

Hindu Cosmology

Secondly, ancient Indian psychology was essentially individual-oriented and calculated to help an individual to develop self-awareness; this way it was highly pragmatic and not merely descriptive, numerative and classificatory; while certain general concepts and principles were enunciated more in the form of books and guidelines for individuals to live their lives, seek and find happiness, ultimately, ancient Indian psychology held that every individual is unique, influenced by his past knowledge and experience; the past here means not only experiences and knowledge of the present birth but those acquired during several earlier births. It is at this point also he is made aware that pursuit of mystic experience is getting back into the old habit of pursuit of pleasure.

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