

## **Shifting from Personality to Individuality with reference to**

### **Rajneesh's works**

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Individuality does not mean personality. As the word 'personality' comes from the Latin word *persona* meaning the mask. In this regard Rajneesh (1989) says, "Personality is given by the society to you. Individuality is your intrinsic nature. Individuality is your innermost Buddha, your innermost door to the divine". Hence, a human being is individuality and not a personality.

Rajneesh (1979) says, "The superficial individuality is called personality. But it is better than having nothing at all at least it gives you a sense of your being, it defines you. But don't remain in it forever. From the personality you have to reach Individuality and from the superficial individuality to the core individuality. That is possible only by 'yes'. But 'yes' is significant only if you have become able to say 'no'." He says that parents must create opportunities for the children to say 'no'. Rajneesh (1976) says, "The personality is like the shell of an egg –the ego is the shell of an egg. It protects the life within for the time being only; beyond that it will be destructive. The egg has to be broken one day so the bird can come out. 'No' only creates a shell around you. If is good, it is needed, it is protective, but one day you have to come out of it. In the previous generation, it is common to find notice boards in the schools displaying of the statements "spare the rod and spoil the child". It means that if one does not discipline a child, s/he will never learn obedience and good manners. Alice miller (1998) says, "Daniel Schreiber taught that independence had to be crushed in children, through systematic abuse from infancy". His two children also suffered from mental disease. His oldest son had committed suicide. These people are trained that obedience is virtue. Rajneesh (1976) says, "A man of individual chooses consciously whether to obey or not to obey." Rajneesh (1989) says, "Adolf Hitler was simply shouting slogans without any meaning, even nonsensical. He was telling the Germans, "All our miseries are because of the Jews." The fact was that the Jews were the richest people in Germany, and his eye was on their riches. "Kill the Jews and take all their money and all their factories and all their businesses!" And he convinced the so-called intellectuals of Germany – even Martin

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Heidegger, one of the most famous philosophers of this century – that Jews were the problem. “Because of the Jews, Germany is not able to conquer the whole world, so first finish the Jews.”

The reason, Rajneesh says that nobody wants to have any responsibility. It is unfortunate that an intelligent country like Germany passively surrendered to the dictatorship of Hitler. Rajneesh says all the dictators in the world are created by us because we want somebody else to tell us what to do”. Rajneesh says here that, we lose our soul, if we allow others to shoulder our responsibility. J.Krishnamurti (1954) says, “Self- knowledge has no end. It is an endless river.” He says that reality can come into being only when the mind is tranquil– through self- knowledge and not through imposed discipline. And it seems to me without understanding, without this experience, merely to read books, to attend talks, to do propaganda is so infantile – just an activity without much meaning.”

The technique of positive thinking is not a technique that transforms you. It is simply repressing the negative aspects of your personality. It is a method of choice. It cannot help awareness; it goes against awareness. Awareness is always choice less.

Positive thinking means forcing the negative into the unconscious and conditioning the conscious mind with positive thoughts. But the trouble is that the unconscious is far more powerful, nine times more powerful than the conscious mind. It may not show in the old fashion, but it will find new ways of expression. So positive thinking is a very poor method, without any deep understanding, and it goes on giving you wrong ideas about yourself”. Norman Vincent Peale goes on writing on positive thinking, and millions of people read those books thinking that they can become millionaires.”

Rajneesh (1976) says, “Personality comes from Greek drama. In Greek drama, the actors used to have personas, masks. They would be hiding behind the mask. An individual is a one who has become a unity, one who is no longer divided. That’s why the Indian sages call the “divine “advait, non-dual. Personality and Ego are two aspects of the same coin. Individuality and self are two aspects of the coin. The personality has a center – that center is called the Ego. Because personality itself is a false the center is also false because a false circumference cannot have a real center.”

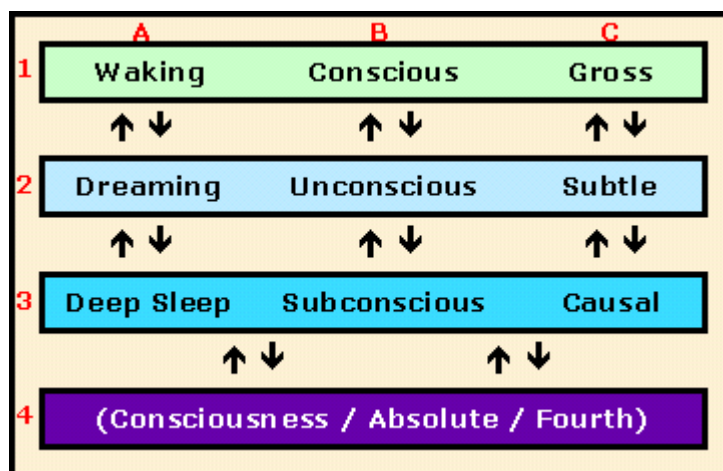


Fig1: Consciousness, subconscious and unconscious level and dimensions<sup>2</sup>

Rajneesh says that the ego and the personality have to be dropped, then only one can find individuality arising. Hence, a feeling of uniqueness arises. Therefore, comparison is unintelligent but the education system gives importance to a rigid pattern. Rajneesh says, the universities paid respect to their memories and memories are of not much use in actual life. He says that a different structure should be created. He says that every student, every day should get his credit marks from the teacher to show if s/he behaving intelligently. He says that the answers must not be repetition of the text books.

Personality development courses have been mushrooming everywhere. In this course, Positive thinking is taught. They talk about taking everything positively. Millions of Dale Carnegie's books on positive thinking are sold. Is it not important to take proper action when things go wrong? Rather than saying 'everything is all right', any idea or method should help a person to transform oneself but not to repress. Will the idea of positive thinking really help? Or, is there any other method to help people? Rajneesh (1984) says, "You cannot create electricity with only the positive pole; you will need the negative pole too. Only with both the negative and the positive pole can you create electricity. Is the negative absolutely negative? It is complementary, so it is not against the positive".

The idea of Positive thinking forces the negative into the unconscious and conditioning the conscious mind with positive thoughts. Freud (1912) talks about the unconscious mind. Freud (1915) described conscious mind, which consists of all the mental processes of which we are

<sup>2</sup> <http://www.swamij.com/levelsdimensions.htm>

aware, and this is seen as the tip of the iceberg. He explained what happens to ideas that are repressed. Hence, in reality, the unconscious is far more powerful. Lipton says that the unconscious mind operates at 40 million bits of data per second whereas the conscious mind processes at only 40 bits per second.

Is it possible to control anger, hatred with positive thinking? If someone is really angry, is it possible to smile outside naturally? If someone controls anger or hatred forcefully will it not strike back? Science says, “the energy can neither be created nor destroyed it can only be changed to one form to another”. The Tantra talks of transformation. Therefore, it is possible to transform the negative to positive.

Rajneesh says:

- The world is against individuality. It is against your being just your natural self. It wants you just to be a robot, and because you have agreed to be a robot you are in trouble. You are not a robot.
- Each person is born with a unique individuality, and each person has a destiny of his or her own. Imitation is crime, it is criminal.
- In the East, we think of the essence, not of the personality. That which you have brought, that which is your intrinsic nature, swabhava, that which is your intrinsic essence—that has to be known, and that has to be lived.
- Try to find your individuality, your integrity, and make the effort of not compromising. Because the more you compromise, the less you are an individual. You are only a cog in the wheel, just a part in the vast mechanism, just a small part of the mob -- not an individual in your own beauty, in your own right. I am absolutely against compromise. Death is far more beautiful than a life of compromise.
- The first step is: accept yourself as you are; drop all shoulds. Don't carry any ought on your heart! You are not to be somebody else; you are not expected to do something which doesn't belong to you.
- People are very much confused about personality and individuality. They think personality is individuality. It is not -- in fact it is the barrier.

Usually, people only follow logical and rational thinking. Rajneesh (1979) says, “Life is multidimensional. Don't confine it, don't make it linear, and don't live like a line. Live the

multi dimensions of it, the multi-phases of it, and then you cannot be consistent, because life is paradoxical -- one moment it is joy, another moment it is sadness. A man who lives life in its totality is a rainbow; he lives the whole spectrum of it. He cannot be consistent, he has to be inconsistent.” The Upanishads and the Tantra too mentions of Ardha Narishwara. It means ‘Half male and half female.’ To tackle all these, there should be inclusion of individuality in the Education system to help people to learn science, martial arts, music, dance and individual enhancement etc., for the amalgamation of left and right brain to make them strong and well-balanced.

Rajneesh says that a person of individuality is rebellious rather than a revolutionary, s/he assumes responsibilities rather than duties. An individual ‘acts’ rather than ‘reacts’. S/he lives with ‘awareness’ rather than living a ‘mechanical life’. An individual seeks, questions everything and does not look for the approval of others. S/he fights against blind faith, authoritative and despotic traits and finally an individual respects everyone irrespective of their differences.

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