



## LIFE SKILLS AND PERSONALITY DEVELOPMENT BASED ON PANCHASHILA—A review

(1. Self-knowledge 2. Self-control 3. Self-confidence 4. Self-reliance 5. Self-sacrifice)

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### ABSTRACT

#### Personality ....

According to the Cambridge International Dictionary of English, ‘your personality is the type of person you are, which is known by the way you behave, feel and think.’

Personality, according to the Longman Dictionary of Contemporary English, is the ‘whole nature or character of a person.’

#### We are all....

..... working to acquire purity, goodness, excellence, perfection and glory. By developing a harmonious personality, we can lead a happy, successful and fulfilled life. Personality Development requires a healthy approach to life, which has been summarized by the five principles of Panchashila. We shall also look at a four-fold action program that can result in a harmonious development of personality. Five dimensions of personality – Physical-self, Energy-self, Mental-self, Intellectual-self and Blissful-self. Beyond these Five dimensions is our divine self, the core of our personality. To develop our personality, we need to progressively identify ourselves with the higher dimensions. This is possible through the harmonious development of our physical, mental, intellectual, moral and spiritual faculties.

**KEYWORDS :****Personality****Spiritual Development****Mental Development****Social Development****Self Confidence****Self Control****Self Sacrifice****Self Realization****INTRODUCTION**

The world is suffering because of lack of peace. Man gets caught in various sufferings because of his body attachments. Man has no peace even for a moment. Peace is not outside, but within. But man is unable to enjoy it, as he searches it outside in the world. Of all human values three are most important. They are Love, Sacrifice and Purity of heart. “Where there is love there is sacrifice. There arises purity of heart. There should be a fusion of love, sacrifice and purity”<sup>1</sup>. Education should serve not only to develop one’s intelligence and skills, also help to widen outlook, make him useful to society. Moral and spiritual education will train a man to lead a disciplined life. Education without **self-control** is no education at all. True education should make a person compassionate, self-centred, spontaneous sympathy, and regard for all beings should flow from the heart. This should be the real purpose of education in its true sense.

*Swāmī Dayānand* wherever he went, spoke upon the need of building up a radiant and robust health. Along with healthy body he laid equal emphasis upon the cultivation of a well-informed mind and a strong character.

He enumerates the eleven virtues as follows: -

Non-violence, Perseverance, tolerance, control of mind, non-stealing, purity, control of senses, wisdom, study, truth and Non-Anger. “Indian Education Commission rightly declares this concept of the mingling of science and spirituality is of special

<sup>1</sup> Bhagawān Śrī Satya Sāi Bābā (Discourses), *Sathya Sai Speaks (volume-17)*, Prasanthi Nilayam, Sri Sathya Sai Sadhana Trust, March 2013, p.3.

significance for Indian Education. To sum up we can say that Education should make An Individual vocationally self-sufficient, intellectually mature, socially efficient, culturally refined, morally virtuous and spiritually advanced.”<sup>2</sup> “According to *Vācaspati*, while the Supreme Self is the cause of the Veda, he is not its independent author; because he always *composes* in accordance with the past aeon. So, in that sense the Veda is eternal”<sup>3</sup>. *Śrī Satya Sāi Bābā* says “the first Kavya (poetry) that has emerged in the world is Veda. It is also the first text of study in the history of *Bhārat*”<sup>4</sup>.

## Personality Development

A common definition of personality is based on an individual's most striking characteristics. Personality is the characteristic patterns of behaviour and modes of thinking that determine a person's adjustment to the environment. "It is well-known fact that in its original use the word persona was the designation of the mask worn by the actor on the ancient Roman stage and came to be used of the actor himself and his part in the play; and hence of the part that a man plays in social intercourse generally, and especially those forms of social intercourse in which, as in legal transactions or in the official relations of public magistrates, a definite task is assigned, just as in a play, to a particular man, to which all that he is or does when not engaged in the performance of that task is irrelevant."<sup>5</sup> "Jesus taught the importance of morality to the leaders in the Roman kingdom and so the Romans addressed him as 'persona', meaning one of sacredness. The English word person has been derived from this. It means that there is Divinity in everyone; there is Divine Spirit in everybody. The very Self is called 'persona'."<sup>6</sup> This personality development removes all barriers which separate man from man and unites all people. It gives solace, strength, peace and removes all fears, doubts, anxieties, delusion and illusion.

A complete description of an individual's personality would include many factors:

### 1. Physical Development

<sup>2</sup> Ibid.

<sup>3</sup> Ibid, p.42.

<sup>4</sup> Bhagawān Śrī Sathya Sai Bābā on Veda (A compilation of discourses), *Śrī Sathya Sai Veda Vānī*, Prashanthi Nilayam, Sri Sathya Sai Sadhana Trust, 2010, p.371.

<sup>5</sup> Clement C. J. Webb, *God and personality*, George Allen & Unwin Ltd, June 1920 London, p.35.

<sup>6</sup> Mrs. Debra and Mr. William Miller (compiled), *Be Like Jesus (in the words of Sri Sathya Sai Baba)*, Sri Sathya Sai Sadhana Trust, Prashanthi Nilayam, 2018, p.61.

2. Mental Development 3. Spiritual

Development 4. Social Development

### Physical Development:

The first pre-requisite for man is a strong and healthy body. This god given gift has to be utilized for personal growth and welfare of the society. A person may be physically strong and very efficient, but he has to realize that he needs others help, to achieve his goal. Even Lord *Rāma* had to take the help of lesser evolved monkeys, to win over *Rāvaṇa*. Thus, the non-egoistic which permits accepting help from others will help in success. For example, even among the five elements, fire cannot burn without air. In any field one has to put-in more effort with the right attitude to achieve success. For example, Helen Keller, who gave the world Braille and Florence nightingale, who is an idea for nursing and Mother Theresa in our Generation. So, people who feel discouraged should take inspiration from these examples and strive to fulfill their dreams. A person may be intelligent and strong but if lazy cannot achieve

success. Constant and continuous effort makes the impossible possible. In the same way continuous and steadfast effort should be put to succeed and achieve the goal. Ex: *Ratan Tātā* who established Bhabha Atomic Research Centre and Infosys Narayana Murthy etc.,

### **Mental Development:**

If a person has to progress in his attitude has to change for the better. Good thoughts give him a chance to do good deeds. Man should never be weak minded. Intelligence is different from strength. Weakness should not influence the thought process because it can lead to low self-evaluation. Even for slaughter only the weak and meek animal like the sheep is slaughtered but not the strong animal like a lion or tiger. The underlying message is not to be weak in word and deed. Even in the present scenario we see live examples of this. Any difficult situation can be overcome with strength depression will keep away even friends and can make enemies out of them. It is similar to the wind putting out a dim lamp and heaping a forest fire to spread. In the present society a person who is rich or in authority is greeted well, where as a poor or help less person is neglected. In society pleasant words should be used for conveying, our ideas. Harsh words, do not bring the expected results. Unpleasant conversation like a frog-croaking, is a result of unhealthy thoughts. The cuckoo which regales us with its sweet songs is a result of the tender leaves of mango plant, that is to say, pleasant thoughts and right attitudes help one express without hurting others. So, man needs

to feed his mind, with pure food for all the Indriyas, the great example is Gandhiji's three monkey's.

Do not see bad Do not speak

bad Do not hear bad

A person is respected in the society, for his intellectual growth more than his caste, creed or religion. The intellectual growth of a person is indicated by his knowledge in the scriptures, his interpretation of principles laid down in the scriptures and his ability to create literature which can propagate human values and guide the society towards the practice of *Satya, Dharma, Śān̄thi, Prema & Ahimsa*. *Ratnākara* – born in scheduled tribe, stands as an eminent poet and held in, high esteem even after thousands of years, because of his intellectual greatness and creation of the greatest of epic *Śrīmad Rāmāyaṇam* which left legacy of truth, Righteousness of love and peace. *Vedavyāsa*, the son of a fisher women, wrote the 18 puranas, which have shown the way of righteousness, to the entire human society since thousands of years. If the world is to be happy and peaceful humanity, must blossom in every heart. This fact must be understood by every member in the society, so that his behavior can be moulded to exhibit patience, perseverance, love and respect towards everyone.

### **Spiritual Development:**

Human birth is the gift of God. Therefore, human being should be always aware of what he has to do. To make this human life an ideal one, spiritual development is essential. The Hall mark of spirituality is to do the Right thing at the right time in the right manner. To achieve this thought, attitude must be changed. There is no end to learning. We have to keep on learning as if the end is far away and you must possess in earn money in a righteous way. When one possesses the knowledge through education and realizes that the 'End of Education is Character', he not only earns righteously but also spends the money

towards the welfare of the society. Here both education and earning are interlinked. And one's the learning awakens a person towards righteous learning and righteous spirituality blossoms. Such spiritual awakening encourages a person to live in a righteous manner. Spiritual awakening in a person is reflected in praising the greatness of others, forgetting and forgiving his weaknesses. This is one step forward in the spiritual development of a person. "From the history of the notion of Personality and of the application of it to God I shall pass to a consideration of the motives which have led to an attempt to find personality in God, and of the difficulties which such an attempt encounters. we shall find ourselves in the course of this investigation examining the conceptions implied in such phrases as 'divine immanence', 'divine transcendence' and 'a finite God.'"<sup>7</sup>

### **Social Development:**

Man is a social animal. His welfare and prosperity depends on the welfare and prosperity of the society around him. Therefore, it must be the sincere endeavor of every person to strive for the welfare of the society and pray "Loka Samasta Sukhino bhavantu". This is the greatest tradition and legacy given by our ancestors. Therefore, when we deal with the society, we must be careful in our every thought, word & deed. If we take the instance from the lives of Patriotic like *Gāndhīji* & other reformers. Each and every act they performed was a lesson for others to follow. We know that systematic hard work has made Abdul Kalam, a poor fisherman's son as the President of India. If one is careful there is no fear, if one cares about his health there is no fear of death. One cares to be peaceful, there is no fear of anxiety. And one is careful about saving money there is no fear of poverty. If one is careful, he can teach others to be careful. The righteousness awakens the entire universe to shine. We know that the whole world enjoyed prosperity and happiness when kings like Rama world followed the *dharma*. A noble son makes his dynasty to shine. If we considered the examples of *Sardārvallabhāi Patel*, *Lālā Lajapathi Roy*, *Eswarchandra Vidyā Sāgar*, *Rāma Kriṣṇa Paramahansa* and such great sons of India who are known for valour sacrifice and service for humanity. The entire country is grateful to them for bringing to name & fame this country. Only such qualities of greatness make a person worthy. Such members of the society can only bring peace and harmony to prevail in the society and make this world a happy world to live in. For achieving higher or noble cause of benefit to the society one can forego or sacrifice smaller things or small benefits. When a big Industry or big 'dam' across a river is constructed, country loses a no. of villages. One can sacrifice a 'man' for the sake of a village, one village for the sake of country. But finally, for achieving the highest spiritual knowledge or Atma Gnana, everything and everybody can be left behind. Ex: *Gautama Buddha and Ramaṇa Maharṣi*. The primary duty of a man is that he should lead his life independently. One should not be a parasite, and lazy without doing any work for livelihood. Parents will not appreciate, siblings will stay away, servants won't respect him, and friends will avoid him. If a person is hard working and earning, the entire world will respect him and

<sup>7</sup> Clement C. J. Webb, God and personality, George Allen & Unwin Ltd, , June 1920 London, p.33.

he will be loved by all – Lord *Kriṣṇa* in *Bhagavad-Gīta* says that 'work is worship' and one should work till death. People with hard work can society prosperous. Japanese are hardworking people, that is why it is the most prosperous country in the world, though it is very small, it is controlling the entire world with

production of various goods. Lazy men cannot acquire knowledge. He will be ignorant, consequently lack of wealth and will not be able to earn even his livelihood. Ultimately a 'parasite' to the society he will not have friends, life will become hell for him. A lazy person does not a happy life. A person with 'Tamasa' (i.e.) laziness is the most useless person in the world in God's creation. Laziness should be avoided and one should be active, and one should be self-sufficient other comforts will automatically follow helps those who help themselves.

A person who inculcates the philosophies and ideals highlighted in the *Upaniṣads*, and is able to imbibe the in his life style is able to lead a healthy, happy and enriched life.

### **Panchashila**

1. Self-knowledge
2. Self-control
3. Self-confidence
4. Self-reliance
5. Self-sacrifice

### **Self-knowledge**

Once, a disciple asked Jesus, "O master, when I am faced with any problems, how I to solve them?" Jesus replied, "O simpleton, do not seek solutions for your problems. Love God, who is installed in your heart. Love even those that hate you, because God is present in them also."<sup>8</sup> *Vivekānanda* says: Each soul is potentially divine. The goal is to manifest this divinity within by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy – by one, or more, or all of these and be free. This is the whole of religion. Doctrines or dogmas, or rituals, or books, or temples, or forms, are

<sup>8</sup> Mrs. Debra and Mr. William Miller (compiled), *Be Like Jesus* (in the words of Sri Sathya Sai Sai Baba), op. cit., p.50.

but secondary details. Five dimensions of personality – Physical-self, Energy-self, Mental-self, Intellectual-self and Blissful-self.

### **Self-control**

Jesus wished well for those who insulted and injured him. One should not count the harm inflicted on you and plan revenge. One must on the other hand return love for hatred, fraternity for enmity. To behave otherwise is a sign of weakness, of want of courage, of lack of faith in human goodness. One should face any situation with courage, without bothering about the results. One should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat. *Swāmī Vivekānanda* says 'This world is the great

gymnasium where we come to make ourselves strong. Know that talking ill of others in private is a sin. You must wholly avoid it. Many things may occur to the mind, but it gradually makes a mountain of a molehill if you try to express them. Everything is ended if you forgive and forget. This I lay down as the first essential in all I teach: anything that brings spiritual, mental, or physical weakness, touch it not with the toes of your feet’.

### **Self-confidence**

One should not allow themselves to be overwhelmed in any way by difficulties and sorrows, doubts and disappointments. One must have faith; only the one with faith is completely free from fear. Have confidence in oneself and strive to understand well the nature of God’s love. To secure that love is sacred goal of human life. Whatever you think, that you will be. If you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be. It is people who are getting old who talk of fate. Never say, ‘No’, never say ‘I cannot’, for you are infinite. Even time and space are nothing compared with your nature. You can do anything and everything, you are almighty.

### **Self-reliance**

There is a reason for anyone coming in that human form; however, this may not be known to all. Only the Divine knows the real purpose. Everyone should regard himself as a messenger of God and try to lead an ideal life. “Through right discipline man may realize within himself the bliss that is Brahman, for Brahman is the self of the world. The significance of Brahman as bliss is far-reaching.”<sup>9</sup> *Vivekānanda* told: Make yourself a dynamo. ... If you are pure, if you are strong, you, one man, are equal to the whole world. Stand up, be bold, be strong, Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny.

<sup>9</sup> A G Krishna Warriar, *God in Advaita*, Indian institute of Advanced study, Simla, 1977, p.37.

All the strength and succor you want is within yourselves. Give up criticism altogether. Help all as long as you find they are doing all right, and in cases where they seem to be going wrong, show them their mistakes gently. It is criticizing each other that is at the root of all the mischief. That is the chief factor in breaking down organizations.

### **Self-sacrifice**

One has to give up selfishness and self-interest. This may not be easy, but with God’s grace it should be possible to progress towards God- realisation gradually. *Vivekānanda* says: My hope of the future lies in the youths of character-intelligent, renouncing all for the service of others and obedient - who can sacrifice their lives in working out my ideas and thereby do good to themselves and the country at large. In the world take always the position of the given help, give service, give any little thing you can, but keep out barter.

They only live who live for others, the rest are more dead than alive.

## Conclusion

“Only in an individual who is morally does the human personality find its best expression. Jesus was one such personality who manifested the perfection that man is capable of; he was an example of the highest expression of human excellence. The term personality can be applied only to one who manifests the hidden, un- manifested Divinity within him by his conduct. Mere human form does not make one a human personality. ”<sup>10</sup> So one must realized that Divinity was present in every human being in a hidden way.

*‘Brahmānandam, Parama Sukhadam,  
kevalam Jñānamūrtim, Dwandwātītam, Gagana  
Sadriśam, Tattwamasyādi Lakṣyam, Ekaṃ, Nityaṃ,  
Vimalamacalam, Sarvadhī Sākṣibhūtam,  
Bhāvātītam, Triḡuṇarahitam*

*Sadguruṃ taṃ namāmi’*

He who has attained the Bliss of Brahman, the Supreme joy, He who is  
pure (free from delusion),  
embodiment of Wisdom Beyond the duality of the world,

<sup>10</sup> Mrs.Debra and Mr.William Miller(compiled), Be Like Jesus (in the words of Sri Sathya Sai Sai Baba),op.cit. p.61.

sky high in spirituality, He whose attention is on “I am that” One with  
divinity, Eternal, without impurities,

immovably established in truth, He who is witness to everything (from his omniscience.) Beyond the  
mind, without the three *Guṇās* (of Sattva, Rajas, Tamas),

Salutations O that Holy Guru.