

# SHINING GUIDELINES FROM SHRI BHAGWAD GITA

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## INTRODUCTION

One of the greatest contributions of India to the world is the Shrimad Bhagwad Gita. Bhagwad Gita is the song of the Lord. When Lord Shri Krishna observed that Arjuna is refusing to fight because of materialistic attraction towards his dear ones, then Shri Krishna preached Shrimad Bhagwad Gita to motivate Arjuna and advised him to leave aside the weakness of the heart and to get ready to fight in the battlefield. He reminded Arjuna of his duties which he was forgetting because of his ignorance. The *Paramatma* (Supreme Soul) or God is not bound by time and space. The great *Rishis* (Saints and Scholars) of India have profoundly described the knowledge, the form, and the human birth of this boundless Supreme Soul in the *Vedas, Upanishads, and Puranas*. Vedvyasa created the greatest epic *Mahabharata*. This epic which is also called *Pancham Veda* (the fifth Veda) contains various teachings. *Shrimad Bhagvad Geeta* is the epitome of all such teachings. It is the gem of the complete *Mahabharata*. There are eighteen chapters containing a total of seven hundred *shlokas* in *Shrimad Bhagvad Geeta*. It contains 18 chapters and 700 shlokas. Krishna is a powerful teacher and Arjun and Sanjay are ideal students. People who apply the principles of Gita in their lives become rich, courageous and able to face the challenges of their lives and bounce back. Eminent personalities like Mahatma Gandhi, Albert Einstein, E.Sreedharan (known as the Metro Man in India) read Gita throughout their lives. The paper focuses on the Shining guidelines from the Shrimad Bhagwad Gita and how to bounce back in life.

Four main benefits of reading Gita are money, victory, extraordinary power, morality. When there is no morality, character, ethics, values and principles everything will be destroyed. Gita gives vision, mission, objective, strategy and action plan which can be mentioned in the abbreviation **VMOSA** which means:

**V for Vision**

**M for Mission**

**O for Objective**

**S for Strategy**

**A for Action Plan**

Morality makes you so powerful that you can face any difficulty easily.

*Jab tak tu lakshya ko dekh nahi sakta tab tak tu lakshya ko bhed nahi sakta*  
 (You cannot achieve the goal till you see it)

*Jab tujhe lakshya nazar aane lagenge tab tere lakshya per nishane lagenge*  
 (When you start seeing your goals then you start targeting them)

## SEVEN DANGERS TO HUMAN VIRTUE

Mahatma Gandhi has mentioned the Seven Dangers to Human Virtue :

- 1) Wealth without Work (*mehnat kiye bina dhan kamana*)
- 2) Pleasure without Conscience (*vichar kiye bina such*)
- 3) Knowledge without Character (*charitra ke bina gyan*)

- 4) Business without Ethics (*sanskar ke bina vyapar*)
- 5) Science without Humanity (*insaniyat ke bina gyan*)
- 6) Religion without Sacrifice (*vairagya ke bina bhakti*)
- 7) Politics without Principle (*siddhant ke bina rajniti*)

*Jo padhta hai wo kabhi nahi akadta hai*  
(He who learns is never arrogant)

## MENTAL DIET PLAN

All the discoveries and inventions in the world happened by asking questions. Discovery is a learnt skill. You can learn to discover by asking a lot of questions. Begin our day by asking empowering questions to yourself. What is your unlimited power signature strength which you have not used? How will you increase your energy and motivate others also? The quality of your questions will determine the quality of your answers. It's not only the question you have asked but also the questions you have failed to ask yourself will determine your future. Some people ask empowering questions like why this happened to me? Some ask empowering questions like What should I do so that I will bounce back. Some questions will give you breakdown and some will give you breakthrough, some will give you hopeless end and some will give you endless hope. Some will give you Defect (you focus on difficulty) and some will make you perfect (you will focus on Determination/Possibility/Barrier-Free Thinking). Mind is very powerful, it can break you or it can make you. You can become strongly mental or mentally strong.

Dis-Empowering Questions (Why I have failed again & again?)	Empowering Questions (What I have learnt from this failure?)
Strongly Mental	Mentally Strong
Break Down	Break Through
Defect	Perfect
Difficulty	Possibility/Opportunity/Barrier-Free Thinking
Hopless End	Endless Hope

*main kabhi harta nahi ya to jeeta hoon ya seekhta hoon*  
(I never loose whether I win or learn)

How to increase your conscious level and give new interpretation? Whether you want to make it +10/10 or -10/10 on a scale of 10.

## HOW TO IMPROVE MEMORY & CONCENTRATION?

There are three layers of mind i.e. conscious mind, sub-conscious mind and unconscious mind.

- 1) We remember what we see something unusual, disproportionate.
- 2) We remember an extreme emotion (see table below)

Extreme Cold	Extreme Hot
Extreme Happiness	Extreme Agony
Extreme Praise	Extreme Insult
Extreme Good	Extreme Bad

- 3) Through passionate conscious goal statement convert Accidental Pattern of Thinking into Structured Pattern of Thinking.

A fiery passion within a human being can help him build a successful career. A profession born out of passion is always better than a profession chosen otherwise

## FROM PASSION TO PROFITABLE PROFESSION

Lack of clarity is the biggest problem in education in student life (Which subject to choose? Which carrier to choose?). Give a shape or direction to your passion. Make it a problem solving purpose. Is your passion solving any problem in the society? Convert it into a profitable profession. Following three steps will help in making a profitable profession :

Step 1 : Passion

Step 2 : Problem Solving

Step 3 : Profitable Profession

Bill Gates, Mark Zuckerberg, Michael Jordan, Sanjeev Kapoor, Kansan Bhai Patel and many other famous people have turned their passion into a successful profitable profession and made their name in the world. All the success stories in the world are all **stories** of great failures but it was their ability to bounce back in tough times that made them successful. You don't lead your life your patterns are leading your life. You don't take any decision your patterns are influencing your decisions. Motivation should not be outside in it should be inside out. Whenever motivation depends on external sources, it cannot last for longer time because once you loose the source the motivation went away.

## IMPORTANCE OF VALUES

When you value the valuables, you neither get the valuables nor the values. When you value somebody's value system his value system becomes your value system. When you value the values of the right people, valuables come so fast that you can't even manage. Strong value system will lead to massive behavior which will ultimately lead to massive productivity. Have the genius around you to attract the genius within you.

## HOW TO CONVERT FAILURE INTO SUCCESS?

Following tips will help in converting failure into success :

**Take Risks :** If you have never failed in your life it simply means you have been playing way too safe. The biggest risk in your life that you can take is by not taking any risk at all. Maintaining the enthusiasm from failure to failure actually finally leads to success.

**Help Yourself :** If you don't help to help yourself nobody in the world can help you to help yourself.

**Have Positive Attitude :** The diseases of attitude are far deadlier than the diseases like cancer and brain stroke. If you have the deadliest disease of negative attitude then your personal life, professional life, social life, spiritual life and physical life will be destroyed.

**Internal Motivation :** Motivation from external sources will be temporary and if motivation is internal it will be permanent.

External Reason & External Season = Temporary Motivation

Internal Reason & Internal Season = Permanent Motivation

In mathematics one problem has only one solution but in life one problem can have many solutions.

1 Problem = 1 Solution (In Mathematics)

1 Problem = Many Solutions (In Life)

## CONCLUSION

Vedvyasa created the greatest epic *Mahabharata*. This epic which is also called *Pancham Veda* (the fifth Veda) contains various teachings. *Shrimad Bhagvad Geeta* is the epitome of all such teachings. It is the gem of the complete *Mahabharata*. There are eighteen chapters containing a total of seven hundred *shlokas* in *Shrimad Bhagvad Geeta*. It contains 18 chapters and 700 shlokas. Krishna is a powerful teacher and Arjun and Sanjay are ideal students. People who apply the principles of Gita in their lives become rich, courageous and able to face the challenges of their lives and bounce back. Eminent personalities like Mahatma Gandhi, Albert Einstein, E.Sreedharan (known as the Metro Man in India) read Gita throughout their lives. Four main benefits of reading Gita are money, victory, extraordinary power, morality. When there is no morality, character, ethics, values and principles everything will be destroyed. Gita gives vision, mission, objective, strategy and action plan (VMOSA). The shining guidelines from the Shrimad Bhagwad Gita help people to bounce back and achieve success in life.

## REFERENCES

[http://www.ancient.eu/Bhagawad\\_Gita/](http://www.ancient.eu/Bhagawad_Gita/)

<http://elinepa.org/en/web-indian-philosophy/>

