



Searching the True Self

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Abstract

The deepening value crisis in the contemporary world cast its evil shadow in all walks of our life. The soul aim of all the strivings has become attainment of success in materialistic life-money, power and prestige. The upbringing and enculturation have tuned human beings for single minded pursuit of career growth and economic success. In this present study values have been discussed from humanistic orientation, especially from Abraham Maslow's humanistic perspective. Self actualizing tendencies are highlighted. In a nutshell it could be said that desire for love, compassion and support prompts human beings to form psycho-spirituality.

Keywords: value, true self, humanistic orientation, psychotherapy

Introduction

Our contemporary society reflects a state of degradation of human values. The deepening of this crisis is casting its evil shadow in all walks of our life. The soul aim of all our strivings is to attain materialistic benefit characterised by – acquiring money, power and prestige. Our upbringing and enculturation have tuned us, human beings to remain engrossed in single-minded pursuit for career growth and economic success. Often and on we hear the phrase – 'higher the consumption, better the quality of life'. But beyond this confinement in the day to day activities, Man's strong emotion and sentiments provide a deep impetus for self realization and self actualization. The ideology of Francis Bacon is reflected here. Bacon considered, 'that the real and legitimate goal of all Sciences is to endow human life with new inventions and riches'. So far we have mentioned external component of values. But in the midst of material success human beings couldn't find the 'gaiety: 'exuberance of 'love' and 'serenity' Humanistic psychology has shown the way which gives 'meaning', 'purpose,' 'dignity' and 'value ' to human existence.

Abraham Maslow espoused a more holistic dynamic point of view. He wrote: '... in almost every new born baby, there is an active will towards health, an impulse towards growth, or towards the actualization of human potentialities' (1967).

Maslow has propounded a theory of motivation. This theory differentiates between basic needs and meta needs. The basic needs are: physiological needs, safety needs, belongingness and love needs, esteem needs and the like. Meta needs are those of justice, goodness, beauty, order, unity and so forth. The basic needs are deficiency needs whereas meta needs are growth needs. When basic needs are unfulfilled the person becomes mentally ill. If one is able to fulfill growth needs he can reach to self – actualization.

Carl Rogers have identified himself with humanistic orientation of personality. He has pointed out two special attentions to needs – the need for positive regard and the need

for self regard. He also stresses on unconditional positive regard, warmth that the client should receive irrespective of his vision and deeds.

The highest level of need of human beings is that of self-actualization, 'to become everything one is capable of becoming'. It means development of the full potentialities lie within the individual.

In today's world one should follow the path of self-actualization for holistic success and contentment. Individuals aspiring for self-actualisation are characterised by:

- Efficient perception of reality and a more comfortable relation with it.
- Cheerful acceptance of themselves, other people and the world for what they are.
- Abundant in spontaneity, simplicity and naturalness. Self-actualizing people can be described as relatively spontaneous in behavior, and far more spontaneous in their inner life, thoughts and impulses.
- Self-actualizing persons are more problem-centred rather than ego centered. Their focus of attention is on the problems out there in the social, national or human life rather than on their own satisfactions of rewards or gains.
- They possess the quality of detachment: the need for privacy. It is often possible for them to remain above the battle, to remain unruffled, undisturbed by that which produces turmoil in others. They find it easy to remain aloof, reserved, and also calm and serene.... They can retain their dignity even in undignified surroundings and situations ... They can be solitary without discomfort ... (and)... They positively like solitude and privacy....
- Sense of autonomy
Self-actualizing persons are relatively autonomous in the sense that their growth, conduct and behavior are governed more by their own internalized values, rather than by external goals and norms set by the cultural or the social environment.

- Exhibit a continued freshness of appreciation
Self-actualizing people have the wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life with awe, pleasure, wonder and even ecstasy. However stale these experiences may have become to others.
- Self-actualizing persons are masters of mystic experience: Mystic experience encompasses a life condition when one loses or transcends the sense of self. The state is usually achieved when one is immersed in intense concentration or is deeply engrossed in a problem. An intense sensuous experience or enjoying music or art intensely can also help manifest this state.
- Feeling for the mankind:
Self-actualizing persons have a deep feeling of identification, sympathy and affection for the whole of humankind. They have a genuine desire to help, and to improve the human condition.
- Experts in interpersonal relations
Self-actualizing people have deeper and have a more profound commitment towards interpersonal relationships than others. They are capable of greater love. They are efficient in identifying and obliterating ego boundaries than other people would consider possible.
- Self-actualizing persons have a democratic character structure
A person with a democratic temper respects every human person irrespective of class, cast or gender differences. She/He treats them equally, respects their rights and their views. She/He exhibits the quality of humility and is ready to learn from any one.
- Efficient in discriminating between means and ends, and between good and evil
They are clear about ends and means. And they are more fixed towards the former than the latter. They are highly ethical people who can distinguish between right and wrong, good and evil. This discriminating wisdom is the hallmark of a fully developed human personality.
- They have a philosophical, unhostile sense of humor.
- Sense of creativeness
They are highly creative persons who are able to find innovative solutions, generate new ideas, and develop better ways of doing things. They are less inhibited and more original.
- Resistance to enculturation: the transcendence on any particular culture.
Although they are generally tolerant of the ordinary ways of living, etiquettes, customs etc, but in a profound and meaningful sense they resist enculturation.
They can transcend cultural national boundaries and identify themselves with the larger humanity. As Socrates says, 'they are 'citizens of the world'. (Tripathi, A. N. 2009).

Conclusion

In a nutshell it could be said that the desire for love, compassion and support prompts human beings to follow the path of psycho-spirituality, the way to seek self-actualization. And this self-actualization leads us to unravel our true self. It is in the unification of the ways of cognition and devotion inherent in our value system with that of our actions of our

daily living that we find our true self.

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