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Spiritual Management from Bhagavad-Gita

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ABSTRACT
In Bhagavad-Gita, a lot is said about the Spiritual Management. The knowledge of spirituality and the involvement in that path, increase the ability of a person in many fronts. The person, who believes in rightful actions, will gain the knowledge of spiritual aspects and works for attaining the destination. Devotion to work is devotion to Supreme and for that spiritual knowledge is essential. Many aspects are derived herein based on the teachings of Lord Krishna in Bhagavad-Gita, those are helpful to proceed in the path of spirituality and in making right actions in day-to-day life as well. About the Spiritual Quotient, Knowledge & Ignorance, about the Supreme, Types of devotees, Destiny in spirituality and most importantly, the characteristics of the people required in Spiritual Management are derived and described herein those are helpful for liberation and for self-elevation in life as explained by Lord Krishna in Bhagavad-Gita.

Keywords: Bhagavad-Gita, Spiritual Management, Spiritual Characteristics, Self-elevation, Spiritual Quotient, Murali Krishna

Introduction

Spiritual Management is very much essential for self-elevation in life. Spiritual Quotient (SQ) is a measure that explains a person's spiritual acumen. It is as important as Intelligence Quotient (IQ) and Emotional Quotient (EQ). The person who is in spiritual path, that person usually becomes Sattvik (good) natured and that person follows the Sattvik habits including the sleeping and food habits by which the person can maintain the health. The person, who beliefs spirituality, that person can attain the stable mind and because of that, he or she can take the right decisions in difficult situations. Basically, it improves the trust on own doings and corrects in own doings. It leads to a path that takes a person to the highest of all in life. However, in this path, one must be more disciplined and must follow the procedures of that order. Most important is that, it develops the true humanity in serving others and to attain the happiness and peace in life. In spirituality one seeks the liberation and union with the Supreme. However, in the process of following all these procedures, one develops the right attitude and develops the personality with noble thoughts. It develops the human values and one treats all equal and with that theory of equality, one attains the peace in mind leaving all selfish desires. The person, who is spiritual always has the concern of others and the concern of society. In all, one becomes responsible and takes accountability of the job as well. One detaches all the selfish motives and works for the welfare of all.

SQ is very important for a person as it directly imparts awareness and consciousness. When a person attains the Supreme intelligence, it makes the life happier. Spirituality exists within us. It requires faith and pure inner feelings and devotion towards work and towards the Supreme. One can be happy, depending on how much one is at peace with inner self, in his core thoughts, beliefs and desires. Our spiritual dimension gives us strength and stable mind to think attentively. The importance of spirituality,

one must know during academics in order to develop the candidature with high SQ. When SQ is high, the person works for the society and for self-realization. In spirituality, the procedures are described for not only to believe the God and seeking liberation but also to perform the duties in a responsible way and in right path without any selfish motive in the family or in the office or in the society. Spiritual Quotient is the ability of an individual to visualize and plan to achieve the destiny. SQ helps in fixing the priorities and for understanding the job in a better way to accomplish rightly as desired.

These days, many corporates and organizations recognized the power of SQ. The human resource is not simply having the talented employees. In addition, human spirit which is the SQ is required to lead the job with human values, which are very much required for any institution. Lot of awareness is needed at work place on SQ in order to pursue the assignments following all morals. For a person, SQ develops the honesty, sincerity, patience, coolness, creativity, perfection, accuracy, and many leadership qualities. Most importantly, SQ develops the perfection in job, trust on others and one put efforts on the goal with more discipline and with complete concentration. SQ is important not only in the professional fields but also in the society and in family and importantly for self-elevation for any individual. The characteristics required for Spiritual Management are described here under as explained by Lord Krishna in Bhagavad-Gita.

Knowledge & Ignorance

Lack of knowledge leads to ignorance. Because of the ignorance one gets many doubts but all those doubts can be vanished only with the help of gaining knowledge. In the Shloka 4.42, Krishna explained that, all the doubts due to ignorance can be removed by the sword of knowledge. Therefore, one must try to acquire the knowledge in order to eliminate the ignorance and all the doubts.

तस्मादज्ञानसंभूतं हृत्स्थं ज्ञानासिनाऽऽत्मनः।
छित्त्वैनं संशयं योगमातिष्ठोत्तिष्ठ भारत॥ (4.42)

There are many qualities described hereunder, which can define and differentiate the knowledge and ignorance. Knowledge is defined through many qualities required in a person by Lord Krishna in the verses 13.7 to 13.11.

अमानित्वमदम्भित्वमहिंसा क्षान्तिरार्जवम्।
आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः॥ (13.7)

इन्द्रियार्थेषु वैराग्यमनहङ्कार एव च।
जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम्॥ (13.8)

असक्तिरनभिष्वङ्गः पुत्रदारगृहादिषु।
नित्यं च समचित्तत्वमिष्टानिष्टोपपत्तिषु॥ (13.9)

मयि चानन्ययोगेन भक्तिरव्यभिचारिणी।
विविक्तदेशसेवित्वमरतिर्जनसंसदि॥ (13.10)

अध्यात्मज्ञाननित्यत्वं तत्त्वज्ञानार्थदर्शनम्।
एतज्ज्ञानमिति प्रोक्तमज्ञानं यदतोन्यथा॥ (13.11)

"Absence of pride, humility, non-violence, forbearance, softness in speech and mind, service to the teachers and elders, cleanliness, persistence, internal and external purity, renunciation of sense objects, absence of egotism, perception of the evil inherent in birth, death, old age and disease, detachment, freedom of family life, even-mindedness, constant devotion to me, residing in secluded places, detachment from social gatherings, steadiness in self-realization and philosophical search for absolute truth- all these I declare as the knowledge and what is contrary to this is called as ignorance"

It is known to all that, ignorance leads to failure in life. As per the shloka 5.16, ignorance is removed by knowledge and when one acquires that true knowledge, one shines like the Sun.

ज्ञानेन तु तदज्ञानं येषां नाशितमात्मनः।
तेषामादित्यवज्ज्ञानं प्रकाशयति तत्परम्॥ (5.16)

About the Supreme

Herein, Krishna described about the supreme. Lord Krishna said that, He is the supreme of all. ,

मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय।
मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव॥ (7.7)

In 7.7 verse of Gita, Krishna said that "There is nothing superior to me. Like pearls are strung on a thread, all are threaded on me in this whole universe"

मनुष्याणां सहस्त्रेषु कश्चिधतति सिद्धये।
यततामपि सिद्धानां कश्चिन्मां वेत्ति तत्त्वतः॥ (7.3)

"Hardly one among thousands strives to realize me and of all, again a rare one devoting exclusively to me, knows me in reality"

बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते।
वासुदेवः सर्वमिति स महात्मा सुदुर्लभः॥ (7.19)

Krishna said, "After many births, a person with self-knowledge worships me with complete surrender realizing that I am the cause for everything. Such a great soul is very rare indeed"

जरामरण मोक्षाय मामाश्रित्य यतन्ति ये।
ते ब्रह्म तद्विदुः कृत्स्नमध्यात्मं कर्म चाखिलम्॥ (7.29)

Further Krishna told that, "Who having taken refuge in Me, strive for liberation from old age and death, know "Brahma (the absolute)" and the whole adhyatma (spirituality) and the entire field of "Karma" that is action as well"

अक्षरं ब्रह्म परमं स्वभावोऽध्यात्ममुच्यते।

भूतभावोद्भवकरो विसर्गः कर्मसंज्ञितः॥ (8.3)

"The imperishable supreme person is called brahma. The eternal living entity is called self, adhyatma. The action that gives rise to material bodies of living beings is called karma"

सर्वतः पाणिपादं तत्सर्वतोऽक्षिशिरोमुखम्।
सर्वतः श्रुतिमल्लोके सर्वमावृत्य तिष्ठति॥ (13.13)

"Everywhere are the hands of Supreme his legs, eyes, heads, faces and ears. In this way he exists everywhere pervading all"

सर्वेन्द्रियगुणाभासं सर्वेन्द्रियविवर्जितम्।
असक्तं सर्वभृच्चैव निर्गुणं गुणभोक्तृ च॥ (13.14)

"The Supreme is the source of all senses but is free from all senses. He is unattached, but he is the maintainer of all beings. He is the master of all modes of nature and he transcends all modes of nature"

बहिरन्तश्च भूतानामचरं चरमेव च।
सूक्ष्मत्वात्तदविज्ञेयं दूरस्थं चान्तिके च तत्॥ (13.15)

"The Supreme exists outside and inside of all moving and non-moving living beings. Because He is subtle, beyond the power of all senses to see or know. Although he is far away and is also near to all"

अविभक्तं च भूतेषु विभक्तमिव च स्थितम्।
भूतभर्तृ च तज्ज्ञेयं ग्रसिष्णु प्रभविष्णु च॥ (13.16)

"Though the Supreme appears divided among living beings, he is undivided. He is the creator of all (as Brahma) and the destroyer of all (as Rudra) and the sustainer of all (as Vishnu)"

ज्योतिषामपि तज्ज्योतिस्तमसः परमुच्यते।
ज्ञानं ज्ञेयं ज्ञानगम्यं हृदि सर्वस्य विष्ठितम्॥ (13.17)

The Supreme is the source of all lights and is beyond darkness. He is the knowledge, the object of knowledge and the goal of knowledge. He is in the hearts of all"

Devotees

In the path of spirituality, the devotee makes the efforts in performing the actions for self-elevation. In this process, devotee tries to perform the right acts. The devotee can do all these actions if his/her SQ is powerful. When a devotee continues in the same path, all his thoughts and actions become a part of his/her candidature and that leads towards destiny. In this course of exercise, the person develops high SQ and that leads to self-elevation. As per the verse 11.55, a person, who engages in sincere devotional service,

who performs all duties for the sake of Supreme, depends on Supreme, has no attachment and is friendly to all beings, that person reaches the Supreme. In the verse 7.16, types of devotees are described.

मत्कर्मकृन्मत्परमो मद्भक्तः सङ्गवर्जितः।
निर्वैरः सर्वभूतेषु यः स मामेति पाण्डव॥ (11.55)

चतुर्विधा भजन्ते मां जनाः सुकृतिनोऽर्जुन।
आर्तो जिज्ञासुरर्थार्थी ज्ञानी च भरतर्षभ॥ (7.16)

Krishna said that, "The distressed people, the people who desire happiness and wealth, the people who seek knowledge and the people who have the wisdom of Supreme and surrender themselves – are the four types of devotees of noble deeds worship me"

ध्यानेनात्मनिपश्यन्तिकेचिदात्मानमात्मना।
अन्येसांख्येनयोगेनकर्मयोगेनचापरे॥ (13.24)

अन्येत्वेवमजानन्तःश्रुत्वाऽन्येभ्यउपासते।
तेऽपिचातितरन्त्येवमृत्युंश्रुतिपरायणाः॥ (13.25)

"Some perceive the supreme spirit that is Super Soul in the heart through meditation. Some realize through the discipline of knowledge, and some others through the discipline of action which is called as karma yoga. However, some, who do not know all these path ways, begin to worship the Supreme Lord upon hearing from others. Because of their tendency to hear, they also eventually, transcend the path of birth and death"

उदाराः सर्व एवैते ज्ञानी त्वात्मैव मे मतम्।
आस्थितः स हि युक्तात्मा मामेवानुत्तमां गतिम्॥ (7.18)

Krishna said, "All these devotees are noble but the one who is self-realized I considered to be like me. One whose mind and knowledge merged in me, is firmly established in me and attain me alone as the highest goal"

Destiny in Spirituality

Here under, it is described about the people and their destiny in spiritualty. In the verse 9.3, Krishna said, People those who have no faith in the path of "Dharma" which is called as righteousness, they cannot attain me. Therefore, they continue to revolve in the life cycle of birth and death. Therefore rightful actions are needed for self-elevation in spirituality.

अश्रद्दधानाः पुरुषा धर्मस्यास्य परन्तप।
अप्राप्य मां निवर्तन्ते मृत्युसंसारवर्त्मनि॥ (9.3)

मामुपेत्यपुनर्जन्मदुःखालयमशाश्वतम्।
नाप्नुवन्तिमहात्मानःसंसिद्धिंपरमांगताः।। (8.15)

Krishna said that, "After attaining me, great souls – never return to take birth in this world, which is temporary and full of sorrows"

न तद्भासयते सूर्यो न शशाङ्को न पावकः।
यद्गत्वा न निवर्तन्ते तद्धाम परमं मम।। (15.6)

Krishna further said that, "The supreme abode of Mine is not illuminated by the Sun or Moon or by fire and it is my self-effulgent state. Those who reach it will never return to this world"

तद्बुद्धयस्तदात्मानस्तन्निष्ठास्तत्परायणाः।
गच्छन्त्यपुनरावृत्तिं ज्ञाननिर्धूतकल्मषाः।। (5.17)

"Whose mind and intellect are in Supreme Lord and whose sin is wiped out by their knowledge and devotion, they reach the supreme goal from where there is no return"

Characteristics required in Spiritual Management

In Gita, Krishna explained the characteristics, he likes in the people, to whom he likes. Here the inner meaning is that, the quality of the people, he was explaining as superior by saying as dearer to him. This is clearly explained in the verses 12.13 to 12.19 that how a person should lead in spirituality with good qualities those help him and also others to reach the destiny. Basically, it improves the trust on own doings and corrects in own doings. It leads to a path that takes a person to the highest of all in life. However, in Spiritual Management, one must be more disciplined and must follow the procedures of that order. Most important is that, it develops the true humanity in serving others and to attain the happiness and peace in life. In spirituality one seeks the liberation and union with the Supreme. However, in the process of following all these procedures, one develops the right attitude and develops the personality with noble thoughts. It develops the human values and one treats all equal and with that theory of equality, one attains the peace in mind leaving all selfish desires. In spiritual Management, the person, who is spiritual always has the concern of others and the concern of society. In all, one becomes responsible and takes accountability of the job as well. One detaches all the selfish motives and works for the welfare of all.

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी।। (12.13)

सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः।। (12.14)

Krishna said, "The one, who is not envious but is kind to all living entities, who is free from ego, who is equal to both happiness and sorrow, who is tolerant and always satisfied, self-controlled and engaged in devotional service with determination and who surrendered his mind and intelligence to me – such a devotee of mine is very dear to me"

यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः।
हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः॥ (12.15)

Further Krishna told that, "By whom - no one is put into difficulty and also who is himself not disturbed by any one and who is free from happiness, envy, fear and anxiety - is very dear to me"

अनपेक्षः शुचिर्दक्ष उदासीनो गतव्यथः।
सर्वारम्भपरित्यागी यो मद्भक्तः स मे प्रियः॥ (12.16)

Krishna says, "The devotee, who is not having any desire and anxiety, who is not dependent on the results of actions, who is pure in both internally and externally and who is wise and impartial and is free from all pains, is very dear to Me"

यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति।
शुभाशुभपरित्यागी भक्तिमान्य: स मे प्रियः॥ (12.17)

"He, who neither rejoices nor hates, nor grieves, nor desires and who renounces both good and evil actions and is full of devotions, is dear to me"- said by Krishna

समः शत्रौ च मित्रे च तथा मानापमानयोः।
शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः॥ (12.18)

तुल्यनिन्दास्तुतिर्मौनी सन्तुष्टो येनकेनचित्।
अनिकेतः स्थिरमतिर्भक्तिमान्मे प्रियो नरः॥ (12.19)

ये तु धर्म्यामृतमिदं यथोक्तं पर्युपासते।
श्रद्दधाना मत्परमा भक्तास्तेऽतीव मे प्रियाः॥ (12.20)

Krishna said, "One, who treats friends and enemies equal, balanced in honor and disgrace, heat and cold, pleasure and pain and is free from attachment, unconcerned about blame and praise, controlled in speech, content, without any fixed residence, even minded and engaged in devotional service, such a person is dear to Me. Those, who follow this path of sincere devotional service with me as the supreme goal are beloved of me"

In all, one should develop those qualities as explained in above verses as they are superior to act. These qualities are in fact, noble and beneficial to all. The above all are the characteristic qualifications and guidelines that a person to follow in Life.

Conclusions:

The characteristics of the people are important in Spiritual Management. Devotion to work is devotion to Supreme and for that spiritual knowledge is essential. Lord Krishna explained that the qualities needed in people, who are in spirituality and what He likes in them for liberation in spirituality such as absence of pride, humility, non-violence, forbearance, softness in speech and mind, service to the teachers and elders,

cleanliness, persistence, internal and external purity, renunciation of sense objects, absence of egotism.
Krishna said that certain qualities he likes in people such as, the one, who is equal to both happiness and sorrow, who is tolerant and always satisfied, self-controlled and engaged in devotional service. He also told that, by whom no one is put into difficulty, and also who is himself not disturbed by any one is very dear to him that means the Supreme likes those personalities.
The devotees, must not have any desire and anxiety and not dependent on the results of actions, and also must be pure in both internally and externally and impartial to all. Further, one must neither rejoices nor hates, nor grieves, nor desires.
Krishna explained the other qualities required in spirituality, such as -one should treat friends and enemies equal, balanced in honor and disgrace, heat and cold, pleasure and pain and must be free from attachment, unconcerned about blame and praise, controlled in speech, content, even minded and must be engaged in devotional service. Those, who follow this path of sincere devotional service certainly achieve the destiny.
In all, one should develop those qualities as explained in above verses as they are superior to act in Spiritual Management for self-elevation. These qualities are in fact, noble and beneficial to all. The above all are the characteristic qualifications and guidelines that a person to follow in Life.

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