# The Positive Role

# of

# Self-Knowledge




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# The Positive Role of Self-Knowledge

I hope, and I believe and I trust that you may have read the last lecture carefully. It is not sufficient to read it like a newspaper. It is better to practise what is given there–in order to be able to communicate your thoughts to others and also be able to receive the thoughts communicated to you.

We feel flattered, that we have taken a degree in art or science from some university. We consols our-selves, that, we are considered as educated persons. We feel proud, that, our knowledge of a certain subject is appreciated and give n due recognition to, and that, due to our knowledge, we are shown respect and given an honourable place in society.

But, to think like this is living in a fool'sparadise. If we search our heart, we will find, that, we have never paid attention to another type of knowledge which does not secure for us a degree or a diploma, but, which gives us a sense of dignity. What is that knowledge, which lies still undiscovered before us ? It is self-knowledge, which we have ignored so far. We are a little in arrear in this respect. Without Self-knowledge, we will ever remain in darkness. It is self-knowledge, which gives life sovereign power.

Knowledge is not merely power. It is something more than power. Knowledge, infact, is life it self.

The adage "Know thyself" has within it all the wisdom of the ages. The temple of Apollo at Delphi has as the guiding inscription—"Know Thyself."

It is the duty of everyone to aquire and attain Self-Knowledge, it he wants to live happily and die peacefully. Self-Knowledge means to know oneself and to assess and understand, what we are, and what we should be. Thus, it is a step forward towards self-improvement and self-development. It is only through Self-Knowledge, that, we can understand our good qualities and our short-comings and limitations. The guiding principle should be to judge ourselves strictly and others leniently. We must have, clear understanding and sense of proportion and perspective remembering that "Study of mankind is man."

To seek fulfilment and inner harmony with ourselves and others is the goal of life by universal consent.

The first positive step towards Self-Knowledge is to know and understand what we are, the causes making us of what we are and to acquire insight into the complicated complex of inner life.

It can be said without fear of contradiction, that, external influences affect our lives in a marked degree. The training during childhood, that we get, the experiences, that we undergo in day to day life and the teachings, that we imbibe mould our lives and our outlook on life. There is no way of escape from them except the attainment of Self-knowledge.

Self-knowledge reminds us, that "Man does not live by bread alone." Self-knowledge makes a person liberal in-out-look and charitable in disposition. It is a way leading to humanism

It is a means of enjoying your-self and worshipping God in blessedness and peace. It gives trained intelligence. It is conducive to positive thinking, resulting in the formation of good and noble character.

Perfection implies to be well acquainted with one's own short-comings.

We can have sympathy, tolerance and insight into human nature, when we have pursued the path of Self-knowledge.

Training of intelligence under goes three processes, namely discovery, development and direction.

There should be search for sure, secure and solid know-ledge, which is within us, and that is undoubtedly, Self-knowledge. It is a knowledge relating to soul.

A good, chaste, wholesome and balanced life implies health, happiness and spiritual vitality This means, that, we must pay due care to our body and mind. The proper and balanced development of pineal gland is a requisite for development and progress.

Every body is endowed with some natural gifts. To use those natural gifts constitutes better living

To gain first hand experience of identification of beauty with power is itself an achievement.

Man requires to be creative. We must be in search of creative opportunities. By being engaged in creative activity a person unfolds himself.

Self-knowledga is best learned in the school of wisdom and used and practised in the domain of action. A balanced view of life should be taken on all occasions and in every situation. One must be insistent on harmonious development. Harmony within and without is of vital importance.

It is necessary to acquire adult understanding. We are not a mere island. We share so many things in common. We are not separate and distinct from others. In fact, we share the different aspects of vice and virtue with others.

When we have the same things in common with others, why should we be displeased or annoyed at the manifestation of a particular thing, feeling or emotion in others ? We have the fire of anger, lust, pride, greed, selfishness etc. etc ingrained in us. Nobody can deny it. Then, why we should be irritated when we find somebody selfish egocentric, self-centred, proud, and greedy ?

In such moments calm reflection is required which will guide us and acquaint us with our common nature, upon, which our aspirations and our ambitions, our hope and despair, and our fear and care are based.

This can be achieved by giving peace to mind and tranquility toheart.

Self love, self-control and self-praise are hindrances to the attainment of self-knowledge.

The right approach should be to treat oneself as low and others as high and lower. People have their own limitations and limitations which are common to all persons.

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This can be achieved by giving peace to mind and tranquility toheart.

Self love, self-conceit and self-praise are hindrances to the attainment of self-knowledge.

The right approach should be to treat oneself as low and others as high and better. People have their own frailties and limitations, which are common to all persons.

Frank and free Self-examination is the first step towards self-interpretation.

We must be ever ready to forgive the faults and short-comings of others.

In order to overcome the influences of childhood, and environment, we should take to self-knowledge.

We should have humility. Humility should not be treated as inferiority. It is useful in as much as it helps to under-stand that our faults and our good things are the same, which are shared by others, and that we share the faults and good things of others.

The realisation, that our feelings and emotions are not individual, but they are the same as are exhibited by others is a step in the right direction. Those who feel inferior, assume superiority complex in order to compensate their inferiority feeling.

Our acts, our deeds and our words have a re-action upon others.

We should not sit in judgment upon others. We should not act as a judge and a jury, so far as others are concerned. But instead, we should act as our own judge.

Self-knowledge is useful and conducive to inner satisfaction. It points the way and the means, by which, we can be happy and successful in every way and every day. It enables us to forgive the short-comings of other people, which we, also, share

It removes natural bias, which we have in our own favour. To search ways in order to overcome our limitations is a pasitive approach to life.

It is through Self-Knowledge, that, the effects of our childhood, environment and atmosphere are removed and obliterated. It makes us more reasonable and accomodating. It subdues temptations, over comes failings and gives us a sense of self right-eousness.

Tolerance, breadth of vision, strength of character and altruism, which are the fruits of Self-Knowledge add lustre to our lives and make us grateful, accomodating and kind to others

Self understanding and self-discipline, which are the ripe fruits of Self-Knowledge, teach us the invaluable lesson of self-respect, self-reverence and self-control.

Rights of other people should be given due recognition to, and one should observe his obligations and perform his duties.

All the anti-social acts and physical activities should be curtailed and preferably curbed. Public and private nuisance should become a thing of the past. There should be no violence and no noise disturbing others.

Self-seeking, anti-social actions and objectionable business methods and practices create chaos and confusion.

Instead of keeping an eye on the faults of others, it is better to watch one's own faults. Criticism should be positive if at all. It is, always, better not to criticise or blame others. On the contrary, it is better to be generous in praise.

It is a mark of wisdom to understand others. We share, human failings of others. This calls for understanding others.

It is a safe guide to pay respect to the feelings of others, and to be courteous and considerate towards those, who live and work with us.

Self-Knowledge implies the pursuit of a reasonable goal, and of an ambition, which is practicable and possible.

Responsiblity should not be shifted and avoided but, should be accepted as a test of character.

A temporary failure should not discourage us, but, should act as a spur to move on remembering past success.

Self-Knowledge makes us emotionally mature. We should

make the best of things and move on further irrespective of temporary set-backs, defeat and failure.

Courage, confidence, patience, and perseverance are the sure marks of strength of character.

Arguments lead nowhere.

Sense of inadequacy is a spur.

To seek success in inner life is the outcome of the sense of adequacy.

Envy and jealousy constitute mental torture.

The right use of talents implies to be thankfull to God for the gifts given to him.

To face problems courageously and bravely is to rely on spiritual power within.

Marriage is an union. It is life long partnership. Through marriage two human beings come close and accept mutual rights and obligations. It is to live in the sunshine of mutual love, mutual help, mutual trust and mutual good-will and understanding. It calls for mutual sacrifice.

Normal human character should be acceptable to the one-desirous of self-improvement.

It is not necessary, that, what one says, should be accepted. In case a person's sane opinion is disregarded and disinterested advice is ignored, he should not be frustrated or

disappointed, but, should make allowance for the weakness of human nature.

Experience is a good and safe guide, We should learn a great deal from experience.

Everybody commits some mistake, but a spiritually developed person refuses to repeat the mistake.

To accept pesrsonal reponsibility in any situation denotes moral courage.

Heredity and environment should not serve as our handcuffs and fetters. We should break them and be free.

At no cost and under no circumstance, we should surrender our integrity, inner satisfaction, positive outlook, the sense of being one with the Universe, and above all, our will to will the common good.

We should not be blind to the fact, that some people are superior to others. Some are rich, and some are poor. Some have mental power and some have physical power. Some have fame and some remain unknown. Some have influence and some are denied influence and power. Some body has wealth, but has no knowledge. Somebody is gifted with knowledge, but, he lives in straightend circumstances.

We should accept this fact and should not bear any grudge, bitterness, jealousy or envy.

To be acceptable to circumstances marks out a person to be emotionally mature.

Prejudice is the lack of wider knowledge.

It is relevant in the context of human life that Self-knowledge should accupy a pivatal position in the process of producing a balanced view of life.

Without knowing one selfhow can a man know God ? It is self-knowledge, which gives direction to life. To be one's own judge is a difficult task, but it becomes easy by the exercise of will, patience and practice.

People fight on so many fronts in their day-to-day life. Fighting with facts is one thing and flghting against facts is another thing. Fighting with facts is commend able and praise-worthy. The man who is engaged in fighting with facts evokes praise and earns sympathy.

But, fighting against facts in neither feasible nor desirable. Life demands, that one should not sit on the fence and calculate the weather. It has as its objective, to fight with facts. If the outcome of fight with facts is successful, then, the tenor of life is changed for the better.

What is inevitable should be accepted as such. It will be futile to offer resistance to it.

Supremacy of the wish and desire should not be recog-nised. To submit to the dictates of the wish is to be duped

and thrown in wilderness. Self-deception and self-conceit are the products of the wish.

Self-Knowledge has two distinct features. It may be objective, or it may be subjective, We have two ways of of looking upon ourselves. The one is objective and the other is subjective. The way of looking upon our feelings, emotions, passions, inclinalions, thoughts, and aspirations is the subjective method employed in Self-Knowledge. Ego has dynamic movements, which can be identified as thoughts, feelings, emotions, inclinations and aspirations. To know and to be aware of them and to mend them and mould them is an exercise in self-control, leading, ultimately, to self-development, which is itself a product of Self-Knowledge.

The objective way is a little different. It is a way of looking upon oneself objectively.

The objective way concerns itself of looking upon Ego and the intellect, which are supreme, and upon the interior body where animal passions have their abode. They try to go beyond control. They have their own fancies, ways and their own instinctive laws and regulations They are expected to be under the management, supervision and control, but only, a man, who is gifted with Self-Knowledge can do so. In other words, the objective way of looking inside may be the method adopted by a doctor, who examines a patient and diagnoses everything inside the body. He prescribes a

prescription and suggests special diet and recommends rest.

Our self-analysis will reveal to us what is required to do and how to do it.

Self-Knowledge adds positive elements to life. As regards Self, it has as many facets as there can be. One should move with caution and care. In fact, "Caution" should be the watch-word.

Dogmatism constitutes an hindrance to the free and full development of personality. What is required is to overcome the feeling of inadequacy and insecurity.

To pay proper attention to people and to take interest in the environment are the signs and the symbols of the zest for life.

When we are willing and prepared to make contribution to human happiness, human progress, and human uplift, then, alone, we will be able to have a vision of bether to-morrow.

Then, alone, we can be good architect, and build a new society free from hatred, conflict. and exploitation.

Then, alone, we can understand the hopes, achievments and aspirations of the pepole.

Then, alone, we can give new values and new dimensions to the fabric of socicty, in which, we live and work,

Then, alone, we can be able to achieve the inspiring ideal, which is no other than moral, spiritual and social uplift.

Self-Knowledge is the foundation, upon which, we can raise a beautiful edifice, symbolising human aspirations for a fair deal.

The choice before us, now, is either to call for the best or live with the worst.

Man is a hidden mystery. Self-knowledge furnishes the key. □

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