



MAGIC THROUGH HEART PSYCHOLOGY AND CONSULTANCY

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# Integrity Corrected

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# Contribution of science to improving quality of life, through improved 'Human Consciousness':

1. Newton's 'Law of Motion',
2. Darwin's 'Natural Selection' and
3. Einstein's 'Theory of Relativity'.

We play various roles and are interpreted differently by different experts. Since we believe in, therefore, are subject for exploitation. For the purpose of our betterment, the need is to learn making connections to understand the impact of occurrences happening inside and outside of our existence.

(Salesman is hidden in an expert.)

Reptile mentality refers to under developed limbic system, i.e. snake is very sensitive to cold and hot temperatures. During extremities it is only concerned with its safety ignoring all other needs of the body. **Once temperature becomes normal, the snake comes out from its hiding place and immediately goes for hunting frog or mouse whichever prey is available. Soon after, filling the stomach it needs a partner for procreation.**

(Decision making (intellect) begins with snake.)

# Limbic System

- ▶ It is the portion of brain that deals with three key functions: emotions, memories and stimulations.
- ▶ This system is composed of several parts which are found above the brain stem and within the cerebrum.
- ▶ It connects parts of the brain that deal with low and high functions.

- ▶ **Thalamus** – located within the brain stem.
- ▶ Is responsible for detecting and relaying information from our senses, such as smell and vision.
- ▶ **Hypothalamus** – located beneath thalamus.
- ▶ Is responsible for multiple chemical messengers, called hormones.
- ▶ These hormones control water level in the body, sleep cycle, body temperature and food intake.

- ▶ **Cingulate gyrus** – serves as pathway that transmits messages between inner and outer portions of limbic system.
- ▶ **Amygdalae** – two almond shaped clusters of nerve cells in the temporal lobe of cerebrum.
- ▶ Are responsible for preparing the body for emergency situations.
- ▶ They assist in the development of memories, particularly those related to emotional events and emergencies.

- ▶ **Amygdalae** are also involved with the development of fear and its extreme forms, like panic.
- ▶ They play major role in pleasure and sexual arousal and may vary in size depending upon the sexual activity and maturity of the individual.

(In absence of actualization needs one may go for rape even with wife.)

- ▶ **Hippocampus** – another section of temporal lobe.
- ▶ It is responsible for converting short term memories into long term memories.
- ▶ It is thought to work with amygdalae for memory storage.

- ▶ Damage to hippocampus may lead to memory loss (amnesia).
- ▶ **Basal Ganglia** – a collection of nerve cell bodies responsible for coordinating muscular movement in posture.
- ▶ Specifically, basal ganglia help to block unwanted movements from occurring and directly connect with the cerebrum for coordination.

(Yog-Aasans are best to quote.)

Like snake, poor and backward people of society are unconcerned with developmental aspects but focus only on reservation and secured job as a measure of 'safety'. (They are restricted to limbic system.) Since they are human beings, therefore, they fill the stomach with traditional food without bothering for its nourishing value. Once they feel comfortable and get money their priority is to go to restaurant for delicious food with entertainment facilities and rush for the girl/boy friend (partner) for the purpose of procreation.

Such life style is physiologically known for sympathetic dominance which is very active but susceptible to weaken the body's metabolism (particularly, anabolism). As a result, poor and backward are prone to life threatening diseases and are exploited by politicians who can encash their 'safety' concern.

- **Results of election campaigning – development-vs-reservation or free electricity and water – confirm reptile mentality of voters of two states. That is, Delhi, the capital of the country and union territory and Bihar, rich with historical importance.**

**Politicians of both the states credited for the victory suffer with life threatening diseases like severe heart problems, hypertension and diabetes. Likewise, people of Delhi suffered with Dengue and other life threatening diseases as they are susceptible to invite sickness.**

They are very  
much after  
miracles as a  
solution to their  
problems.

Freedom cannot be received as a token of 'gift'. It can only be attained by paying the cost.

# Other side of the story

**ONGC sneezes, the nation shivers.**

**IEOT plays a vital role in ONGC's contribution to National Economy. Since you are significant to IEOT, therefore, ONGC expects a lot from you. Your transfer and promotion is linked with such expectation.**

**IEOT being R&D institute is responsible for giving solutions to future problems of ONGC.**

**See the dilemma of life – limbic system of poor and backward is restricted to reptile mentality, that is susceptible for sickness and poverty.**



On the other hand

Those responsible for creating future, can't fill the gap and give shape to the structure of data that is raw and incomplete, without active support of limbic system which is connected with cerebrum.

In fact, in their life limbic system in coordination with enteric nervous system does miracles.

(All therapies use power of enteric nervous system to give relief.)

**Unfortunately, examination oriented education system and bureaucratic style of functioning forces the limbic system not to evolve for actualization purposes.**

As a voter you expect all the comforts but as ONGCian you are expected by ONGC to give your best.

(Gap between the two is a source of our all sufferings and failures. It compels us to live double life, full of illegitimacy. Otherwise, integrity can lead us to realize completeness of life.)

Your promotion is linked with 'PAR'

Imagine the consequences. Your controlling officer rates you extraordinarily for all the attributes but in the column of 'INTEGRITY' he writes – “doubtful”.

# Psychology of 'Integrity'

**Crux of integrity is loving oneself. You may be extraordinarily brilliant in conceiving the pros and cons of a problem. You may be excellent in getting the job done.**

**But in case of work, life and relationships we have no option other than following 'trial and error' method. That is, each time we have a bunch of keys for opening the door. Each time lock and bunch of keys are different in their size and form.**

(We all without any disparity are equal with regard to this aspect of life which is directly linked with crossing the hurdle of 'Natural Selection'.)

**Trial refers to:**

**Lock is opened in first attempt.**

**Otherwise, it will be an 'error', i.e. mistake for me and access for other person. May be a close or intimate in relationship.**

**We can't survive with the feeling of guilt as it saps our energy.**

# Forgiveness is the only key.

I must forgive myself for my mistake. Similarly, I must forgive others for their mistakes (or offenses). In addition, I must learn seeking forgiveness from other person close/ intimate to me who suffered due to my errors.

Hence, integrity is an outcome of the 'art of forgiveness' which demands courage on my part.

**Life cannot be realized in its  
completeness without taking a risk.**

**Once loving oneself takes  
place, everything, even risk  
taking becomes secondary.**

welcome  
to

INTEGRITY

# INTEGRITY

- ▶ It is an outcome of one's intellect that reaches its climax through process of evolving within itself.
- ▶ That is, when we realize completeness of life or feel gratified with what we have,
- ▶ Then, integrity takes place in our life.

...contd.

- ▶ When we feel responsible for our self and feel serious concern for those who are close/intimate.
- ▶ What we feel, we speak out and
- ▶ We do, in similar spirit,
- ▶ Then, integrity takes place.

**It is not possible for  
fools, greedy, self-  
centred and/or selfish  
people. You will notice  
a wide gap between  
what they say and do.**

....contd.

- ▶ When we are capable of deriving energy from our experiences,
- ▶ Then a very specific kind of consciousness emerges,
- ▶ Which is very sensitive in feeling what our close and intimate feel, and
- ▶ Very powerful in influencing them.
- ▶ That is, they are inspired to support us.

**This consciousness includes creativity, intuition, values of life, emotional capabilities and all other logical and analytical faculties.**

**This is the reason that integrity surpasses all attributes of the world.**

# Integrity refers to:

- ▶ It guides us – what is right or wrong for us?
- ▶ It gives us – courage to chose what is right for us?
- ▶ We do it even at the cost of our existence.
- ▶ Then, we declare – I am doing that what I feel is right for me.

the refore!!!



# introspect

- ▶ What for am I posted in IEOT? What will be my contribution to IEOT?
- ▶ Am I able to understand what is 'right' or 'wrong' for me?
- ▶ Once I am able to understand what is 'right' for me, am I able to chose the 'right'?
- ▶ Am I able to declare – **I am doing that what I feel is right in this case?**

....contd.

- ▶ Right now and in future – will I be contributing regularly and continuously to the business of IEOT?
- ▶ Am I really committed to the success and achievements of IEOT?

**For bright future of ONGC, the criteria of promotion and posting in IEOT should be:**

First condition should be integrity of the person, second condition should be his level of motivation, third should be his capability to work, fourth condition should be his level of understanding, fifth should be his knowledge and last, the sixth should be his experience.



Motivation is dangerous in absence of integrity, without motivation capability is barren, without capability understanding is incomplete, without understanding knowledge is meaningless, without knowledge experience is blind.

People can use experience of other fields. Hence, either it can be ignored or can be given to the person through various means.

# Shadow side of life

- ▶ For Mahatma Gandhi, “Devil is not outside our existence but it operates in our heart. In fact, we must continue our struggle to defeat it”.
- ▶ We must accept our weaknesses and vulnerabilities with the same spirit as we feel proud for our talents and strengths.
- ▶ When we fail in doing so, devil becomes powerful.

# Continuing struggle refers to:

- ▶ Culture, tradition, family practice, etc. are the various forms of social conditioning.
- ▶ Ultimately, its purpose is to convert the individual into robot like human-machine.
- ▶ Mahatma Gandhi was of the view to revolt against such conditioning.
- ▶ **So that, we can make our being meaningful.**
- ▶ Therefore, he inspired the masses to continue their struggle against the devil.

# How???

- ▶ For integrity it is essential for us:
- ▶ Like brighter side (**talents and strengths**) we must know, recognize and accept the darker side (**weaknesses and vulnerabilities**) of life.
- ▶ Instead of hiding, ignoring we must carry them like a mother who holds the heavy weight baby in her lap.

# Like physical heart

- ▶ There are four valves in our heart.
- ▶ Two of them are filled with red coloured blood.
- ▶ The other two are filled with blue coloured blood.
- ▶ For quality-life, it is essential that all the four valves must function effectively.
- ▶ Like physical heart we have four categories of attributes. Two are filled with brighter side (talents and strengths) and two are filled with darker side (weaknesses and vulnerabilities).

**(When all the four operate effectively, then integrity takes place.)**

# Without shadow

- ▶ Light without darkness is neither complete nor effective.
- ▶ In view of definition both give a sense of emptiness and are incomplete as independent existence.
- ▶ When we hide our weaknesses and curse God for our vulnerabilities, we:
  - ▶ Create less,
  - ▶ Worry more.
  - ▶ Neither can feel nor can communicate our feelings of love to our partner,
  - ▶ But doubt more about her/his intentions.

Loving one self in its completeness is not a joke. It means we love that part of our life also. If that is exposed before others, we may be rejected or condemned like anything by the society.

**Therefore, loving one self is not possible for greedy, weak, coward and fools.**

If someone loves this part of life also, it means he/she cares it. Caring becomes curing in view of health. Meaning of caring becomes, as a token of affection, carrying the heavy weight baby in her laps by a loving mother.

Loving oneself means caring the weaknesses and vulnerabilities. Considering them as a very important aspect of life. Sometimes, we carry them on our shoulders.

(One cannot love in totality in absence of courage.)

**Accepting  
shadow side creates  
opportunity for.....**

1. Going ahead of the perceived opportunity:

**feeling all the feelings**  
in dark, light of torch  
becomes more  
effective.

(Talents and strengths become more powerful and effective when we accept and love our weaknesses and vulnerabilities.)

2. Realizing self-acceptance in its completeness:

loving one self in a very refined manner

we know what we are, hence, more opportunities are created for development.

3. Instead of hiding or ignoring the weaknesses and vulnerabilities, we explore, attempt to know and accept:

**so that, ignoring/hiding won't appear like bad luck** (those don't practice they die or suffer severe injuries in accident)

**it helps in using the weaknesses and vulnerabilities in a very creative manner.**

**(Recall, Mahatma Gandhi's article, "Shyness my shield".)**

4. It helps in:

getting freedom from  
deep seated emotional  
blocks of guilt, depression,  
resentments and self-pity.

5. It helps in developing trust-worthy relations or we attempt to improve the relations through independent analysis.

**For this, with open-heart we work to improve the relations which have been broken due to our fault.**

6. Get freedom from the invisible bag, we carry on our back.

We carry this bag since the time when we were growing as a new born. Our parents, guardians, elders and teachers for the sake of discipline, obedience and cultivating good habits provided wrong parenting/nurturing/or teaching.

Don't weep, don't shout, no arguments, sit silently, no complaint, say 'sorry', and so on.

In other words, we get freedom from the ill-effects of wrong parenting.

In fact, as we grow old weight of this invisible bag becomes heavier. In middle age, such weight reaches its climax.

As a result, we suffer with chronic diseases like – backache, blood pressure, diabetes, asthma, arthritis, eczema, etc.

Message of these diseases is very clear –

neither we have attempted to explore, to know or to accept the shadow side; nor we love our-self.

then, what???

So far, you have been either working for character values and compromises or winning the race of competition. It is due to heredity, parenting, nurturing and/or teachings. Physiologically, either parasympathetic or sympathetic dominance. Likewise, getting relief through managing the enteric nervous system and energy centers.

**(Dadi Amma ke nuskhe fall in this category of miracles also.)**

Whereas, need is a balance between sympathetic and parasympathetic nervous system and practice of integrity.

Activity represents activation of sympathetic nervous system.

Practice of deep breathing activates parasympathetic nervous system.

**No one other than you can establish this balance between the two.**

**For resilience you need to use all the muscles and joints of the bones. Practice some exercises at least for one hour a day.**

**It is very much required by those who believe in compromises. Likewise, practice of deep breathing after an activity that is strenuous in nature is essential for those who believe in success, a mantra of life.**

# Develop the habit of writing early morning notes.....

(A method for ONGCians to get support from limbic system for creating 'Future'.)

# Your aim should be:

- ▶ From my busy schedule I will take off and go to a place where I can devote few days only with me. No family, no friends, no lover, etc.
- ▶ I will introspect my experiences and incidences associated with them.
- ▶ I will focus on those aspects which will inspire me to go ahead.
- ▶ **My purpose will be to concentrate on those which will create my future.**

## ....contd.

- ▶ I will feel my feelings with complete sincerity.
- ▶ I will feel the depth and broadness of my feelings with complete surrender.
- ▶ **Along with talents and strengths I will feel the feelings and images of my weaknesses and vulnerabilities.**
- ▶ What I feel, think and say – I will feel seriously.

# Your commitment should be:

- ▶ For next four weeks, every day soon after waking-up from sleep I will go to my table.
- ▶ Spend ten to fifteen minutes in writing morning notes.
- ▶ During writing I will not bother for grammar, morality or ethics but
- ▶ I will write whatever will come to my mind.

## .....contd.

- ▶ I will not bother for 'right' or 'wrong'.
- ▶ It will cover both the sides – brighter (talents and strengths) as well as darker (weaknesses and vulnerabilities) sides of my life.
- ▶ Through this, I will know, recognize, accept and love my total being.
- ▶ **Then, I will know 'what I am' and I can feel my 'uniqueness'.**

PI go through slides nos. 29 to 33  
and 49 to 57. Try to understand  
and feel in your heart, **‘What  
is the message  
behind each slide?’**.

# INTEGRITY

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- ▶ That is, when we realize completeness of life or feel gratified with what we have,
- ▶ Then, integrity takes place in our life.

Integrity takes place  
when we feel  
gratified and thank to  
God for what we  
have.

# ...contd.

- ▶ When we feel responsible for our self and feel serious concern for those who are close/intimate.
- ▶ What we feel, we speak out and
- ▶ We do, in similar spirit,
- ▶ Then, integrity takes place.

When we seriously carry our family/team members and move ahead. We feel, we say and do something to motivate for achieving the group-goal. Then integrity takes place.

- ▶ When we are capable of deriving energy from our experiences,
- ▶ Then a very specific kind of consciousness emerges,
- ▶ Which is very sensitive in feeling what our close and intimate feel, and
- ▶ Very powerful in influencing them.
- ▶ That is, they are inspired to support us.

When we learn from our experiences which are good or bad. Then a very specific type of consciousness emerges in us. It is very sensitive to feel 'what' close and intimate need. At the same time, it is very powerful to inspire them to do what we need.

**This consciousness includes creativity, intuition, values of life, emotional capabilities and all other logical and analytical faculties.**

**This is the reason that integrity surpasses all attributes of the world.**

1. Going ahead of the perceived opportunity:

**feeling all the feelings**

**in dark light of torch  
becomes more  
effective.**

**(Talents and strengths become more powerful and effective when we accept and love our weaknesses and vulnerabilities.)**



Light of torch becomes  
very powerful when we  
put it into a dark corner  
of a cave.

2. Realizing self-acceptance in its completeness:

**loving one self in a very refined  
manner**

we know what we are, hence,  
more opportunities are created for  
development.

**Realization of self  
acceptance in its  
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growth and development.**

3. Instead of hiding or ignoring the weaknesses and vulnerabilities, we explore, attempt to know and accept:

**so that, ignoring/hiding won't appear like bad luck** (those don't practice they die or suffer severe injuries in accident)

**it helps in using the weaknesses and vulnerabilities in a very creative manner.**

**(Recall, Mahatma Gandhi's article, "Shyness my shield".)**

Exploring, knowing,  
understanding and loving the  
weaknesses and  
vulnerabilities by talking with  
our pain help us in creating  
good-fortune.



4. It helps in:

getting freedom from deep seated emotional blocks of guilt, depression, resentments and self-pity.

**This is in fact freedom  
from past. It is known as  
Mukti, Nirvana, etc.**

5. It helps in developing trust-worthy relations or we attempt to improve the relations through independent analysis.

**For this, with open-heart we work to improve the relations which have been broken due to our fault.**

For better future, it is important to improve relations, even if it was worst kind of relationship. It will help in having better intimate partner.

6. Get freedom from the invisible bag,  
we carry on our back.

We carry this bag since the time  
when we were growing as a new  
born. Our parents, guardians, elders  
and teachers for the sake of  
discipline, obedience and  
cultivating good habits provided  
wrong parenting/nurturing/or  
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In other words, we get freedom from the ill-effects of wrong parenting.

In fact, as we grow old weight of this invisible bag becomes heavier. In middle age, such weight reaches its climax.

As a result, we suffer with chronic diseases like – backache, blood pressure, diabetes, asthma, arthritis, eczema, etc.

Message of these diseases is very clear –

neither we have attempted to explore, to know or to accept the shadow side; nor we love our-self.

Without changing our past we are able to get benefits from the past experiences. This is very useful for those who are sick, frustrated with married life, etc.



Imagine for few moments:

**the consequences, if you  
begin loving your being  
and live the life with  
complete integrity?**

Imagine:

**the consequences, if you  
begin using your energy in  
creative use of your  
weaknesses and  
vulnerabilities?**

Imagine:

the consequences if  
you begin your total  
energy in creating  
future of Human  
Consciousness?

If each member of  
IEOT and your  
family is committed  
to live with  
integrity?

Imagine:

how will you feel about your  
life and work, then?

**THANK YOU**