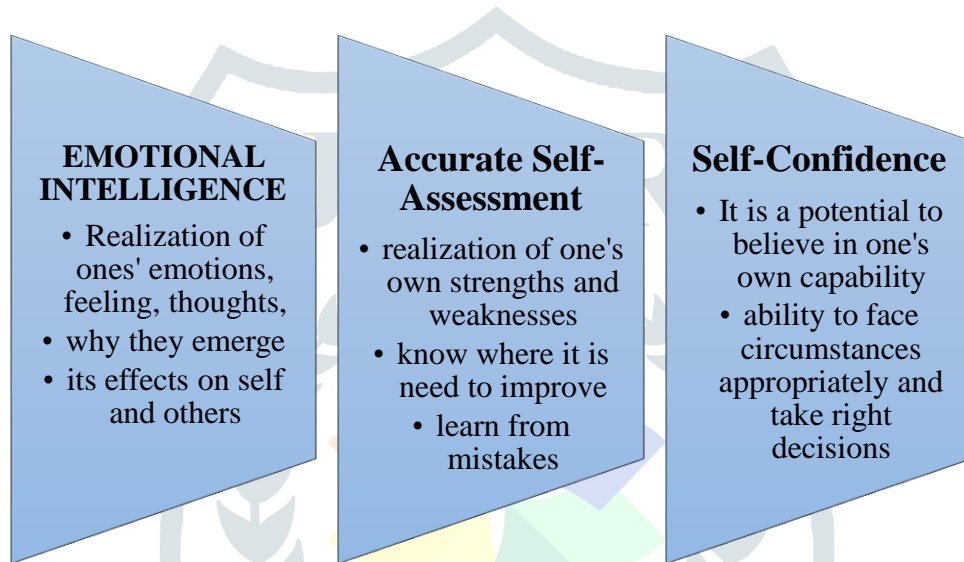
Self- awareness is the procedure of introspection and the potential to perceive oneself as an individual who is differ from others who has his/her own thoughts, ideas and emotions. There is difference between self-consciousness and self- awareness; conciousness is awareness of one’s emotions, mood, thoughts, feelings,

and environment whereas self- awareness is identification of that consciousness. Self-awareness is a way to understand one’s existence with realization. In another words, consciousness is to think whereas self- awareness is to realize one is thinking being and to think about ones thoughts.

Just like human infants, a stage of consciousness, in which they perceive and respond to people and things around them- they are not self- aware, but when they are grew up they gradually understand their self, develop a ability to present their own point of view in front of others and able to manage emotions accurately.

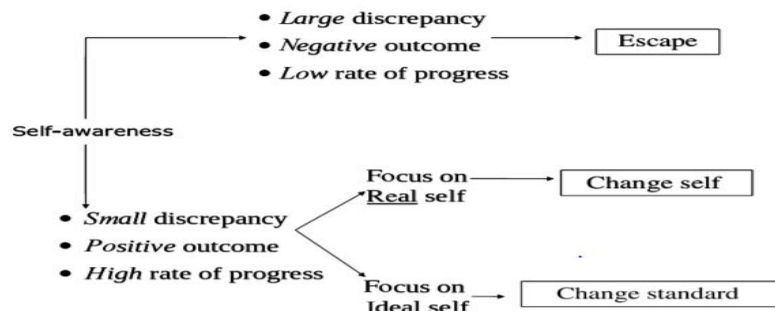
Goleman (2002), describes three competencies of Self- awareness-

- **Emtional Self-Awareness**
- **Accurate Self- A wareness**
- **Self -Confidence**



Understanding of Inner world

Through the procedure of self- evaluation, one may peep into inner world of reality. Inner world here, means to what extent one can understand his/her feelings, to extent one can identify his/her emotions, how well one can channelize his/her emotions to fit in environment, to what extent one can understand his/her strength and weaknessess and ready to improve it. As much one close to soul the more he/she identify the inner world; the inner world is the mirror image of real self (values, aspirations, feeling, beliefs, thoughts, behaviours, strenghts and weaknessess). After identify his/her real self one can be capable to focus on ideal self i.e. achieved the status of ideal self and achieved success in life.



(Source: www.researchgate.net/publication/230451703)

As we understand it through the self- awareness archetypes of Tasha Eurich. According to **Tasha Eurich**, there is two categories of self-awareness, the first is internal self – awareness and second is external self-awareness. Internal self- awareness means identify, how clearly one see his/her own values, aspirations, adjust in environment, feeling, beliefs, thoughts, behaviours, strenghts and weaknesses where as external self-awareness means understand other perspective for us in terms of those factors listed previously.

	Low external self-awareness	High external self-awareness
High internal self-awareness	<p>INTROSPECTORS</p> <p>They're clear on who they are but don't challenge their own views or search for blind spots by getting feedback from others. This can harm their relationships and limit their success.</p>	<p>AWARE</p> <p>They know who they are, what they want to accomplish, and seek out and value others' opinions. This is where leaders begin to fully realize the true benefits of self-awareness.</p>
Low internal self-awareness	<p>SEEKERS</p> <p>They don't yet know who they are, what they stand for, or how their teams see them. As a result, they might feel stuck or frustrated with their performance and relationships.</p>	<p>PLEASERS</p> <p>They can be so focused on appearing a certain way to others that they could be overlooking what matters to them. Over time, they tend to make choices that aren't in service of their own success and fulfillment.</p>

(Source: <https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>)

Introspectors- Clear in self i.e. know about strengths and weaknesses but don't challenge his/her own weak point and not ready to accept other's feedback regarding their weak points. It may minimize his/her boundary of success.

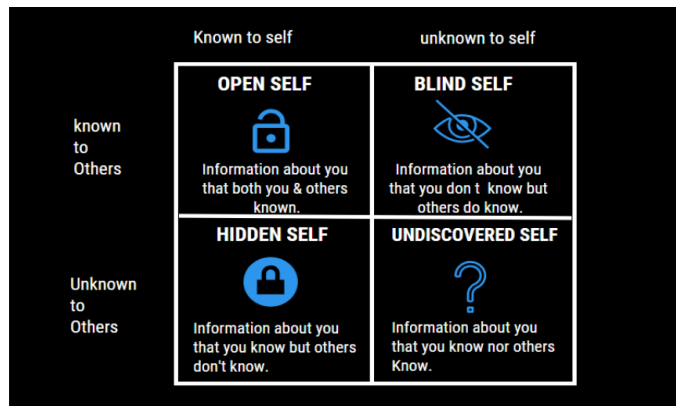
Aware- They know their true self i.e. know about strengths and weaknesses, alert to challenge his/her own weak point and ready to accept other's feedback regarding their weak points. They can achieve goal according to their will.

Seekers- Not aware yet who they are, what want to do, or how others see them that is why they they might stuck in their work or dissapoint with their performance and relationships.

Pleasure- They tend to make choices that are not in service of their own success i.e. sometimes, they do that work which make them happy in spite of that work is not related to their success. They live their life based on their own choices.

After analysing the above archetype one may decide in which type he or she lie i.e. to what extent one possess external self awareness or internal self awareness.

The other one is **Johari Window**, One can identify his/her own soul through the analysis of it. It is a technique that helps one to identify his/her relationship with oneself and others. Johari window is developed by psychologist Joseph luft and Harrington Ingham in 1955. It is very useful tool for understanding self. There are four dimensions in it (known by others, not know by others known by self, and not know by self) and four quadrantds (Open area, Hidden area, Blind arera and unknown area). It can be understood by this picture:



(Source: <https://www.mbatuts.com/johari-window-a-personality-identifying-model/>)

Open Area: Open area is collection of that information which is known by self as well as others also such as name, caste, height, behavior, attitude, feelings, knowledge and skills etc. It represents those information that any person told when he/ she introduce himself/herself. It is open to all.

Hidden Area: Hidden area is collection of that information which is known by self but not by others i.e., in this area those information are kept by someone which he or she wants to keep private about himself/ herself such as some feelings, experiences, insecurities, and fear etc.

Blind area: Blind area is collection of that information which is known to others but not by self. The positive things of this area that one may get information about oneself from others which he/ she do not know about himself/herself or not familiar with it. It is called feedback area in which one can know about strength and weakness from others which is unknown to him or her such as one may feel that he/she is not good communicator but he/she come to know about his/her good communicating skills from friends and any others.

Unknown Area: Unknown area is collection of that information which unknown to self and others also and it can be enhance through self-discovery. Self –discovery is the best technique through one may search his/ her latent abilities, aptitude, experiences etc.

Thus, after analyzing the above quadrants one may understand his/her self-i.e.- how much closer to self and where is need to improve.

How to switch yourself into inner world

- **Stability-** For switching yourself into inner world, the foremost step is to be in state of, stability. It is a stage in which ones' mind feel the real essence of clam and peace and able to **paint the scene with real color i.e. make a crystal clear image of any situation** and come up with appropriate solution. Peaceful mind is better than hang mind in achieving goals. As different waters (of rivers) enters in ocean but it remains unchanged. Hence, there should be need to remain unchanged in good or worse situation and should be able to achieve peaceful stage. We can understand it through with this example:

What does happen? When anyone see the mirror- of course, you will see your exact real image, do u know how does it happen? It will happen just because of stability of mirror,

So, if ones' mind will be in stage of mirror like stability then he/she will capable to create the crystal clear scene of any situation and paint it with real and appropriate color.

- **Believe in yourself:** One things remember in life there is only you who can change the destiny of yourself and the question arises here, how one can achieve this stage? After answering to these questions- Who you are?

What do you want achieve in life? Or your goals, what are your beliefs, ideas, thoughts, philosophy of life? Are aware about your strengths and weaknesses? If you aware so in which stage do u lie? Understand it through this picture:



(Source: <https://in.pinterest.com/pin/289426713524607996/?lp=true>)

As Tasha Eurich has defined four stages of awareness.

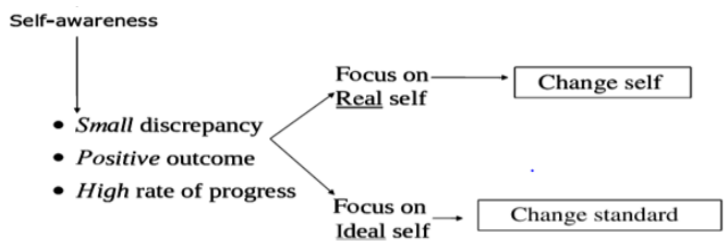
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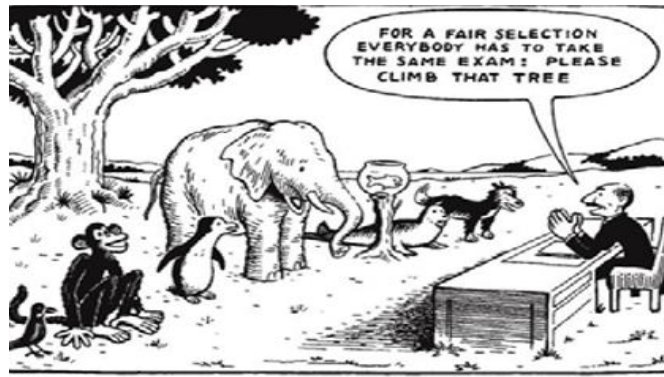
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After analysing the above archetype one may decide in which type he or she lie i.e. to what extent one possess to know about self and to what extent one could get informations about real self and how much far from ideal self.



(Source: www.researchgate.net/publication/230451703)

➤ **Learn from mistakes or failure:** Learn from mistakes rather than carping yourself. Don't let one exam or grade define your whole future. Everyone has some special capacity and there is much to do in life except regretting on failure. Remember one thing---- if we check fish's capacity for giving task on a climbing tree so it is not correct way.



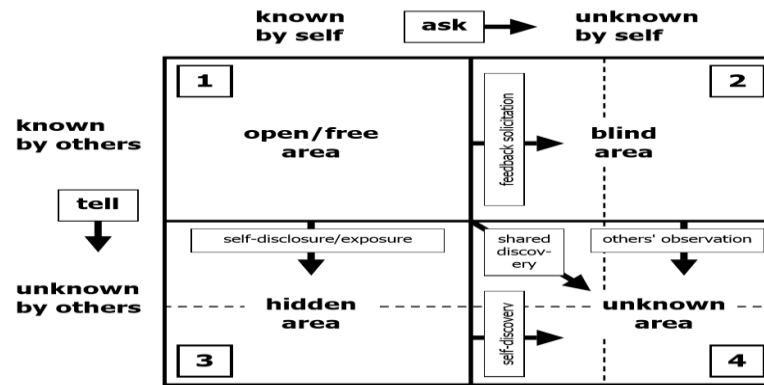
(source: www.pinterest.com)

- **Have a sense of courage for fear:** After being aware of thoughts which are generated emotions related to fear then you can be able to find a solution for it. According to an analysis of the 1,15,220 callers that sought counselling through the helpline from April 2013 to March 2017, 63.17% calls in the age groups of 15 and below are linked to memory problems, exam fear and exam failure. Exam failure and career uncertainty are the main reason behind students fear. One thing remember –**There is always room for improvement and success has also its hidden part.**



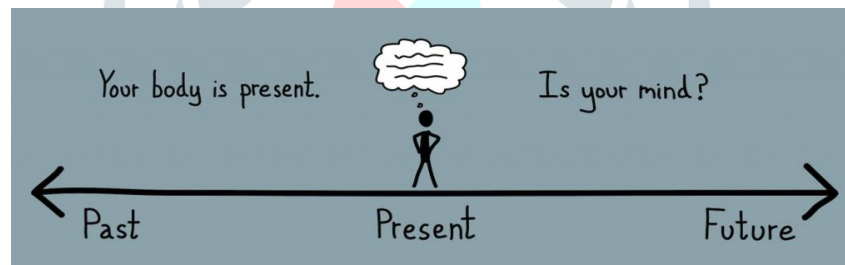
(Source: medium.com, 1989)

- **Being in stage to motivate yourself:** one thing remember for achieving success that there is essential to live in motivating stage. For living in stage of motivation you have answer one question why you have you taken your goal and why do you want to achieve it? These questions always motivating you for achieving your goal.
- **Understand yourself through the model of Johari Model:** Open area, It is open to all. Hidden area is collection of that information which is known by self but not by others such as some feelings, experiences, insecurities, and fear etc. and through self- disclosure/ exposure one can explore the hidden area. Blind area is collection of that information which is known to others but not by self, such as one may feel that he/she is not good communicator but he/she come to know about his/her good communicating skills from friends and any others so receiving feedback from others one may explore this area. Unknown area is collection of that information which unknown to self and others also and it can be enhance through self-discovery, shared- discovery and others observation. Self –discovery is the best technique through one may search his/ her latent abilities, aptitude, experiences etc.

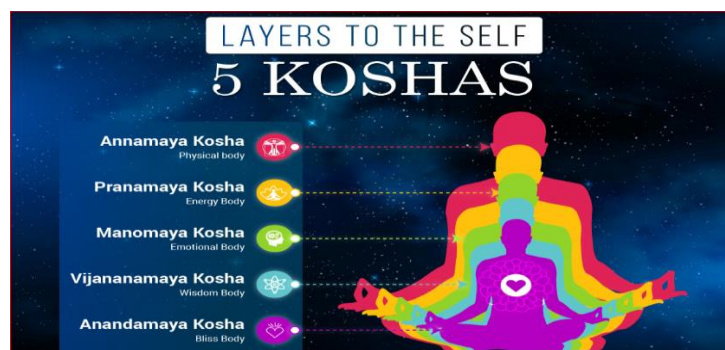


Source : <https://geo.coop/story/zegg-forum-and-johari-window/>

- **Read Autobiographies:** one thing remember that we have not enough time to feel the essence of each and every situation that is why it is essential to practice the those techniques which are used by some leaders of our society, for facing any difficult situation such as: in **My experiment with truth** (autobiography of Mahatma Gandhi) Gandhi ji have used the term ‘**Nirbal Ke Bal Ram**’ for facing any difficult situation, which provides us strengths for facing any difficult situation.
- **Live in present:** Most of time our mind wandering in past or future, we spend very few time in present so if we want to keep aware our self, so we have to live in present rather than planning for future or remembering mistakes of past. The present status of person in which his/her mind planning for future and body is in past.

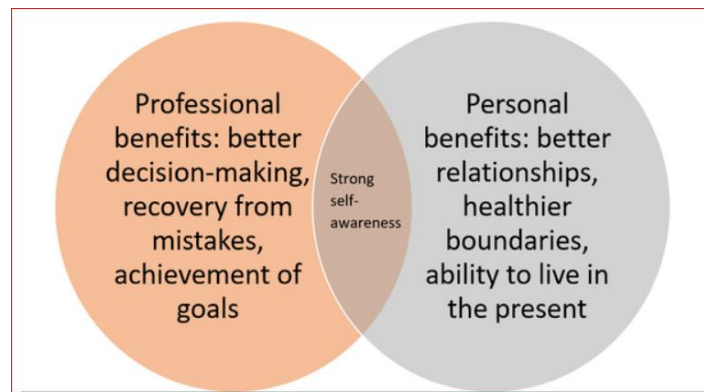


Meditation: According to Merriam Webster’s Dictionary-“To engage in mental exercise (such as concentration on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness.” Meditation is a key to re-connect to true ourselves. It is a stage in which rational thoughts are sync with feelings i.e. balanced between brain and heart. It is a best way for activating chakras. There are five layers in our body, named as Annamaya Kosh, Pranamaya Kosh, Manomaya Kosh, Vigyanamaya Kosh and Anadmaya Kosh. Ananadmaya Kosh is much closed to soul than any other kosh. After activating all chakras one would be able to get blissful stage and know the real self.



(Source:<https://fitsri.com/yoga/koshas>)

Relevance of self –awareness: Notice about oneself and monitor about inner world are two main essence of self-awareness. It is a way to learn about oneself such as what make us one unique, with our own unshared collection of experiences, beliefs, and abilities and competencies. Benefits of Self-awareness-



(Source:<https://johnmattone.com/why-executive-coaching-must-emphasize-self-awareness/>)

- Have a sense of taking good decision making
- Have a sense for handling situation rather than reacting to things that are happen.
- Have a sense to create relish for difficult situation and use it profitably
- Don't be afraid of situation rather challenge it
- Ability to forgive and not have over thinks on past's wrong deeds
- Strong ability to live in present moment rather than dwelling on the past or future.

Conclusion: It is very necessary to understand our own inner world for living balanced and positive life because after identifying inner world (self-aware), one can possess a mindfulness stage in which he/she would be able to handle any situation of life and live healthy life.

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