

## Analysis of Thought Helps Us to Improve Our Mental Health

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**Abstract:** Human life is a highly responsible and dignified one. The world Humanity is derived from the Latin word Humanity is the human race, which includes everyone on Earth. Mental health includes our emotional, Psychological and Social well-being. It affects how we think, feel and act. Mental health is important at every stage of life. From childhood to adulthood. To improve the mental wellness, thought analysis is one of the yogic practices. To analyze the thought we must know all about mind. Man is mind and mind is man. It's working center is genetic center of living being. Mind waves is always emerging from the genetic center. The bio-magnetic waves pertaining to the experiences of mind and the frequencies play an important role. So thoughts must be analyzed to use them beneficially. For success in the practice of introspection and diversity of thoughts should be understand. Thoughts produce imprints, which give rise to further thoughts, thoughts and imprints, again and again in endless cycles. There are mainly six roots-causes from which our thoughts emerge. They are Needs, Habits, Environmental conditions, Others impositions, Heredity and Divinity. Thought may come by anyone of the above Six causes or by a combination of one or more of them. Good thoughts must be fulfilled. Evil thoughts are to be neglected. We should not give room to harmful thoughts at the outset itself, with firmness and sincerity. In due course such thoughts will not arise. "A person whose mind is filled with pure and noble thoughts, and who remains in a state of constant introspection, is a Gnani or an enlightened person.

**Key Words-**Mental health, Thought Analysis, mind, Genetic center.

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### I. Introduction

All want to be happy and get very few people have permanent happiness in their life. The basic need of the human being is happiness. Physical health and mental health can be maintained and preserved by some proper yogic practices. "Analysis of thought" is one of such introspection practices formulated by Sri Vethathiri Maharishi. Introspection means inner inspection. This is quality of life. Ennoblement of character is achieved by the process of introspection. By doing this introspection mind can be turned up in the right direction. Since thought arise in mind. We must know the mind and its activities.

#### DEFINITION OF YOGA GIVEN BY VETHATHIRI MAHARISHI:

Vethathiri Maharishi Simplified the Kundalini Yoga having four processes. Physical Exercise – for the body, Meditation – for the mind, Kayakalpa Yoga – for the life force, Introspection – for the Behaviour. Simplified Kundalini Yoga is the science of raising the life force or the Kundalini power. Thereby, enhancing physical health, mental health, and social health. This is essentially an art of understanding all about the body, mind, life, and soul.

#### MENTAL HEALTH:

Mental health includes our emotional, psychological and social well – being. It decides how we think. Feel, and act. It also helps to handle stress relates to others. Mental health is important at every stage of life, from childhood to adulthood.

Simplified Kundalini Yoga Evolved by Vethathiri Maharishi gives Holistic Health. The Holistic Health is nothing but the overall health which includes Mental Health.

#### MIND:

Man is mind, and mind is the man. "Only when the body and the soul worked together does mind exist and this mind is what constitutes the personality of an individual, makes him humane, human, a Man. Mind is a mysterious and marvelous phenomenon. According to Vedhathiri Maharishi, mind is " psychic extension of the life force". Mind is nothing but the bio-magnetic waves arising due to continuous rotation of life-force particles. It's working center is the genetic center of the living beings.

#### FREQUENCIES OF MIND WAVES:

Mind wave is always emerging from the genetic center. The bio – magnetic waves pertaining to the experiences of mind and the frequencies play an important role. So far it has been noted that the human mental frequency works in four stages. When one is perceiving with the senses, engaged in worldly deeds and enjoying or suffering from the results, the mental wave functions from 14 to 40 c.p.s. it is called beta state. “When the mind wave is force of Bio- magnetism, its frequencies reduces to one of the three subtle states of mind, the alpha (8-13 cycles/sec) Theta (4-7 cycles/sec), and Delta (1-3 cycles/sec), respectively”.

#### THOUGHT:

Maintenance of peace of mind in the family and social relationships is of utmost importance for everyone. Realization of the nature of the mind will give one a maturity to perfect the personality in all fields of life. Mind is the sum of all actions and experiences of the soul. Thought is a specialized function of the mind. Thought is performed in terms of time, distance, volume, and force. Thinking involves processing anything in accordance with the above four parameters. Thoughts must be analyzed to use them beneficially. Sri Vethathiri Maharishi also says, “Mind is the fertile ground from which thoughts, words and deeds arise, Words and deeds originate as thoughts and blossoms in to action later. For success in the practice of introspection and diversity of thoughts should be understand”.

#### THOUGHT CYCLE:

Thoughts produce imprints, which give rise to further thoughts, thoughts and imprints again and again in endless cycles. It is wrong to decide that a thought, which entertained in the mind, would never be put to action. It will surely take action somehow or other. Therefore it is important for the people on the spiritual path to analyze the thought. Maharishi says “There are mainly six root-causes form which our thoughts emerge. They are : (1) From the force of Needs (2) From the force of Habits (3) From the force of Environmental conditions (4) From the force of others imposition (5) From the force of heredity and (6) From the force of the evolution process of Divinity”.

### **II. Analysis Of Thought:**

Thought may come by any one of the above six causes or by a combination of one or more of them. Good thoughts must be fulfilled, evil thoughts are to be neglected. We should not give room to harmful thoughts. We should eliminate such thoughts at the outset itself, with firmness and sincerity. In due course such thoughts will not arise. Natural calamities, like cyclones, floods or earthquakes are the results of the evil thoughts that have risen with in the minds of the people. If we find a thought unnecessary, an autosuggestion is to be made to prevent it arising in the future.

“A person, whose mind is filled with pure and noble thoughts, and who remains in a state of constant introspection, is a Gnani or an enlightened person..

Thoughts should rise with awareness, watching over itself and making corrections all the time. This is introspection, which has to be performed once a month, a week, or even every moment, which alone can pave the way for sublimation and perfection”.

### **III. Conclusion:**

Vethathiri Maharishi here gives prime importance to Introspection practices. It is essential to do this thought analysis, regularly. This will give constant awareness in the mind. Noble thoughts lead to the uplift of the self and the society. “Analyzing the thoughts helps overcome desires, anger, worries, and helps in realizing the self, thought constant awareness”. It improves positive mental health. Noble thoughts enhance the inner potential and gives good will to cope with the people. People with good thoughts work productively. They face the stresses in life with firm mind. Because when this is practiced along with Physical Exercise, Meditation and Kayakalpa Yoga, it will bring Mental Health so that people can lead a peaceful, Harmonious, Contentment life. Simplified Kundalini Yoga is an Integrated Yoga which gives all of the above.

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