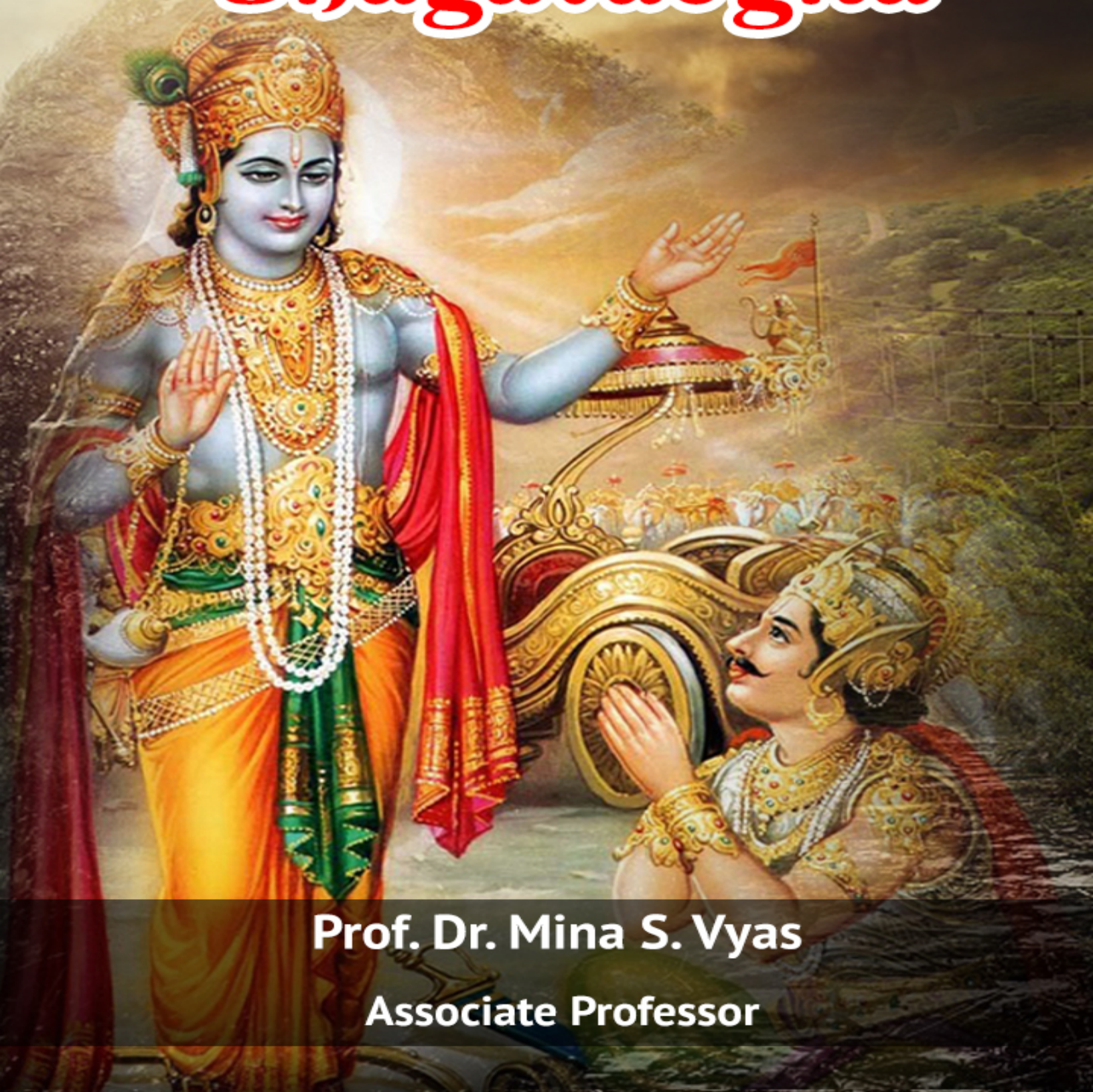


# **Mind Management in Bhagavadgita**



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Published in India by Prowess Publishing,  
YRK Towers, Thadikara Swamy Koil St, Alandur,  
Chennai, Tamil Nadu 600016

eISBN: 978-81-945086-0-1

Library of Congress Cataloging in Publication

**Part – 1**  
**Research Project Report**  
**Mind management in**  
**Bhagavadgita**

**Index**

1. Bhagavad Gita
2. Abstract
3. Inner Meaning of Bhagavad Gita
4. Aim
5. Introduction of Mind management
6. What is Mind Management
7. The Key to Self management
8. Mind Management Concept In Bhagavadgita
9. Morden Mind Management Concept
10. You Are Not Your Mind
11. Bhagavad Gita And Mind Management
12. Ideas for Morden Mind Management
13. Tools of Mind Management
14. Management Guidelines From Bhgavad Gita

15. Managers Mental Health
16. Long Term Mind Management Perseptives
17. Stress Management
18. Leadership Mind and The Bhgavad Gita
19. Leadership Wisdom
20. Overview

**Part – 2**

**Research Project Report**

**Mind management in**  
**Bhagavadgita**

**Index**

1. Research
2. World wide
3. Personalities
4. Events
5. Survey
6. Report

# Bhagavad Gita

The Bhagavad Gita, or Song of God, is one of the most revered of Hindu manuscripts. While many believers date the text to over 5,000 years ago; some debate exists concerning its actual age. Originally written in Sanskrit, the earliest English translation was written in 1785, with the oral version of the manuscript believed by some to have been composed around 3100 B.C.E. The Western view is that the manuscript is much newer; nevertheless, it is considered by all to be an ancient text, and one with a powerful influence on Hindus and others. The Bhagavad Gita is part of a larger text, the Mahabharata, but is the most popular component of that larger text. Essentially the book provides an account of a discussion between a prince named Arjuna and his charioteer, Lord Krishna, who is the Hindu God Vishnu, taking human form. The battle which is imminent has been caused by a dispute among two related kingdoms, the Pandav's and the Kaurava's. Prince Arjuna is a member of the Pandava kingdom and must fight to regain land stolen by the Kauravas years earlier. Arjuna asks Lord Krishna to raise him up above the battlefield so that he can see the forces on both sides. When he sees relatives, teachers, and friends on the opposing side and reflects on the death of these people, he is hesitant to engage in battle, even though he knows he will win the battle since he has Lord Krishna on his side. Arjuna questions Lord Krishna on the value of war, even when the outcome is known to be victorious, when the death of relatives will result. Lord Krishna explains to Prince Arjuna why he must fight and how his actions must be considered in the larger context of his role.

The Bhagavad Gita, or simply, the Gita, contains eighteen chapters which can be divided up into three parts: karma yoga or selfless action, jnana yoga or self-knowledge, and bhakti yoga or ways of loving. The Bhagavad Gita represents the many struggles, or battles, modern day leaders face and their responsibilities to multiple stakeholders. Some have even proposed that the Bhagavad Gita is useful for a better understanding of specific managerial issues such as quality management however, this

paper explores the value of the Gita in a larger managerial context, focusing on issues facing organizational leaders.

Hindu belief is sometimes seen as a polytheistic religion in that Hindus are seen worshiping many gods. Hinduism involves many deities and other manifestations of God, and in general is viewed as a more holistic and complex approach to understanding individuals, organizations, the universe, and the interconnections. In reality, Hinduism believes in one God with three parts, similar to the Christian belief of the Holy Trinity. In a simplified view of Hindu belief, God consists of three manifestations, Brahma, Vishnu, and Shiva. Brahma is the God of creation, Vishnu is the God of preservation, and Shiva is the God of destruction. Vishnu can manifest Himself in many forms and return to earth when needed to maintain order. In some ways he acts as a manager, leader, or consultant in providing advice and direction in order to maintaining operation of the worldly system. In the Bhagavad Gita, Krishna is the manifestation of Vishnu, and provides moral guidance and systemic understanding to Prince Arjuna.

# Abstract

The Gita teaches the first masterly attempt at harmony and synthesis. Its concern is to help us get out of the problems that we ourselves have created in our own minds. The influence of this most renowned of all the Indian scriptures has spread far beyond its religion of origin to inspire figures as diverse as Henry David Thoreau, Ralph Waldo Emerson, Aldus Huxley, C. G. Jung, Max Muller and Charles Wilkins who first translated to English in 1784. Their translations stand out from all the others first of all for its careful faithfulness to the original language, but also for the extensive tools for understanding. The Gita teaches the philosophy of human psychology, how to operate in the world. During times of commotion we may feel unsure, fearful, tense and confused. It comes into our life and gives us spiritual perspective to our attitudes, behavior and personality. . Almost all the freedom fighters of India strongly believed that they got inspirations and motivation from Gita

Arjuna got mentally depressed in the battle field when he saw his relatives with whom he has to fight. (Mental health has become a major international public health concern now). On the eve of battle Arjuna is filled with deep misgivings; he feels to kill his relatives and friends would be a great sin. Lord Krishna says O Arjuna from where has this delusion come? How could this delusion come upon a great person such as you, obstructing the path to heaven? Oh Arjuna give up this faint-heartedness. This kind of mental weakness is unbecoming to a strong person such as you, shake it off. Arise and fight. (Gita 2-.2&3). Arjuna said that now I am confused about my duty and have lost all composure because of miserly weakness. In this condition I am asking You to tell me for certain what is best for me. (Gita 2-7). Now I am Your disciple, and a soul surrendered unto You. Please instruct me. Sri Krishna says that you speak like a wise person but grieving over something, the wise do not grieve for. (Gita.2-11).

**Challenge as an opportunity to find the way to success,  
it only depends on you and you are your own alchemist.**

May all beings be happy (Loka Samastha Sukhino Bhavanthu) is the essence of Indian philosophy.

The ancient Indian philosophy of keeping mind and body for the well being has entered the managerial, medical and judicial domain of the world. Today it has found its place as an alternative to the theory of modern management and also as a means to bring back the right path of peace and prosperity for the human beings.

# The Inner Meaning of the Bhagvad Gita

The truth explained in the Bhagvad Gita have great value to every person who sincerely aspires to an understanding of life's processes and of ways to facilitate rapid, authentic spiritual growth that culminates in illumination of consciousness and soul liberation. Ordinary illusion, sense-bound human existence is often painful and may seem to be devoid of meaningful purpose. What is needed is for the mind to be illumined by the soul's innate light and for the senses to be subject to the soul's capacity to freely choose. Self-consciousness is then transcended and life flows smoothly under the direction of soul-originated impulses referred to as grace. The actions of grace are the effective influences of the inclination of the Spirit of God in dwelling nature to fulfill the purposes of life.

As soul-mind-body beings relating to the physical realm, we are instinctively and intuitively directed to fulfill basic desires and to satisfy need essential to our survival, security, wellbeing, and continued growth. To this end, we innately want to live in harmony with nature's processes, have life-enhancing desires easily fulfilled, experience spontaneous satisfaction of needs, and know of and unfold our spiritual potential. When soul awareness is not yet pronounced, we may be inclined to direct most of our attention to neglecting our spiritual growth. Although such behavior may result in marginal human happiness, it will not satisfy the deep-seated desire of the heart (real essence of being) to awaken to Self-knowledge which allows God-experience and transcendent realization.

# Aim

Modern man is indeed besieged with great inner conflict, and it is this conflict which has caused the utter disintegration of his psychological life. The disintegration within has caused unhappiness without. He is verily in search of inner integration and perhaps, for this, there can be no better guide than the teaching of the Bhagavad Gita. The creation of an integrated individual –Yukta—is indeed the purpose of the intensely dynamic message of the Gita. The poise of Inaction, where the opposites of the mind are transcended, is a state of psychological integration. The Gita deals with this problem in a very comprehensive discourse after discourse, until; in the last discourse, Arjuna sees the identity of the individual and Cosmic Will, and, with that perception, he arrives at the cessation of inner conflict and therefore to a state of perfect integration.

The message of the Gita has an immediate and practical bearing on the problem of the modern age. It shows a way out of the complexities of the mind, to a complete and unfettered freedom of the Super-mind. The Gita says that path is not meant only for the few; It can be trodden by all who seek freedom from life's entanglement. In an age where the individual is becoming more and more insignificant due to the impacts of political economic and social forces, the Gita brings to man a message of hope and cheer, for it shows to him that way of life which leads to the regaining of his lost significance. It indicates to him the path of living.

The spiritual regeneration of man is indeed the way to the creation of a society—this is verily the refreshing and the revitalizing message of the Bhagavad Gita.

# Introduction of Mind Management

Mind Management has become a part and parcel of everyday life, be it at home, in the office or factory and in Government. In all organizations, where a group of human beings assemble for a common purpose, management principles come into play through the management of resources, finance and planning, priorities, policies and practice. Mind management is a systematic way of carrying out activities in any field of human effort.

Its task is to make people capable of joint performance, to make their weaknesses irrelevant, says the Management Guru Peter Drucker. It creates harmony in working together equilibrium in thoughts and actions, goals and achievements, plans and performance, products and markets. It resolves situations of scarcity, be they in the physical, technical or human fields, through maximum utilization with the minimum available processes to achieve the goal.

Lack of mind management causes disorder, confusion, wastage, delay, destruction and even depression. Managing men, money and materials in the best possible way, according to circumstances and environment, is the most important and essential factor for a successful management

# What is Mind Management?

Mind management is a way to control one's mind. To do this, we need to be cautious about our thinking process and also need a high level of understanding and meditation as well. Understanding is wisdom – 80 per cent of people are knowledgeable while 20 per cent are wise.

A wise person does not stand for or against any idea without concrete reason. He works according to the situation and capacity. He looks at everything intellectually. To him, failure is a stepping stone for future success.

Why do we need mind management? Unless we control or manage our mind, it is difficult to achieve success and peace. Psychologists say every interest is first born in the mind as a seed. Then it continues to grow.

Later it takes its real form which everybody can see. The interest that first appears in the mind remains weak for the first three minutes and it becomes strong within the next five minutes.

All the negative aspects should be deleted within the first three minutes. If not taken out, they would become stronger later and you can never throw them out. After taking control over the mind, we can control passion, interest and unrest.

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