

A tale of two minds

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Abstract : *The word 'mind' creates various connotations in our very own mind depending upon what has been told to us so far. The mind creates images from the perception of the word. The word is a word and not the thing. These images of the word 'mind' can be broadly classified under two separate umbrellas. The mind interpreted by the Psychologists and the one by the Philosophers. The two have dealt with it in a separate way and hence the approaches although superficially similar are fundamentally different*

Key Words: Mind, word, psychological mind, philosopher's mind, psychologists, guru.

1. INTRODUCTION:

The role of the thought is to divide. The thought creates opposites on its own. The moment mind perceived white thought creates black and so on. Owing to this nature of thought, the mind as discussed in psychology is somewhat different from the mind as discussed in philosophy.

On one hand, where the disorders of the mind were the subject of psychology, the order in the mind was the subject of philosophy. The standards and the deviations of the behaviour which is the manifestation of the personality in the real world were quantified by the psychologists and a profession was born. Ages ago, the way of life was qualitatively defined by the philosophers along-with the Utopia that birth thousands of years ago and a legacy was born. Long before the psychologists term the disorders, philosophers and saints already dealt with the problem and suggested remedies. They largely revolved around '*dharma*' as a way of life, very different from the '*religion*'. A lot has been pondered upon and deliberated as to what is the right way of living so that the internal self -conflict is addressed to lead a religious life.

2. DISCUSSIONS:

Here onwards, I shall term 'former' for the Psychological mind and 'latter' for the philosophical mind.

To begin with, the former is a Solution-oriented mind while the latter is a Problem-oriented mind. Former always seek a solution and hence has a premise that every problem has a solution and that can be figured out. Thus various tools and techniques are developed to conclude. Since the path or the method is standardised, the problem is tagged immediately and what applies to the tag applies to the person and thus his mind. The solution applicable to one under a given set of circumstances and the tag applies to everyone with the same circumstances and tag. Thus discomfort falling under an emotional turmoil is classified with a name tag like Depression of Maniac or Phobia and approaches to address them are system centred based or research and reliability and validity of the tools used to interpret them.

While on the other hand, the latter deals with the problem and tries to understand the very nature of the problem. The process of understanding the problem leads to the realisation of the truth and there is no absolute solution for any problem. The solution, if at all one may say, lies in the problem only. Thus the solution is not separate from the problem. The Philosophical mind that envisages this liberates itself from the Problem-Solution dichotomy and this becomes therapeutic. Although various paths have been proposed to the philosophical mind since the beginning of the existence, they eventually merge and lead to understanding reality. Karma, Bhakti or Gyana too converge at the later stage just like dualism and non-dualism or individual or collective. The discomfort is classified under one single term 'suffering'. The suffering is part and parcel of humanity any has its roots not only in this generation but the past many ones too.

The psychologists deal with the former and philosophers deal with the latter. However, the psychologists have to transcend their domain and venture into Philosophy for the solutions not found in their stream of knowledge.

The former has created "Counsellors" whereas the latter has created "Gurus". The psychologists are trained and educated to help a subject overcome his psychological problem and comes out with a solution during the structured counselling session. The latter travels a longer path as the Guru does not jump to offering solution but help the Pupil to delve with the problem, struggle with it and understand it completely so that there it dissolves. Once the problem dissolves, there is no need for the solution. Therefore, approaches of the psychologists revolve around the diagnosis and

those of philosophers revolve around dialogues. The former is faster and temporary in nature while the latter is time-consuming and permanent.

The psychological mind falls under the domain of Science and hence the scientific approach of causality become applicable and is comprehensible. The philosophical mind falls under arts and hence one has to transcend science to venture into Arts. The latter is highly abstract and at times incomprehensible. Thus the former functions in the phenomenological world while the latter in the noumenological world.

The components of the former mind like intelligence, aptitude, personality traits etc. are measurable and psychometrics is a well-developed science. The components of the latter are Immeasurable and hence words like soul, metaphysics, esoteric and mystic remain abstract. Similarly 'intelligence' carries a different meaning in both. In former, it is reduced to a quotient while in the latter, it is to connect the thought, speech action, emotion and perception. In the former, it is a capacity while in latter it is an essence.

Memory is a desirable attribute of the former whereas memory is a curse for the latter. Models and programs have been designed to enhance the memory of the psychological mind whereas the philosophical minds work on not recording the experiences to attain bliss. Motivation is fuel for the former whereas the latter rejects the ambition.

The former talks about Pleasure and works on positive events to enhance the Subjective Well Being of an individual. The latter talks about Bliss and works on accepting the Pain Pleasure dichotomy resulting in sat-chit-Anand.

While the former has its links with the neural pathways and thus Brain, the latter finds its seat in every cell of the body. The former can be isolated whereas the latter can only be miscible.

The former talks about knowledge and means of learning while the latter talks about ignorance. Thus thought becomes an important tool to survive in case of the former. The latter treats thought as a matter and transcend to a state of thoughtlessness.

The former mind is trained to work on changes while the latter works on acceptance.

We, therefore, need separate doctrines to address these two minds. In the East, Yoga could succeed to a great extent to deal with both together. However, the time has matured that this ancient psycho-philosophy be formally put into therapeutic practice.

3. CONCLUSION:

With a clear understanding of the two minds, one can differentiate the two minds on qualitative grounds. Although one is more subjective and other more objective, the essence of the two remains the same. Most of the problems of existential issues in day to day life that qualify and diagnosed as 'problems', can be addressed by the philosophical doctrines. History has a lot of evidence that the '*gurus*' succeeded in playing the ropes of the '*psychologists*' and offered cured to the bodies who were willing to surrender. Yoga has been successful in treating many mental issues by practising the techniques of '*pranayama*' and '*asanas*'.

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