

Rhetorics of Gandhian thoughts: An analysis of philosophy of self

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Abstract

What's the best way to become an authentic human being? This question might have been in our minds for quite some time. Every human, at-least once in their life, might have formulated plans about saving or bettering the world. As someone has said before, without removing your flaws, you cannot expect others to work on their imperfections. The mind of humans can be molded and sculpted to a point of making it a refined sculpture. In the process, humans change and get the power to move others too.

It's a common fact that every human has good and bad qualities. The more you focus on good qualities, you transform into a good person and vice-versa. We intend to rhetorically analyze the Gandhian thoughts on "an analysis on philosophy of self". The study will aid to interpret it for the betterment of human society. Also, this will help in offering wisdom to fellow human beings on how to change and be a better version of them.

Keywords: Gandhi quote, good qualities, betterment of human society, wisdom, change

1. Introduction

Every human has a quest to better themselves. The measures people undertake for this are quite calculative. Some people embrace meditation, and yoga in-order to chisel their minds as well as bodies. There has always been a strong link between one's soul, mind, and body. It is a common fact that human thoughts are mostly dictated by their minds and all that goes on inside one's mental framework.

The human mind is a plethora of emotions and a collection of simple and complex energies. These mental energies and emotions get expressed when humans confront different situations in life. Every person will differ in the way they react to situations according to their mindset. If people could naturally control their minds, they could unlock the huge potential that is embedded deep inside them. Through this way, people could re-discover wisdom that might have been in their minds for generations, centuries, and eras.

In *Descent of Man* by Charles Darwin, there is a quote, which showcases the importance of knowing and being in control of one's mind (self-control). The quote of Charles Darwin goes like this: "The highest possible stage in moral culture is when we recognize that we ought to control our thoughts" (Baumeister and Tierney, 2011)^[1].

The significance of willpower has been under study for quite some time. Baumeister has observed the strength of willpower. He was amazed at the way by which one's mental willpower provides strength to persevere as well as do other essential things required by humans. Also, it was observed that a lack of willpower affected human morale adversely, which resulted in humans becoming moody and negative about various life-situations (Baumeister and Tierney, 2011)^[1].

The greatest revolutionary leader of India, who is known as Father of the Nation, Mahatma Gandhi had tried to motivate and inspire people through his words. In Mahatma Gandhi's time, there came a situation where the entire world had to be changed via immense will power of people.

To motivate people for fighting against the oppressive forces, Mahatma Gandhi had urged everyone with his speeches. Through this urging, Mahatma Gandhi is asking everyone to re-discover their inner strength and use it for your own as well as the world's betterment.

2. Mahatma Gandhi's influential views on life

As per Mahatma Gandhi, "If you change yourself, you will change your world" and "If you change how you think you will change how you feel and what actions you take. And so, the world around you will change" (Edberg, 2019)^[3].

Being self-conscious about your mind and brain is the first step to implement the change Mahatma Gandhi had told us about. As mentioned before, the mind is the functional element of the brain (Singh and Singh, 2011)^[5].

By analyzing the thoughts, we can understand the basics of brain-mind relationship along with the mental structure of humans. There are four types of consciousness levels in the human brain. Self-awareness of these mental levels helps us to understand what Mahatma Gandhi meant when he said the statements or quotes mentioned above.

3. The mental structure of humans

Humans have a well-evolved mind that goes hand-in-hand with the brain and thought formation process. According to Sigmund Freud, mind has three states that include categories such as conscious, pre-conscious, and sub-conscious levels. The conscious mental state deals with the present. All situations that humans have to deal with, is done via the conscious mind. All recollected memories come under the category of pre-conscious mind.

The unconscious level of mind deals with all emotions, energies, and thoughts that are embedded deep inside humans, very close to the human souls. The emotions and energies in all three states of minds influence humans in their way. These mental states dictate the personality and behavior of humans (Widder, 2008)^[7].

4. Brain-Mind Relationship

In simple terms, the brain provides structure to mind and vice-versa. It has been observed that the mind is a collective term for all functions that occur in the brain.

Although the brain is an organ from which mental operations arise, the mind is perceived as a different entity. For instance, the mental functions carried out by the brain include thoughts, emotions, problem-solving skills, moral perceptions, and formulation of life-principles and ideologies as well as plans regarding routine life (Singh and Singh, 2011)^[5].

5. The categories of consciousness (Singh and Singh, 2011)

There are four categories of consciousness

- Default Consciousness: The consciousness factor that separates living from the dead.
- Aware Consciousness: When the body is in an awaken state, along with being drowsy. Semi-conscious, unconscious, delirious or coma-state.
- Operational Consciousness: This state deals with cognitive, sensory, motor, ethical, and creative functions.
- Exalted Consciousness: A divine state or elements and energies, which are concerned with inner-self, special forms of creativity, and soul.

The concept of mind has stemmed from the uncertainties and mysteries that revolve around the functionalities of the brain. This has, in turn, resulted in mind is a fascinating entity to be looked upon. This is a major reason why the mind gained prominence and importance over the brain.

The right balance between the entities, brain, and mind helps in understanding about self-consciousness and self-control at a deeper level. All these factors aid us in understanding the relationship between brain and mind, at a deeper level.

6. Self-Consciousness and Self-Control

To deal with various situations in life, humans should be self-conscious about their abilities. Mastering self-control of one's mind can be an essential art as it helps in building self-confidence, which improves the quality of life.

These concepts help dispel confusion and interchangeability of the terms brain and mind. The writings of yester-years have only served to create more confusion regarding the structural and functional elements of the brain.

7. The study of the Gandhian thoughts

As now we know the basics of the brain-mind relationship, we can perform the assessment of Gandhi thoughts and its influence over generations. According to Mahatma Gandhi, to gather immense will power to change a world, one should take measures to know their mental-self. Mahatma Gandhi was the founder of the non-violence movement in India against the British rule. There is no doubt that, this statement motivated and inspired lots of people to be self-aware and self-conscious.

The non-violence movement ultimately became an event that changed the world. If people fell into the trap of mind-games played by Britishers, India would have struggled to get independence. During the struggle and war, there came numerous instances where the self-awareness and self-

consciousness of people were tested brutally.

It has to be noted that, the people who survived were very well-versed in knowledge about themselves; their ultimate strengths and weaknesses. These people were capable of changing their weaknesses into strengths, the way a sculptor chisels away debris to create and design a beautiful piece of art (sculpture).

Once a person is determined to change the world into a better place, he/she starts by analyzing his/her mental strengths and weaknesses. They understand these by paying close attention to their physical as well as mental aspects of the body. With keen observation, one can surely understand the areas he/she needs to improve.

These areas are bookmarked and treated accordingly by

- Converting the toxic and weak mental energies into strong ones, through a self-psychological approach.
- Eliminating negative thoughts through meditation and yoga techniques (Burgin, 2017)^[2]:
- Labeling and discarding negativity and all related elements.
- Shifting the focus through proper meditation techniques.
- A lifestyle change can aid in changing one's mind.
- Don't believe in false projections.
- Kindness and compassionateness can go a long way in removing negative attitudes and mindsets.
- Enhancing positive mental energies and elevating them to fill the mental space through various techniques (Smith, Segal, Robinson and Segal, 2019)^[6]:
- Stay active and engaged in activities that fill you with positive energy.
- Keep the stress levels under check through taking breaks when you feel overwhelmed.
- Follow your passion, which gives meaning to your life.
- Boost the energy levels with the Law of Attraction (Hurst, 2019)^[4]:
- Motivate yourself through energy-boosting self-talks.
- Be aware and challenge the beliefs that restrict you from living your life the way you want to.
- Visualize the positive energy growing inside your mind.
- Inspire yourself through things you love to do or knowledge, information, or events that stimulate your mind positively.

By examining Gandhi's thoughts and influence in human life, we can clearly understand, once all the measures are done with proper guidance, humans become self-aware, self-conscious and self-confident. These attributes change a person and influence the people around him/her to change as well. This inspiration spreads around your whole world, changing everyone positively as this positive energy-wave passes through.

This energy and positive vibe will have immense power to inspire, motivate, and move everyone. The positive energy can give you the strength to resist all people who emit negative energy or vibe from them and be mindful of how to defend themselves from these people. Thus, these aforementioned activities prove the thoughts of Mahatma Gandhi and its relation to the philosophy of life. By examining the thoughts, it's fair to say that the ability of humans to change can influence the world to transform as well.

8. Conclusion

Here, we have a detailed study over the thoughts of Mahatma Gandhi, the Father of Nation of India. With this analysis, we looked at various aspects that constitute the brain, mind, and health. Also, we looked into what to do with the negative and positive energies as well as vibes in the brain along with the mind. The most important of all, we looked at how changing yourself, can change your whole world and ultimately the entire universe. Thus, we studied the thoughts of Mahatma Gandhi by understanding all nuances of it, very effectively.

We can safely conclude that thoughts of Gandhi have relevance even in today's world. The activities such as yoga and meditation aid in changing yourself into better human beings. Through changing yourself, you can inspire, motivate, and influence others to embrace positivity as well.

9. References

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