

Developing Personal Traits by using Divine Tool – Bhagwad Gita

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ABSTRACT

Every day from morning to evening we all are in the battlefield. We are facing number of problems and challenges in day to day life. In this research paper, some important teachings of Bhagwad-Geeta are highlighted. Such as; teachings regarding maintaining peace, overcoming anger, anxiety, depression, discrimination, greed, forgiveness, confusion, self-control, pride etc. so that we can win the battle of everyday life by using these teachings. In every sphere of life, we need some educational qualification, technical proficiency, skills, expertise and other capabilities. But in order to implement the required qualification we need some personal traits like; a positive attitude, a stress-free mind, impartial opinion, forgiveness, self-control, control over envy, anger free living and high emotional intelligence etc. Without these personal traits, it becomes difficult to have self satisfaction in life. A person can become a well-known businessman, an expert lawyer, engineer etc. but in order to have an all-round personality with inner beauty & divinity, imbibing these virtues is first and foremost requirement. So in addition to have good worldly knowledge and qualification one should pay attention on developing personal qualities within. In order to discharge the family, social, professional and other responsibilities a strong mind-set is required. A strong and stable mind set can be built only by exercising number of divine teachings as mentioned in this paper.

Keywords: religion, divine, imbibing, supreme, self-realisation

I. INTRODUCTION

Today, the whole world needs the power of positivity, as everyone is burning in the fire of evils and vices. In modern time when people are more confused and misdirected, the Bhagwad-Geeta becomes more relevant for everyone to bring back the stability and happiness in life. So, the purpose of this article is to bring back the lost divinity of human being. As we all are in the battlefield, we are fighting with the negativity all the time, we are going day by day far away from our originality i.e. full of positivity, peace and purity. Purpose of this research article is to encourage to imbibe personal traits like; maintaining peace, overcoming anger, anxiety, depression, discrimination, greed, forgiveness, confusion, self-control and pride etc., so that we can easily conquer the evils and thus can easily win the battle of everyday life.

Bhagwad-Geeta is that practical divine tool which gives a proper understanding about day to day personal, social and family problems and provides a perfect solution for the same. Bhagwad-Geeta provides solution to everyone whether a simple household or a businessman, an Indian or American, Hindu or Christian, man or woman. It provides a perfect life style and encourages us to live life with purity, strength, discipline, honesty, kindness, integrity and self-control, so that we can have all round divine personality which is required for facing the various challenges of modern society.

II. OBJECTIVES OF THE STUDY

- 1) To provide directions to a common man to live a life full of divine virtues like; kindness, integrity, positivity, honesty, humility, purity and sweetness.
- 2) To provide solution to everyone whether a simple household or a businessman, an Indian or American, Hindu or Christian, man or woman.
- 3) To bring back the lost divinity of human being.
- 4) To put efforts for making the world peaceful and prosperous.

III. LITRATURE REVIEW

In modern times when people are more confused and misdirected, the Bhadwad-Gita is playing a very important role for the individual and the society as a whole in bringing back the lost divinity in life. The researcher observed that the common perception of the people is that Bhagavad-Gita is a holy and religious book or an ancient scripture full of philosophical issues which is useful for old-aged people who are of 60 years or above. So they consider Gita as outdated at present time. But most of the researchers understand the significance of Bhagavad-Gita in its true sense. It is a divine tool for everyone to live a value based life.

As we all know, 5000 years back this knowledge was imparted to Arjuna at Kurukshetra when Arjuna was in a very pathetic and distressful condition. On getting this knowledge he got enlightened. Today all of us are undergoing difficult & stressful situations in life and often come under worry, anxiety, stress, tension, and depression by those situations not knowing where to get a solution. In these situations Bhagavad-Gita provides us guidance to live a stress-free life.

Bhagavad-Gita has a great impact on the psychology of thousands of readers. It has also inspired the researcher to work on practical implication of Bhagwad –Geeta.

Here's what some of the great worldwide personalities have to say in praise of this venerable scripture.

Herman Hesse-This personality has admired Bhagavad-Gita as it's truly beautiful revelation of life which can transform philosophy into religion.

Aldous Huxley- In the words of Huxley, the Bhagavad-Gita is the most systematic statement of spiritual evolution to human being. He further added that it is one of the most clear summaries of long lasting philosophy ever revealed; it has universal accepted values.

Rishi Aurobindo- In the words of Aurobindo, the Bhagavad-Gita is a living creation rather than a book, with a new message and new meaning for everyone.

Adi Shankara- The great personality admired the Bhagavad-Gita as the real transformation of the Vedic teachings.

The Bhagavad-Gita, an ancient sacred text of India is regarded universally as the prime source of spiritual knowledge and inspiration for the humankind. Spoken directly by the Supreme to His intimate friend Arjuna, the Bhagavad-Gita provides guidance to the science of self-realization. No other book can reveal the way like the Bhagavad-Gita does. The Bhagavad-Gita which is also known as the Divine Song is unique in many ways.

IV. BASIC UNIVERSAL MORAL PRINCIPLES FROM BHAGAVAD-GITA, INSPIRING EVERYONE'S LIFE

Truthfulness, nonviolence, cleanliness and austerity are basic universal morals as described in Bhagavad-Gita, which can make the whole world a better place full of peace, happiness and prosperity.

Truthfulness

As per western society, truth is placed on a high value. Truth is considered as the foundation for a fair and just society. It simply means presenting the facts as they are. There should be no manipulation of facts. The truth should be spoken in unadulterated way, so that others can understand the actual facts. Although sometimes it's difficult to disclose the truth, but truth should be spoken at any cost.

Nonviolence

It's one of the basic universal moral principle, it means not giving any kind of pain to anybody. Pain may be physical or emotional. Lord Krishna declares in Bhagavad-Gita that not only humans but all living entities like animals, insects, trees etc. have right to live. Eating of meat or non-vegetarian food causes loss of feeling of compassion, humility, kindness and forgiveness in human life.

Cleanliness

Cleanliness is next to Godliness, is an accepted fact. Cleanliness doesn't only mean keeping the environment neat & clean, but also to keep the mind pure, i.e. free from the 5 major vices; lust, greed, anger, ego, attachment and envy. One should strictly avoid this impurity. It's called true cleanliness.

Austerity

Austerity simply means avoiding immoral acts and bad habits like intoxication, gambling and meat eating, jealous, demotivating others, anger, attachment etc. Austerity may be physical and emotional. physical austerity means avoiding non

sense talking, non-vegetarian food and improving personal traits. Emotional austerity means avoiding all kinds of negative emotions.

V. SCOPE OF THE STUDY

Subject matter of the present study touches and inspires the life of each and every individual irrespective of religion, caste, profession, culture, region, age, nationality etc. Teachings of Bagwad-Geeta can bring a great transformation in one's life, if it's imbibed in daily routine. It has power to transform the self and as a result, transforming the world as a whole. If we want to have a world full of peace, prosperity and purity, it can be possible only through the practical implication of the teachings of Bhagwad-Geeta. So this paper is an attempt to create awareness among the masses to bring self-transformation which will definitely result in world-transformation.

VI. RESEARCH METHODOLOGY

Analytical approach has been used, interaction with spiritual and religious organisations and discussion with various religious minded people to develop the personal traits among masses.

VII. SOURCE OF DATA

The study is based on secondary source of information that has been collected from books, internet, e-books, magazine, journals, websites and other published information.

Following are the various personal traits:

1). No Discrimination

A God conscious person or a wise person does not make any distinction between species or castes. The upper caste and the outcaste may be different from the social point of view, or a dog, a cow and an elephant may be different from the point of view of species, but these differences of body are meaningless or without any significance from the viewpoint of a learned transcendentalist. This is due to their relationship to the Almighty. We all are souls and connected to one who is supreme soul, such an understanding of the Supreme is real knowledge.

2). Self-Control (Control Over Mind)

Mind comprises of desires, feelings, emotions and beliefs etc. So, self control simply means control over the feelings, emotions and desires etc. There should be control over all these elements so that it will not be attracted by the glitter of this material world. There is complete degradation of the soul by attraction towards sense gratifications. "For man, mind is the true friend and mind is the bad enemy of all. Mind is the cause of all kinds of bondages and also the cause of liberation. Now it depends upon man to choose bondage or liberation. Therefore, the mind which is always engaged in God consciousness is the cause of supreme liberation.

3). Peaceful Environment

Peaceful stage comes from the stage of mental satisfaction. Unlimited desires for sense gratification cause degradation of the soul. Although, to go beyond all desires and senses is not possible, but the quality of the desires can be changed. Real desire is the desire for the satisfaction of supreme soul. A wise person certainly knows that everything belongs to Him only and therefore he does not claim ownership over any material thing even his own body. This understanding is the basic principle of real peace.

4). Avoiding Irritation And Anger

From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool.

A God conscious person is not at all disturbed by the miseries. He accepts all miseries as the mercy of the God, thinking himself only worthy of more trouble due to his past misdeeds; and he sees that his miseries, by the grace of the God, are minimized to the lowest.

5) Overcoming Anxiety And Depression

One has to execute his duties despite of climatic inconveniences. Similarly, one should not deviate from his prescribed duty. By doing so only one can liberate himself from the clutches of *māyā* (illusion) i.e. anxiety, worry, stress, depression etc.

6). Practicing Forgiveness

Devotees relate to GOD in various relationships; one might treat Him as a father, or as a husband, as a son, or as a master. As the father tolerates, or the husband or a master tolerates, so GOD tolerates each one of us in spite of number of mistakes committed by us.

A devotee does not attach much importance to the pains or trouble pertaining to the body because he knows well that he is not the physical body. He does not identify himself and others with the body; therefore he is freed from the false ego, anger, irritation, attachment and is stable in both happiness and distress. He is unshakable, tolerant, and he is satisfied with whatever comes in his life, therefore he is always peaceful, joyful and ready to forgive everyone.

Even if there is provocation one should be tolerant. When one becomes angry his whole body becomes polluted. Anger is the result of passion and lust or desires, so one who is transcendently situated should check himself from anger. Control over anger is must to forgive someone.

7). Laziness

One who eats more than required will dream very much while sleeping, and he must consequently sleep more than is required. In normal course, one should not sleep more than six hours daily. One who sleeps more than six hours is definitely influenced by the mode of ignorance. Such a person cannot perform his daily routine and duties effectively.

8). Confusion

Confusion means dullness of intellect. Dullness is the result of impure mind. So the mind should be clean i.e. free from negative and waste thoughts, as a result, intellect will be automatically clear crystal and all confusions will be removed easily. So, in order to remove all confusions in life the focus is calmness and cleanliness of mind. Thus, One should search for a true spiritual master in order to have deep knowledge of psyche and to understand the spiritual science of self-awareness, self-realization and self-transformation.

9). Pride

The demoniac (a person with devilish features) always engages himself in showing off and hypocrisy of everything he possessed with. They are always arrogant or proud in possessing some type of education or so much wealth or other royal possessions. They have unlimited desires and appetency for respect, status, acknowledgement, recognition etc., although they do not deserve. In adverse situations, they become very irritated, annoyed and speak harshly, not gently. They are beyond the boundaries of just and unjust. They are lacking common sense of what should be done and what should not be done, what's right and wrong, fair & unfair. They do everything for the sake of self according to their own desires and wishes without taking care of others and giving recognition to others.

VIII. FINDINGS

At present, the world is full of turmoil and disturbance. There is no peace, happiness and feeling of gratitude. In this type of environment the one thing that is required is, "divine virtues". By inculcating these divine virtues in life, one can develop personal traits and can become the conqueror of the evils.

Everyone wants to be virtuous, but finds it difficult to be humble, truthful, transparent, honest, authentic and stable due to lack of power and encouragement to imbibe. So it requires nothing but a positive mind-set towards developing various personal traits and a deep feeling & determination of transforming the self. This self-transformation will bring the transformation of the society and further the transformation of the world as a whole and all turmoil and disturbance will disappear soon.

IX. CONCLUSION

Everyone living in this world needs to develop personal traits, since problems, uncertainties and challenges at every step of life are growing day by day. In order to face these challenges, one need inner strength and it comes from imbibing the teachings of Bhagwad-Geeta. It fills us with personal traits.

As we can't change the situations, circumstances and behavior of the people, but one thing we can change is our response towards the situations & behavior of the people. All we need to do is bringing the positive change within rather than

directly trying to change the others. For this purpose, we are so fortunate to have a self transforming divine tool, “Bhagwad-Geeta”.

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