

Success in Daily Life through Bhagwad Gita

Dr. Pramod Mishra¹, Viditi Rastogi²

Assistant Professor, CTE Department, Institute of Professional Excellence & Management (IPEM), Ghaziabad (UP), India

Abstract: *The first ever motivational leadership workshop which was given on the planet earth was in the battlefield of Kurukshetra and not in a air-conditioned conference room. One of the greatest contributions of India to the world is the Srimad Bhagwad Gita. Bhagwad Gita is the voice of Sri Krishna. It is the song of the Lord. Gita was spoken when there was deep crisis. The war was not with the words. It was a war where people were ready to kill each other. Gita was preached by Lord Krishna to motivate Arjuna in the battlefield of Kurushetra when Arjuna got depressed when he saw his relatives with whom he has to fight. It is a divine book containing unlimited knowledge. It contains transformative powers at the human and society level. The verses (shlokas) and teachings Gita can act as guide for developing effective managers. In this conversation four characters are involved : Krishna, Arjuna, Sanjay and Dhritrashtra. The whole conversation is of 48 minutes (one muhurta). It contains 18 chapters and 700 shlokas. Geeta is the essence of the Vedas, Puranas and Upanishads. One thing which is common between all persons who have become successful in this world is their ability to overcome challenges in life. We all face some kind or challenge in our lives. It is up to us whether we should become a warrior or a worrier. By applying the principles of Bhagawad Gita we can overcome challenges of our life and become successful. Any school or college student, doctor, engineer, housewife, chartered accountant, an executive fighting corporate battles, a sales employee trying to achieve sales target or a patient who is just being diagnosed with cancer or any life threatening disease can apply the principles of Gita in his/her life and overcome challenges and become successful. The paper focuses on how success can be achieved in daily life through the principles of Bhagwad Gita. It tells how Bhagwad Gita offers powerful motivational tools to handle tough times in life.*

Keywords: Bhagwad Gita, Success, Motivational Tools

1. Introduction

One of the greatest contributions of India to the world is the Srimad Bhagwad Gita. Bhagwad Gita is the voice of Sri Krishna. It is the song of the Lord. It was Preached by Lord Krishna to motivate Arjuna in the battlefield of Kurushetra when Arjuna got depressed when he saw his relatives with whom he has to fight. It is a divine book containing unlimited knowledge. It contains transformative powers at the human and society level. The power of the knowledge of Bhagwad Gita can make the blind see and the lame walk. The verses (shlokas) and teachings Gita can act as guide for developing effective managers. It contains 18 chapters and 700 shlokas. Geeta is the essence of the Vedas, Puranas and Upanishads.

American poets, Henry David Thoreau and T.S.Elliot, American physicist, J. Robert Oppenheimer, American astronaut, Sunita Williams, Annie Besant, Irish socialist and many great thinkers from our times such as Albert Einstein, Mahatma Gandhi and Albert Schweizer as well as Madhvacharya, Sankara and Ramanuja used to read gita

Shining Guidelines from Gita for Management

It tells us how we can get divine inner peace and self knowledge through spiritual paths. When the learner is inspirable, the teacher becomes inspiration. The teacher appears when learner is ready. One of the most famous title verse (shlokas) of Gita is

Yada yada hi dharmasya glanirbhawatu bhārata
Abhūtanam adharmaṁ tadatmanam srijamyaham

Lord Krishna tells Arjuna that whenever there is deterioration Dharma the God takes one or more incarnation to uphold the Dharma and protects the good people and destroys the evil. In the context of management we can say that the long term sustainability of the system happens because there are regenerative points.

Encouraging Leadership

Gita is a source of encouragement and give energies even during depression.

Work Culture

Work becomes worship when “karmayoga” (service) is blended with “bhaktiyoga”(devotion). Gita. Attaining the state of mind (“nishkama karma”) is the right attitude to work because it prevents the ego from dissipation of attention through speculation on future gains or losses. Ego spoils the work. An effective work culture is about the arduous efforts for chosen tasks. Lord Krishna tells that there are two types of work culture: Daivi sampat (divine work culture) and Asuri sampat (demonic work culture). Fearlessness, purity, self-control, sacrifice, straight forwardness, calmness, gentleness, modesty, absence of envy and pride are the characteristics of divine work culture whereas egoistic attitude, personal desires, work not oriented towards service are the characteristics of demonic work culture. Gita tells about excellence at work through self development with devotion and without attachment. What you get from work is grace, work excellence adds worth.

Doing One's Duty and Focus on Action not Results

Gita says that there is no such thing like no work or no action. Gita is antithesis to the idea that work is drudgery. It tells if we enjoy complete freedom and total joy while engaging in work then excellence in all our pursuits is automatic and guaranteed. The biggest problem today is we don't seem to enjoy what we are doing. Verse (shloka) 47 of Chapter IInd of Gita says do your work without thinking about the results.

Karmanye vadhikaraste ma phaleshu kadachana
Ma karmaphala hetur bhurma te sangostavakarmani (2:47)

Learn to Tolerate

A person who is not agitated by the flow of desires can alone achieve peace and not the man who strives to satisfy such desires. Like a vast ocean which is always filled with water and during rainy season it is filled with much more water but it remains the same i.e. steady it is not agitated. Similarly the devotee due to Krishna consciousness is not disturbed by such desires because the Lord fulfils all his material necessities.

Apuryamanam acala pratishtham
Samudram apah pravisanti yadavat
Tadvat kama yam pravisanti sarve
Sa santim apnoti na kama kami (Gita 2:70)

Protecting Right

A responsible guru and an inspired leader correct the wrong and protect the right.

Stress Management

Stress management is a vital issue these days. It tells how to manage things in life and how to understand complex things we go through in simple terms like example of birth and death. It can inspire them and provide them strength, courage, clarity of thought. One should have a balanced approach in life. In verse (shloka) 14 of Chapter II Lord Krishna tells Arjuna the non-permanent appearance of happiness and distress and their disappearance in due course are like the disappearance of winter and summer seasons, one must learn to learn to tolerate them without being disturbed. Lord Krishna urges Arjuna to learn to tolerate the ups and downs that characterizes the world of duality.

Matra sparsas tu kaunteya sukha dukkha dah
Agamapayino nityas tams titisava bhārata (Gita 2:14)

Controlling the Mind

It is very difficult to control the mind. It is restless, forceful and strong and it is more difficult to control the mind than to control the wind.

Chanchalam hi manah kṛṣṇa pramāthi balavad drdham
Tasyaḥ nigrāham manye vayoṛ iva suduskaram (6:34)

Gita teaches to control the mind through self discipline and meditation. In verse 35 of chapter VI, Lord Krishna tells Arjuna that mind can be controlled by constant practice and detachment. A motivated person is cheerful and energetic whereas a de-motivated person is depressed. If a person can control his mind he can deeply concentrate on his work. He can also do wonders at work.

Asamsayam mahabājo mano drnigrāham chalam
Abhyasena tu kauntey vairāgyena cha grhyaate (Gita 6:35)

For a person who is too materially affected, it is difficult for him to understand the personal nature of the supreme absolute truth. People who are attached to the bodily conception of knowledge it becomes very difficult for them to understand that there is a transcendental body which is imperishable, full of knowledge and eternally blissful. By taking freedom from attachment, fear and anger, being fully absorbed in me and taking refuge in me, many persons in the

past became purified by knowledge of me and thus they all have attained transcendental love for me.

Vita raga bhaya krodha man maya mam upasritah
Bahavo jnana tapasa puta mad bhavam agatah (Gita 4:10)

Work Commitment

One should be dedicated towards one's work. Lord Krishna tells the definition work and efficiency in the following four aspects:

- (i) The doer has the right to work
- (ii) The doer has no control on fruits of action
- (iii) The doer has not control on the root causes of fruits of action
- (iv) There is no choice to revel in inaction i.e. state of inaction does not exist in reality.

The managers should also learn that too much focus on result orientation can bring a sense of fear and discomfort and may lead to failures. Results are the outcomes of future and work is a matter of the present. Some people may not agree with this by saying that not seeking the business results of work and actions can make one unaccountable but Gita is full of advice of cause and effect theory making the doer responsible for the causes of his deeds.

Use of Available Resources Wisely

Gita tells to use the resources wisely and optimally. During the battle of Mahabharata Duryodhana choose Lord Krishna's Narayani sena (Lord Krishna army) whereas Yudhishtira chose Lord Krishna's wisdom for support. Duryodhana chose number while Yudhishtira chose wisdom.

Attitude towards Work

Gita tells us to develop a larger visionary perspective in the work we do. We should work for the common good. There is an interesting story of three stone-cutters who were doing the work of stone-cutting for erecting a temple. An HRD asked them what they are doing. The response of three stone-cutters tells us about their visionary perspective.

First stone-cutter replied, "I am a poor man working for my family to earn a living" with a dejected face.

Second man replied, "I am working to show that I am the best stone-cutter in the country" with a sense of pride.

Third stone-cutter replied, "I am working because I want to build the most beautiful temple in the county" with a visionary gleam.

Steadiness of Mind

Steadiness of mind can be practiced through yoga. Lord Krishna tells Arjuna that one should perform one's duty and abandon all attachment to success or failure. This evenness of mind is called yoga.

Yogasthah kuru karmani sangam tyaktva dhananjaya
Siddhyasiddhyoh samo bhutva samatvam yoga uchyate
(2:48)

Planning

Basic function of management is planning. It involves systematic thinking and ways and means for achieving pre-determined goals. It is about what to do, when to do and how to do? Gita acts a guide for managers to plan and formulate strategies and achieve them.

Organizing

It involves defining and grouping the activities of the enterprise. Gita tells how to convert weakness of human beings into strengths and to share responsibilities among people.

Staffing

It involves manning the organisation structure. It's purpose is to put the right person in the right job. Gita also tells about selection of right individuals in the team. Managers who can motivate team members should be selected.

Directing

It deals with influencing, guiding, supervising, motivating sub-ordinate for the achievement of organizational goals. In Gita Lord Krishna directed Arjuna to focus on his goal.

Controlling

It means that everything occurs in conformities with the standards. It tells what progress is being made for achieving the objectives and if there is any deviation what should be done to improve it.

Quality of Equanimity

In verse 24 and 25 of Chapter XIV Lord Krishna tells Arjuna about the notion of sense of equanimity and reminds of Arjuna of the virtues of it.

He who regards alike pleasure and pain, and looks on a clod, a stone and a piece of gold with an equal eye, who is wise and holds praise and blame to be the same, who is unchanged in honour and dishonour, who treats friends and foe alike, such a man is said to have transcended the modes of nature.

Some motivational tools and principles of Bhagwad Gita to handle tough times in life and to achieve success in life are as:

- The most important thing to achieve success is first to understand himself/herself i.e. to understand his/her capabilities and limitations and this is possible only by SELF-REALIZATION not only helps to understand himself/herself but also its helps us to get clarity on PURPOSE of our life not in narrow individual aspect but in broader aspects of Society, Nation, World and Universe. In this way it can be said that Self-Realization helps us to identify our correct identity and our role in this Universe.
- Now the Question is "How this SELF-REALIZATION is possible". Bhagwad Geeta also provides its answer. According to Shree Krishna there are two ways of getting Self-Realization- one is by GYAN YOG i.e. by analytical study of the nature of spirit and matter and other is by KARMA YOG i.e. devotional service.
- Now the next question arises 'Which path is more appropriate for Self-Realization?' Its answer is again

given in Geeta by Lord Krishna. According to Krishna the second mentioned path of Karma Yog i.e. devotional service is more appropriate way for Self-Realization.

- 'Why the path of Karma Yog is more appropriate for getting Self-Realization?' The answer of this question is 'because following the path of Karma Yog a human-being has to involve in many physical activities and these activities also provide him an inner-satisfaction or happiness while the path of Gyan Yog motivates us to leave all physical activities and do just thinking and reflections and so this path of Gyan Yog is more complicated as following/walking on this path a human-being doesn't achieve any inner-happiness.
- Bhagwad Geeta also explains the difference between SANYAS and TYAG. 'Sanyas' is giving up the activities that are based on material desires. It can be called as renounced order of life. 'Tyag' is giving up the results of all activities and it is also known as renunciation. Tyag is given preference upon Sanyas. So Geeta gives us the direction that we should perform activities, all these activities should be performed with devotion i.e. should be devoted to Lord Krishna and should give up the results of all these activities.
- One should engage or opt an occupation as per his/her nature even though that occupation may be performed imperfectly by him but still he/she should not leave that occupation/responsibility. In this way, Geeta gives us a message to perform an activity anyhow instead of leaving it i.e. human-being should not run away from his/her responsibilities.
- Other tools to achieve success in life described in Geeta are:
 - 1) Fearlessness
 - 2) Purification of one's Existence
 - 3) Cultivation/contribution in generating spiritual knowledge
 - 4) Charity
 - 5) Self-Control
 - 6) Sacrifice
 - 7) Study of Vedas
 - 8) Austerity
 - 9) Simplicity
 - 10) Non-Violence
 - 11) Truthfulness
 - 12) Freedom from Anger
 - 13) Renunciation
 - 14) Tranquillity
 - 15) Aversion to faultfinding
 - 16) Compassion for all living entities
 - 17) Freedom from covetousness
 - 18) Gentleness
 - 19) Modesty
 - 20) Steady Determination
 - 21) Vigor
 - 22) Forgiveness
 - 23) Fortitude
 - 24) Cleanliness
 - 25) Freedom from envy
 - 26) Freedom from passion for honor

2. Conclusion

If managers can take lessons from bhagwad gita they can succeed in the practice of management. Gita can act as a powerful catalyst for transformation. There is a difference between effectiveness and efficiency. Effectiveness is the doing the things right and efficiency is doing things right. When the thinking of man is improved it will surely improve the quality of his actions and the results.

References

- [1] His Divine Grace A.C.Bhaktivedanta Swami Prabhupada. Bhagavad-gita As It Is. The Bhaktivedanta Book Trust. Mumbai.

