

Indian Institute of Technology Kanpur

National Programme on Technology Enhanced Learning (NPTEL)

**Course Title
Cognition, Transformation & Lives**

**Lecture-14
Need for Transformation**

**by
Dr. Alok Bajpai
Psychiatrist, IIT Kanpur**

So, we will continue from the last lecture where we left.

(Refer Slide Time: 00:23)



We were talking about that transformation is the more sustained, willful, training of the mind to create a new form or function or structure a new way of living for that matter and all transformation is obviously change it is not like the previous one but all change is not transformation because a change maybe ill sustained totally driven by the external environment whereas the need for transformation comes from within the need for change also may come from within but it may not be ill sustained.

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So, where are these needs coming from? One of the biggest needs we all face is trying to get a harmony between varied and diverse affective and cognitive states that is whatever you do whether you work or you study or you fall in love or you remain in a relationship, you want to succeed you want to be knowledgeable or maybe you want to just show your knowledge whatever ultimately the biggest need is linked to what I was saying create a meaning of life that is a creative story.

And as the multiple stories collide, your different roles collide, your different mood states and different thoughts states collide you have the brain has to do a coherent story out of it. So, what that is a basic and obviously when you look at story and you look at cinema imagine there a lot of disjointed scenes and you pay some 200 bucks for watching a movie and you do not know what the story is you will get disgusted same is with the mind it will get disgusted if it gets if it cannot view a composite story of something.

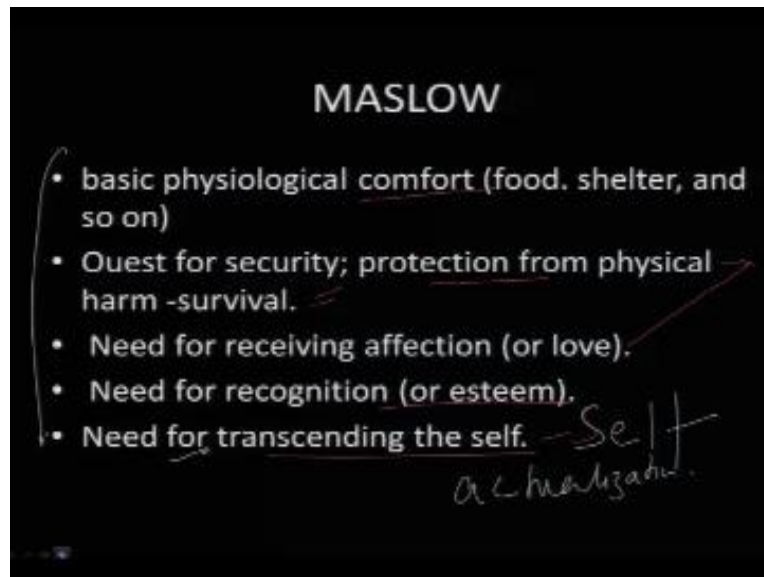
So what is the basic need within a mind is a harmony between varied and diverse affective and cognitive states. You can extrapolate from it the same process goes on into the larger unit when people marry so between varied and diverse thought process a harmony has to be created for

peace, so peace steps in. Peace remember the when I showed you the slide of rasas there was a Rasa which was mentioned as Shanta RASA, ultimately whatever activity you do the attempt of the mind or brain or all activity is to have pleasure one pleasure and by releasing that pleasure by achieving that you want a state of Shanth. Your mind needs to be peaceful which it is not because there is so many varied and diverse states going on at the same time.

So and then from a marital couple you want to larger family there more people to be adjusted and harmony created and keep going your locality your city your state your country the world it becomes the whole thing becomes extremely complicated and complex and from this complexity keeps emerging the solutions also. So, all the effort which is being done even the wars which have been justified in the name of this even the corporates even the invasions the exploitation the gaps the divisions from they all actually we could pin it down from your basic mind.

There is need for harmony is a persistent need whether it is satisfied or not whether you achieve it or not that is a different issue but that is the first need which keeps you pushing and then you would have heard of this person called Maslow gave a theory of pyramid that actually what pyramid has different level and said everything everybody moves in this the need for these are the basic needs.

(Refer Slide Time: 04:39)



One is the physiological comfort food shelter and like that is the primary thing then there is a quest for security protection from physical harm survival which has tended to make people homes communities states nation even religion for that matter we sense of belonging is very important sense of belonging arises from this need and also the need for being loved we want to belong and that is why what once we are born into a religion we tend to stick to it you at least belong to it.

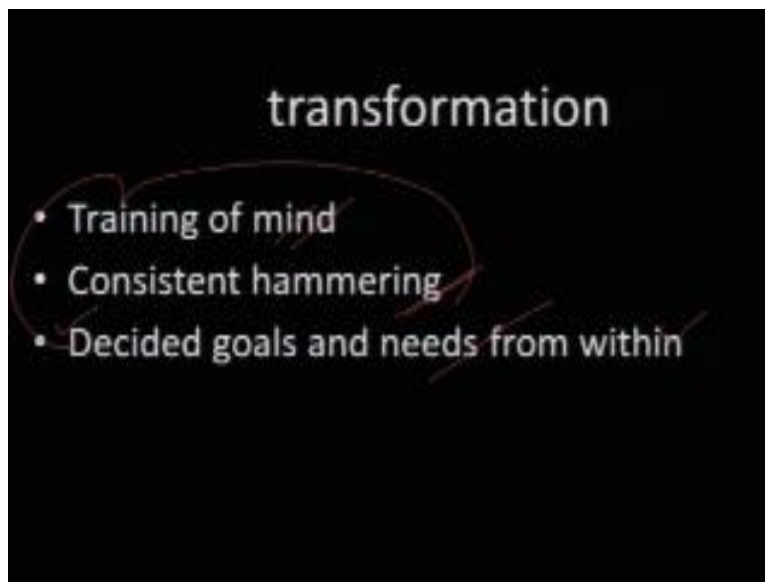
There is a need for receiving love need for recognition or esteem that is probably what pushes people to do all these great things of writing a book, of making a cinema, of earning lot of money and so that these are the pushes these are the needs you can call them push which and Maslow is put it very correctly only when your basic needs are fulfilled only then you will move to the other thing like once your food security everything is comfort then you look for love then you look for.

Now it is not totally black and white brackets people keep pushing between these multiple states of mind and then in the needs but at the end of the day you want to do all this again as I said previously to create a harmony in your life that harmony is very important that correct precise

balance between the various contradictory forces which are pushing will. So, finally when all this is done there is a need for transcending the self which is also called this is called self-actualization.

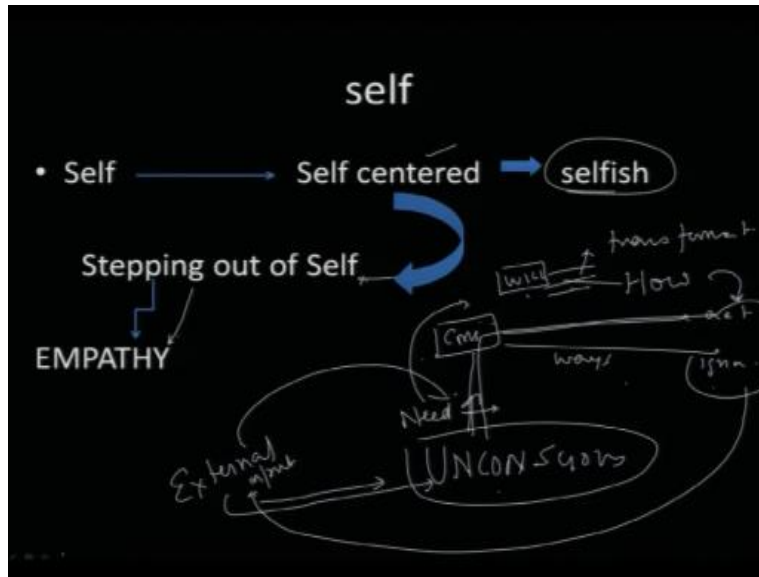
So you when all this is done you really go for self-actualization but the mind has to keep harmonizing between them the self-actualization is the ultimate need you can get Maslow's thing anywhere in a psychology book.

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And this we have talked about how transformation is more sustained and change is fleeting.

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So we have too many selves we have seen a slide at least three what I am what I think I am and what are the people so you have to create a harmony between them now the question you can ask me if you think if you have already thought some of you would have thought it and one in the last lecture I was talking about the intent and will, in the transformation I was talking about intent and will and change being involuntary transformation being more voluntary and requiring training of mind which again requires will.

And on the other hand I am saying that there is a need which pushes people to bring in change in transformation so, is that the will is automatically ruled out? valid question yeah it could be it sounds contradictory but just go a step beyond it even be if it is unconscious need even if it is a socio sociological need even if it is a psychological needs Maslow said of going securing one aspect of your life and then move on other ultimately it has all to be converted into behavior.

So when the need pushes and it wants you to do something, at that point of time when the conscious it comes to a conscious frame of mind at that time one still has a choice of how to go about it because the final decision of acting on something a final decision of behaving lies with

the higher center which we have talked about whether the decision-making center and probably there lies the intent and will.

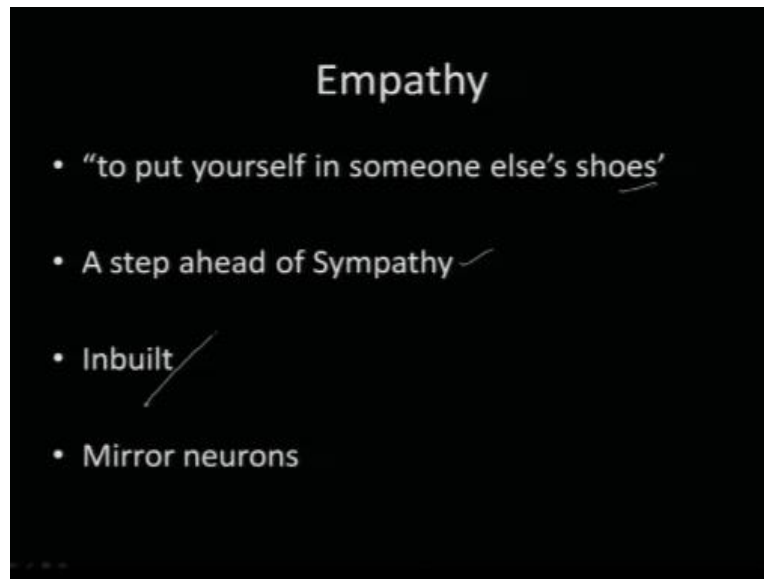
So they there may be a will which has arisen from need based thing. It has reached a conscious so this is all unconscious, it has reached a conscious mind which has to decide whether to act on it or whether to suppress or to ignore this is a choice still here so this may be the initial will or intent this may not be a free will but it is still a will to choose one of this and this is where transformation steps in, whereas change would just bypass this and go into one of this actions I hope I make myself clear I will try and do it again.

So if there is an unconscious mind and there is a need, so say this is a need this is not a will, need brings a certain frame to the conscious mind, a conscious mind can act ignore or choose the ways to act. The change this unconscious mind is again getting affected by external inputs so external input will alter the unconscious which will alter the need the conscious mind will act or ignore and this will again go back as a feedback to the external input.

We again go back into a feedback cycle so what I act all the same things act on me, I decide to speak softly to somebody after one twice thrice other people will start speaking softly to me but that is a change it may not get sustained another situation I may get angry, so the change will go there will be different change. My contention is that once it reaches the conscious thing, the will itself may be a result of need.

But there is still a will and this will can choose how to do it how to act here lies transformation this is transformation where we require continuous hammering, mental training and a need again another set of need to keep changing and differentiating between what is happening. So, we talked about self so this is a self which is almost self centered for survival it can go to becoming selfish that the person does not see anything beyond oneself. Or it can step out of self to empathize we will talk about empathy later.

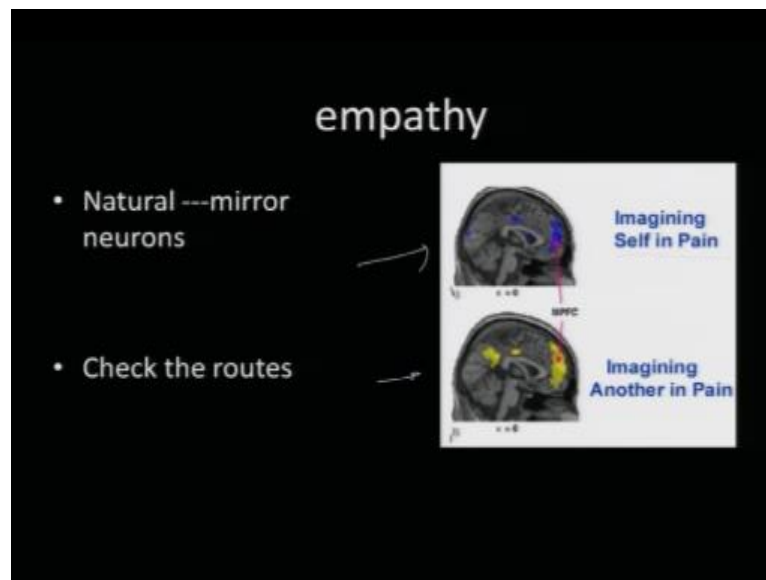
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So what is empathy, we talked about mirror neurons if you remember the neurons which make people communicate with each other non-verbally and the part of the brain which is which has brought out a concept of theory of mind about the ability to understand the mind of the other person of what the other person is thinking, in simplest terms empathy is to put yourself in someone else's shoes.

And they said step ahead of sympathy obviously empathy is inbuilt because if there are mirror neurons and if a sad face can bring in sadness in me if a sad face can trigger a feeling that the other person is sad that means it is an inbuilt thing but is just not about feeling.

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So this is how you imagine self in pain this and these are the areas and you imagine another in pain see the areas similar areas medial prefrontal cortex which lights up on this image, so the roots are the same so when I am in pain they my area of brain which will get activated with and if you are able to see it or maybe hear it or by some mechanism it reaches you it is same even when I tell you that say okay bye hand is hurting.

So there will be a certain area of my brain which would have got activated either feeling the hurt or at least conveying it and the same thing is sent to you, so but empathy is not so simple even if it is natural it is in all of us not everybody is equally empathetic and I am just talking about empathy because transformations can be of many type as I said they can be good they can be bad they can be destructive, constructive they can be entirely selfish, selfishly motivated if they can be socially motivated.

So why I am talking about all these things are, so a selfish transformation would not require empathy it would require killing of empathy actually but what I am going to do from now is once that we have established that a change is the difference between the change and transformation.

I am going to focus my talk into the transformation which involves lot of constructive transformation rather I should say.

And we will go about it and then we will talk about how something which is okay the bottom line is something which is beneficial to the most to oneself and to others also, let us take it that wise because and this is partly because of my belief that and I hope you agree that human beings if they are human being so connected with mirror neurons if they are so connected with communication if they are so interdependent on each other for food for life or every damn thing which they which they do.

Obviously they are either they will survive together or perish together because we not only share common gene pool we share lot of resources on earth and we have to so no man is an island as we talked previously and I do not think anybody can so it is important that we look at this process of more constructive transformations and hence forth we talk of empathy in that context.

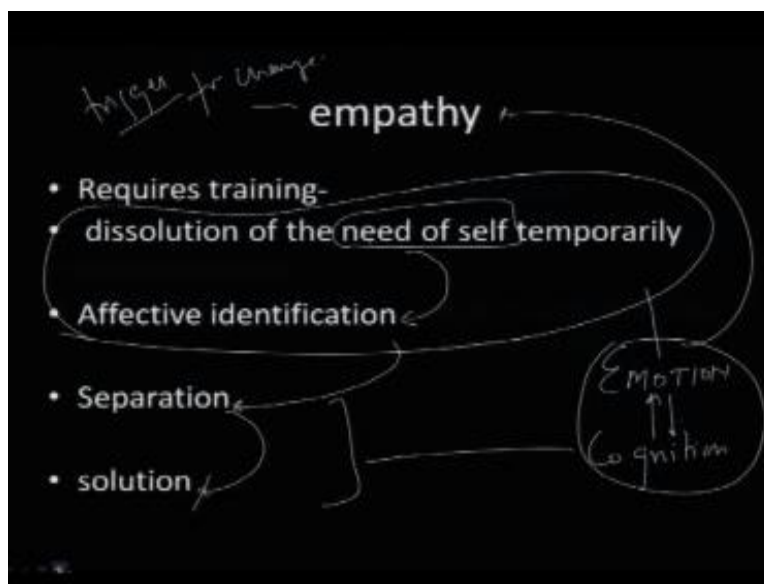
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So empathy the just feeling putting myself into your shoes is fine that is so and but in sympathy whatever we just okay we tell you that fine I sympathize with you, I understand I understand

your feeling that is sympathy. There is a common ground where your emotion and my emotion meet and they meet and I can feel that not feel rather I can understand your feeling empathy goes beyond this thing I can feel you are feeling so it is not so easy, consciously doing it is very difficult at times but even when it is happening unconsciously it still has a lot of processes in it and to become a master of empathy definitely requires so what all it requires it requires that need of self the self has to be postponed temporarily.

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When I step into your shoes and I want to see the situation from your angle I want to feel what you are feeling obviously I have to suspend my own self because all this while I was seeing the situation from my angle from my feeling from my cognition so I have to suspend it temporarily rather dissolve it that even if it is for brief moments. I have to identify your mood or the person with whom I am empathizing I have to identify that unless because for the same situation for which somebody is crying I may be cool I mean why are you bothered about it but unless I get into the shoes of the other person I will not know why the other person is crying.

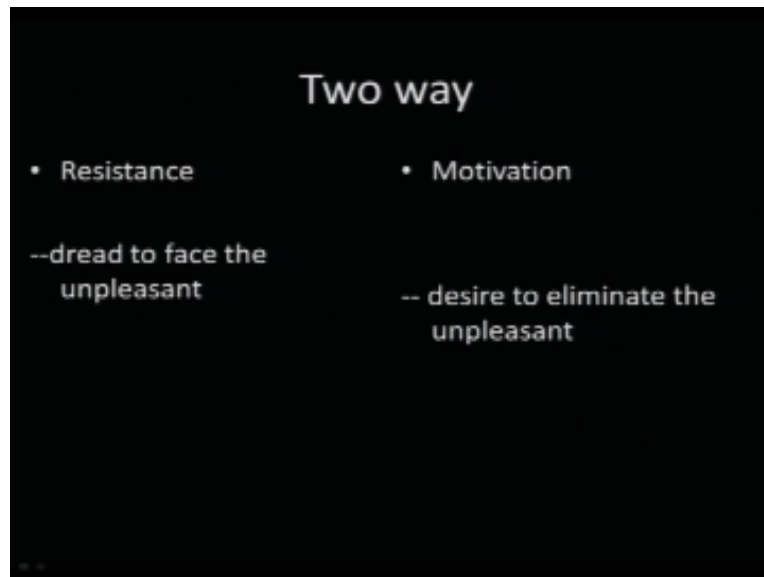
So I dissolved myself see the situation from the other person's angle feel that emotion and that that is how I identify the effect the mood but then it does not end there, it also requires a solution

otherwise what is the point feeling like you or feeling you feel like me what is the point then the mind as to separate from it because if you remain in the same affective identification and dissolution of self continuous what is the impact you also start crying.

So as doctors they are not taught in the exact terms like this but this should be taught like this they have empathy that slowly but they so most of them are so busy that they do not train themselves although that inherent empathy of doctors is much more than the ordinary crowd or people who are into helping professions. They naturally become like this because they know the person tells it's paining so seeing thousands of each patients they know what that pain is they have to identify with that pain but they cannot just keep start feeling or if you are having pain I am also feeling that pain.

You may say that I understand your pain I feel that pain but that does not mean they will flow they have to separate themselves objectively a surgeon has to separate himself from the pain which the patient is going to feel while being sutured because that will bring the solution. Why is it important? It is important because this brings in the original thing which we were talking about this requires emotion and this requires cognition, that is interplay is the one which leads to this and this may be a trigger for some change where especially where your transformation and change is important for the people.

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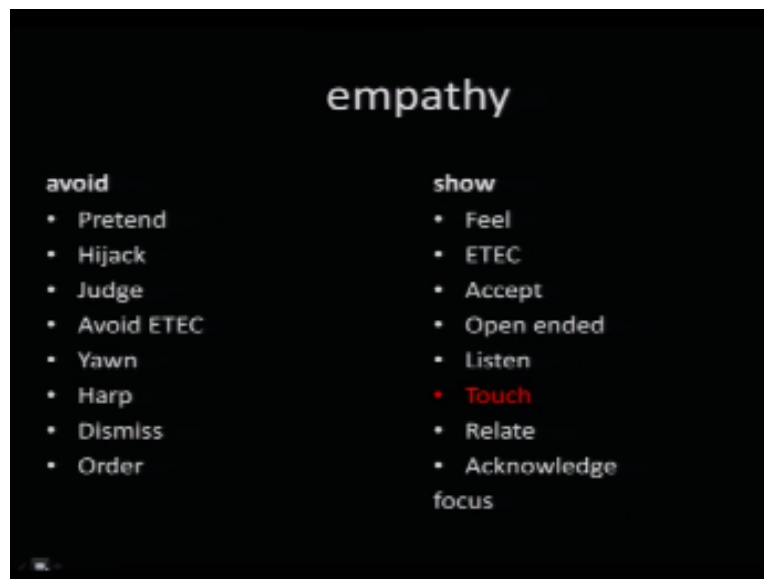
So we will talk about empathy when it comes to it later I just introduced it as a concept because sometimes while you are transforming and changing for a larger thing you may need to understand perspectives beyond your own unless you do that you will not be able to really look into what exactly is happening so when you feel a situation where you think it has come to a point where without transforming is not going to help. So, either you can motivate yourself which is a desire to eliminate the unpleasant or resist.

So again this is a choice although not fully a choice it will not depend on your need and conditioning of mind and the possibility of survival if you can survive most people who can do it so all so what I am trying to tell you that none of these things work in isolation that the need the pressure of need is against will, will is against me it is not that they all in your in a continuous dynamics and added to it is or as I said possibility of survival against the threat so that can push you to change if there is a survival threat that you will always try to change or even transform at times people transform and people transform under the pressure political history will tell you that under oppressive regimes people have changed the religion.

They have changed their way of living and they become different people there those are the external needs of survival so needs are pushing the will is there but the will chooses to comply there are other people who will not comply who will rebel so they want to rebel and so the resist or motivate to change. So, this is a huge dynamics while you are living in this world of your needs you need for survival you have to the changes the best survival techniques your own maslobia needs ultimately whether you motivate yourself to change or you resist the change depends on how well our harmonious your mind is.

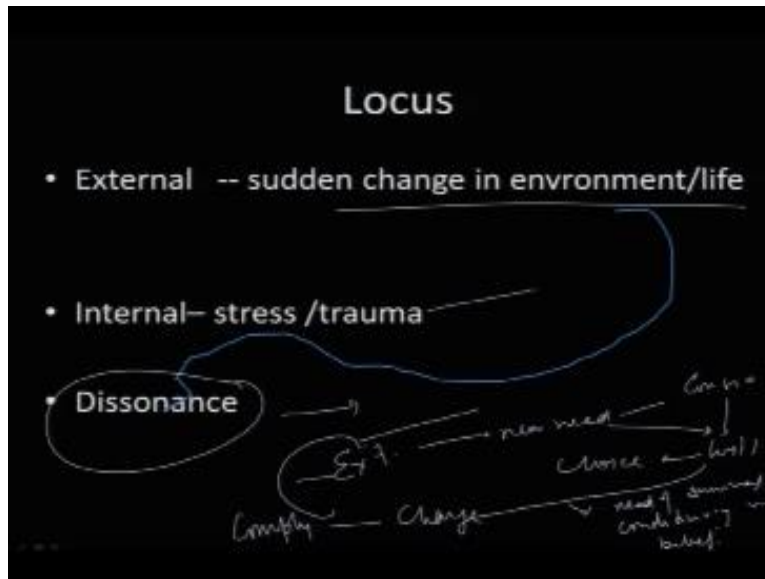
And that depends on a lot of your belief systems your training your this is a whole mosaic of things there is not a linear stuff which is going on for a rebel to resist the external pressure would be harmonious, for a person who wants to does not want to face the unpleasanties for him complying would be there. So, it can be there is nothing right or wrong in it but the process I just wanted this whole concept of this course what is to throw concepts look at the process which you are working.

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So again will these are the technique like you for empathy will come back to it.

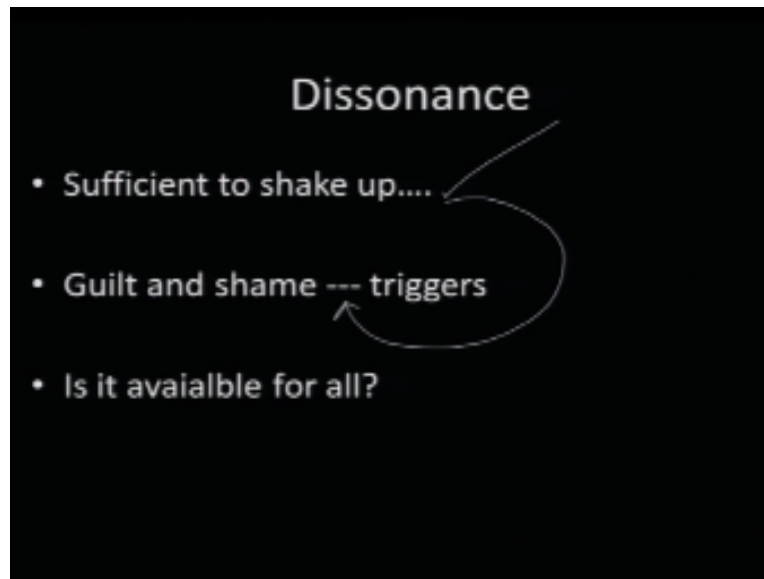
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So when you are when do you decide to change or transform as I said the external pressure may suddenly initiate a need which can go and go to your conscious mind your will or intent still as a choice how to act or ignore or whatever that whether you will do that again and I said that intent will not be a free intent again will evaluate against their need for survival at that time so sudden change in environmental life internal stress or trauma creates a dissonance, dissonance is the discomfort that the misreading of your various components of your thought and mind.

So there is a external change creates a new need goes to conscious it has a will which is again probably partly affected by this choice this can go to change or comply which will again feedback with the external environment and depending on it and all this can be affected by need for survival or your conditioning or belief systems so this is the whole dynamics which determines what people are going to do.

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Dissonance for any change or a long lasting transformation the dissonance should be sufficient to shake up little bit of here and there makes you change then suppose by mistake you while walking you hit somebody and then you should not so you change yourself and next time you walk carefully but that is only for a brief period. you will again walk in the same speed that is how we do not we make promises to ourselves and we do not think keep it because the dissonance which an act has created in your mind is not sufficient enough to shake you up you understand if sufficient.

Let me tell you a hypothetical situation you are driving on the road sometimes when you are driving and you suddenly talk to somebody and you just bump into a bike you feel sorry and next time you are careful again to forget it I am going to forget it but by mistake if you are talking on a mobile and you bump and kill somebody that would trigger off a dissonance which will lead to lot of guilt and shame and that is the point where transformations can begin but is the process available to all we leave it at this and examine this process of transformation in the next talk thank you.

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Prof. Satyaki Roy

Co – ordinator, NPTEL IIT Kanpur

NPTEL Team

Sanjay Pal

Ashish Singh

Badal Pradhan

Tapobrata Das

Ram Chandra

Dilip Tripathi

Manoj Shrivastava

Padam Shukla

Sanjay Mishra

Shubham Rawat

Shikha Gupta

K.K Mishra

Aradhana Singh

Sweta

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Puneet Kumar Bajpai

Lalty Dutta

Ajay Kanaujia

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