

Untangling the Complexity of Mind - Manitva - For a Better Relationship

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Have you ever wondered, a specific event or situation can trigger our mind and our mind begin its travel, gets hanged on, in a complex pit stop and sometimes entrapped into a complex trap and unable to come out of it.

What do you think is the end result? Friends/Relations around saying , “ Ah, such a moody person and doesn't react to what I say or listen to me. Not a social person and doesn't value relationships”.

Obviously, How can the so called 'Moody' person react, when his mind is entrapped into a complex pit and struggling in an altogether different world unable to come out of the unreal world ?

Mind's Complex Pit Stop

Manitvam, where the mind halts due to an exaggerated thought of one's own good qualities or capabilities. The result is a Psychological thriller scenario when there is no admirer or acknowledgment on those capabilities or qualities.

A simple self-respectfulness is a basic expectation of every mind; Of course, that's a wonderful quality. What happens when self-respectfulness is boomed?

When self-respect becomes boomed, exaggerated, it does not just impact our attitude toward ourselves, but it pushes us from internal of our self, to demand respect from others in an abnormal way, that, it makes us over-react and behave so sane if we do not receive the demanded respect or recognition from people around us, whom we think are the Certifying authority of our qualities/skillset.

Question Yourself

Take 2 min on the below Questions!

Do you get doubtful about the task that you have excelled, just because you aren't being appreciated? What happens when you perform well and being appreciated by everyone, but you are not convinced of your performance? Which takes a higher toll on you?

Analyse and Rewire Self

Think deeply for 2 min on the below points!

Do the flowers have the quality of Manitva? Do they decide to blossom basis acceptance of them by someone?

Do the waves stop when it has no one to touch at the shore?

You can help yourself by taking steps towards 'Being Amanitva' -
The Opposite of 'Manitva' !

When will Manitva stop?

Do you keep analysing about a person who has failed appreciating you or admire you? Let them not admire you or appreciate you; but the time you spend on analyzing the reason is really not worth. You are skilled; but why would you need someone to certify you on your skills. When you don't receive that Certification from someone, does it mean you haven't reached the benchmark! Never the case! That's just an illusion driving us crazy and putting our confidence down!

Step out of Manitva and start following Amanitva!

Not being dissatisfied with your inner circle if not getting the right appreciation on your Capabilities/Skills.

Feeling good even if your idea is saving one's reputation/life , still you aren't being acknowledged.

Feeling so loved looking at the Mirror when you got a lovely dress with a perfect makeover, and still not being admired by anyone.

Enjoy the meal when you cooked a tasty one, and either no one to taste them or no mouth to appreciate them after tasting the meal.

Experience the world and love being in the world, even if your beloved ones are busy out.

