



DEVELOPING POSITIVE ATTITUDE THROUGH BHAGAVAD GITA

Mr. Vinod Misra

Assistant Professor IET

Dr. Ritu Tyagi*

Principal IET *Corresponding Author

ABSTRACT

One of the greatest contributions of India to the world is the Srimad Bhagavad Gita. 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 Kurukshetra 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 of Gita can act as life-changing lessons. 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. One thing which is common between all persons who have become successful in this world is their ability to overcome challenges in life. By applying the principles of Bhagavad Gita we can overcome challenges of our life and become successful. Anyone can apply the principles of Gita in his/her life and overcome challenges and become successful. The paper focuses on how to develop positive attitude in life through the teachings of the Bhagavad Gita.

KEYWORDS : Bhagavad Gita, Positive Attitude

INTRODUCTION

One of the greatest contributions of India to the world is the Shrimad Bhagavad Gita. Bhagavad 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 Bhagavad Gita to motivate Arjuna and advised him to leave aside the weakness of the heart and to get ready to fight in the battlefield. Vedyasa created the greatest epic Mahabharata. This epic which is also called Pancham Veda (the fifth Veda) contains various teachings. Shrimad Bhagavad Geeta is the epitome of all such teachings. It is the gem of the complete Mahabharata. 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 how to develop positive attitude in life through the teachings of the Bhagavad Gita.

BENEFITS OF READING BHAGAVAD GITA

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*)

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.

HOW TO CONVERT NEGATIVE ATTITUDE INTO POSITIVE ATTITUDE

Attitude comes through the seed of flow of desire that we have developed. Now the question is which seed pattern do you like to cultivate and the flow off desire you would like to focus on? You have multiple different types of possible seed pattern and flow of desires.

Role of Attitude for Growth and Success

It is said that higher you go in any department 90% of people are using attitude and only 10% are using their skill and lower you go in any department only 10% of people are using attitude and 90% are using their skill.

For your growth it is very important that you have a lot of

positive attitude. It will help you to grow a lot.

If you try to be the "Best" you will be "Number One"
 If you try to be "Unique" you will be the "Only One"

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.

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.

CONCLUSION

Gita can act as a powerful catalyst for transformation. When the thinking of man is improved it will surely improve the quality of his actions and the results. 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. Anyone can apply the principles of Gita in his/her life and develop positive attitude and become successful.

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