

Personality Development and Integration

This webinar will explore what constitutes healthy personality development and how personality integration occurs. You will meditate on what areas you need to develop and what aspects of your nature need to be integrated into your personality functioning.

Developing Your Personality

Excerpted from the Mudrashram® Correspondence Course

Personality expands with

- (1) The learning of social skills that assist the individual adapt to society
- (2) Through intimate and clear communication of meanings, needs and values to another human being
- (3) Through inculcation of consonant moral values
- (4) Through goal setting and working on meaningful projects
- (5) Through developing intellectual strategies to study, to think about and understand abstract concepts, and to solve problems
- (6) Regular intuitive self-study
- (7) The application of volition to master the facets of personality and to take responsibility for the relationships, roles and duties that characterize adult functioning

In this teaching, the personality is not to be denied or suppressed, but to be actualized so it may become an instrument to express the Soul's love, wisdom and power in the world of other human beings.

Personality deteriorates when there is neglect of diet, there is substance abuse or addiction, and one fails to heed guidelines for healthy living, including attention to proper rest and exercise. Damage to the tissues of the physical body through neglect or abuse has profound effects on both personality and spiritual development.

For this reason practitioners of Mudrashram® meditation courses are urged to take excellent care of themselves by avoiding the use of intoxicating substances, to pay attention to proper nutrition and to use vitamin and herbal supplementation as needed to insure optimum vitality and functioning.

A lactovegetarian or vegan diet, if possible for the practitioner, may also be helpful in producing the mental clarity and buoyancy that aids spiritual exploration and development.

Personality fails to develop or deteriorates when these additional factors are operating:

- (1) There is a failure to learn adaptive social skills, or one learns social skills that are only relevant to a deviant subculture, such as a criminal gang, a militant or terrorist group, or a cultic religious group that employs mind-control methods.
- (2) Intimate communication is avoided and primary love and friendship relationships are not established.
- (3) Moral values are not incorporated, or one learns negative values that justify criminal behavior, injury to others, or prejudice or hatred of other groups.
- (4) An individual fails to set goals and wanders aimlessly through life.

- (5) Academic education and/or vocational training are not pursued and the individual is not properly prepared for employment.
- (6) There is a lack of self-introspection so that a person is not aware of his or her true motivations, values, or internal psychological life.
- (7) There is a failure to take responsibility for functioning of aspects of the personality, or for the relationships, roles and duties of adult life, as is seen in addiction and psychopathology.

The will-driven personality self-programs human life by setting goals, by planning the steps for achieving these goals, and by directing the actions that make up each step of the plan. Through this means the Metaconscious mind creates and actualizes a vision of the future.

While the Conscious mind can initiate single actions in the present time, such as "tie your shoe," or "pick up the plate and put it in the sink," the Metaconscious mind can direct complex and purposive behaviors that can span years.

The decision to complete a college education that can take between four and ten years, saving money and buying a house over 30 years, marrying and raising children are examples of long-term commitments and ongoing goal-oriented behavior dictated by the Metaconscious mind.

Other differences exist between the Conscious and Metaconscious mind.

- (1) Response to stress – Conscious mind reacts to a present time challenge through triggering a stress response and by activating psychological defenses, but the Metaconscious mind can apply social skills and intelligent strategies to deal effectively with the situation.

- (2) Relationships – Conscious mind brings up feelings about other people and events, forms attitudes and attachments, but the Metaconscious mind can establish long-term relationship commitments and can view the events of those relationships contextually by seeing them in a larger, historical perspective of shared experiences over long periods of time.
- (3) Thinking – Conscious mind uses analogical and deductive reasoning based on empirical data and associates to experience; Metaconscious mind utilizes inductive, dialectical and mandalic¹ reasoning, focusing its intellectual and intuitive operations upon abstract concepts and models of reality.
- (4) Memory – Conscious mind can encode information to learn new material and retrieve memories to recall previous learning, but Metaconscious mind can reflect upon and interpret experience, and learn from that experience to change behavior, beliefs and values, and to revise its models of reality.

Personality is actively constructed by reflecting upon life experiences and continual learning. Through its knowledge of the present, its connection with the past, and its active building of plans for the future, personality achieves a sense of continuity about its experiences and achievements in human life.

¹ Mandalic reasoning grasps knowledge within a field of inquiry in a glance and arrives at the summarized essence of that knowledge. It can consider entire dimensions of information, for example, epidemiological, developmental, biological, psychological, and social factors to arrive at a whole picture of an individual.

With the higher functions of the Metaconscious mind:

- Personality is able to form long-term relationships with relatives, friends, spouse and children.
- It can define and live by a code of ethics and values.
- It can set goals for living and act to achieve them.
- It can engage in the exploration, development and elaboration of abstract ideas. It can turn these ideas into practical inventions, technological advances, and new strategies for dealing with challenges.
- It can model reality, and creatively change those models of reality to bring forth something new.
- It can communicate ideas to others through writing, speech, mathematics, symbols, and other media.
- It can work and build a career, and contribute its skills and experiences to the community.
- It can introspect, and change values and behavior.
- It can form a sense of self, and create a narrative of its life experiences and their meaning.

Personality operates in the social world, in a world of values and ideas shared with and communicated to other people. The personality constructs a picture of the world, and creates within that vision the unique relationships, values, meanings and achievements of human life.

The *Self*, the nucleus of the personality, uses will to guide and direct the functioning of personality. The *Self* is the ambassador for the Soul in the world of other human beings, and stands at the doorway of the Superconscious mind.

It is for this reason that the meditation student must know the Self, and learn to use the will to master the personality to both function effectively in the social world and successfully achieve his or her goals in living. The meditation student should aim to be successful in life, and to make spiritual progress, too.

Process of Integration with Spiritual Growth

Excerpted from
Religions, Cults, and Terrorism: What the Heck Are We Doing?

Personal integration comprises the first five steps of a larger integrative process, which we describe below.

1	Ego-ego	Survival – encounter with stressful incident triggering fear, anger, fighting, escape, dissociation, addiction, or identity loss in cultic groups. Adventure – risk/opportunity, going for what one wants, challenge, thrill-seeking high experiences, and the urge to grow.
2	Ego-habit	Routinization of Life – living by successful patterns, seeking ease and convenience, comfort, pleasure, sexual enjoyment, wealth, and celebrity
3	Self-ego	Discipline of behavior and attitude – confrontation, confession (telling the truth), ownership, putting ego in its place
4	Self-habit	Self Programming – program behavior, attitude, desire, and belief
5	Self-Self	Personal Integration – (1) Control of behavior, Subconscious mind and the etheric body, (2) control of emotional faculties of commitment, persona, and conscience, (3) control of mental field faculties of concrete mind, intellect, and intuition. Social Integration – creation of relationships with other people and with the institutions of Society

6	Self-Soul	Encounter with Essence <ul style="list-style-type: none"> ➤ Awakening of the attention principle ➤ Awakening of the spirit ➤ Intuitive guidance by the Higher mind ➤ Dawn of creativity and genius ➤ Realization of the nature of the Soul ➤ Experience of mystic union
7	Soul-Soul	Transpersonal Integration - Expression of the love, wisdom, and power of the Soul; Gnosis
8	Soul-Monad	Liberation of Soul - reawakening as the Monad <ul style="list-style-type: none"> ➤ Attuning all octaves of will with Will Divine ➤ Awakening of global intuitive knowledge, prehension ➤ Awakening of all-embracing understanding, compassion, and love

Looked at in a slightly different way, you can examine which of the four levels of mind are operating in you at any one time. These are shown below.

Level	Will	Love	Wisdom
Ego (Conscious mind)	Selfish, desire driven, choices made to fulfill desires	People as objects to fulfill desire, no long term bonding, use and lose attitude	Worldly knowledge, sophistication, does not consider long term consequences of actions

Level	Will	Love	Wisdom
Habit (Subconscious mind)	Automatized, follows rituals or routines, acting on behavioral formulas or prescriptions	Following familiar patterns of relating, seeking comfort, ease, and efficiency	The reservoir of prior learning and the praxis of learned behavior
Self (Metaconscious mind)	Considers options and consequences; makes choices; formulates a plan to accomplish goals; establishes long-term goals	Able to form long term personal relationships, to set limits, and to restrain one's own behavior to obey moral standards and laws of the community	Knowledge of the meaning of commitment and choice; increasing mastery of social skills and ability to assume social roles; ability to construct and deconstruct values and standards; ability to plan, use intellectual strategies to solve problems; to check in with different aspects of the mind through intuition; and to coordinate the function of the entire personality



Level	Will	Love	Wisdom
Soul (Superconscious mind)	Operation of siddhis or spiritual powers, motivation to altruism, creativity, making a difference, and achievement of beauty and excellence	Unconditional love, compassion, experience of other as spiritual essence	Insight into the nature of reality and the laws of karma, discernment of the structure of consciousness and the vehicles of the Soul; Gnosis, knowledge of oneself as the Divine Spark within.

As this integrative process unfolds within you, you may find that you begin to bring in more elements of the Subconscious, Metaconscious, and Superconscious mind into expression in your life.



Your Next Steps with Personal Development

For this exercise, you will contemplate your personality functioning as if you were a detached witness. You will observe your functioning and suggest what you need to improve. You may wish to invite the guidance of your Higher Self to assist you in this exercise.

- (1) What social skills do you need to improve?
- (2) Are you able to intimately and clearly communicate your meanings, needs, and values to others? In what areas do you need to improve?
- (3) Are your moral values consonant, or do you find yourself in inner conflict over some issues? What would bring resolution to this conflict?
- (4) Have you set goals for each area of your life? Are you working on meaningful projects, or do you sometimes feel you are wasting your time? What goals need to be set? How could you more effectively use your time?
- (5) Have you developed intellectual strategies to study, to think about and understand abstract concepts, and to solve problems for all areas relevant to your life's aims, or are there subjects that you need to learn to achieve these objectives?
- (6) Do you take the time to do intuitive self-study on a regular basis? [E.g. one a month or once every two or three months?]
- (7) Do you feel that you are able to use your will to master the facets of your personality and to take responsibility for the relationships, roles, and duties in your life? Are there aspects of your life that are out-of-control that need to be reigned in?

Working with Non-Integrated Aspects of Your Personality

Notice that much of your personality is integrated. All these integrated aspects work together for common goals, as directed by your will.

Observe the aspects of your personality that are not part of this integrated whole. **Make a list of them right now.**

As you look at these aspects of your personality that are outside, **what is it that they need** that your personality cannot now give them?

What would you need to change in your life to be able to allow these needs expressed by these subpersonalities to become a part of you?



Those of you who have taken the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program have learned the Rainbow Technique. Use this technique to explore each of these subpersonalities you have listed.

Set aside some time to reflect on your personality and do **personal process**—work on those issues in your life that need to be resolved and find solutions for your personal problems.

Aim to find a way to become more functional and more integrated in your life. Through this means, you will become a better instrument for the expression on your Soul's Purpose.

Thank you for attending our webinar today!

