

Words Assist to Live and Consciously

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ABSTRACT

The rapid increase in anxiety, depression, unconsciousness, lack of confidence, motivation, and other mental health issues are becoming a chief concern. Besides tragedies, words are responsible for the mentioned problems. At present, there is the requirement of self-consciousness can become possible with the assistance of regular use of specific contention. It can be completed through different methods such as by organizing the classes for self-consciousness than of teaching a plethora of subjects or using the language carefully not only in schools or universities but also at home. The preeminent purpose of this investigation is to explore whether people are aware of those words escort them to live or die consciously. The research used the e-survey that includes the objective and descriptive type of questions. There were 30 participants. The collected information is inspected accurately and approximation used from the collected results. Many saw eye-to-eye to the statement that words are responsible for causing the mental health problems and also helps to live and die consciously. All the teachers, parents, friends, and people living in the surroundings must use the appropriate words to keep a positive environment. It can help to get over in shaping the best in every person that can cure the worries and reduce the problems from their lives. Many of the researchers have investigated the relationship between language and consciousness. Yet, it is a complex topic and can bring argumentative opinions because of different perspectives. Words are dependent on consciousness and vice-versa

Keyword: - Consciousness, Words, Cognitive, Depression, Anxiety, Positivity, Pragmatics

1. INTRODUCTION

Words are vigorous in nature. The phrases used by others influence people to shape their lives. There are colossal number of questions that arises which includes: Are words responsible for anxiety, depression, harmony, peace and loneliness? Do words help to live and die consciously? Is it important for you to learn the process self-consciousness? Words form thoughts, Thoughts form action, and thus form a personality. Conscious use of words is as important as water to life. Each single letter and every phrase has the power to encourage and discourage. As words of experience and success influence others in every filed and way of life. According to the A. Spirkin, The whole essence of the human being, including his consciousness, is communicative by its very nature. And this ability defines the essence of consciousness and also its vehicles, the individual and society^[1] Individuals use phrases in their conversation. It shows that to build relationship with other beings we need words for conversation. Words hold high fluency than any other amenities present on the earth. Being humans, what are we saying to others and how are we saying? Which means the phrases and the tone play significant role in our lives. So, the question arises if it create any effect on our relations with others?

[1] ¹ Consciousness of the world and the world of consciousness. (n.d.). Retrieved November 28, 2020, from Marxists.org

2. BACKGROUND-

Abbas Pourhossein Gilakjan i.e. the researchers review the previous empirical studies on the important role of consciousness in second language acquisition (SLA) through stating the views of different authors, philosophers, scholars. Then, the role of consciousness in terms of concepts such as attention, awareness, intentionality, and control comes up for review². The findings of this researcher got successful and desired results that claims the need of consciousness is important for SLA. Voluminous classical specialists ascribe to language the starring role of kingmaker once it emanates to cognizance. Hence, they said language use is thought to either directly enable consciousness or to be one of the signature behaviours associated with consciousness³. There is no wide variety of researches cannot be found on how words assist us in living and dying?

3. MEANING OF WORDS AND CONSCIOUSNESS

Though it is difficult to clinch the meaning of words. It is same as to say water is of blue or green colour. The term “word” in itself is highly polysemous (see e.g., Matthews 1991; Booij 2007; Lieber 2010)⁴. The term consciousness is a cup of cake to understand that starts from oneself to the level of the world. Word Conscious is originally derived from the Latin word conscious, ‘Con’ means “together” and Scio “to know”⁵. According to Merriam Webster the state of being characterized by sensation, emotion, volition, and thought⁶ Word and Consciousness altogether plays a significant role in the life of every individual. Word Consciousness states the use of phrases with awareness for others and oneself. As words pronounced by individuals produce vibrations in the universe at a different frequency level. Nothing can exist without words or phrases. Words are categorized on the basis of positive and negative. Positive words include love, mirth, joy, luck, confidence, enlighten, placid etc., while negative include aggression, bad, curse words, defame fear, depression, hate etc.,

Generally, distinct vibrations sent by the people to the Universe. It is rightly said by the well-known scientist “Everything in Life is Vibration” – Albert Einstein⁷. In order to use words or phrases consciously students/children must be taught the meaning along with difference from the right age which can assist in choosing the correct for everyone. Moreover, People are so much indulged in their social well-being that they are not able to understand why problems like unconsciousness, anxiety, depression, fear, and loneliness arising? Likewise other matters it is crucial to take the initial step towards this.

3.1 CONNETION OF WORDS AND CONSCIOUSNESS

The Words and consciousness have the connection of soul and body. According to Andrew Newberg, M.D. and Mark Robert Waldman, words can literally change your brain⁸. If you are familiar to awareness but not with words become difficult for one and vice-versa. One needs to give equal importance to consciousness and words. To fill that gap you need to create that aura of conscious use of words and phrases in your life. Our brain is capable to react to the words though create the emotions. For instance, if someone praises, you smile on the other side if demotivate, you start doubting. That is the only reason that aware us completing education is just not sufficient but learning the art of using education in a righteous way is the most important thing. According to Beth Skwarecki, it is found that babies are able to listen to words from outside the womb through the abdomen. Their brain is capable enough to keep the memories and recognize those words even after the birth⁹. Even Patricia Kuhl, a neurologist at the University of Washington also said that “language learning begins in the womb”¹⁰. So, it is the first evidence that

² (n.d.). Home-Academy Publication. <https://www.academypublication.com/issues/past/tpls/vol01/05/01.pdf>

³ Consciousness doesn't depend on language. (2019, September 26).

Nautilus. <https://nautilus.us/issue/76/language/consciousness-doesnt-depend-on-language>

⁴ Word meaning (Stanford encyclopedia of philosophy). (n.d.). Stanford Encyclopedia of Philosophy. <https://plato.stanford.edu/entries/word-meaning/>

⁵ Consciousness. (2001, November 4). Wikipedia, the free encyclopedia. Retrieved November 27, 2020, from <https://en.wikipedia.org/wiki/Consciousness>

⁶ Definition of consciousness. (n.d.). Dictionary by Merriam-Webster: America's most-trusted online dictionary. <https://www.merriam-webster.com/dictionary/consciousness>

⁷ (n.d.). notitle. <https://cdn.website-editor.net/>

⁸ Newberg, M.D. and Waldman. (2019, May 27). Words can change your brain. Retrieved from <https://psychcentral.com/blog/words-can-change-your-brain-2/>

⁹ Science | AAAS. 2013. Babies Learn To Recognize Words In The Womb.

¹⁰ McElroy, M., 2013. While in Womb, Babies Begin Learning Language From Their Mothers. [online]

gives us an explanation that Consciousness begins with words. A baby in the womb can be considered aware of the activities which are going in the outside world. Approximately 95% of the pregnant women read books to distract themselves from the negative things and books do not only increase their knowledge but also help them to enhance the power of concentration. Holy books which are highly read during pregnancy period include Shrimad Bhagwat Gita and The Ramayana. Higher vibrations rate in extreme positivity

3.2 WORDS FORM TRUE PERSONALITY

Words and consciousness have the connection of soul and body. According to Andrew Newberg, M.D. and Mark Robert Words are the crucial devices. The importance of words is essential for interaction in our ordinary lives. We use phrases to inform, & to advice the human beings around us of what we feel, what we prefer to understand the arena. We talk efficaciously not only with our words but also with gestures, and tone of voice in different situations. Our thoughts are the Words which become active and form the true personality.

4 WORDS ASSIST TO LIVE CONSCIOUSLY

Cognizance in living begins with phrases as a forthright liaison can be seen. For instance, approximately 87% of people around the globe including kids, adults, and aged are indulged in the meditation because that has healing powers of creating a positive environment. Secondly, around 90% of the population listen to songs as it gives peace, enjoyment and distracts them from their regular activities. Eventually, they give ear of alertness to each word used in the song which later sang by them. ‘Consciousness is a mental aspect of a system or a process, which is a conscious experience, a conscious function, or both depending on the context and particular bias (e.g. metaphysical assumptions)’, where experiences can be conscious

Experiences and/or non-conscious experiences and functions can be conscious functions and/or non-conscious functions that include qualities of objects¹¹. Then why not they are taught the value of using the words/ phrases with awareness. Educating children to make their future bright is not the complete meaning of education rather they must be taught to use words that can motivate, keep them away from anxiety, & depression-like another health disease. It is just not beneficial for one person but for the world. An infant can be viewed as an aware personality who is known to the activities that are going outside. The creature uses the cognizant words which incorporate amenities in their own verbalizing ways. To live intentionally one needs fixation. There is equality in living consciously only with words. If we desire to learn more about contact between individuals, epochs and cultures, we need to explore the essence of language communication methods. Language is the highest mode of expression of thought, the fundamental means of behaviour regulation, knowing the truth and knowing oneself and the life of the culture. Without the gift of speech, man will never learn cultural values. Consciousness presupposes expression in the form of gesture as its material truth. It is moment requiring that alertness in living life and using every word with wake. Words are the true coins to live a full life said in Japp Ji Sahib¹². Actually every single phrase impacts on us. Indeed, even the Mantras that are presented by us emerges from our mouth create waves all around thus, can bring the positive vibes in our arena. Logically, it is demonstrated lexical terms, pragmatics, and phonetics are critical in the Hayat of everything. Assertions likewise viewed as a language. Each aspect of our body talks. For instance, when we state a youngster you can't accomplish this work or in education, this lowers the frequency of achieving, thus generates negativity around. It could arise sadness, wellbeing, related ailment, tension, & forlornness. Further, the understudy may end his/her life. They end it all. If someone found guilty is not only the person but also the words s/he used unconsciously. The person they will become tomorrow is their conscious experience of today and past days that can be narrated in the words. It is said in the Shri Bhagavad Gita, Every lexical term contains knowledge. Words also escort in making will power strong¹³. To lessen such situations we need to pay more attention to phrases but by staying awake. It is true; Words escort to live consciously.

5. WORDS ASSIST TO DIE CONSCIOUSLY

¹¹ Academypublication.com. (2020). Retrieved 27 November 2020, from <http://www.academypublication.com/issues/past/tpls/vol01/05/01.pdf>.

¹² Gill, K. (1986). Japuji Sahib (p. 38). Loksahit.

¹³ Shri Madbhagvad Geeta .(p.14-26)

Phrases are proven to be helpful in the process of dying consciously. When one is near to the death at the same time the person who is sitting next to the dying folk reads religious books or chant the name of God because that is useful experiencing death with awareness. Here, The Four Winds also say we can help people to enter in the journey of alertness through words¹⁴. Nowadays drill is given to the nurses so that they can assist patients who die at hospitals to provide comfort for their death voyage. Stages of the bereavement are different. To some individuals, it comes precipitously and to some after giving austere pain. Then, why cannot we live a conscious life through the aid of verses? It can sort out complications and regrets that we have made in our whole life if death comes at any point or turn of life. A person who is approaching the end of the lifecycle may devour divine requirements. It includes conclusion one's life and ending divergences with others, if probable. The dying person might find peace by resolving unsettled issues with friends or family¹⁵. "On its last legs wilfully" – upholds aware intact through the voyage of passing away and afar. It is premeditated for whole personnel tangled in the fading route. So, conscious use of words succour the person who is making the excursion of death.

6. HYPOTHESES

Consequently, the present study supports us to comprehend a few but crucial things: 90% of the participants agreed on the question that words help to live and die consciously whereas 10% are not sure about this. On the other side, 73.3% of participants were in favour that it helps to create harmony and balance where 83.3% said it leads to problems like depression and anxiety. The total of both is 78%. Self-consciousness is significant for 83.3%. The remaining 16.7% (6.7% are not sure, 10% responded no). So, the overall result of hypotheses passed.

7. CONCLUSION

Mantras that are recited by us comes out of our mouth goes in the air creates waves hence, can bring the positive vibes around us. Wrong use of words causes depression, health-related disease, anxiety, & loneliness. Due to that, the individual may end his/her life. To reduce such incidents awareness of words are more significant. Moreover, "words of consciousness are influential therefore, there is the need to organize classes not only for students but also for the people from variant age groups. Each lexical term must be articulated with full mindfulness. Words are the base of the consciousness and realization of our personality. With jam-packed wakefulness of words can give a positive aggregate to bring peace, humanity, love, happiness, motivation and confidence to overcome problems from life. The way of perceiving things will also change with this little transformation. Respondents agreed phrases make us fully aware of activities that are taking place in our life.

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¹⁴ -Dying Consciously: The Greatest Journey - The Four Winds. The Four Winds. (2020). Retrieved 27 November 2020, from <https://thefourwinds.com/blog/shamanism/dying-consciously-greatest-journey/>.

¹⁵ (2020). Retrieved 27 November 2020, from <https://www.agingcare.com/articles/end-of-life-emotional-needs->.

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