



BASICS OF HUMAN VALUES AND ETHICS



JV'n Dr. Brij M. Upreti

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

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A HAND BOOK
**“BASICS OF HUMAN VALUES AND
ETHICS”**

Volume I

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PREFACE

Purpose behind writing this book is to present the Ethical Values of Humans.

Writing this book has been fascinating and extremely rewarding. Authors would like to thank a number of people who have contributed to the result in many different ways:

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Dated:

Authors

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CHAPTER 1: ETHICS AND VALUES AS AN IMPORTANT ASPECT OF LIFE

Ethics includes systematizing, defending, and recommending concepts of right and wrong behaviour of human beings.[1] A vital phase of ethics is "the good life", the life worth living or life that is simply fulfilling, which is held by many philosophers to be more important than traditional moral conduct.[2] Most religions have an ethical module, often derived from purported supernatural revelation or supervision. Some assert that word religion is necessary to live ethically. Simon Blackburn says that there are those who "would say that we can only prosper beneath the umbrella of a strong social order, cemented by common adherence to a particular religious tradition."[3]

We encounter many circumstances a day that check our patience, our character and peace of mind. We have to create robust selections every day. What guide humans in these circumstances are our values. Our values function markers to inform if life is heading within the right direction.

When our actions and words area unit aligned with our values, life feels smart and that we feel content, assured and happy. However once our behaviours do not match-up with our values, we have a tendency to sense An uneasiness that grows within us. This uncomfortable feeling tells us that not all is sweet right away. We have a tendency to feel out-of-sorts. These feelings may be a supply of hysteria and unhappiness. We want price in our lives to:

- Guide us in the right path.
- Learn the importance of certainty, goodness and beauty.
- Give direction to life and bring joy.
- Learn satisfaction towards life.
- Attain peace in life.
- Develop character.
- Preserve our culture and heritage
- Bring changes in behaviour towards positive thoughts;
- Promote the peace and harmony in the society

What are Basic Human Values?

Fundamental human values refer to those values which are at the centre of being human. The values which are measured basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. because they bring out the elementary righteousness of human beings and society at large. Further, since these values are unifying in nature and cut across individual's social, cultural, religious and sectarian interests; they are also considered universal, timeless and eternal applying to all human beings.

How values are different from norms?

Values and norms are different. Norm refers to a relatively precise behaviour as per social conduct and it is obligatory. On the other hand, values are matter of preference. For example, honesty cannot be a norm because it may not be chosen to be followed. Further, once a exacting value is internalized by an individual, it becomes a norm for him / her for making decisions, judgements, preferences and choices.

How values are different from Morals?

Morals are taught by the traditions to the individual while values can be cultivated from within. Morals act as motivation for leading a good life, while values act as intuition. Further, while morals are deep embedded, values may keep altering from time to time and as per needs.

Hindu ethics

Ethics is called Nitisastra [4] in ancient texts of Hinduism.[5] Ethics and virtue are a much debated [6] and an evolving concept in ancient scriptures of Hinduism.[7][8] Virtue, right conduct, ethics and morality are part of the complex concept Hindus call Dharma - everything that is essential for people, the world and nature to exist and prosper together, in harmony.[9] As P.V. Kane, the author of the "History of Dharmasastra" said, the expression "Dharma" does not have a synonym in English idiom. While it is often interpreted as meaning "duty", it can mean justice, right, moral, good, and much more.[10]

The Bhagavad Gita—well thought-out one of the epitomes of historic Hindu conversation of virtues and an allegorical debate on what is right and what is wrong—argues some virtues are not unavoidably always absolute, but sometimes relational; for example, it explains a virtue such as Ahimsa must be re-examined when one is faced with war or violence from the aggressiveness, immaturity or ignorance of others.[11][12]

Buddhist ethics

Ethics in Buddhism are traditionally based on the enlightened viewpoint of the Buddha, or other enlightened beings that followed him. Moral directives are included in Buddhist scriptures or handed down through traditional institution. Most scholars of Buddhist ethics thus rely on the assessment of Buddhist scriptures, and the use of anthropological confirmation from traditional Buddhist societies, to justify claims about the nature of Buddhist ethics.^[13]

According to Buddhism, the foundation of Buddhist ethics for laypeople is the Pancasila: no killing, stealing, lying, sexual misconduct, or intoxicants. In becoming a Buddhist, or affirming one's commitment to Buddhism, a layperson is encouraged to undertake the abstain from these negative behaviour. Buddhist monks and nuns take hundreds more such vows.

Islamic ethics

The foundational supply within the gradual codification of Muslim ethics was the Muslim understanding that group has been granted the college to recognize omnipotence and to abide by it. This college most crucially involves reflective on the which means of existence, which, as John Kel say within the encyclopaedia of Ethics phrases, "ultimately points to the truth of God." thus, no matter their atmosphere, humans are believed to own an ethical responsibility to taste omnipotence and to follow Islam (as incontestible within the Qur'an and also the way of life, or the sayings of Muhammad).[14]

Christian ethics

Christian ethics may be a branch of theology that defines virtuous behaviour and wrong behaviour from a Christian perspective. Systematic system of rules study of Christian ethics is named "Moral Theology".

Christian virtues are usually alienated into four cardinal virtues and 3 system of rules virtues. Christian ethics includes queries concerning however they made ought to act toward the poor, however girls are to be treated, and also the morality of war. Christian ethicists like different ethicists, approach ethics from altered frameworks and views. The approach of virtue ethics has conjointly become common in recent decades, for the most part because of the work of Alasdair MacIntyre and Stanley Hauerwas [15]

Confucian ethics

Confucianism and Neo-Confucianism emphasize the upkeep and behaviour of relationships because the most vital thought in ethics.[16] To be moral is to try and do what one's relationships need. Notably, though, what you owe to a different person is contrariwise proportional to their distance from you. In different words, you owe your folks everything; however you're not in any means duty-bound towards strangers. this will be seen as a recognition of the actual fact that it's not possible to like the whole world equally and at the same time. this can be referred to as relative ethics, or situational ethics.

Jain ethics

Jainism teaches five ethical duties, which it calls five vows. These are called *anuvratas* (small vows) for Jain laypersons, and *mahavratas* (great vows) for Jain mendicants.[17] For both, its moral precepts preface that the Jain has access to a *guru* (teacher, counsellor), *Deva* (Jina, God), doctrine, and that the individual is free from five offences: doubts about the faith, indecisiveness about the truths of Jainism, sincere desire for Jain teachings, acknowledgment of fellow Jains, and admiration for their spiritual pursuits.[17]

Ethics and Values along lay the inspiration for traditional system. Whereas they are typically used synonymously, they are completely different, whereby ethics are the set of rules that govern the behaviour of someone, established by a bunch or culture. Values ask the beliefs that someone has an everlasting preference. Ethics and values aer

necessary in each facet of life, after we ought to create a selection between 2 things, whereby ethics verify what's right, values verify what is important.

There are major four important subject areas of study:

1. **Meta-ethics:** Ethical philosophy that analyses the meaning and scope of moral values.
2. **Descriptive ethics:** The branch of ethics that deals with psychology, sociology, anthropology, etc.
3. **Normative Ethics:** The study of the moral course of action through practical means.
4. **Applied ethics:** This branch tells us how we can achieve moral outcomes, in a particular circumstance.

Fundamental human values refer to those values which are at the centre of being human. The values which are well thought-out basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. because they carry out the elementary goodness of human beings and society. Importance of Human Values:

- Provides understanding of the attitudes, motivation and behaviours
- Influences our perception of the world around us
- Represents understanding of “right and wrong”
- Provides a way to value humans and organisation.

Human values

Human values make life worthwhile, noble, and excellent. Those intrinsic worth lie within the human personality, waiting to be drawn out and translated into action. Education is based on five human values: **Right Conduct, Truth, Peace, Nonviolence and Love**. Sketch out these five inherent human values develops good character. The five human values which are unusual in all human beings, irrespective of whether they are employees or not in whichever profession or service, are:

- Right Conduct—Contains values like self-help skills (modesty, self-reliance, hygiene etc.), social skills (good behavior, good manners, environment awareness etc.), ethical skills (courage, efficiency, initiative, punctuality etc.) and Ownership.
- Peace—Contains values like equality, focus, humility, optimism, patience, self-confidence, self-control, self-esteem etc.
- Truth—Contains values like accuracy, fairness, honesty, justice, quest for knowledge, determination etc.
- Peaceful co-existence—Contains values like psychological (benevolence, compassion, consideration, morality, forgiveness etc.) and social (brotherhood, equality, perseverance, respect for others, environmental awareness etc.)
- Discipline—Contains values like regulation, direction, order etc.

Universal Values: These are values that there is nearly unanimous agreement as to the importance of them. These would include Sanctity of human life, Peace, and human decorum.

Instrumental Values: These are values that can be used to get something else. In other words the value is an gadget which allows you to get some other things. Examples of these would come with Progress (which permits leisure time), Freedom (Through that we are able to get self actualization) and data (which helps America get economic prosperity, and progress).

Intrinsic Values: one thing has intrinsic price just because of what it's and not essentially what it'll result in or thanks to its acceptance. Some samples of intrinsic values would come with beauty, inventive expression, and happiness. We value them because they are an significant aspect of life

Prerequisite Values: These are values that are essential before you can get to some bigger goal. It is similar to the prerequisite course that you must take in order to get to the more sophisticated course. Some examples of this type of value include safety (which is needed before people can even think about having anything else), Justice (which is needed before we can move onto equality), or the common good (which must be honoured if we can ever get to a state of peace).

Paramount Values: It is the value which is above all other things. Some examples of this might comprise freedom (which many people have given up their lives for and see as

essential to a decent life) or sanctity of life (which if we do not value or have renders everything else insignificant)

Operative Values: These types of values are the ways that we make judgements on how to live the rest of our lives. We use these values as the overarching and guiding philosophy which tell us what is constantly right and wrong. These are things such as truthfulness, Honesty and Loyalty.

Human value is usually known to be a moral touchstone of human behaviour. Social and moral values are indispensable elements of the collective lives of any community without which the present modern human society may not be able to continue to sustain. Therefore, human values should be preserved and protected

How Values, morals and ethics are inextricably tied together?

The ethical values in our lives hold nice importance from the purpose of private, social and religious development. Values, morals and ethics are unit inextricably tied along. The preservation of human life is that the final price, a pillar of ethics and also the foundation of all morality.

Values are unit what we tend to learn from childhood; the ‘stuff’ we tend to no heritable from our folks and immediate surroundings. Values are unit the motivation behind purposeful action. Ethical values are unit meant for creating the hunt to search out the upper self a better. several amongst us might notice it tough to follow values like honesty, honesty, forgiveness in our lives as a result of we have not perceived the refined gains that return to us by following these values. Or, maybe, we tend to are unit careless to appreciate the importance of values in life.

Ethics, on the opposite hand, are unit however we tend to really do behave within the face of inauspicious things that take a look at our ethical fibber. Ethics are unit the code or principles on that one is character rely. Ethics and character are unit closely connected. Values are unit essential to ethics to develop at associate degree early age and might be instrumental to assembling character.

Whereas, morals are unit the intrinsic beliefs developed from the worth systems of however we tend to ‘should’ behave in any given state of affairs. Ethical values are unit the standards of excellent and evil, that govern associate degree individual’s behaviour and selections.

CHAPTER 2: GOAL AND MISSION OF LIFE

Goal- setting theory attracts on the thought that our aware concepts guide our actions (Locke, 1968).

What area unit Life Goals?

Life goals area unit what we would like to realize, and that they area unit rather more meaningful than simply ‘what we want to accomplish to survive’. Not like daily routines or short objectives, they drive our behaviours over the long-term. There’s no single psychological definition for them, and that they aren’t strictly a clinical construct, however they verify what we would like to expertise in terms of our values.

And because they're personal ambitions, they will take many alternative forms. However they furnish us a way of direction and create us responsible as we try for happiness and well- being—for our greatest attainable lives.

Why ought to we have a tendency to Set Goals in Life?

Lots of us have dreams. We all know what makes us happy, what we have a tendency to like to seek. However setting clear goals is useful in many ways in which, higher than and on the far side aspiring thinking: here are unit some.

1. Setting Goals will Clarify Our Behaviours

The act of setting goals and also the thought we have a tendency to place into crafting them directs our attention to the why, how, and what of our aspirations. As such, they furnish us one thing to concentrate on and impact completely on our motivation

2. Goals yield Feedback

If and once we grasp wherever we would like to be, {we can|we will|we are unit able to} assess wherever we have a tendency to are currently, and basically, we will chart our progress. This feedback helps us to regulate our behaviour consequently. By letting feedback, goals allow us to align or re-align our behaviours, keeping us on the right track with our eyes on the prize.

3. Goal-setting will Promote Happiness

When our goals area unit supported our values, they're meaningful. Meaning, purpose, and effort for one thing ‘bigger’ may be a key part of happiness theory in positive science. PERMA model (Seligman, 2004). Alongside positive feeling, relationships, engagement, and accomplishment (which goals enable for), it makes up what we have got come back to called ‘The smart Life’. In alternative words, life goals represent one thing besides the daily grind. they permit us to pursue authentic aims of our own selecting and luxuriate in a sense of accomplishment once we get there.

4. They Encourage Us to Use Our Strengths

When we contemplate what matters the foremost to us, we will get additional attuned with our inner strengths further as our passions. Charting a course for ourselves is one factor, however exploitation our strengths to induce there comes with a full set of alternative advantages.

Studies show that knowing and investment our strengths will increase our confidence, boost our engagement and even promote feelings of excellent health and life satisfaction. exploitation them in pursuit of our goals, therefore—even discovering what they are—can be a decent factor for our well-being.

According to Kasser and Ryan, therefore, there are unit 2 sorts of life goals, and these relate to our well-being in several ways:

Intrinsic goals relate to emotional intimacy, personal growth, and serving to others. They are believed to be aligned with our desires as humans, reflective our inherent need for self- information and additional fulfilling relationships.

Extrinsic goals are unit additional culturally outlined and fewer concerning our nature as groups of people, encompassing things like our physical look, social standing, standing symbols, and wealth.

The Process and Steps of Setting Life Goals

You can (and simply will) realize innumerable models for goal setting within the help literature. However what will positive science say concerning the method and steps

of goal-setting? The subsequent framework is taken from the well-known psychological capital intervention (PCI), and it uses 3 steps:

1. Goal style,
2. Pathway generation
3. Overcoming obstacles.

1. Goal style

The first step is to style our goals. once crafting goals, we want to recollect the key premise of goal-setting theory—that they're intentions that guide our behaviour. They are “targets for mental action sequences”.

Ideally, by design: Goals ought to be concrete endpoints. That is, we must always be ready to live our success as a result of they are clear and detailed; they ought to be approach-based. This suggests we must always simply be ready to concentrate on moving completely towards their accomplishment, instead of on off from negative outcomes. (“Working toward” instead of “avoiding” something); and that we ought to be ready to break them down into sub-goals if necessary in order that we will celebrate very little successes on the means.

2. Pathway Generation

We currently have in person meaningful life goals designed and that we will begin wondering completely different potential pathways for achieving them. Luthans and colleagues’ PsyCap (psychological capital) Intervention invited participants to brainstorm multiple pathways without concern initially concerning their feasibility. ‘As several prospects as they may assume of’, basically, and not like ‘there aren't any unhealthy concepts in brainstorming’.

Participants then invited others to weigh in and increase their potential pathways. within the same means, you would possibly raise friends, family, or somebody during a mentor-like position to assist you come back up with concepts on a way to pursue your goals.

The last a part of pathway generation considers inventory pathways: what resources can you wish to pursue pathway A, B, or C? Basically, we have a tendency to refine our potential pathways—we think twice concerning what we will realistically expect, and this leaves us with fewer, additional viable choices (Luthans et al., 2006).

3. Overcoming Obstacles

We have inherent beliefs regarding our ability to use pathways for goal success—our agency— and these area units consequently termed ‘agency thought’ (Snyder, 2002). This sort of thinking plays a very vital role after we return up against obstacles, particularly sudden ones, as they will verify whether or not we have a tendency to decide ourselves up or simply disengage.

When setting life goals, therefore, it helps to think about the doable barriers that may arise. Severally, we are able to self-reflect, brooding about our potential pathways further as our ways we'd use to manage them (Luthans et al., 2006). We had try this alone or with others, like within the pathway generation stage, and our focus here is to prepared ourselves for contingencies. in other words, “What would possibly forestall Pine Tree State from achieving my goal?” and “How may I run through or around this?”

Prioritizing Life Goals

Prioritization is regarding distinguishing the foremost in person vital life goals you’ve designed and written down. The subsequent would possibly facilitate (Collingwood, 2018):

After you have formalized them by writing them down, rank them on a scale of 1-5 or 1-10, or no matter works for you. As long as you consistently apply an equivalent ranking system to any or all of them, the foremost vital ones ought to stand out.

An alternative would be to categorise them initial into no matter domains work best for them, and then rank among every class. What’s your most vital health goal? Career goal? The PDF goal-setting worksheets below area unit packed with classes you would possibly notice helpful, however you're distinctive, and there’s nobody best thanks to move it.

- Is it possible or realistic to target the highest 5 goals? Or is 3 an additional viable figure? Highlight, circle, or perceive those that area unit most merit your energy—what

would cause you to happiest? What's most purposeful to you in person, in terms of your values? (Interestingly, have Warren Buffet would have you ever keep on with the highest 5 and avoid the remainder.)

- Get coming up with. What area unit the sub-goals you've identified? What resources can you wish for every stage, and once can you wish them? 'Reverse engineering' goals and dealing backward from the finishing line is useful for a few individuals (Collingwood, 2018).

- Find a decent, however not essentially the most effective time to start out, because the latter would possibly ne'er return around. Then, use a planner to figure it all out. once you're programming, don't forget celebrations further as milestones.

CHAPTER 3: BODY, MIND AND SOUL

The Body

The body is that the physical side of the individual. It consists of roughly fifty trillion cells that organize themselves to create tissues, nerves, bones, and organs. The body expresses itself within the language of matter, atoms, particles, and molecules.

The Mind

The mind is that the mental/emotional side of the individual. The mind processes thoughts and concepts moreover as feelings and emotions. The mind is often split at a really high level into 2 – the acutely aware Mind & the mind. Thinking and reasoning square measure functions of our acutely aware mind of that we tend to square measure all awake to everyday. Beliefs, behavioural patterns (attitudes), feelings, emotions and reminiscences square measure {a part|a neighborhood|an square measure|a district|a region|a locality|a vicinity|a section} of the mind and that we are typically unaware of most of them.

The Soul

The soul is that the non-physical side of the individual. it's our personal and individuated expression of the divine or spirit. The soul is that a part of America that longs to own which means and seeks answers to the nice queries like 'Who am I?', 'Why am I here?' and 'What is my purpose?' The soul is eternal and communicates within the language of inventive expression like music, art, poetry etc.

Integration of Body – Mind – Soul - Spirit

The mind, body, soul, and spirit square measure the parts that jointly comprise and outline our species. If we tend to square measure sick or suffering, we tend to should work holistically to fully heal. If we tend to don't, we tend to square measure missing the affiliation and altogether probability can ne'er reach our potential for welfare and vitality. If we tend to don't contemplate the total individual, we'll presumably work to easily alleviate the symptoms of a retardant and can ne'er address the basis cause.

Simple ways in which to start cultivating a mind-body-soul balance:

1. Browse and learn usually. Your education shouldn't stop once you're out of college. Open your mind to new prospects, beliefs, and interests by reading, taking on-line categories, observance documentaries, and attending workshops.
2. Meditate frequently. Meditation improves memory, attention, mood, system operate, sleep, and power. All it takes could be a jiffy every day to begin reaping the advantages and you'll be able to begin with this free thirty Day Meditation Challenge. radio-controlled meditation is ideal for beginners.
3. Apply yoga. Yoga is wonderful for your overall health. It helps you build strength, coordination, and adaptability whereas calming your mind. It conjointly encompasses the mind-body- soul affiliation.
4. Avoid sitting for extended periods of your time. try and stand or move around whereas you're employed, if attainable. an excessive amount of sitting is joined to cardiovascular disease, diabetes, and a shortened time period.
5. Get a minimum of quarter-hour of moderate to fast exercise on a daily basis. Live getting ready to work? Walk or ride your bike on nice days. Exercise is very important for heart health, physical stamina, and mood.
6. Pay time outside. now's the proper time of year for hiking, boating, picnics, outside sports, hunt for wild foods, camping, and far more!
7. Add additional plant-based foods to your diet. ingestion ample vegetables and fruit will facilitate
8. Forestall chronic illness. search your native farmer's marketplace for recent, in-season turn out.
9. Get entangled in an exceedingly volunteer organization or policy cluster. Use your voice or your skills to try and do some smart within the world. We're all connected, and it's unbelievable to expertise that connectedness once we work toward a typical goal.
10. Fuel your passions. put aside your time on a daily basis to try and do what makes your soul happy. several folks work such a lot that we tend to forget however nice it feels to colour, dance, make music, write, garden, or swim.
11. Hear music usually. And sing or dance.

12. be grateful. Take your time on a daily basis to put in writing or believe the items you're grateful for, like family, friends, pets, food, shelter, health, or the sweetness of nature.
13. Be kind to everybody. This includes you.
14. Get enough sleep every night. And keep in mind that you are ne'er too previous for naps.
15. Detoxify your beauty routine. Switch to natural product.
16. Realize a career path that's pregnant to you. Chase your dreams, not riches.
17. Yield of the small things. If one thing will not matter tomorrow, do not let it ruin nowadays.
18. Slow down. A touch rest and relaxation once you're accustomed defrayal ample time on the go will fill again your mind and body.
19. Stop folks pleasing. There's a distinction between being kind and being a doormat. If you pay an excessive amount of time worrying concerning what others can suppose, you'll lose yourself and find yourself feeling miserable.
20. Cut major sources of stress out of your life. This includes surplus defrayal, Clutter, employment you hate, or unhealthy relationships.
21. Laugh usually. If you are taking life to significantly, you are going to miss out on an entire heap of fine times.
22. Travel and study alternative cultures. Do that the maximum amount as you can.
23. Forgive yourself for your past mistakes. Learn from the past; however do not let it destroy you.

CHAPTER 4: POSITIVE SPIRIT

What will a Positive perspective mean?

- Positive perspective may be a state of mind that envisions and expects favourable results.
- The temperament to undertake doing new things
- The belief that everything would flip alright
- It is a perspective that helps you see the nice in folks.
- It may be a attitude that sees the nice and therefore the accomplishments in your life,

Rather than the negative and therefore the failures.

- A positive perspective may be a mental attitude that helps you see and acknowledge opportunities.
- Positive perspective means that positive thinking
- It is optimism and maintaining a positive mental attitude
- It may be a attitude that focuses on the intense aspect of life it's a mental attitude that uses the words, "I can", and "it is possible".

Character Traits of individuals with a Positive perspective

1. A positive perspective is mental outlook of optimism and of expecting goodies to happen. those who possess this perspective area unit easier to urge together with, are happy, and that they unfold joy around them.
2. An individual with a positive state of mind doesn't waffle the issues and difficulties of the past, and doesn't allow them to dictate his or her life. Such an individual would rather learn from past mistakes and go on.
3. A positive perspective will have an effect on your life favourably all told areas. folks with a positive outlook, view life, challenges, and therefore the things they are going through, confidently and area unit positive they will manage them.

These folks wouldn't be stuck during a negative perspective of worry, lack of self-esteem and passivity. Folks with a positive perspective won't let failure or obstacles interchange their manner, and can perpetually attempt to notice ways that to beat them.

Positive perspective Quotes

- “Your perspective is sort of a box of crayons that colour your world. Perpetually colour your image grey, and your image can perpetually be bleak. Strive adding some bright colours to the image by together with humour, and your image begins to unwind.”

– Allen Klein

- “The greatest discovery of any generation is that a personality's being will alter his life by sterilization his perspective.”

– William James

- “Wherever you go, despite what the weather, perpetually bring your own sunshine.”

– Anthony J. D'Angelo

Three clear models for developing a positive perspective the manner God intends:

Thinking positively: Our thoughts area unit important in shaping our perspective to life. Proverbs 23:7 says “as a person thinks in his heart, so is he”. What your mind dwells on matters. If your mind is centred on smart thoughts, you'll have a positive spirit however if on negative thoughts, you'll have a negative spirit.

Speaking positively: There is power within the tongue; Proverbs 12:14 tells United States that “From the fruit of their lips, folk's are unit stuffed with smart thing” we'd like to stay God's word in our mouths by creating positive affirmations and confessions of religion. Communication of our religion becomes effectual by acknowledging each smart issue that's in United States in Christ Israelite (Philemon 1:6). After we build this a habit, we'll be stunned at however they will completely modification our perspective towards life.

Acting positively: it's vital for United States to not be simply hearers of the word however to travel a step any by doing the items we've detected. After we act out our religion, we tend to area unit authenticating and appropriating these assurances for ourselves.

CHAPTER 5: SELF AWARENESS

“Self-awareness is that the ability to check yourself clearly and objectively through reflection and introspection”.

Self-Awareness Theory is predicated on the thought that you just aren't your thoughts, however the entity perceptive your thoughts; you're the thinker, separate and with the exception of your thoughts (Duval & Wicklund, 1972).

Self-awareness involves being attentive to totally different aspects of the self together with traits, behaviours, and feelings. primarily, it's a status during which oneself becomes the main focus of attention. Self-awareness is one among the primary parts of the self-concept to emerge. Whereas consciousness is some things that is central to WHO you're, it's not one thing that you just square measure acutely targeted on at each moment of each day. Instead, consciousness becomes woven into the material of WHO you're and emerges at totally different points reckoning on the case and your temperament.

Types of consciousness

Psychologists typically break consciousness down into 2 differing kinds, either public or non-public.

Public consciousness

This type emerges once individual's square measure attentive to however they seem to others. Public consciousness typically emerges in things once individuals square measure at the centre of attention, like once giving a presentation or speech a gaggle of friends. this sort of consciousness typically compels individuals to stick to social norms. we tend to|once we|after we} square measure aware that we square measure being watched and evaluated, we frequently try and behave in ways in which square measure socially acceptable and fascinating. Public consciousness may also result in analysis anxiety during which individuals become distressed, anxious, or troubled concerning however they're perceived by others.

Private consciousness

This type happens once individuals become attentive to some aspects of themselves, but only in a non-public manner. For example, seeing your face within the mirror could be a kind of non-public consciousness. Feeling your abdomen lurch once you understand you forgot to review for a vital take a look at or feeling your heart flutter once you see somebody you're drawn to also are samples of non-public consciousness.

Why is consciousness Important?

- It's not possible to raised yourself or improve any facet of your life while not consciousness. While not a place to begin, however are you able to live however so much you've return or however so much you continue to want to go?
- Perhaps that's why such a lot of people hold those distractions that we have a tendency to examine earlier. If you keep too busy to acknowledge your weaknesses, then you have got no reason to figure toward improvement.
- You will stick with it and still ignore your deeply-rooted problems, fears, and feelings, because hey, you've gotten this so much and it's not that terrible nevertheless.
- But changing into additional conscious will assist you to proactively manage your thoughts, emotions, and behaviours, instead of permitting them to manage you.
- Self-awareness is that the opening to setting goals. If you're conscious enough to understand your strengths and weaknesses, you'll recognize that goals you wish to line and therefore the ways that may assist you win them.
- Furthermore, this consciousness of your own actions and feelings can assist you to raised

Understand others and you'll develop healthier relationships.

- Self-awareness won't fix all of your issues; however it's a giant step toward improvement.

How to become additional conscious

Here square measure much straightforward stuff you will do to attain bigger consciousness each day.

1. Build time for yourself.

Setting aside a while for ourselves are some things several people struggle with. Life is therefore busy, and it appears ungenerous to schedule time only for North American country.

But if you don't build time for yourself, you won't be able to provide your all once it involves work or family obligations. You furthermore may won not get to understand yourself.

Try setting aside 30–60 minutes on a daily basis once you are often alone and off from any distractions (especially digital ones). Read, write, meditate—do no matter you wish to urge in grips together with your thoughts and feelings.

2. Observe heedfulness.

Mindfulness could be a straightforward kind of meditation that needs that specialize in the here and currently. You'll notice that bound thoughts and feelings can arise as you are attempting to focus solely on your surroundings and therefore the moment. You shouldn't try and block those feelings out—instead, merely note of them.

If you get associate degree associate considered an examination, tell yourself, "I'm feeling anxious concerning my examination tomorrow" while not judgment your thoughts. Then, gently pull your mind back to this. This exercise can assist you to spot your thoughts and feelings, whereas conjointly teaching you ways to manage them sedately.

1. Keep a journal.

Writing could be a good way to method thoughts and suppose through issues. By keeping a log of your thoughts and feelings, you'll even be able to track your growth. attempt writing many sentences on a daily basis concerning however you are feeling in this moment. If you have got feelings of concern, happiness, anxiety, or tranquillity,

document them. this may assist you become additional in tune together with your thoughts and you'll place yourself on a path to bigger consciousness.

2.Listen.

Try to be a more robust hearer for friends, family, and colleagues. this implies being absolutely gift and taking note to the speaker's words, emotions, and even visual communication, while not creating judgments or drifting off into your own world.By learning to lend associate degree ear to others, you'll conjointly become a more robust hearer to your inner voice.

CHAPTER 6: SELF EXPLORATION

It is method to seek out what's valuable to Maine by investigation within me. Since its Maine United Nations agency feel happy, successful, sad or unsuccessful. So what's right on behalf of me is to be judged alone solely. This whole method is termed self exploration.

According to Merriam-Webster: - “The examination and analysis of one's own unsuccessful religious or intellectual capacities.”

Self exploration is simply finding answers to the subsequent elementary queries of all human beings:

- What are my Desire/ Goal?
- What do i actually need in life, or what's the goal of human life?
- What is my program for fulfilling the desire? A way to fulfil it?
- What is that the program to actualize the above?

PURPOSE OF SELF EXPLORATION

1. it's a method of dialogue between “what you are” and “what you actually need to be”
2. it's a method of self evolution through self investigation.
3. Method of knowing oneself and thru that understanding entire existence.
4. Method of recognizing relationship with each unit alive.
5. Method of knowing human conduct, human character & living consequently.
6. Method of being harmonious with oneself and with entire existence.

PROCESS OF SELF EXPLORATION

- Being the keen observer
- Focusing on solutions rather issues
- Chasing sturdy emotions

- Identifying core values and beliefs
- Knowing line of demarcation and responsibility

MECHANISM OF SELF EXPLORATION

1. Natural Acceptance

- Natural acceptance implies unconditional and total acceptance of the self, people and Environment.
- It additionally refers to the absence of any exception from others.
- Once we have a tendency to totally and actually commit ourselves on the premise of natural acceptance, we feel a holistic sense of inner harmony, tranquillity and fulfilment.

2. Experimental Validation:

- Experimental validation may be a method that infuses direct expertise with the educational Environment and content.
- It could also be considered a philosophy and methodology within which the direct expertise and targeted reflection of the individual helps to extend information, develop talent and clarify values.
- Self exploration takes place within the self and not the body.

CHAPTER 7: SELF SATISFACTION

- Almost everybody, at some purpose or the opposite in their life, might need asked themselves regarding the explanation of their birth, the aim of their life, and also the goals that they might prefer to pursue. These queries, if left nonreciprocal ceaselessly keeps motility troubles to the individual Associate in Nursing result in an unknown annoyance and unhappiness.
- No matter what quantity success someone gets, regardless of however made someone becomes, and regardless of what number goals square measure achieved, somehow these queries carry on braving the person. this may continue till and unless such accomplishments don't result in self- satisfaction.
- The solely answer to those queries is to hunt self-complacency. it's self-complacency which will keep a private removed from these worrisome queries. self-complacency ought to so be the only look for people in general. Self-complacency ought to so be the last word goal of life.
- Self-satisfaction may be a sense of absolute fulfilment with oneself and ones accomplishments. As easy as could it sound, achieving self-complacency isn't in the slightest degree a simple task. But, there square measure ways in which within which one will perpetually look out for self-complacency and within the method realize answers to the various nonreciprocal queries that life imposes upon us.
- Victor Frankl talked regarding which means of life and can to which means, which suggests that if a private has sure significance in life, then that becomes a actuation for the individual to manoeuvre forward in life. Frankl says that folks tend to travel through a blandness or emptiness in life, which refers to existential vacuum and not having the ability to come back out of its legendary as existential crisis. The can to which means helps associate in nursing individual to overcome this existential crisis. in line with Frankl, if someone includes a which means of life, then he/she will survive the toughest conditions of life and are available out of it in a very positive manner. This may to which means allows the individual a private option to grow and develop that ends up in triumph and fulfilment.

- A high level of knowingness is needed for self-complacency. a private ought to have a realization of his/her strengths and weaknesses. this may build the person fathom however sensible or unhealthy he/she is at varied things. this may additionally build the person additional targeted and can change him/her to understand specifically what he/she needs from life. once someone is aware of specifically what he/she needs to try and do, it generates Associate in Nursing vast quantity of positive feeling among that person and ends up in heaps of self-worth.

- This high level of knowingness is terribly abundant similar to what Howard Gardner calls intrapersonal intelligence. People that square measure high on intrapersonal intelligence have a decent capability of being introspective and self-reflective. They're intuitive and skilful in recognizing their own feelings and motivations. It includes having a deep level of understanding, knowing ones strengths and weaknesses, realization of what makes one distinctive, and having the power to predict one's own reactions and emotions.

Life is often extremely unpredictable. Varied ups and downs could occur throughout one's life. There square measure moments of happiness further as disappointment. All this might produce heaps of instability among oneself. The sole thanks to maintain a correct calmness in life is to request and eventually come through self-complacency. It's the seeking of self- satisfaction that guides the person through all the turbulence of life. Achieving self-complacency ought to be the most criteria in regardless of the person need to try and do?

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