

Mayank's Patterntic Theory

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ABSTRACT

This research introduces Mayank's Patterntic Theory (MPT), which explores the intricate relationship between the mind and human behavior, addressing the gaps in modern psychological theories. The theory posits that human behavior is governed by three core patterns: P-Patterns, OL-Patterns, and E-Patterns. Through subjective qualitative research, including naturalistic observations, this study examines how these patterns interact to shape individual responses to stimuli, explaining variations in human behavior. The findings suggest that behavioral discrepancies, such as stress, anxiety, and depression, can be attributed to misalignments between these patterns. Additionally, the research provides insights into the potential adverse effects of practices like meditation, the effectiveness of spiritual guidance over professional counselling, and other studies.

Keywords: *Mayank's Patterntic Theory (MPT), Human Behavior Patterns, Mental Health, Behavioral psychology, Mind-behavior interaction, Mindfulness, Meditation, Stress-Anxiety-Depression in modern life, Spiritual healing vs Psychotherapy effectiveness*

Mayank's Patterntic Theory (MPT) seeks to bridge the gap between psychological theories and the practical understanding of human behavior. While traditional psychology often segments the study of behavior into distinct categories, MPT proposes an integrated approach. It posits that human behavior is influenced by a combination of three patterns: P-Patterns, which are established before birth; OL-Patterns, which are developed through observation and learning after birth; and E-Patterns, which emerge from the combination of P-Patterns and OL-Patterns and are stored at the unconscious level. These patterns interact continuously, influencing how individuals respond to stimuli and how behavior evolves over time. The theory aims to provide a comprehensive understanding of human behavior by exploring these patterns and their interactions.

P-Patterns

Development Before Birth

P-Patterns are established during the prenatal period, prior to the birth of the child. Thus, all the patterns developed before the birth of a child are considered as P-Patterns.

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Genetic Basis

P-Patterns primarily form at the genetic level, encompassing brain structure and function, inherited traits, genetic predispositions, and the development of neurotransmitters and hormones.

Sensory and Cognitive Development

The fetus develops P-Patterns for sensory learning, emotional processing, bonding, movement and coordination, and circadian rhythms.

Influence of Maternal Emotional State

The emotional well-being and stress levels of the mother significantly impact fetal brain and neurotransmitter development during the prenatal period. Maternal stress can induce epigenetic changes—alterations in gene expression that do not involve changes to the DNA sequence. Epigenetic modifications can influence the expression of neurotransmitter-related genes in the fetal brain, thereby developing specific P-Patterns that may result in long-term effects on behavior and mental health.

Impact of External Factors

While the genetic blueprint inherited from the parents directs the development of P-Patterns, other factors such as maternal health, nutritional status, hormonal environment, exposure to toxins, and the broader environmental context to which the mother is exposed, also play crucial roles.

Foundation for Future Development

Development of P-Patterns during the prenatal period is essential for establishing the brain's communication network. This foundation influences cognitive function, behavior, and mental health throughout the individual's life. Besides, P-Patterns plays a very important role in the development of OL-Patterns and E-Patterns.

Influence on Temperament and Mental Health

P-Patterns are deeply embedded in humans and affect temperament, cognitive abilities, and susceptibility to certain mental health conditions. P-Patterns, though initially deterministic, are dynamic and evolve throughout an individual's life.

OL-Patterns

Postnatal Establishment

OL-Patterns are established during the postnatal period, after the birth of the child, and continue throughout the human lifespan.

Process of Observation and Learning

OL-Patterns are developed through observation and/or learning. Initially, P-Patterns play a significant role in the development of OL-Patterns. With the progression of E-Patterns, both P-Patterns and E-Patterns contribute to the development of OL-Patterns.

Role of the Conscious Mind

OL-Patterns are filtered and designed by the conscious mind and stored at the subconscious level.

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Development in Early Life

During infancy, toddlerhood, and early childhood, OL-Patterns are primarily developed via sensory observation of the world. As cognitive abilities increase with age, humans start developing OL-Patterns through observation and learning.

Individual Design

Based on observation and/or learning, individuals design OL-Patterns for each stimulus. The design of OL-Patterns is unique to each individual.

Influence of External Factors

OL-Patterns are developed from the external world through our sensory organs and depend on the individual's ability to design the patterns. Factors such as attention, motivation, external environment, health, prior knowledge, teaching methods, practice, social interactions, and cognitive abilities affect pattern designing.

Multiplicity of Patterns

Humans have the ability to develop multiple OL-Patterns for the same stimulus. This cognitive flexibility allows them to exhibit different behaviors in response to the same stimulus, showcasing their adaptability and complex learning processes.

Role of Free Will

The role of free will is crucial in creating and storing OL-Patterns. However, once these patterns are established, they tend to become more deterministic.

E-Patterns

Postnatal Establishment

Like OL-Patterns, E-Patterns are established during the postnatal period, after the birth of the child, and continue throughout life.

Combination of Patterns

E-Patterns form when P-Patterns merge with OL-Patterns in response to a specific stimulus. These resulting E-Patterns can either align with the OL-Patterns or differ from them.

Addition of Emotions

E-Patterns add feelings, emotions, moods, and physiological responses from P-Patterns (which encompass brain structure and function, inherited traits, genetic predispositions, neurotransmitters, and hormones) to OL-Patterns, and store themselves at the unconscious level.

Multiplicity of Responses

When the same stimulus triggers a combination of various OL-Patterns and variable P-Patterns, the resulting E-Patterns will develop more patterns than OL-Patterns and P-Patterns combined. This multiplicity explains why different responses can occur to the same stimulus.

Hardwiring

E-Patterns are more hardwired into the human brain compared to OL-Patterns.

Operational Efficiency

Human behavior primarily operates from the E-Patterns level, as the unconscious area enhances efficiency, manages cognitive load, processes information rapidly, and optimizes energy use.

Free Will/Deterministic

Since P-Patterns and OL-Patterns significantly influence the formation of E-Patterns, their development begins with a blend of deterministic and free will elements. With continued practice, E-Patterns, similar to OL-Patterns, increasingly become more deterministic over time.

P-OL-E Patterns

P-OL-E Patterns and Behavioral Impressions

P-OL-E patterns form the essence of human behavior. As these patterns are designed at individual levels, every person has a unique Behavioral Impression, akin to fingerprints or retinal scans. No two individuals share the same Behavioral Impression.

P-Patterns

P-Patterns are deeply embedded in humans, shaping temperament, cognitive abilities, and susceptibility to certain mental health conditions. While they initially start out as deterministic, P-Patterns are dynamic and evolve over the course of an individual's life. These patterns can also be altered by redesigning OL-Patterns and E-Patterns. Additionally, the use of drugs can also modify P-Patterns.

Role of OL-Patterns

Behavioral responses from OL-Patterns align closely with the outcomes they are designed to achieve, following the principle that the input determines the output. However, due to their higher energy consumption, OL-Patterns often prompt the brain to transition to more energy-efficient E-Patterns, thereby optimizing energy use and improving operational efficiency. Despite this, OL-Patterns are particularly significant because they can be modified through the exercise of free will. These modified OL-Patterns can subsequently influence both P-Patterns and E-Patterns.

Impact of E-Patterns

The unconscious is the most dominant part of the brain, enhancing efficiency, managing cognitive load more effectively, processing information rapidly, and optimizing energy use. Since E-Patterns operate from the unconscious, they have a substantial and dominant impact on human behavior. P-Patterns and OL-Patterns, either individually or in combination, have the ability to modify and redesign E-Patterns.

Interaction and Combination of Patterns

The three patterns interact, combine, and influence one another, not only contributing to the development of individual patterns but also producing distinct responses to specific stimuli. Multiple patterns may coexist in response to the same stimulus. Humans can operate both from OL-Patterns and E-Patterns simultaneously, which explains their multitasking behavior.

Self-Patterning in Humans

Humans are self-patternable, meaning they develop their patterns independently. Whether through observation or by learning, these patterns are self-designed by each individual.

Pattern Alignment and Mental Well-being

The alignment between OL-Pattern and E-Pattern significantly influences mental status. When these patterns are closely aligned, individuals experience higher levels of satisfaction, contentment, and happiness. Conversely, when the patterns diverge, individuals tend to experience dissatisfaction, unhappiness, and anxiety.

Degradation of Unused Patterns

Since patterns can be modified, they are also prone to degradation. When a particular pattern remains unused for an extended period and is replaced by a new active pattern, the old, unused pattern deteriorates or becomes corrupt. To revert to the old, unused pattern, the individual must rework and redesign it, potentially resulting in a pattern different from the original.

STUDIES METHODOLOGY

A combined subjective and quantitative approach was employed for this research to gain a comprehensive understanding of the subjects' behaviors. The study involved observing subjects in their natural settings to ensure that their behavior patterns remained authentic and unaffected by external influences. To mitigate the impact of observer effect, subjects were not informed about the research to prevent any alterations in their behavior due to the awareness of being observed.

This naturalistic observation method allowed researchers to capture genuine behavior patterns, providing deeper insights into human behavior. By avoiding controlled environments and conscious awareness of observation, the study aimed to reflect more accurate and original behaviors of the subjects. This approach enhances the validity of the findings by ensuring that the behaviors recorded are representative of the subjects' typical actions and reactions in their everyday contexts.

Ethical Considerations

In this study, informed consent was not obtained from participants as the observation occurred in public settings where there was no reasonable expectation of privacy, and the behaviors observed were not sensitive in nature. The study adhered to ethical guidelines by ensuring that the observations did not involve any manipulation, intervention, or interaction with the subjects. The anonymity and confidentiality of the observed individuals were strictly maintained throughout the research.

Participant Information

Specific details about the number of participants, their gender, or other demographic information were not recorded or reported in this study. This decision was made to maintain the focus on the observed behaviors and to protect the privacy of the individuals observed. The research aimed to explore general behavior patterns without attributing them to specific demographic characteristics.

Studies and Analysis of Human Behaviors by MPT

Explanation of Stress, Anxiety, and Depression based on MPT

Stress: Stress emerges as a psychological response when an individual encounters a specific situation or event but lacks a well-developed OL-Patterns for managing it. In the absence of a comprehensive and effective OL-Patterns for dealing with the situation, the person struggles to cope, leading to the experience of stress.

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Anxiety and Depression: These emotional states are understood through the concept of discrepancies between OL-Patterns and the E-Patterns, in response to a particular stimulus. Anxiety occurs when there is a noticeable gap or divergence between OL-Patterns and E-Patterns. This discrepancy creates a sense of unease and worry as the individual struggles to bridge the gap.

Depression develops when this divergence persists over time. The ongoing mismatch between OL-Patterns and E-Patterns leads to a prolonged sense of inadequacy, helplessness, and sadness, resulting in depressive symptoms.

Suicidal Thoughts: If the gap between the OL-Patterns and E-Patterns becomes excessively large and persistent, it can lead to severe emotional distress. In extreme cases, this profound divergence might result in suicidal thoughts as the individual feels overwhelmed by their inability to reconcile the discrepancy and cope effectively.

Case Study

- Subject: Students;
- Stimulus: Exams;
- OL-Patterns: Patterns start to form as exam preparation advances;
- P-Patterns: Fear;
- E-Patterns: Patterns emerge amidst the fear of not being able to qualify for the exam.

Stress arises when the student encounters the exam but lacks well-developed patterns to manage the situation effectively. Inadequate preparation, uncertainty about study methods, or a lack of confidence can lead to stress. The absence of comprehensive and effective OL-Patterns for dealing with the exam, results in the student struggling to cope with the pressure, leading to stress.

Anxiety occurs when there is a noticeable gap between the student's OL-Patterns and E-Patterns. The student's OL-Patterns involve striving to qualify for the exam, performing well, and meeting expectations. However, their E-Patterns involve feelings of failure, worrying about not passing, and fearing the consequences of a poor performance. This discrepancy between the effort and determination to succeed (OL-Patterns) and the fear of failure (E-Patterns) creates a sense of unease and worry, leading to anxiety.

Depression develops when the divergence between OL-Patterns and E-Patterns persists over time. If the student's efforts to prepare and succeed are consistently overshadowed by persistent feelings of failure and inadequacy, it can lead to depression. The ongoing mismatch between their determination to qualify for the exam (OL-Patterns) and their emotional state of feeling like a failure (E-Patterns) results in a prolonged sense of helplessness and sadness, leading to depressive symptoms.

If the gap between the OL-Patterns and E-Patterns becomes excessively large and persistent, it can lead to severe emotional distress. In extreme cases, the profound and unrelenting divergence between the student's efforts to qualify for the exam and their overwhelming feelings of failure may result in suicidal thoughts. The student may feel completely overwhelmed by their inability to reconcile the discrepancy and cope effectively, leading to thoughts of ending their life as a way to escape the unbearable distress.

Potential Adverse Effects of Meditation and Mindfulness

Meditation can be harmful: It can even make mental health problems worse.

Meditation, often perceived as a universally beneficial practice, can have significant adverse effects, including exacerbating mental health issues. Historical evidence from the Dharmatrāta Meditation Scripture (over 1,500 years ago) and modern research highlight these risks. A 2022 study in the US found that over 10% of regular meditators experienced negative impacts lasting at least a month. Common adverse effects include anxiety, depression, psychosis, dissociation, and depersonalization.

Notably, even individuals without prior mental health problems can experience these effects. In 1976, Arnold Lazarus, a key figure in the cognitive-behavioural science movement, said that meditation, when used indiscriminately, could induce “serious psychiatric problems such as depression, agitation, and even schizophrenic decompensation”. Despite its commercialization, with the mindfulness industry valued at \$2.2 billion in the US, many resources fail to warn about these risks. High-profile figures in the mindfulness movement, such as Jon Kabat-Zinn, have acknowledged the subpar quality of research on its benefits. Moreover, a large 2016-2018 UK study found mindfulness ineffective in improving children's mental wellbeing and potentially harmful to at-risk groups.

Given these findings, it is ethically imperative for mindfulness and meditation instructors to inform practitioners about potential risks. While resources are emerging to address these concerns, the public must be educated on how to practice meditation safely.

Explanation by MPT Theory

Mindfulness practice typically aims to enhance OL-Patterns. However, this focus leaves E-Patterns unaddressed. Consequently, the divergence between OL-Patterns and E-Patterns can increase, potentially leading to negative mental health outcomes.

Similarly, meditation that concentrates solely on either OL-Patterns or E-Patterns—an approach frequently observed—can exacerbate this divergence. When these patterns are not addressed in tandem, the risk of negative effects, including the aggravation of mental health issues, increases.

To address these concerns, it is essential to approach meditation and mindfulness in a manner that aligns both OL-Patterns and E-Patterns. Ensuring that these patterns are synchronized, will enhance the overall mental health benefits of the practices.

Divine Guidance: Why Many Prefer Spiritual Gurus Over Professional Counsellors

In contemporary society, a growing number of individuals are seeking counsel from religious and spiritual gurus instead of professional counsellors. This preference stems from several compelling factors. Firstly, spiritual and religious leaders often foster a profound sense of community and belonging, offering followers a support network that extends beyond individual therapy sessions. Their guidance is perceived as more holistic, encompassing not only mental health but also spiritual and emotional dimensions of well-being. The wisdom and authority attributed to gurus, often rooted in ancient traditions and cultural heritage, can be seen as more comforting and relatable than the clinical approach of professional counsellors, which might be viewed as detached or impersonal. Additionally, spiritual practices and rituals suggested by gurus provide followers with concrete actions and routines, enhancing their sense of agency and involvement in their own healing process.

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This combination of community, perceived wisdom, and comprehensive care makes spiritual gurus an appealing alternative for many seeking guidance and support.

Explanation by MPT Theory

In contemporary society, there is an observable trend where increasing numbers of individuals are opting to seek counsel from religious and spiritual gurus rather than professional counsellors. This preference is not simply a matter of blind faith; rather, many individuals find genuine relief and comfort in the guidance offered by these spiritual leaders. The success of gurus in providing effective counsel can be understood through the lens of the MPT.

Successful religious and spiritual gurus tend to excel as counsellors because they possess the ability to bridge the gap between an individual's OL-Patterns and E-Patterns. When individuals seek out these gurus, their E-Patterns—those linked to mystical, or spiritual dimensions—are often already activated as they are in search of a mystical, spiritual or divine solution. Even in cases where E-Patterns are not initially active, effective gurus are adept at bringing these patterns to the forefront.

Once a guru has a grasp of an individual's behavior through the lens of E-Patterns, they then engage with the OL-Patterns, to discern the behavioral gap. By understanding this gap between OL-Patterns and E-Patterns, successful gurus are able to devise a solution that bridges this divide. The proposed solution may appear illogical or unreasonable from a purely analytical standpoint, but as long as it successfully reconciles the discrepancy between these two patterns, the individual experiences a sense of relief and resolution.

In contrast, professional counsellors often operate primarily within the framework of OL-Patterns, without delving deeply into E-Patterns. Counsellor's approach may lead individuals to feel observed or scrutinized, which in turn causes them to operate predominantly from their OL-Pattern. Many counsellors fail to achieve the same level of success as gurus because they do not sufficiently engage with the E-Patterns and may rely on generalized solutions that do not address the unique interplay between the two patterns.

For counsellors to be effective, it is crucial that they develop an understanding of individual behavior that encompasses both E-Patterns and OL-Patterns. If these patterns are not already active, counsellors must create an environment that encourages their activation. Only after identifying the gap between these patterns, counsellors can provide solutions that genuinely help individuals overcome the challenges, they face. This comprehensive approach, which mirrors the methods used by successful gurus, is essential for achieving meaningful and lasting outcomes in counselling.

Recurrence Rates: Alcohol Relapse Statistics Post-Rehabilitation and Counselling

A significant body of research has explored the rates at which individuals' relapse into alcohol use following rehabilitation. One notable study by Moos and Moos (2006) found that approximately 40-60% of individuals who undergo alcohol rehabilitation experience relapse within a year of completing treatment. Another study by McLellan et al. (2000) supports these findings, reporting similar relapse rates despite comprehensive treatment plans, including counselling. These statistics reflect the complexity of addiction recovery and the multifaceted nature of relapse triggers, necessitating a holistic approach to post-rehab care.

Explanation by MPT Theory

Studies have indicated that despite undergoing rehabilitation and counselling, many individuals relapse into alcohol use. A primary reason for this is their inability to alter their E-Patterns. While changing OL-Patterns is often more straightforward—by modifying the environment, social circles, or behaviors related to alcohol—the deeper, more ingrained E-Patterns, which drive the desire for relief or enjoyment from alcohol, remain largely unchanged in many individuals.

For instance, OL-Patterns can be adjusted by distancing oneself from alcohol, avoiding situations where alcohol is present, or forming new friendships that do not revolve around drinking. However, the E-Patterns that create a persistent urge for the relief or pleasure derived from alcohol consumption tend to stay intact, making it challenging for individuals to fully break free from the habit even after completing rehabilitation or counselling.

In cases where an individual's E-Patterns are already aligned against alcohol consumption, but OL-Patterns trigger the behavior, it is generally easier for them to change their habits through standard rehabilitation and counselling efforts. However, for those whose E-Patterns are supportive of alcohol use, a different, more focused approach in counselling is necessary to address these underlying drives.

In summary, alcohol relapse often occurs because supportive E-Patterns remain unchanged. For rehabilitation and counselling to be truly effective, it is crucial to address not only the OL-Patterns but also to work on transforming the E-Patterns that sustain the individual's relationship with alcohol.

Mindset of Criminals

The mindset of individuals who engage in criminal behavior is often shaped by a combination of factors, including rationalization, thrill-seeking, desensitization, social influence, and coercion. Criminals may rationalize their actions by convincing themselves that their behavior is justified or necessary, even when it is clearly illegal. This cognitive distortion allows them to overlook the moral wrongness of their actions (Bandura, 1999). The thrill or excitement of committing a crime can also be a powerful motivator, with some individuals drawn to the sense of adventure or adrenaline that risk-taking provides. These individuals often focus on the immediate rewards, such as financial gain or personal satisfaction, without considering the long-term consequences of their actions (Cornish & Clarke, 1986).

Additionally, criminals may become desensitized to the harm they cause, distancing themselves from feelings of guilt or remorse. This emotional detachment makes it easier for them to continue their illegal activities (Baumeister, 1997). Social environments can also play a significant role, as individuals may feel that they have no other options for achieving their goals or may be influenced by a community where criminal behavior is normalized or even encouraged (Akers, 1998). In some instances, desperation or coercion can drive someone to commit a crime, with individuals feeling compelled to engage in illegal actions as a last resort to meet their needs or due to external pressures (Merton, 1938). Overall, the mindset of criminals is often a complex mix of justifications, excitement, emotional detachment, and external influences.

Explanation by MPT Theory

Criminals are shaped by the patterns they develop rather than being born with a predisposition to criminality. The development of specific behavioral patterns plays a crucial role in this process. Initially, individuals develop OL-Patterns in response to a specific stimulus. At this stage, it is essential to emphasize the design of E-Patterns, which plays a pivotal role when the first act is committed. If these E-Patterns are not aligned with the existing OL-Patterns, the individual may experience feelings of guilt or remorse. This emotional conflict can prompt the individual to correct their behavior and change course.

However, there are two other potential outcomes. The pre-existing E-Patterns might already support the OL-Patterns, or the OL-Patterns could induce a change in the E-Patterns to bring them into alignment. In either case, if the E-Patterns evolve to support criminal behavior, the individual is likely to continue down a criminal path, perceiving their actions as justified and feeling no guilt or remorse. Once this alignment occurs, it becomes challenging for the individual to reverse course unless deliberate efforts are made to redesign the E-Patterns in a way that no longer supports criminal behavior.

The Decline of Interest in Mathematics from Early Childhood to Adolescence

Children generally show a natural ability for mathematics in early childhood, as early math concepts are often introduced through engaging, hands-on activities that relate directly to their daily lives (Ramirez et al., 2013). However, as they grow older, math education becomes more abstract and formal, which can lead to a decline in interest. This shift is often due to the increased abstraction of math concepts, the pressure from grades and tests, and teaching methods that emphasize rote memorization rather than real-world applications (Ashcraft & Moore, 2009; Gunderson et al., 2018). Additionally, students may develop fixed mindsets about their math abilities, influenced by challenges, feedback, and gender stereotypes, which further contribute to a dislike of the subject (Cvencek, Meltzoff, & Greenwald, 2011). Research suggests that sustaining interest in mathematics requires an emphasis on problem-solving, creativity, and promoting a growth mindset (Boaler, 2016; Dweck, 2006).

Explanation by MPT Theory

In early childhood, the development of E-Patterns is gradual, and children acquire knowledge primarily by designing OL-Patterns. At this stage, there is no external pressure, allowing children to easily modify and redesign any incorrect patterns they create. This often results in a natural liking for the subject.

However, as the child grows, E-Patterns begin to solidify, and faulty OL-Patterns developed during this stage can become problematic. Without proper guidance, these OL-Patterns may struggle to grasp concepts, leading to difficulties with the subject. The pressure from exams and societal expectations can cause OL-Patterns to combine with P-Patterns, resulting in E-Patterns characterized by a dislike and fear of the subject.

Under the influence of these dominant E-Patterns, students may develop fixed mindsets about their ability to understand the subject. The pressure from exams and negative feedback further reinforces this dislike. To counteract this, it is essential to design and develop accurate OL-Patterns both in early childhood and as the child grows. This approach will enhance the child's confidence, and when these OL-Patterns combine with P-Patterns, the resulting E-Patterns will be more supportive. Proper guidance and teaching methods play a crucial role in this process.

RESULTS

The research supporting MPT adopts a qualitative and subjective approach, emphasizing the observation of individuals within their natural environments to minimize external influences on behavior. By avoiding controlled settings, the study aims to capture authentic behavioral patterns, providing a more accurate representation of individuals' responses to stimuli. The research delves into the development, interaction, and influence of P-Patterns, OL-Patterns, and E-Patterns on human behavior. For example, the study investigates how stress, anxiety, and depression can result from discrepancies between OL-Patterns and E-Patterns, and suggests that spiritual guidance may align these patterns more effectively than traditional counselling. Additionally, the theory addresses potential adverse effects of meditation and mindfulness, the high relapse rate among drug users' post-rehabilitation and counselling, and the decline of interest in mathematics among children. The research methodology underscores the significance of understanding behavior in context, acknowledging the dynamic nature of these patterns throughout an individual's life.

DISCUSSION

The discussion section delves into the implications of MPT, particularly in understanding psychological phenomena such as stress, anxiety, and depression. The theory suggests that these conditions arise from misalignments between the three patterns, with stress emerging when OL-Patterns are underdeveloped, and anxiety and depression resulting from persistent gaps between OL-Patterns and E-Patterns. The study also critiques the effectiveness of mindfulness and meditation practices, arguing that they may exacerbate these discrepancies if not properly aligned with both OL-Patterns and E-Patterns. Furthermore, the discussion highlights the potential advantages of spiritual guidance over professional counselling, as spiritual leaders may be more adept at aligning these patterns, thereby providing more effective emotional and psychological support.

CONCLUSION

Mayank's Patterntic Theory (MPT) offers a novel framework for understanding the complexities of human behavior by integrating P-Patterns, OL-Patterns, and E-Patterns. The research underscores the importance of considering the dynamic interplay between these patterns in explaining behavioral responses and psychological conditions. By offering insights into the causes of stress, anxiety, and depression, as well as the potential pitfalls of certain therapeutic practices, MPT provides a comprehensive approach to behavior that bridges the gap between theory and practice. The findings suggest that aligning OL-Patterns and E-Patterns is crucial for mental well-being, and that spiritual guidance may offer unique benefits in achieving this alignment. The concepts explored in numerous best-selling books on the mind and human behavior can be effectively explained through the lens of MPT, underscoring the theory's broad applicability. Future research could further explore the practical applications of MPT in various therapeutic and counselling contexts.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sharma, M. (2024). Mayank's Patterntic Theory. *International Journal of Indian Psychology, 12*(3), 2401-2412. DIP:18.01.233.20241203, DOI:10.25215/1203.233