

WHO ARE WE

ABSTRACT

The greatest achievement in our life, is understanding how we lived the past, strengthening our present and being enthusiastic to face future. The rising competitive atmosphere and mounting consumerism for self success and achievement, has helped us to evolve and has effected our behavior and social interaction patterns. However with the continuous development in our lifestyle and survival strategies, we have inherited the sequential loss of ancient values and ideologies. This has been a curse in disguise. However, the fact that one's behavior of today cannot be regulated by its future outcome, becomes the underlying criteria for behavior assessment and thereby question the identity of our self.

INTRODUCTION

Everyone wants peace in life. That peace shall come with happiness. Happiness means different to each one of us as we all have unique fingerprints and genetic code. So do, we have different ideologies and thoughts. Good thoughts convert into good actions. Bad thoughts transform into bad actions. There are three levels i.e., thought level, verbal level and action level [1]. We need to work at the thought level. A famous saying quotes; Where there is a will, there is a way. We all want happiness, so our actions should be such that which do not hurt anybody at any level[8]. To be happy, we need to be very positive in our thoughts. Positive means selfless and balanced. It is a very subtle thing. We are all made of desires. We have to have a positive ideology and work on that. We need not compare ourselves with others in any respect[6]. Comparisons always lead to distress.

We are all human beings. We don't know the exact date and time of our natural birth and death. It means that there is some superpower that is above all of us. We are an energy who come on this earth to do our work. We need various people who help us throughout our life in one way or the other[3]. We owe to so many people as we grow up. First of all, we owe to our parents, grandparents, relatives, neighbour, friends, and many other dear ones. When a child takes birth in a house, we start taking care of it in the best possible way. The main responsibility for rearing up kids is that of the parents[2]. Sometimes out of the two only a single parent takes the responsibility of shaping the child in his/her own way. As the sculptor wants to make the best creation of his. So, is the person who takes the responsibility of the child wants the best out of the child. We all have unique genetic code in such a huge population. We are all different from each other in some respect or the other. No two individuals are alike. We take birth in a family according to our own karmas. We are all born in different families and grow under different circumstances. Who decides that? Given a choice, everybody would have opted for the best family and best favourable circumstances and situations[4]. But it does not happen that way. It means that there are some other factors which decide this variation. We are living in a physical world where we can see the materialistic things. Still, in the same world there are things which we can't see and we cannot survive without them like love, happiness, praise, emotions, internal happiness through feelings. It means we are connected with both the worlds; materialistic and spiritual. Spiritual strength teaches us to be balanced in our life. It teaches us to be positive in our approach to live and to progress by using available resources.

Beyond a certain point, materialistic things cannot help us. At that very moment, we need to sit back and relax, think how the situations and circumstances can be dealt to get the desired results[7]. Sometimes to accomplish our tasks, we compromise with our moral values, and one day we feel empty inside because our morals have already become so low in the process of achieving success.

We label people as good or bad. Don't you think there is some catch in it? When a person whom we consider bad starts behaving in a good way to us, helps us in our low times, our perception changes for that person gradually. If that person is consistently helpful to us always, we gain confidence in that person and mind starts thinking positive about him/her. We wish good for that person. It means that people are not good or bad, but their virtues play an important role in it. External beauty definitely attracts us but when a beautiful person speaks foul language and shows us down we start disliking that person[5]. It means that the inner beauty is much above the external

beauty,our moral values account for our behaviour.every soul has same seven qualities in common which are love,pure,knowledge,bliss,truth,power and peace. The difference in our quqlity happens when our soul starts getting depleted in them because of desires and expectations. We all want to be good at all times but when we see othersbetter than us,jealousy,hated,cheating,abusing,violence etc. start entering into our mind. Any thought repeated many times in the mind and brought into action becomes sanskar of the soul. When we bring it into action ,it becomes habit and then our behaviour and later becomes the personality of an individual.

When we face various situations and people with different behaviours, it depends on us how to deal them. Every person has a different way of dealing with situations. It is said that a problem can be dealt in n number of ways.Now,you can imagine different ways of thinking. Thus,if we don't like aperson's behaviour or a situation,the solution can be found out at our end. With the degree of our qualities of the soul,we can satisfy ourselves and the other person amicably.

When we are in good mood,little challenges do not disturb us. Similar challenges irritate us or makes us violent sometimes when our mood is upset.It means our behaviour can lighten,brighten,enlighten or upset the behaviour of the people.How careful we should be?

CONCLUSION

So,in every action of our life,apart from the obvious question that what we need; we should also think about who are we?A self introspective analysis and a vivid self personality attribute charecterisation,will be classical tools of human evolution and behavioral development.

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