CHAPTER 1.
INTRODUCTION

RELEVANCE OF THE STUDY :-

The whole world is arming, spending incredible amount of money to destroy human beings weather, they live in America, Europe, Russia, India or anywhere in the world. It is taking a disastrous course which cannot possibly be solved by politicians and even by priests, who proved to be the greatest calamity during whole history of mankind. We can not even rely on "Scientists" because they are helping to build up military technology, atom bomb, weapons of mass destruction. Almost 80% of world's income is used for armies and deadly sophisticated weapons. Even poor countries of world are spending more than .70% of their national income on military budgets. Every year more than 100 of species are being extinct due to ecological disaster. The war budget of the world is more than .15 million per minute. In last 3000 years humanity has suffered from more than 10,000 wars. Out to them 85% were called as Crusades so called Holy Wars. Right now 80% of mankind is starving, living in horrible poverty, and in unhygienic conditions, deprived of basic needs of food, shelter, education, and essential medical facilities. On 11th September 2001 by destroying twin towers of World Trade Center, more than 3000 persons of 84 countries of the world were turned into ashes. Properties worth hundreds of billion dollars was gutted into fire. During this last 20th Century we have gone through horror, agonies of two world wars killing millions of people. Two Atom Bombs were used against Japan by U.S.A. destroying totally two most thickly populated and most developed business centers of Japan, where still millions of people are suffering from the effect of atomic radiation. What we call the period of peace after 2nd world war, more than seventy two wars are fought among 40 countries of the world killing more than four times of
civilians killed in 2nd world war. The number of people killed due to Civil Wars, Communal riots and acts of increasing menace of terrorism are almost beyond calculation. Number of people, soldiers and females butchered is of incalculable amount.

It appears that unconsciously we are moving towards global suicide in so many directions. We have made such big holes in ozone layer & (which is the only protection seal &) their sizes are greater than California, a very big state of U.S.A. Due to these big masons the planet Earth is barring through ‘Green House effect’ which is responsible for unusual increase in temperature. It is creating havoc by melting eternal snow, of south and north poles which in turn is increasing sea levels to a dangerous level throughout the world. There are unprecedented sea Cyclones, floods, earth quacks, acid rains bringing havoc to this lonely planet where human life exists.

Unfortunately whole humanity appears to be totally unaware of this, of this severely catastrophic prevalent situation. Historically all organized religions proved to be great calamity along with their ‘Verbal, repetitive dead rituals, blind beliefs and prejudices. They are based on superstitions, bias and absolutely without any meaning, may be two thousand or more than five thousand years old.

Every morning in the newspapers there is news of some kind of murder, bomb blast, outrage distraction, terrorism, kidnapping, crime and hypocrisy of our so called leaders (political & social leaders) but we pay very little attention to it. Only when it happens to us personally then we are in state of confusion and utter psychological shock, manifesting neurotic and psychotic behavioral activities.

Through out the history and wide over the world we are using “Ostrich logic” by closing our eyes to this painful and staggering reality.

It is far more true about our entire world of “Education”, which is only stuffing our brains with more and more informations about new scientific,
technological inventions, new researches in various fields of knowledge but leaving us totally helpless, to unburden us from our strong socio-political, religious conditionings habit patterns and ideologies. This research has specifically been taken into consideration to highlight the contribution of two most outstanding controversial Enlightened masters “OSHO RAJNEESH” and “J. KRISHNAMURTY”, who devoted their entire life to enhance consciousness of human beings. Their contribution is so outstanding that it is a matter of great surprise that how strangely our intellectuals and specially people associated with Psychology have managed to ignore them. It is really sorry for Psychology and psychologists to keep deliberately a blind eye to their tremendously significant and such incomparable contribution which is multidimensional. Perhaps this is manifestation of our unconscious ‘ego defence’ mechanism functions called as avoidance, forgetting, escaping from such vivid factual reality. As the researcher perceives these two persons of 20th century as most significant practical and applied psychologists. It is really tremendously harmful and suicidal to keep a blind eye regarding their contribution. This research study also emphasizes over the original introspective approach which is totally dropped due to over domination of behaviorism. The previous essentials of psychology, of soul, consciousness and mind has to be tested and explored back in a scientific manner with the help of Osho and J. Krishnamurty contribution. Their sincere effort to awaken deeply snoring human masses, is really, extremely important and to bring it into light and to attract attention of the modern psychology, this research study is devoted.

Modern psychology is related only with personality improvement, but just by improving upon our ‘persona’ the ‘mask’ we cannot transform human beings, which is a far greater, wider and complex reality. According to J. Krishnamurty.

“Present crises is neither intellectual, economic or national with all the poverty, confusion, anarchy, lawlessness and terrorism. Observing all this we must
feel ourselves to carry some responsibility to tackle it. This crisis is not usual kind of disasters, that occur so often in human life. This chaos and confusion is worldwide. Physiologically, morally, spiritually, economically and socially there is disintegration. We are standing at the edge of a precipice and wrangling over our self-centered pity affairs. Only very few seem to realize the extra ordinary character of this world crisis. Some realizing the confusion are active in rearranging the pattern of life on the edge of precipice and being themselves confused are only bringing ‘misery’ and ‘confusion’. Others try to solve the problem through a particular formula as a system of the extreme left (communism) or the right (capitalism). They inevitably fail because a problem is never static where as formulas and systems are. Revolution according to a formula ceases to be revolution. The intellectuals, professionals, psychiatrists and psychologists along with other specialists will never save the world and the intellect which is only a part of total process of human being will always fail. As its answers are ever partial so not whole and true as the human crises and the problem is ever new, new approach is essential. The living dynamic approach that is not anchored to any organization or to any system”.

This is a comparative study associated with Osho and J. Krishnamurty disciples and non-disciples regarding PERSONALITY MATURITY AND SELF ACTUALIZATION level. Here the relationship of their PERSONALITY MATURITY AND SELF ACTUALIZATION levels are studied with their STRESS AND COPING BEHAVIOR. How far stress and coping depend over SELF ACTUALIZATION AND PERSONALITY MATURITY, as in this study stress and coping are considered as a function of PERSONALITY MATURITY and self actualization. Here coping behaviour between maleand female disciples as well as their stress and strain are taken into consideration.
STRESS :- Stress is a function of the degree of person environment relationship. (Lazarus et al 1978,1984).

Taylor S.E. (1991) defines stress as “The process of appraising events (as harmful, threatening or challenging) of assessing potential responses and of responding to those which the organismic stress was said to be basically the same regardless of the type of stress or proposed that there were two types of stressors, Ustress and distress. Stressors are external events or conditions that effect the organism. Stressor is a specific problem, issue, challenge OR a personal conflict (external and internal). Ustress is a positive exhilarating experience of success followed by higher expectations. Distress is disappointment, failure, threat, embarrassment and other negative experiences.

A BRIEF HISTORY OF STRESS :-

Although it seems like we’ve all been stressed since the dawn of work, in reality, before the 1950s, there was no such thing recognized as stress, it was Dr. Hans Selye, who coined the term to describe various emotional and physical problems that arose when animals and humans had too much demand placed on them. Soon after Selye published his book in 1956, millions of people recognized that they were stressed. Nothing had really changed, before this also we were all just constantly tired and in very bad moods.

Years later, after stress seminars leaders were getting tired of teaching deep breathing exercises, they discovered a new problem ‘Burnout’. Before burnout we thought we were just very stressed, and sick of it.

Having high risk for burnout would mean having very high ideals, always getting impatient, annoyed with others, feeling only my ideas are RIGHT ! blaming oneself, having a tendency to always blame others, feeling like one has to do every job for ourself, feeling equally upset with minor hassles, etc. vs. something more serious, feeling one has more and more to do and less and less time to do it
in accepting social obligations that one know one will not have time for later, and spending more time and energy on trivial tasks while avoiding the more difficult ones.

**Stages of Burnout:**

Stage 1: Early Stress Arousal
Stage 2: Struggle and Resistance
Stage 3: exhaustion and Breakdown.

A decade later we discovered another problem of dependence. Co dependence taught us that not only were sick and tired but it was our own fault that we had such lousy jobs and bad relationships.

To combat these growing problems, in 1963 we invented Valium, in 1973 xanax, and in 1978, Prozac1979 calmopose and at present hundreds of synthetic and other chemical drugs which are occupying very large praportion of world medicin market.

**WHAT IS STRESS ?**

The easiest way to understand stress is to think of a bridge crossing a river. The bridge is designed for a specific function to allow cars and trucks to cross the river. If properly constructed, the bridge allows thousands of people to reach their goals. But if too many cars and trucks cross at once, or if the bridge is not constructed well, it will undergo stress.

If the stress is continuous, damage occurs. Over time, if nothing is done about the stress, and no maintenance is performed, the bridge will break down. When this occurs, the bridge can no longer perform its function. Similarly, strain is the prolonged impact of a stressor on the system (overload), resulting in fatigue, which is a precursor to illness. As human stress is very similar, like a bridge the human body is designed to perform specific functions to keep us alive and well, allowing us to reach our goals. But if the body becomes overload, stress results.
Just like the bridge, if the stress is continuous, damage occurs. If nothing is done to reduce the stress and no maintenance is performed, eventually the body breaks down, and can no longer perform its function.

Stress related disability claims cost American industries twice as much as do claims for physical injuries. The U.S. National Institute for Occupational Safety and health reported that stress related disorders are becoming the most common reason for workers disability. The number of stress disability claims is increasing rapidly from 5% of claims in 1980 of 15% in 1996. In 1993 it was estimated that, on average, each person who suffered from job stress lost over 25 days of work per year. Today business corporations spend almost 10% of their profits on stress related disability claims.

Stressful events and responses include physiological, Cognitive, emotional and behavioral changes.

THEORIES OF STRESS :-

Water Cannon (1932) proposed that when the organism perceives a threat, the body is rapidly aroused and motivated via sympathetic nervous system and the endocrine system. This response to stress is marked by the secretion of catecholamines and various physical changes. This physiological response mobilizes the organism to attack the threat or to flee; hence it is called as the "flight or fight response". This response can be either adoptive or harmful.

Hans Selye (1956,1976) developed his concept of 'General adaptation syndrome'.with “Alarm” as the initial stage which functions to mobilise the organism by the activation of “sympathetic nervous system" to deal with the threat. In the second stage, “Resistance” the organism makes effort to cope with the threat. The third stage "Exhaustion" occurs if the organism fails to overcome the threat and depletes its physiological resources. Lazarus (1968) and Lazarus and Folkman (1984) maintains that when individuals confronts a new changing environments
they engage in a process of “primary appraisal” to determine the meaning of the event as positive neutral or negative in their consequences. Ones primary appraisals of potentially stress events have occurred “secondary appraisal”, the assessment of coping abilities and resources, is initiated. The subjective experience of stress is a balance between primary and secondary appraisal. When harm and threat are high coping ability is low, substantial stress is felt. Cognitive - Costs hypothesis (Glass and Singer, 1972) maintains that any stressful event requires an individual to expend cognitive resources in order to cope. These efforts draw resources away from other aspects of life and leads to stress. The effect of stress follows meeting from physiological arousal, (Cohen 1978). High levels of arousal are known to narrow our focus of attention. During a simple task, moderate arousal can interfere with performance but on complex task, arousal cannot interfere with performance, because important cues may escape from attention. The effects of stress also gives emotional responses. Stress can produce frustration which is known to cause annoyance, irritation, and aggression (Dollard and Millers, 1950). Another theory of the effects of stress is based on “learned helplessness” that occurs when one’s efforts at control repeatedly come to naught, one not only ceases to strive for that particular outcome (helplessness) but also may fail to exert control in some new situation in which control is possible.

RESPONSES TO STRESS :-

Potential responses to stress are many and include physiological, cognitive, emotional and behavioral consequences.

1) Physiological Consequence :- A pattern of enhanced arousal is initiated such as blood pressure, heart rate, Pulse rate, skin-conductivity and respiration. In response to the appraisal of stress that involves sympathetic nervous system. Activity which has an impact on endocrine system. Later parasympathetic nervous system activation helps to dampen the arousal initiated by sympathetic nervous system activity.
2) COGNITIVE RESPONSES :-

This include outcomes of the appraisals process, such as specific beliefs about the harms or threat of an event and about its causes. In voluntary stress responses, performance disruptions on cognitive task and intrusive repetitive or morbid thoughts (Zagone, 1965; Cohen, 1980)

3) EMOTIONAL AND BEHAVIORAL RESPONSES :-

Potential emotional reactions to stressful events are many like fear, anxiety, excitement, embarrassment, anger, depression and even egotism. Potential behavioral responses such as confrontation (fight) and withdrawal (flight) are virtually limitless.

STRESS AND COPING :-

“Coping conation effort”, both action oriented and inter psychic to manage environmental and internal demands and conflicts among them, (Lazarus and Lavnier, 1978) generally two types of coping efforts can be activated. Problem solving efforts and emotion focused coping (Eventhal and Nerenz, 1982). Coping may also be understood as a process and a trait. Coping process, denotes that coping may also be understood as a strategy, that is implied after the onset of a stress. Where as coping as trait signifies the resources which an individual uses to counter stress. Coping ,when considered as a process, is characterized by dynamic and changing functions of continuous appraisals and reappraisals of the shifting in person's relationship with environment, (Folkman 1988). Coping resources on the other hand, acts as “precursors of behavior and as “background factors” (Hammer, 1988).

Researchers have extensively studied individuals, who cope with a threatening event by using an evident coping style. Comparing them with the people who are more likely to use a confrontative coping style, by gathering information or taking direct action (Holahen 1975, 1987). A comparison of mental health scores and
organization at role stress for avoidance and approach coping groups revealed that the avoidance coping groups scored higher than the approach groups on mental ill health (Shrivastva and Singh, 1987) “Venting” or “catharsis” as a coping style for dealing with traumatic event is another important variable. People use multiple coping strategies. Another variable that influences stress is “experience” which is associated with “Sensation seeking - people”. Many research investigations showed that their mental illness relates to anxiety, both regarding ‘good physical’ and ‘good mental health’. (Cobosa 1981, Horowitz 1988). Other internal variables include a sense of self efficacy (Bandura 1977, Cohen and Edwards 1989) High self esteem (Leventhal and Nerenz 1982) self confidence and easy going disposition (Holahan and moos 1987). Afflictive trust in others (Mclellands 1989) intelligence (Krasnoff 1959) ego strength (worden and sohel 1978) having a sense of coherence about ones life (Antovesky, 1979). Having a sense of purpose and meaning in ones life (Vistosky, 1961) and having a sense of humor (Cosign 1979, Moody 1978). (Fulare S.E. 1991) has noted that relatively few investigations, have examined these factors systematically as potential moderators of stress experience. Coping is influenced not only by the internal resources of an individual but also by external resources, these include time, money, education and standard of living, social, support and the absence of other life stresses (Cohen and wills 1985, Kessler and Meleord 1985).

Bhandarkar and Singh (1986) in the light of their study suggested the following action plan for effective coping:
1) Cultivating belief in oneself
2) Developing inner directed personality
3) Self coping mechanism to stress
4) Reducing use of ego defense mechanism
5) Relying on genuine problem solving strategy.
6) Yoga- meditation, sports, and breathing exercises.
7) Festive life attitude.
8) Emotional and social maturity
9) Self-actualization.
10) Creativity.

**Mature Personality and Characteristics of Mature Personality:**

In this study the dimension of personality maturity is taken into consideration as an independent variable along with another independent variable which is self actualization. Personality maturity includes almost all aspects of personality and their full actualization. Specifically, in this study Emotional maturity, Social maturity and Life satisfaction these three aspects of personality maturity are taken into consideration. The personality maturity can be studied by taking into consideration its following characteristics.

1. **Efficient perception of reality** - This ability to perceive other people correctly and proficiently to see reality as it is, rather than as it should be, less emotional and more objective people have comfortable relations. Their desires and hopes do not distort their observations. They are more readily able to detect phony and dishonest motives of others.

2. **Acceptance of self, Other and nature** - Healthy persons display a sense of respect to self and others. They accept their own nature with all short coming frailties and weaknesses. There is freedom from overriding guilt, crippling shame, debilitating anxiety etc. They have hearty appetites, sleep well and enjoy sexual life without unnecessary inhibition.

3) **Spontaneity, Simplicity, Naturalness** - Their efforts are not artificially strained.
They may be confirming something to protect oneself and others. They may be unconfirming if they are not hurting others. They refuse to be hampered by social convention if it interferes with some act which is important or basic to them.

4) **Detachment :: Need for Privacy** :: At times they want to be alone. They also remain calm and serene during period of personal encounter. They are capable to be happy and creative in their loneliness in which their spiritual growth takes place and leads to self actualization.

5) **Autonomy** :: Independence from culture and environment : They rely on their own potentials than the environment which they can create anywhere because they have self direction and free will. They regard themselves as "self governed" "active", "responsible" and "self - disciplined". They show interest in status, prestige and popularity, but such extrinsic satisfactions are perceived as less significant than self development and growth.

6) **Continued Freshness of appreciation** :: They appreciate even most ordinary things. They occasionally become bored with their life experiences and are open to them.

7) **Peak or mystic experience** :: They have intense excitement and high tension as well as moments of relaxation, peacefulness, blissfulness and stillness.

   people with Mature personality necessarily have experiences which are religious or spiritual in nature. Such experience can not be found through books, music, art, intellectual endeavour and human relationship.

8) **Social Interest** :: They are sometimes troubled by the shortcomings of human race; they experience deep feeling of kinship with humanity. They have genuine desire to help people. They have a feeling of compassion, sympathy and affection for humanity.

9) **Interpersonal relations** :: They form deeper and closer personal relations. Usually they have less friends, because 'self actualizing' needs more time. When
forced into distressing and distasteful relations, they are kind enough and pleased, but try to avoid them with as gracefulness as possible. They also become very harsh with those who deserve it.

10) **Democratic character structure** :- They are free of prejudice; they tend to have respect for all persons. They are willing to learn from anybody who can teach them. They respect others rights and opinions as there own.

11) **Discrimination between means and ends** :- They show less confusion, inconsistency and conflict. They have definite moral ethical standards. They know the goals what they are striving for means of accomplishing them. They do not confuse between means and ends. Usually worldly joints are means for their ultimate aim of self actualization.

12) **Sense of philosophical humor** :- Their humor does not poke on other’s inferiority ridicules, or cut dirty jokes. They express humor on foolishness of humanity. They prefer to laugh on themselves rather than on others.

13) **Creativeness** :- It manifests itself in every day life, in every individual. It is expression of personality, which is perceptive, spontaneous, curious and innovative. It is flow of cosmic awareness where ego less person becomes medium for creative manifestation.

14) **Resistance to Culturization** :- They have harmony with culture while maintaining detachment form it. They like their own decisions than popular opinions. They remain within limits of conformity with respect to food, clothes, speeches etc. They resist when they feel basic issues are involved.

**SELF ACTUALIZATION** :- Maslow emphasized that the need for “self - actualization” is healthy man’s prime motivation. “Self- actualization” means actualizing ones potentials, becoming everything, one is capable of becoming. He said, “What a man can be, must be, it is person’s desire for self improvement or actual use of potentials, Talents and capacities. To actualize is to become complete kind of
person that one wants to become is to reach the peak of his or her potential; a musician must make music, an artist must paint, a poet must write, if he is to be at peace with himself. What a man can be, he must be. He must be true to his own nature.

Self-actualization need not to take essentially the form of creative and artistic endeavours. A parent, an athlete, a student, a teacher, and an ardent labor may be actualizing their potential abilities. In doing well what they each can do best. Since specific forms of self actualization vary greatly from person to person, it is at this level of Maslow's need hierarchy that 'individual difference' are greatest.

It is self-fulfillment and becoming more and more what one is. The person who has achieved this highest level moves toward attaining the value of "the true", "the good", "the beautiful", and "the perfect." (Maslow, 1962). Achieving this level, the person becomes more self sufficient, less dependent on his lower needs, less needful of others, and less reactive to his environment. Thus self actualization is not some static unreal paradise. There are pains and sufferings, but they are over real problems and not over superficial matter. There are movements and changes, but they are inner directed growth and not outer instigated motions.

Cangemi (1976) studied the characteristics of self actualized individuals. He found that such individuals have become fully human and have used their capacities to the maximum. Such individuals have discovered their latent potentials and perfected their uniqueness. They have learned what is possible and what is not and have taken appropriate steps to bring about the possible. Cangemi and Englander (1974) Concluded that adequate self fulfillment and the intervening steps are insight. Self understanding, self acceptance, psychological growth, and psychological health. Therefore, education must teach this. The individual must feel he is very important and useful specimen of the nature and is made for the
work he is doing. He has all adequate potentials to do the taken up job and he can be a successful man in that profession.

Mankind has a need for self actualization and strives towards inner fulfillment. The impulse towards realizing one’s potentialities is both natural and necessary. Yet very few, only rare ones, achieve self-actualization. Their percentage may be only less than one. There are some reasons to it. In fact people don’t realize their own abilities and preclude a fair chance of becoming self-actualized. The social environment also stifles development towards self-actualization of all its members. Some societies may be superior to other in terms of providing opportunities for individual self fulfillment. Safety-need also inhibits self actualization. It restricts individuals to take risks, to make mistakes, and to treat old habits. They lack courage. Individuals’ fear and anxiety also increase their tendency to regress towards safety and security. Most people exhibit to continue specific habits - to persist the past behavior, for example, children reared in secure, warm, friendly atmosphere have healthy growth, realization of one's own potential requires openness to novel ideas and experience which ultimately helps in development of self-actualization. Indian conditions rarely suit this perspective or the truth of the problem, from which the action arises - these three are always interrelated, they are not separate. There is no true action without self actualization. If I do not know myself, obviously I have no basis for action; what I do is mere activity, it is the response of a conditioned mind and therefore has no meaning. A conditioned response can never liberate, or produce order of this chaos.

According to [J. Krishnamurty] “You are the World 1983”.

“Now the world and the individual are one process, they are not opposed; and a man who is trying to solve his own problem, which are the problems of the world, must obviously have a basis for his thought. I think this is fairly clear. If I do not know myself, I have no basis for thinking; if I do not know myself and merely act,
such action is bound to produce misery and confusion - which is exactly what is taking place in the world at the present time. So an inquiry into 'self-actualization' is not a process of isolation, it is not the fancy or luxury of an ascetic on the contrary, it is an obvious necessity for the man of the world, for the poor and for the rich, and for him who wants to solve the problems of the world because man is the world. I think it is very important to realize that this world is the product of our everyday existence and that the environment, which we have created is not independent of us. The environment is there and you cannot change it without changing yourself; and to change yourself, you must understand your own thoughts, feelings and actions in relationship. Economists and revolutionary people seek to alter the environment without altering the individual, but mere alteration of environment without understanding oneself has no meaning. Environment is the product of the individual's effort; the two are more over interrelated, and you cannot alter the one without altering the other. You and I are not isolated; we are the result of the total process. The outcome of the whole human struggle, whether we live in India, Japan or America. The sum total of humanity is you and I. Either we are conscious of that or we are unconscious of it. To bring about a revolutionary change in the structure of society, each one must understand himself as a total process, not as a separate, isolated entity. If this is very clear, we can proceed with the investigation into the nature of man's mind and what he is. But it must be very clear to the earnest man that there can not be a complete revolution in the world merely on one level, either economic or spiritual. A total, an enriching revolution can not take place unless you and I understand ourselves as a total process. You and I are not isolated individuals but are the result of the whole human struggle with his illusions, fancies, pursuits, ignorance, strife, conflict and misery. One can not begin to alter condition of the world without understanding oneself. If you see that, there is immediately within you a complete revolution, is there not? Then no Guru is necessary because
knowledge of oneself is from moment to moment, it is not the accumulation of hearsay, nor is it contained in the percepts of religious teachers. Because you are discovering yourself in relationship with another from moment to moment, relationship has a completely different meaning. Relationship then is a revelation, a constant process of the discovery of oneself and from this self-discovery action takes place. So self-actualization can come only through relationship, not through isolation. Relationship is action, and self-actualization is the result of awareness in action. It is like this; suppose you have never read any book and you were the first person to seek the meaning of existence. There is no body to tell you how to start; there is no Guru, no book, no teacher, you have to discover the whole process for yourself. How would you set about it? You would have to begin with yourself, would you not? That is our problem. Merely to quote authority is not self-actualization; it is not the discovery of the process of the self; therefore it has no value. You have to start as though you knew nothing, and only then does your discovery bring happiness and joy. But most of us are living on words and words, like memory, are the outcome of the past. A man who lives in the past cannot understand the present. So you have to discover the process of your self from moment to moment, which means you have to be aware, conscious of your thoughts, feelings and actions. Be aware, and then you will see how your thoughts, feelings and actions are not only based on the pattern created by society or by the religious teachers, but are the outcome of your own inclinations. To be aware in the sense that we are conscious that we are doing or thinking something, but we are not conscious of the motive or the urge that lies behind what we think and do. We try to alter the framework of thought, but we never understand the creator of the framework. So it is essential to understand ourselves, for without understanding ourselves, without the process of self-discovery, there is no creative revolution. To understand one self is to be aware of every thought and feeling without
condemnation. When you condemn, you put a stop to your feelings and thoughts, but if you do not condemn, justify or resist, then the content of your thought will reveal itself, experiment, and you will see. This is very important because to bring about a creative revolution or regeneration, the first essential is to understand oneself. Without understanding oneself, merely to bring about an economic change or introduce new patterns of action has very little value. If we do not understand ourselves, we will merely proceed from conflict to conflict. Nothing can be created in conflict; creation can take place only with the cessation of conflict. For a man constantly in battle with himself and his neighbour, there can never be regeneration - he can only go from reaction to reaction. Regeneration can come only when there is freedom from all reaction, and that freedom takes place only when there is self-actualization. The individual is not an isolated process, apart from the whole, but is the total process of the mankind; there those who are earnest and who observed. In that state one is not separate from the fact, actually one and the fact are just one unit. The fact observes the observer and then the observer is dissolved in the observed. This is what is called the experiencing. It is the awareness of absolute reality behind everything and that leads to liberation or 'self-actualization', which leads to attainment of 'personality maturity' in real sense. Actually we are all seeking the 'Bliss', a life of uninterrupted bliss. We do so further for truth or self-realization. The fact is that, bliss is our inherent nature. So we are struggling for liberation but we are doing our struggle unconsciously. Only conscious struggle for liberation leads to evolution of consciousness and attainment of real 'personality maturity'. This 'self-actualization' leads to spiritual life which is full of spiritual consciousness. [J Krishnamurty "you are the world 1983"]

According to OSHO in the process of 'self-actualization' and attaining of 'personality maturity' one has to become a seeker of truth. The seeker of the truth remains in state of 'divine discontent'. He has now an intense urge to realize the
inherent divinity within. It is a struggle between the world realism and an urge to feel the 'reality' which is one without a second. Blessed is he who is passing through this state of divine discontentment. For now the final goal is within his reach. Every self actualized person has to pass through this stage. The moment the master starts guiding the knower, the knowledge and the receiver are transcended and what remains within is infinite bliss, infinite love for those who are struggling to reach to this state. In spite of our struggle for seeking reality through spiritual activities, we do not feel fulfilled because the very basis of the struggle depends over "I" and 'mine' consciousness - the consciousness of duality. How can we expect the experience of the absolute one without the reference of the other or the second reality. Yet we struggle and it goes in vain. Hence I am prescribing a way to cure your decease of the "I" and the 'mine' consciousness by transcending it to 'God consciousness'. Those who prescribes ways to cure your decease of "I" and 'mine consciousness, through renunciation the process of attraction and repulsion of likes and dislikes are bound to fail. We perceive though our mental conception.

Man can not know the real because man goes on projecting. All ideologies are man made, created by mind and the existences has created the man and all forms of life therefore mind can not be discovered through mind. One can accepts his existences without any interpretation then there is way which can lead to the truth. When the judgement disappears one becomes innocent. If our action follow the natural law then only we can be happy and if we do not follow the existential law which is the true religion then sorrow and suffering are bound to be there. The universe is one but our senses and mind goes on dividing it in many. The mind of an awakened one stop choosing, not asking, not saying that this should be this and it should not be that. On the contrary whatsoever happens he accepts it in its totality. This acceptance gives him freedom. This acceptance gives him the capacity to see the truth as it is. Otherwise our perception is deceased because it
is influenced by should's and not's, divisions, judgements, condemnations and appreciations. The vision of the self-actualized person is just like a mirror, his consciousness functions like a mirror so whatsoever comes before him is reflected without any distortion. The moment it passes the mirror it is again vacant. It does not cling, it does not think about the past, it does not worry about future. The mirror remains in the present—whatsoever passes is mirrored. When it is left the mirror is empty again. We cannot destroy his mirror like innocence.

According to J. Krishnamurti for self-actualization and attainment of personality maturity one must learn the art of listing. That brings to the mind the fact that knowledge prevents learning. After acquiring a lot of knowledge, information one stops learning and listening. Knowledge prevents sharing and communication. Knowledge has not changed man psychologically down the ages, so how will knowledge bring about mutation? Knowledge is acquired by thought and time process. Time is thought and time is direction. Mind must be free from any movement as accumulation, as knowledge, as direction, as will. Usually we take the knower or the observer or the self or the ego for granted. This 'Ego' or the observer is either born of matrix or if the matrix itself is the 'Ego' and that is the whole movement of the past. Actually 'Ego' is not a fact but just an idea, now the problem is that the 'Ego' never realizes that he is the whole movement of the past and that as long as it is active in observation, that which is being observed can never be accurate. Can the Ego the observer who is the whole movement of the past with all his conditioning ancient or modern be aware of itself as being conditioned. If Ego or the self is not aware of itself as observer, there will be a division between the Ego "I", the 'observer' and the 'thing', which is being observed as the world or as the other or as the object.
PURPOSE OF STUDY :-

Main objectives of this study are as follows:

1) To find out the relationship between “need for self-actualization” and “personality-maturity”.
2) To determine the relationship between “self-actualization” and “stress coping ability”.
3) To determine the relationship between “social-Maturity and “Stress coping ability”.
4) To have comparative study of males and females regarding self-actualization, personality-maturity and Stress-coping ability.
5) To establish the Approach of mature or healthy or self-actualized personalty regarding “Psychology of Normal Personality”.
6) To determine the significance of “Spiritual realization” according to enlightened masters “OSHO-RAJNEESH” and J. KRISHNAMURTY” regarding stress-coping ability.

HYPOTHESIS :-

To conduct this study the following hypothesis have been formulated:

1) The followers of Osho and J. Krishnamurty score significantly greater on personality maturity in comparison with non-disciples.
2) The followers of Osho and J. Krishnamurty scores significantly greater on need for self actualization in comparison with non-disciples.
3) The followers of Osho and J. Krishnamurty manifest significantly lesser stress in comparison with non-disciples.
4) The followers of Osho and J. Krishnamurty manifest significantly lesser psychological strain in comparison with non-disciples.
5) The followers of Osho and J. Krishnamurty scores significantly greater on personal coping resources in comparison with non-disciples.
6) The followers of Osho and J. Krishnamurty male disciples score significantly higher degree of emotional maturity in comparison with non-disciple males.

7) The followers of Osho and J. Krishnamurty female disciples score significantly higher degree of emotional maturity in comparison with non-disciple females.

8) The followers of Osho and J. Krishnamurty male disciples score significantly higher level of social maturity in comparison with non-disciple males.

9) The followers of Osho and J. Krishnamurty female disciples score significantly higher level of social maturity in comparison with non-disciple females.

10) The followers of Osho and J. Krishnamurty male disciples score significantly higher degree of life satisfaction in comparison with non-disciple males.

11) The followers of Osho and J. Krishnamurty female disciples score significantly higher degree of life satisfaction in comparison with non-disciple females.

12) The followers of Osho and J. Krishnamurty male disciples scores significantly lesser degree of vocational strain in comparison with non-disciples males.

13) The followers of Osho and J. Krishnamurty female disciples scores significantly lesser degree of vocational strain in comparison with non-disciples females.

14) The followers of Osho and J. Krishnamurty male disciples score significantly higher degree of coping behavior in comparison with non-disciple males.

15) The followers of Osho and J. Krishnamurty female disciples score significantly higher degree of coping behavior in comparison with non-disciple females.

16) There is significant higher positive co-relation between personality maturity level and coping in Osho and J. Krishnamurty disciples.

17) There is significant higher positive co-relation between personality maturity level and coping in non-disciples.

18) There is significantly higher positive co-relation between self actualization level and degree of coping in Osho and J. Krishnamurty disciples.
19) There is significantly higher positive co-relation between self actualization level and degree of coping in non-disciples.

20) There is significantly higher positive co-relation between self actualization level and personality maturity in Osho and J. Krishnamury disciples.

21) There is significantly higher positive co-relation between self actualization level and personality maturity in non-disciples.

22) There is significantly higher positive co-relation between male disciples, personality maturity and degree of coping.

23) There is significantly higher positive co-relation between female disciples personality maturity and degree of coping.

24) There is significantly higher positive co-relation between male non-disciples, personality maturity and degree of coping.

25) There is significantly higher positive co-relation between female non-disciples self actualization and degree of coping.

26) There is significantly higher positive co-relation between male disciples, self-actualization and degree of coping.

27) There is significantly higher positive co-relation between female disciples, self-actualization and degree of coping.

28) There is significantly higher positive co-relation between male non-disciples, self actualization and degree of coping.

29) There is significantly higher positive co-relation between female non-disciples self actualization and degree of coping.
If you become a witness the ego disappears, when the ego disappears you can be a vehicle, you become a passage, you become a flute.

- OSHO, Rajneesh

Enlightenment is a very ordinary thing, it is nothing extra-ordinary, It is nothing special because the special is the search of ego.

-OSHO, Rajneesh

Meditation is more like a death than like life, but that is not against the life. Death is very source of all life. Life comes out of death and moves again into death. Death is like ocean, life is like a river, it comes and falls into the ocean.

-OSHO, Rajneesh
There is complete security in compassionate intelligence but we want security in ideas, in beliefs, in concepts, in ideals. We hold on to them, they are our security however, false or irrational.

- J. Krishnamurti "Beginning of the Learning"

There is an original ground from which all things of the world arise. And the original ground is not the world. The word is never the thing. Meditation is to come upon this original ground, which is origin of all things and which is free from all time. Blessed is one who finds it.

- J. Krishnamurti ‘Awakening of the Intelligence’

To see that which is and go beyond is meditation.

- J. Krishnamurti “Self Realization”