

Integrated Personality

Dr. Dinshah K. Mehta
Servant of Servants of God

Seeds of Disintegration

Generally, human beings, whatever be their way or walk of life, whether of their own volition or otherwise, do not have integrated personalities. Quite a few have disintegrated personalities. This is because of a lack of right effort to achieve the goal of an integrated personality.

Most people feel that they must aim at full freedom of expression in their way of life. Whenever that becomes a goal of life, even if not *the* goal of life, take it that the seed of disintegration is already sown in their life.

In case of many, the seeds of disintegration are sown not only from their birth but even before their birth through biological inheritance from the parents and the fore parents and through the impresses on their soul. These are the very foundations of disintegration.

Clashes between and within Thoughts, Words and Deeds

When these foundations of disintegration are coupled with the conditions in which individuals can express their thoughts with full freedom in keeping with their subjective likes and dislikes, this leads to expression in words which clash with their deeds as well as leads to clashes within their words which were expressed on different occasions and within their deeds which were manifested at different times.

Those who can see themselves from an objective point of view, will be able to corroborate this fact. Others observing them can easily detect the discrepancies between and within their thoughts, words and deeds.

Tensions due to Different Goals in Different Aspects of Life

Whatever be their walk of life, they have to have some goal to go after. That goal becomes the point of integration around which they weave their thoughts, words

and deeds. If they do not do so, they are bound to fail in that way of life, whether it be the life of a family or community or society in general.

There is a need for some common goal as the integrating factor for men to think, say and do. But when they integrate their personality around one goal in one aspect of their way of life, they find disintegration in another aspect of their way of life. That creates complications within their personal life and leads to physical and mental tensions.

Even when they can integrate their thoughts, words and deeds in one or more aspects of their life, there will still be potential disintegration in the remaining aspects of their life. Some disintegration somewhere will follow outside those aspects of their life in which they integrate their thoughts, words and deeds.

Even when they confine themselves to certain small fields of life, there is likelihood of conflicts between different aspects in which they are integrated. These conflicts are the results of the human minds going after full freedom of expression in thought, word and deed. This is more so in the present-day way of life in which there is no single common goal for human beings, but many ideas about the aims to go after. This leads to not only complications within human beings but also between human beings and even between nations.

Integration in Creations other than Human Beings

Such conditions are absent on this earth in other creations untouched by human beings. Integration in creations other than human beings is due to one factor only, and that is that their way of life is controlled from within themselves by what are known as instincts, which allow freedom of expression only within the instincts, not beyond. That freedom is to a limited extent, depending upon the scope of manifestation of the instincts in their way of life.

This is why animals in the wild are integrated creations within certain limits. This is why they behave in a standardized way and have standardized forms of bodies.

The way of life of such creations, too, has to be only within certain limits. They cannot evolve unto the higher forms of ways of life through their own volition. They also do not degenerate into the lower forms of ways of life.

Freedom of Expression Has Value for Evolution If It Is Subject to Higher Controls

If human beings were also controlled only by instincts without the freedom of expression, it would have led to stagnation in the process of evolution. Freedom of expression in thought, word and deed, uncontrolled by instincts, has certain value for human beings for the evolution of their personality towards the higher goals of life.

While the freedom uncontrolled by the instincts has value for growing unto higher goals of life, higher controls - higher than the control of the instincts - are a must. Without higher controls, there is no hope for evolution. Lack of higher controls will lead to devolution, degradation and even disintegration.

Fundamental Goal Is Inward

Human beings should fix a fundamental goal, out of which many goals may radiate. Such a fundamental goal is not an outward goal; it is inward within the human beings. Outward goals have led and will always lead to processes leading to disintegration.

Expression of Repressions

It has also been observed that controls from outside sources like customs, conventions and even legislation, however right they may be from the human point of view, lead to repression when followed from outside but resisted from inside. When, by a change in the surrounding conditions, repressions are allowed an expression, the repressed people go all out to give outward expression to their repression without any control. Such behaviour has been observed in case of people who have been enslaved physically and/or mentally in any field of life, be it as a race or a community or a family.

Such persons, because of their past repressions, when they find that, under changed conditions, they are free to express in their way of life, go all out and even form a habit to go out of control. Not only that, but they even transmit this trait to their progeny, thereby leading to inherited trait towards expressions which can become even aggressive.

This is so not only in the field where human beings have been enslaved individually or as communities. It is so also in case of free people who have never been enslaved and whose trait has always been to conquer and enslave others whether in some physical field or mental field or other than physical and mental human fields, but not spiritual. Such people develop aggressive traits and impart them to their progeny as inheritance through their genes. This process

determines the traits of races, communities and groups or castes within communities.

Spiritual Freedom through Strict Control

None of them, neither those who have been repressed nor those who have never been repressed, can ever hope to grow unto spiritual freedom without the strictest control over their human urge towards freedom. They must also have utter humility from their innermost heart of hearts and must follow the spiritual principles and laws applicable to those who aspire to grow unto spiritual freedom. If they try to express whatever they have acquired or inherited as a trait, they will and must fail in the spiritual way of life leading to the spiritual freedom of their souls.

This is why most people, after a certain effort to grow inward towards their soul, give up their effort. Through their own resistance in one way or another to the process of emptying of their past causations, they even become victims of the surrounding forces, visible or invisible and even of discarnated spirit forces.

Such people, who have failed to grow unto the spiritual realm after making effort to an extent, often claim that there is nothing like the soul or the Source of the soul. They express this idea in thought, word and deed with all the dressings of rationality behind their expression. They proclaim that every human being in this life should go after acquisition of diverse things of life outside themselves. They are termed unbelievers or agnostics or even atheists.

These very people, when they find themselves in positions of power to control other human beings, enforce their control by the use of power of position or possessions or both.

Not believing in control of the right nature leading to spiritual freedom based upon discipline in their way of life, they themselves control others around them when they are in a position to do so. This is a contradiction in their behaviourism, but it is so only because it is a degraded reflection of the spiritual truth that to grow unto freedom of any nature there must be control. And, if the freedom is of deeper and deeper nature, the control must also be stricter and stricter.

That is why in the present-day way of life of human beings all over the world, in every walk of life, it is hard to find a personality that is totally integrated; integrated from the soul outward, if not from beyond the soul, the Source of the soul.

It is evident that in case of those who have been integrated in other walks of human life like professions, vocations, arts or sciences, their expression in their field of life has deeper roots than mere outside manifestations.

However, such integration of their personality is not from their innermost self. It is linked with only a certain aspect of life. In another aspect of the life of these very human beings, one will find either total or partial disintegration or states between disintegration and integration of some nature.

Aim not at Freedom; Aim to Practice Controls

This is important for those who believe in the so-called freedom of thought, word and deed. It is important for them to know that in the whole creation emanating from the Source - at least the material source, even if they do not believe in the spiritual Source - there has not been, nor will ever be, full expression of freedom in thought, word and deed. But there will always be control according to the principles and the laws governing the descent of the process from the Source, whether material or spiritual, unto all manifestations outward.

That source may be astronomical beginning with the black hole and the quasars and the galaxies, evolving, stabilizing and devolving and all that manifests in the form of creations having life known on this earth as biological. All this is in keeping with the laws and the principles that govern that process.

Therefore, the end product of that process that is man on this earth must know that if he wants to remain an integrated personality or grow towards integrated personality, he must not aim at freedom in thought, word and deed but must practice controls, not merely from outside but from within himself and thereby grow towards the source of integration which is no other than the spiritual Source of his personality which is the soul or the *atma*.

God Bless You.

(From a Discourse delivered through Revered Dadaji, Dr. Dinshah K. Mehta, Servant of Servants of God, at the Delhi Branch of the Society of Servants of God on November 6, 1976.)

.....

Editor's note: The above Discourse was edited by Byram on June 16, 2019 and finalized on June , 2019 in Ambatpada, Village Waki, Dahanu Road, India. Some words were edited out, some were inserted, and some sentences were moved around, and others inserted so that the thoughts would flow better and the message becomes clearer.