

# A Psycho-Spiritual Model for Understanding the Totality of Human Behavior

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By

Shiv D. Talwar

Spiritual Heritage Education Network Inc.

# Introductory Remarks

- Professional life: Civil Engineer fascinated by the challenges of bridging gaps in the physical domain
- Retired life: even bigger fascination with the challenges of bridge building across chasms in the hearts and minds of people
- Method: Use problem solving background typical in engineering for developing **curricula** in the **essential unity of peak experiences** of people from different cultural and religious backgrounds
- Goal: To build one family of all beings

# Scope of the Article

<b>What?</b>	<b>How?</b>	<b>Why?</b>
<ul style="list-style-type: none"><li>• Nature of humankind</li><li>• Relationship of humankind with ultimate reality</li></ul>	<p>Study of:</p> <ul style="list-style-type: none"><li>• Wisdom (Mystical) traditions</li><li>• Physics</li><li>• Psychology</li></ul>	<ul style="list-style-type: none"><li>• Model the totality of human behavior ranging from:<ul style="list-style-type: none"><li>❖ Unbounded love and unity - an ideal to attain</li><li>❖ Extreme hatred and division - a state to escape</li></ul></li></ul>

# Single Essence of Spiritual Realization

“The overriding conclusion is that, based upon the **pronouncements of the mystics** studied here, one can justifiably speak of a **single transcendent essence of spiritual realization**, whatever be the religious starting point.”

*Shah-Kazemi, Paths to Transcendence*

2006

# Essential Unity of Peak Experiences

**“. . . to the extent that all mystical or **peak experiences are the same in their essence** and have always been the same, **all religions are the same in their essence** and always have been the same.”**

*Abraham Maslow: Religions, Values, & Peak Experiences*  
1964

# Clash of Civilizations?

Our cultural and religious identities are shaped by diverse theological interpretations and cultural expressions of mystical experiences. These identities cause significant chasms in our hearts and minds. Understanding the unity of peak experiences can deepen the knowledge of our own and others' faiths and lead to a feeling of oneness of all beings.

# Wisdom Traditions

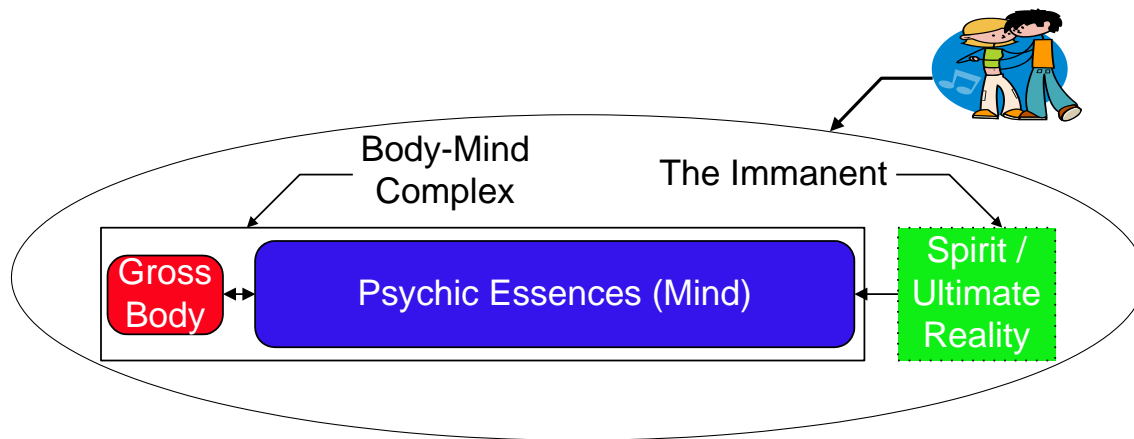
Traditions found to subscribe to body-mind-spirit view of humankind:

- ❖ Samkhya
- ❖ Eckhart's Genesis
- ❖ Sufism
- ❖ Kabbalistic Mysticism
- ❖ Taoism

These views are essentially the same

# What am I?

...Wisdom Traditions



Structurally, other beings are no different.

## Body

- Finite & Diverse
- Gross, material
- Deterministic

## Mind

- Both Finite & Infinite
- Subtle, immaterial
- Many possibilities

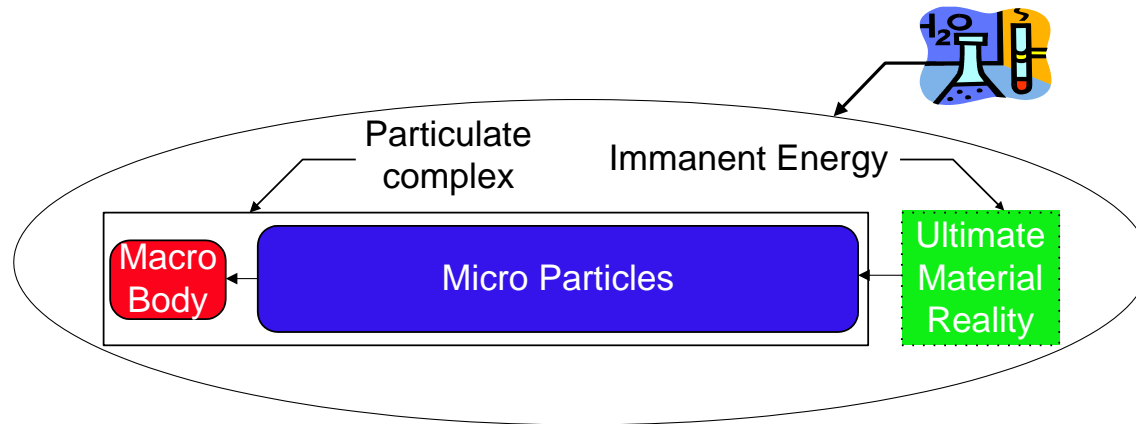
## Spirit

- Infinite & One
- Infinitely subtle
- Infinite possibilities



# What is matter?

...Physics



## Macro Body

- Finite & Diverse
- Gross
- Deterministic

## Micro Particles

- Both Finite & Infinite
- Subtle
- Many possibilities

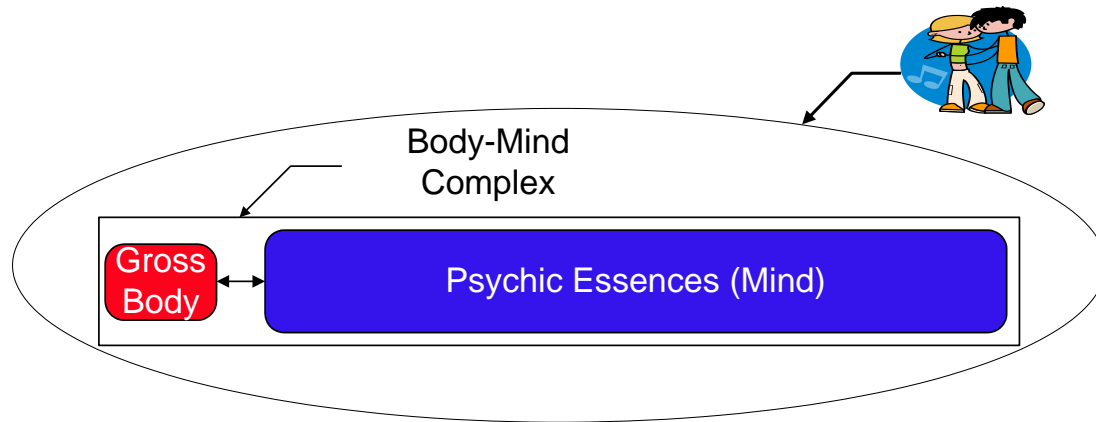
## Energy

- Infinite & One
- Infinitely subtle
- Infinite possibilities

**Energy relates with matter as ultimate reality to any being**

# What am I?

...Empiricism

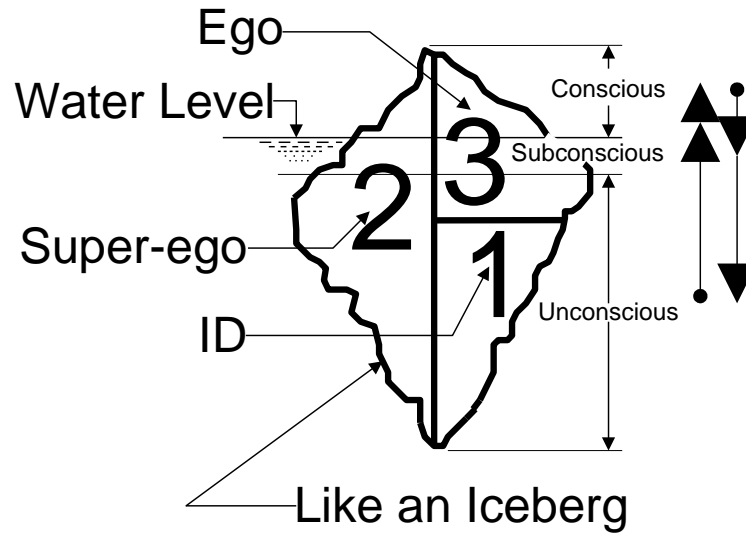


No empirical evidence of ultimate reality

Human being is only a body-mind complex

# Human Mind

... Sigmund Freud

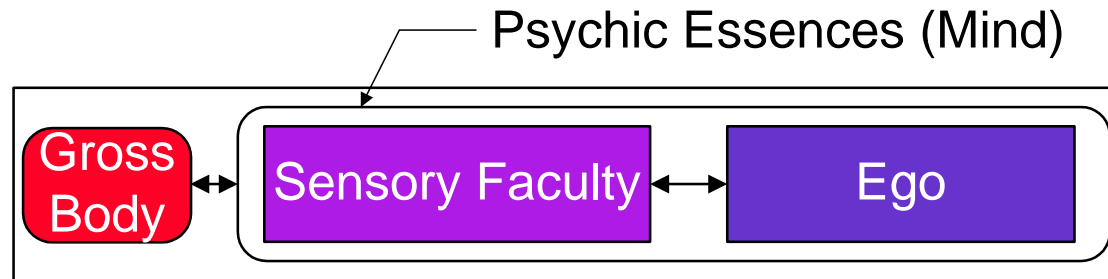


**Freud was a psychotherapist and his purpose was psychotherapy**

(Imagine the effect of global warming!)

... Sigmund Freud (Contd)

# Human Mind



All decisions are ego based

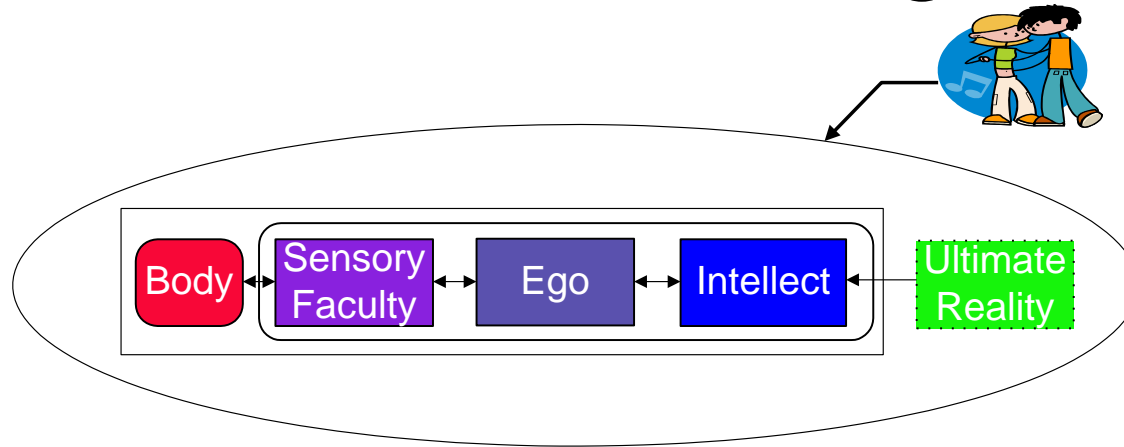
No independence of human will

No possibility of freedom from experience and instincts

No possibility of any original ideas

No possibility of unbounded love and universal unity

# What is a Human Being?



## Three Psychic Essences

### Sensory Faculty

Gateway to:

- Cognition
- Action
- Gratification

Mediates: person - family

### Ego

Storehouse of:

- Instincts & Tendencies
- Experiential knowledge
- Societal Learning

Mediates: person, and family - society

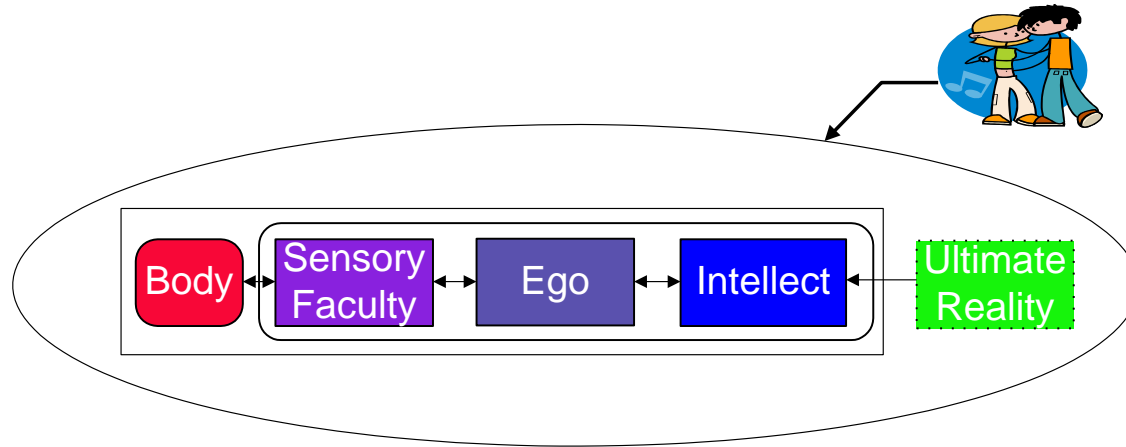
### Intellect

That which:

- Discriminates, discerns, and decides
- Defines human will

Mediates: person, family, and society - the universe

# The Proposed Model



Decisions may be based on ego

Intellect enables independence of human will from ego

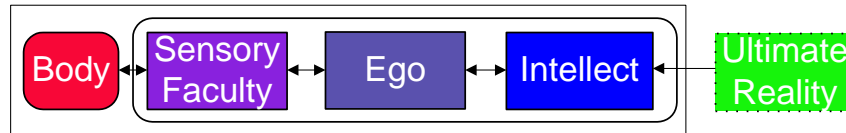
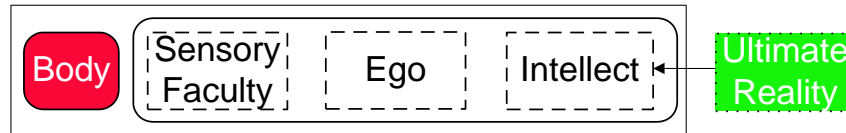
Intellect enables infinite possibilities

Unbounded love and universal unity results from intellect in  
the light of ultimate reality

# Natural Spiritual Development

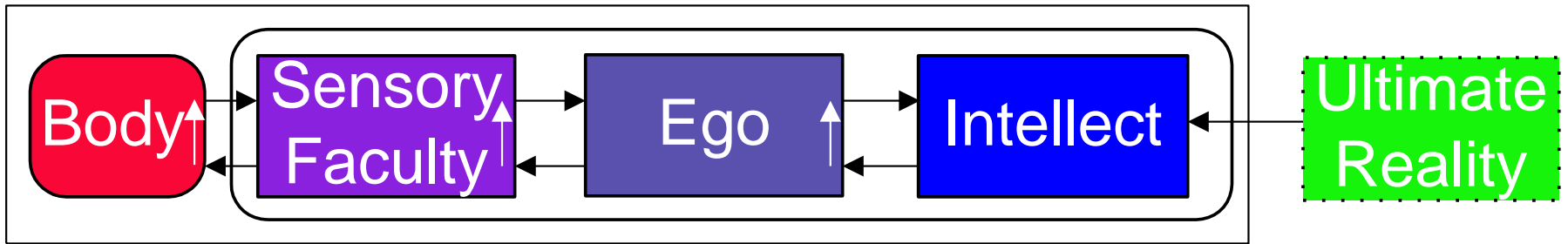
Progressive Human Development

Birth



Adult

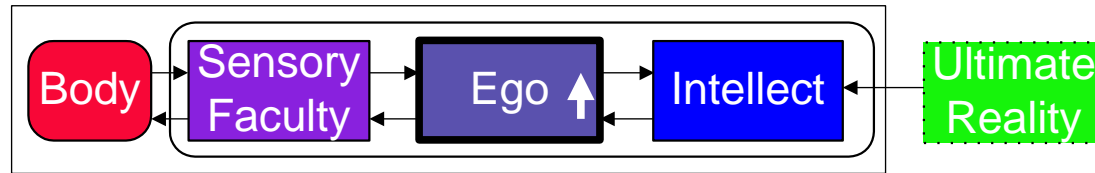
# Inner Struggles



Inner Struggle Between:	Outer Manifestation as struggle between:
Body & Sensory Faculty	Person & family
Sensory Faculty & Ego	Person/family & society
Ego & Intellect	Person/family/society & ultimate unity

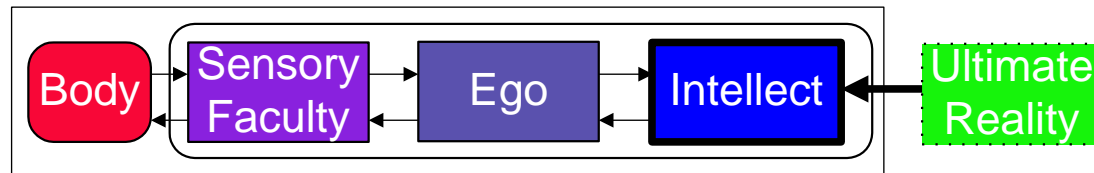


# Spiritual Condition to Escape



- Kingdom of Ego Within:
  - ❖ Body compliant to sensory faculty
  - ❖ Weak and subservient sensory faculty compliant to ego
  - ❖ Ego essentially ignores intellect and the light of ultimate reality
- Societal learning is supreme decision maker
- Little or no freedom of will
- Little or no concern for unity of creation

# Spiritual Ideal to Realize



- Kingdom of God Within:
  - ❖ Body compliant to sensory faculty
  - ❖ Sensory faculty compliant to ego
  - ❖ Ego compliant to intellect
  - ❖ Intellect ordered to ultimate reality
- Enlightened intellect
- Human effort is necessary but not sufficient
- Ultimate spiritual development
- Ultimate goal of human life

# Conclusions

- Proposed model attempts to harmonize wisdom traditions, science and psychology
- Spiritual aspects of life must facilitate perception of ultimate reality immanent in all beings and also transcendent to all
- Spiritual education must facilitate a progression towards the ideal of establishing the Kingdom and supremacy of God Within
- *God? Prophet?* - Your choice!
- Will you allow spirituality to enter your life?
- **Progress towards the ideal is what matters**

# Addressing Crises of Our Times

Require the likes of teachers, professors, gurus, shaikhs, spiritual directors who can help us perceive that Ultimate Reality which is of the form of this indivisible universe (animate and inanimate) and which is all pervasive.

**Salutations to all such Gurus!**