



# Realization of Self

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## Abstract

Self Attainment is the biggest achievement. Is the Corona pandemic over or it will continue in 2023? One of the most important questions of this digital age. The lockdown during the corona pandemic has served as a good time for introspection. The most important thing people learned as a result of quarantine is how to appreciate the small things in life and do self-realization. The magic so often lies in the small things. The mood for 2021, where the ongoing state of the Pandemic has become the new normal, is self Attainment. It is the time of reinventing, what we want to do. If Covid-19 hadn't come? Reflecting on that does not count. What do we want to do when it is over? Change happens in the present-now. Hence do we need to learn something new, or is it enough to give loved things more time? For a long time there has been the image of the scholar who surrenders to thinking and becomes creative. Sometimes, we have to distance ourselves in order to be able to look at a problem from a different angle or to find ourselves. Even if the dictionary defines "alone" and "lonely" as synonyms, most people differentiate between being alone and loneliness. The word 'alone' implies a positive outcome whereas 'lonely', negative. Self-Attainment changes our thoughts and feelings, affecting not only our choice of profession but all areas in which we express ourself. We sometimes spend more time in planning our future courses of action rather than enjoying the present status. Hence it is imperative that we get rid of the non-meaningful things in our life and commit ourselves more to what matters most. What is more important like health, personal growth, career, finance, family, social life etc. We know ourselves as the person we aspire to be, not the person we are in the present- but it is essential to understand ourselves at a deeper level to achieve maximal potential and lead to self-improvement and increased self-esteem.

**Keywords:** E-eternal soul, A-action, L-learning method, I-instinct, Z-zest, A-attitude, T-task, I-intellect, O-opinion, N-noteworthy

## **1. Self Attainment**

Self-attainment refers to an achievement achieved through self-realization, which means following dreams and taking charge of our lives. The mood for 2023 is self-attainment. Where the ongoing state of the pandemic has become the new normal, it means reinventing oneself.

### **1.1 Self-Attainment (knowing and determining oneself)**

Self-attainment means listening to yourself, pursuing your dreams, goals and needs, making full use of your abilities and potential, standing up for yourself, living independently and taking responsibility for yourself and your life. Personal responsibility makes the difference and shows your strengths.

Self-realization affects all areas of life and all phases of development such as private life as well as professional life, students in their early twenties and recent pensioners. Its definition changes depending on the stage of life. It means being aware, being confident and not being afraid of new experiences or the opinions of others. It takes courage and self-confidence and does not happen overnight but is a process that can accompany us throughout our lives. It is a chance to rediscover ourselves and our wishes, our dreams and needs over and over again.

**A few self-interventions will help us figure out how to develop self-Attainment:**

1. My skills?
2. Enjoyment?
3. Goals?
4. Dreams?
5. What is important to me?
6. How do I want to be?
7. How do I want to live?
8. What am I passionate about?

A written plan with small steps brings us closer to our goals and wishes. It helps us to break down a big step into several small ones and makes the first step easier. And it also helps us to stay bold instead of formulating your wishes as just a vague idea in our heads. With a plan, we allow ourselves to be guided by our known behavioural patterns, by social conventions and norms.

### **1.2 Right time for self-Attainment**

It may or may not be the right time. Maybe one day we will come to a turning point in our lives and then we will realize that we want to change something. That can be early in the morning or in the afternoon in the boring office. When we are unhappy, we are controlled by others. We should change now with a small first step towards self-Attainment. This makes our life easier because we have less to lose, and it begins to understand the true value of life.

## **2. Self-Attainment happens less with external factors and more with personal responsibility.**

The starting point is always the same question: Am I as satisfied with my life as I am now? Most people are not. The culprit is quickly identified, either the circumstances or the others. Do self-realization and embark on a journey of self-discovery, authenticity, mindfulness and flow. Lead life the way you want to lead it - completely free of external constraints or influences. Happiness is always individual and depends on dozens of personal factors. But if we don't value ourselves and don't take our needs seriously, we can't be happy. However, through the process of self-discovery, we learn about our needs and can create the conditions for our personal happiness by living our own lives according to our own choices and expectations.

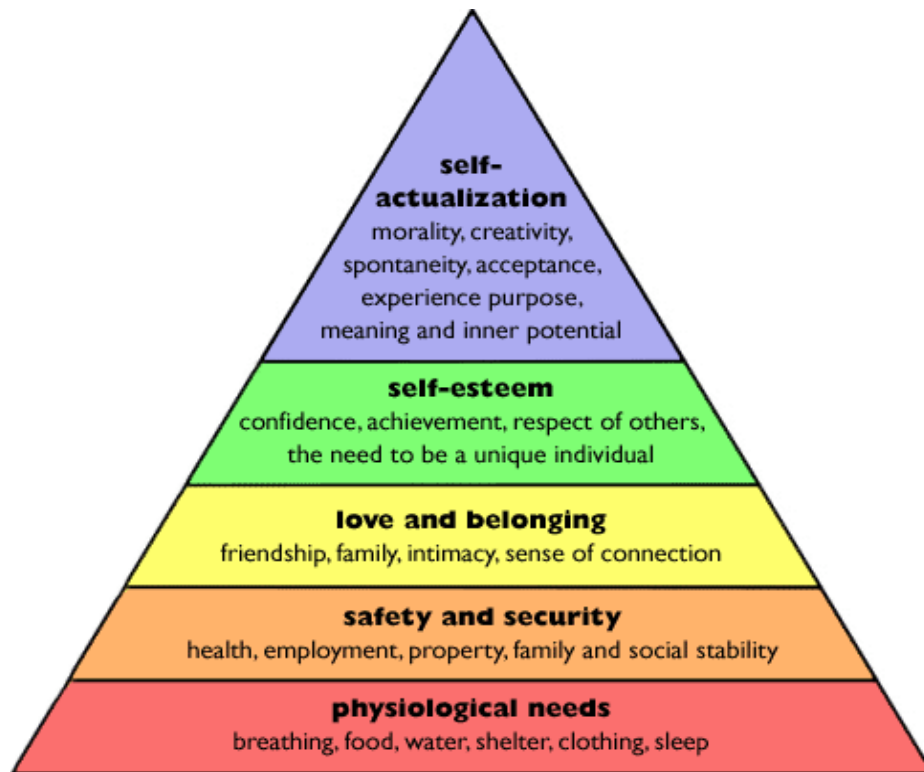
## **3. Self-attainment helps to motivate and achieve our goal**

Even if goals can be achieved without self-attainment, the most important question remains: Are they really mine or am I setting a goal because someone else expect it from me?

**Paul Watzlawick** Quote: ("Wer zu sich selbst finden will, darf andere nicht nach dem Weg fragen" \*1) "**If you want to find yourself, you shouldn't ask others for directions**". The search for identity and individuality leads to goals and strengths. Anyone who deals intensively with self-attainment will therefore become more and more aware of their own wishes, talents and abilities - and can therefore appear increasingly self-confident.

To better understand what motivates human beings, we should understand **Maslow** Theory. **Maslow** proposed that human needs can be organized into a hierarchy. This hierarchy ranges from more concrete needs such as food and water to abstract concepts such as self-fulfilment. Maslow's hierarchy of needs was developed by the American psychologist Abraham Maslow when he was dealing with the different levels of human needs. The individual levels of the pyramid build on each other. When the lower-level needs are satisfied, we can move on to the higher needs.

The three lower levels - basic needs, security and social needs - form the so-called deficit needs. According to Maslow, you don't feel happy until you're happy. The two upper levels are summarized under the term growth requirements. This includes individual needs such as success or recognition and, as a last step, self-Attainment, which only becomes achieve when all other needs have been satisfied. Self-Attainment refers to feeling fulfilled or feeling that we are living up to our potential or we are doing what we believe we are meant to do. According to Maslow, achieving self-Attainment is relatively rare, and his examples of famous self-actualized individuals include Abraham Lincoln, Albert Einstein, and Mother Teresa. (\*2)



#### 4. Challenges during Self-Attainment

If self-Attainment is so desirable to many, why is it difficult to attain? Everywhere in everyday life it can be observed that people set out to finally realize themselves but fail in the implementation.

It's a long, rocky road to self-realization. But not all people have what science calls **volition**. It is one of the most important success factors to achieve Self-Attainment. It's the art of willpower and seeing exactly what we want and what drives us internally. We all strive for success. It will decide whether we can achieve it. **Will** is generally the success factor, more important than motivation or intelligence. Volition combines determination with an unconditional will to implement. The good thing is that will power can be trained. The most important thing is our own attitude.

#### 5. How to achieve Self-Attainment:

##### 1. *Realize what we really want.*

Before we can even bother about achieving it, we must first figure out what exactly it is that we really want. Everyone has different potential, goals, and desires. Therefore, be honest and, above all, listen to yourself. Don't let external expectations and pressure influence you.

##### 2. *Do what you want*

Now that we've established what we want to achieve, it's time to start down that path. In the beginning it will probably take some effort, but that's the only way to get there in the end. Think about motivation and take the plunge.

3. **Stand by your wishes.**

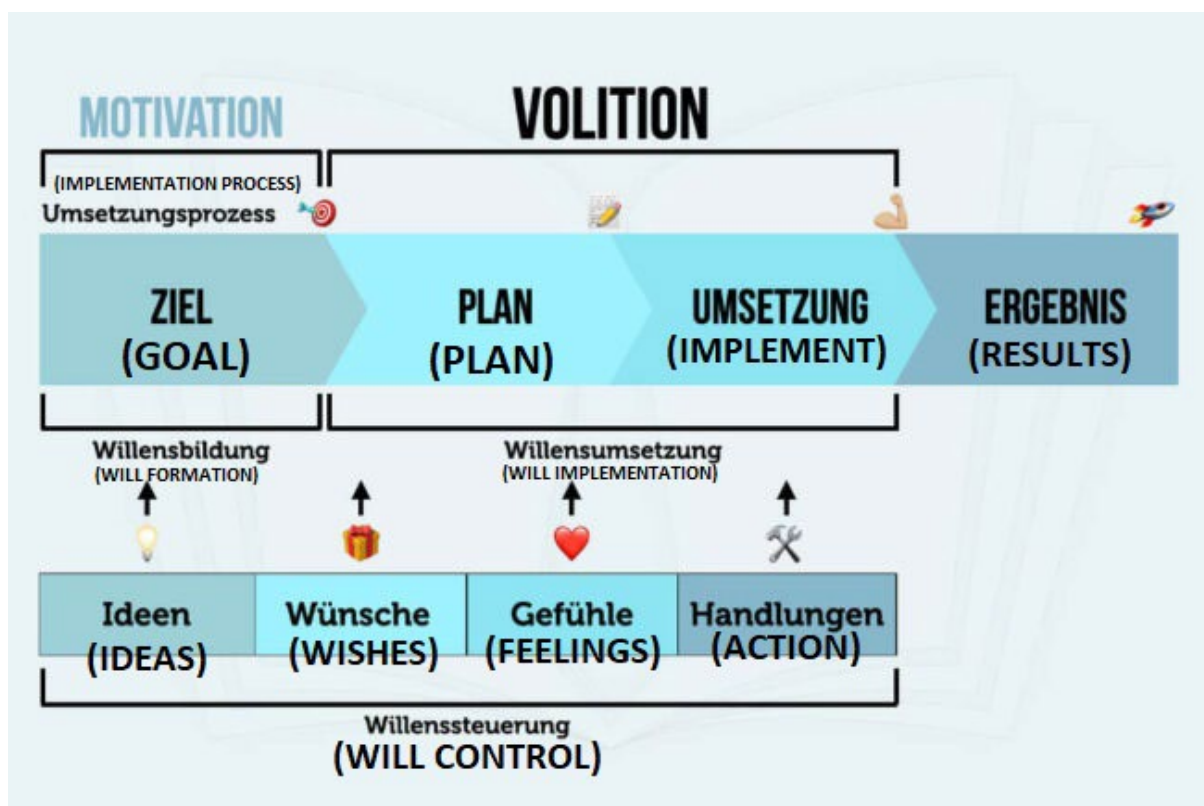
Expect criticism sooner rather than later. Someone will tell us that goals are not being met or that you made a mistake. Don't ignore this criticism entirely, but ask if there's any truth to it. It's time to correct the mistake. This is also part of self-realization: taking responsibility for your own actions. Only then can we truly act independently.

4. **Don't give up too quickly.**

Even with setbacks, shouldn't give up immediately. As the saying goes: Rome wasn't built in a day either. Self-Attainment is not a sprint, it is a marathon. Everywhere in life there are mistakes and setbacks. Learn from it and stay true to your path.

5. **Volition**

Volition combines determination with an unconditional Will to implement. In psychology, volition (willpower + implementation strength) describes the ability to implement one's own ideas, intentions, or desires. The term describes a process of self-control and wilful implementation of self-set goals over resistance and barriers to action, known as "implementation competence". It combines a high level of attention with persistent effort. Will is a key success factor. "Just" wanting something is often not enough. Only the **Will** leads to results. The "degree of effectiveness of the will" determines the success of our actions. This applies to overcoming resistance and setbacks. Einstein to Picasso to Gandhi: They all shared a strong willpower or determination.



(3\*)

## 6. Self-Attainment: Tips for Implementation

Do Introspection, who can guide me? What can I teach myself? Do I have to learn something new or is it enough to give more time to the things I love and question everyday automatism? Perhaps self-Attainment simply means toasting your own cereal and riding your bike more often than taking the tram. The magic is so often in the little things.

We are constantly surrounded by negativity. Whether in the news, on the Internet or with friends. It is therefore important to spend time with positive people. Friends encourage to do our best and always stay curious. Face the crisis, the crisis is accelerating the necessary transformation processes towards more individualization and goal-orientation.

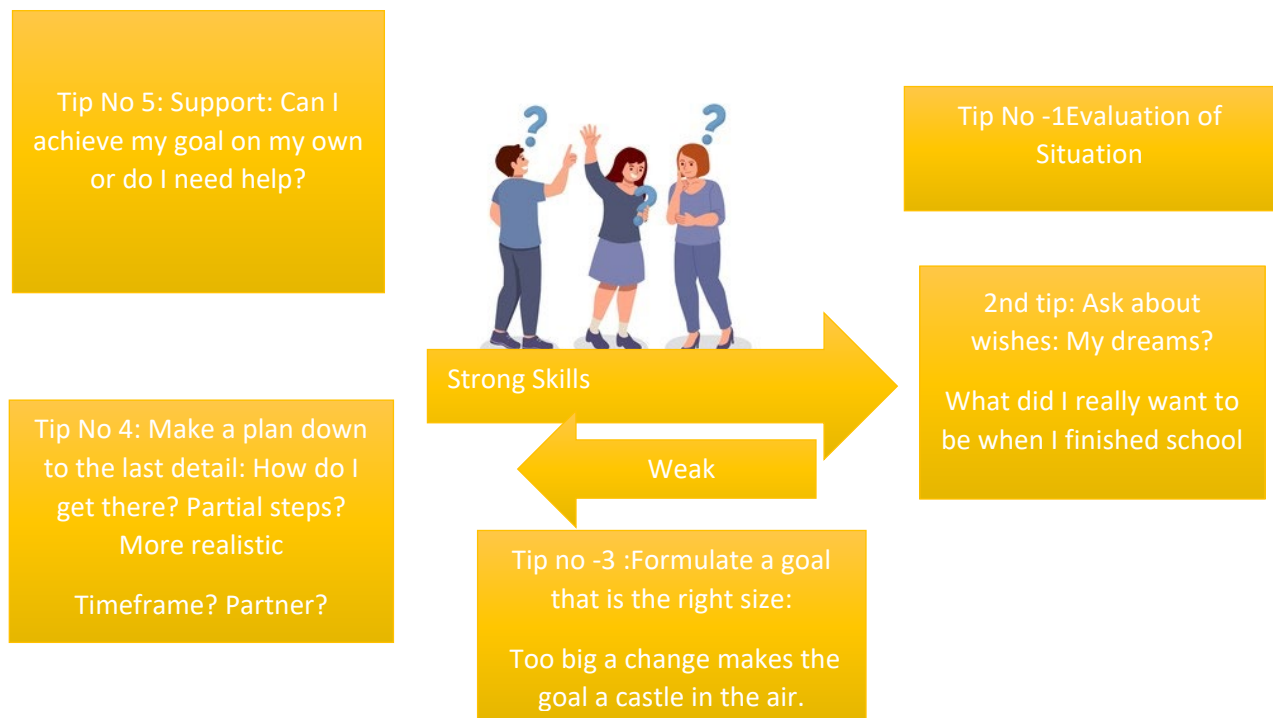
Give importance on self-discovery. Self-discovery is fundamental concept of Self -Attainment. The word “Self-discovery” suggests a fixed and unchangeable state that needs to be achieved. Area of Self-discovery are basic needs, social life, and self-Realization. (4\*).



We must take the time to self-discover, who we are as a person is accomplished through self-reflection. It allows us to think about our actions, preferences, values, beliefs and emotions. In fact, self-Attainment always means permanent self-discovery and self-creation at the same time.

The implementation steps are illustrated by the following diagrams.

- Systematic planning
- Assessment of the situation
- Think about your passion, your interest, and your dreams.
- Realize your goals and break the goals down into smaller sizes.
- Set a timeframe to achieve your goals.
- Evaluate your skills.



## 7. Conclusion

However, self-Attainment is not a final goal or a state, rather a process that everyone actively pursues and promotes for themselves.

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