

Essence of Shrimad Bhagavad Gita & its Psychological Perspective

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Abstract : Bhagavad Gita is known as Song of God, is the important scripture in which Lord Krishna counseled Arjuna for becoming strong to fulfill his duties and responsibilities. Bhagavad Gita not only provides spiritual knowledge whereas it as well deals with life beyond materialism, supreme God and attaining eternal satisfaction. It revolves around three important yogas i.e. Karma Yoga, Bhakti Yoga and Jnana Yoga. Teachings of this scripture are adopted by many famous personalities, few of which are explained in this paper as well. This paper also includes the difference between Shrimad Bhagavad Gita and Shrimad Bhagavatam, short summary of all chapters and the learning psychology we can derive from these. Bhagavad Gita concepts are not only enlightening for students but also teachers, leaders, corporate and almost every person. Learning's about life, balancing of mind in ups and downs and truth about life and death are beautifully presented in this scripture. Secondary data has been collected for the paper.

Keywords: Bhagavad Gita, Bhagavatam, Scripture, Yogas, Warriors, Mind, Psychology

I. INTRODUCTION

Many People use Shrimad Bhagavad Gita and Shrimad Bhagavatam as interchangeably but there is a notable difference between the two. Shrimad Bhagavad Gita includes conversation between Lord Krishna and Arjuna. Lord Krishna was Charioteer and Arjuna was the Archer. It is a Part of Mahabharata as well. Dialogues between Krishna and Arjuna are not only spiritual but also well philosophical which can be taken as a life learning lessons. Students especially can experience this fact by adopting few important lessons for attaining their goals. The conversation between Lord Krishna and Arjuna are full of many instances which we face in our daily life. We can even get answers to our question by keeping ourselves in that situation. This paper focuses on important aspects that one should know about Bhagavad Gita. It not only focuses on the important learnings whereas also provide short summary of all the chapters.

Objectives:

1. To find out difference between Shrimad Bhagavad Gita and Shrimad Bhagavatam.
2. To explore all chapters of Bhagavad Gita and explain it in short summary.
3. To highlight important learnings we can derive from Bhagavad Gita.

Shrimad Bhagavad Gita Vs. Shrimad Bhagavatam

| Shrimad Bhagavad Gita | Shrimad Bhagavatam |
|----------------------------------------------------------|-----------------------------------------------------------------------|
| Verses: 700 | Verses:1800 |
| Chapters: 18 | Books: 12 (Each of it refers to Cantos) |
| Spiritual and Philosophical | More Spiritual |
| Revolves around Dharma, Karma, Yoga and Self Realization | Revolves around Devotion, spirituality, Lord Krishna Life and Stories |
| Origin: Amid of Mahabharata War | Origin: Creation of Universe |

Both Bhagavad Gita and Shrimad Bhagavatam are significant scriptures that contain Ocean of knowledge. One can note here that both teach the Significance of karma. If as a student, one wants to learn about duties, responsibilities, Dedication, goal orientation and commitment can refer Bhagavad Gita. If a leader wants to learn how to empower team and how to attain best leadership, all traits one can get from Shrimad Bhagavad Gita.

Significance of Shrimad Bhagavad Gita

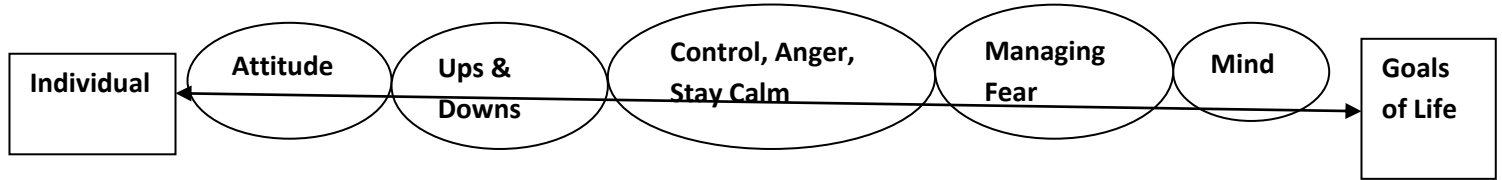
One can refer Bhagavad Gita for following reasons:

- For finding and understanding truth about life.
- For finding day to day solutions to the problems.
- For staying motivated and enthusiastic, one can seek guidance from Bhagavad Gita
- How to be deterministic and goal oriented.
- For understanding how to control mind in all ups and downs of life.

- Becoming a good leader, what are the traits that must be present in a good leader Bhagavad Gita provides in a elaborated manner.

beyond materialism. This significant teaching can change your thinking level, it’s like a bridge that can take you towards the attainment of your goals.

The main focus of this scripture is on Karma, duties and Responsibilities as a human being and how to live life

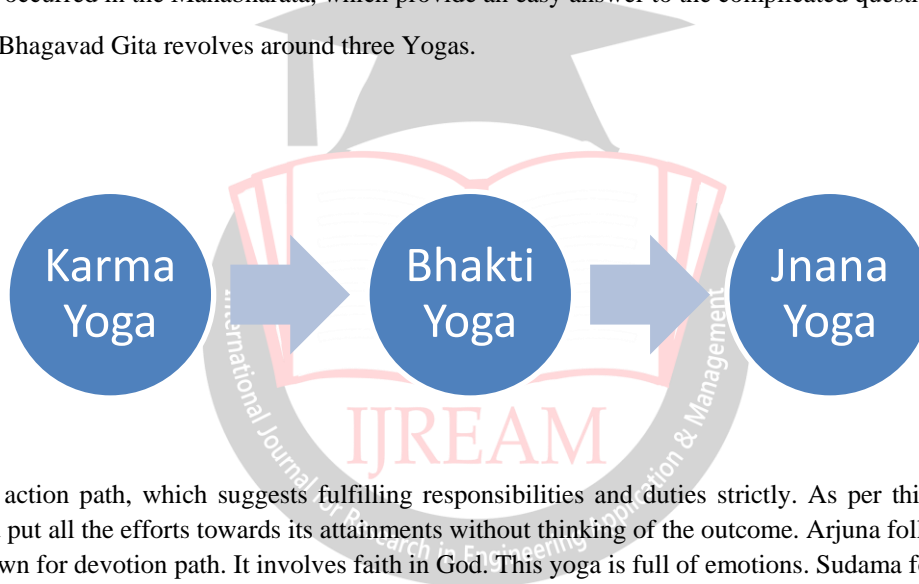


For attaining goals in life, an individual needs to work a lot on various aspects like Attitude, learning how to stable mind in ups and downs of life, managing of fear, managing anger, staying calm even in inappropriate situations of life and be strong deterministic.

II. SUMMARIZATION OF SHRIMAD BHAGAVAD GITA CHAPTERS

In Bhagavad Gita, Lord Krishna counseled Arjuna in the battlefield to fulfill his duties for maintaining and upholding Dharma. It is an episode that occurred in the Mahabharata, which provide an easy answer to the complicated questions.

Complete Shrimad Bhagavad Gita revolves around three Yogas.



Karma Yoga is an action path, which suggests fulfilling responsibilities and duties strictly. As per this, we should be goal oriented and should put all the efforts towards its attainments without thinking of the outcome. Arjuna followed this path

Bhakti Yoga is known for devotion path. It involves faith in God. This yoga is full of emotions. Sudama followed this path.

Jnana Yoga is the wisdom path. It involves high level of intellect which should be beyond materialistic life.

| Chapters | No. of Verses | Title | Key Points |
|-----------|---------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chapter 1 | 46 | Arjunavisada Yoga | <ul style="list-style-type: none"> - Arjuna’s confusion and fear - Arjuna surrender himself in front of Lord Krishna |
| Chapter 2 | 72 | Sankhya Yoga | <ul style="list-style-type: none"> - Turning point for Arjuna - Focus on duties and responsibilities - Overcoming weaknesses |
| Chapter 3 | 43 | Karma Yoga | <ul style="list-style-type: none"> - Karma and Knowledge - Real enemies of Life - Fulfill your duties without any attachment |
| Chapter 4 | 42 | Gyana Karma Sanyasa Yoga | <ul style="list-style-type: none"> - Kind of Sadhanas - Lust as a cause of sinful acts - Eternal knowledge |
| Chapter 5 | 29 | Karma Sanyas Yoga | <ul style="list-style-type: none"> - Comparison between Karma Yoga and Karma Sanyas Yoga |
| Chapter 6 | 47 | Dhyana Yoga | <ul style="list-style-type: none"> - How to control mind - How to overcome distractions of mind |
| Chapter 7 | 30 | Gyana Vigyana Yoga | <ul style="list-style-type: none"> - Absolute Reality - Supreme Power (Lord Krishna) - Kinds of men Surrender in front of Krishna - Kinds of men do not surrender in front of Krishna |

| | | | |
|------------|----|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chapter 8 | 28 | Akshara Brahmayoga | <ul style="list-style-type: none"> - Arjuna's 7 Questions - How to be with God at the time of Death - Attaining supreme level |
| Chapter 9 | 34 | Raja Vidya Raja Guhya Yoga | <ul style="list-style-type: none"> - Confidential Knowledge - Types of Worshippers - Saguna and Nirguna Swaroop |
| Chapter 10 | 42 | Vibhuti Yoga | <ul style="list-style-type: none"> - Lord Krishna Opulence - Power of Lord Krishna - Pure Devotion |
| Chapter 11 | 55 | Vishvarupa Darshana Yoga | <ul style="list-style-type: none"> - Universal form of God - Divine eyes |
| Chapter 12 | 20 | Bhaktiyoga | <ul style="list-style-type: none"> - Qualities required to come near to God - Saguna and Nirguna Bhakti - God: A Supreme Goal |
| Chapter 13 | 35 | Kshetra Kshetragya Vibhagayoga | <ul style="list-style-type: none"> - Different stages of Sadhana - Presence of an individual and the ultimate consciousness |
| Chapter 14 | 27 | Gunatraya Vibhagayoga | <ul style="list-style-type: none"> - 3 types of Guna - Concept of self knowledge |
| Chapter 15 | 20 | Purushottamayoga | <ul style="list-style-type: none"> - This chapter is the yoga of supreme human being - Tree of materialistic World as the reflection of real tree - How to cut this tree of materialistic World |
| Chapter 16 | 24 | Daivasura Sampad Vibhagayoga | <ul style="list-style-type: none"> - Important Values - Difference between people capable of attaining true wisdom and people lives life with sufferings (Re birth) - Divine traits - Demonic traits |
| Chapter 17 | 28 | Shraddhatraya Vibhagayoga | <ul style="list-style-type: none"> - Sattva Guna Significance - Act as per teachings mentioned in scriptures - Encouragement to move to Action Path |
| Chapter 18 | 78 | Moksha Sanyasayoga | <ul style="list-style-type: none"> - Renunciation - Significance of Tyaga and Sannyasa - Five causes for an action - Three factors responsible for motivating an action - Self Realization |

III. PSYCHOLOGICAL PERSPECTIVE

Chapter – 1 Arjunavisada Yoga

It includes 46 Verses in total. This chapter is the set for Lord Krishna & Arjuna conversation. It shows Arjuna's confusion and his fear in the battlefield. Fear to fight with his family members, fear to fight with his teachers. He surrenders himself in front of Lord Krishna. This chapter as well deals with issues of materialism and attachments. Psychological aspect included in this chapter is inner conflict and because of which it becomes difficult to take decisions

Chapter - 2 Sankhya Yoga

It includes 72 Verses. This is the turning point in the mind of Arjuna. In this Lord Krishna reminds Arjuna to fulfill his duties. Lord Krishna provides Guidance to Arjuna for overcoming his weaknesses. This chapter focuses on self-introspection

Chapter – 3 Karma Yoga

It is having 43 Verses. This chapter focuses on Karma and knowledge. It teaches to work without expecting any outcome or in other words, fulfill your duties without any attachment. It also includes real enemies of life i.e. Kama – Krodh. Many instances included in this chapter which strongly focuses on Karma Yoga. Lord Krishna told Arjuna

about the responsibilities every human being need to fulfill. The Significant psychological perspective included in this chapter is to be focused on the procedure rather than the outcome.

Chapter – 4 Gyana Karma Sanyasa Yoga

It includes 42 Verses. It is also known as Transcendental Knowledge. This Chapter deals with various kinds of Sadhanas. In this chapter Lord Krishna elaborated upon how lust is the cause for sinful activities. For clearing many doubts of Arjuna, Shri Krishna discloses many mysteries. Shri Krishna told Arjuna that even a person having high level of sins in account can cross the materialistic ocean if possesses eternal knowledge.

Chapter – 5 Karma Sanyas Yoga

It only has 29 Verses. In this chapter Shri Krishna told comparison between Karma Yoga and karma Sanyas Yoga. He told Arjuna that Karma Yoga is always enjoying blessings from God.

Chapter – 6 Dhyana Yoga

It is the yoga of Meditation. It includes 47 Verses. In this chapter, Lord Krishna continued explaining the difference between Karma sanyas yoga and karma yoga. He told Arjuna “how to control mind”. He elaborated on overcoming distractions of mind.

Chapter – 7 Gyana Vigyana Yoga

It includes 30 Verses of Bhagavad Gita. In this Chapter Shri Krishna told Arjuna about absolute reality. Lord Krishna told Arjuna that he is the supreme power. He is not only the essence of universe but as well its materialistic life. It also include kind of men who surrender to God and those who do not surrender at all.

Chapter – 8 Akshara Brahmayoga

This includes 28 Verses. In this Adhyay or a Chapter Arjuna ask answer for 7 questions. Lord Krishna gives answer to all. It also includes “How to be with God even at the end of life or at the time of death. Lord Krishna told Arjuna about Stage when no ups and downs affect a person life. Attaining supreme level by regular practice, one can attain such a level.

Chapter – 9 Raja Vidya Raja Guhya Yoga

34 Verses are included in this chapter. It is about the confidential knowledge. This chapter talks about different types of worshippers for reaching at different goals. It also includes Saguna and Nirguna Swaroop of God.

Chapter – 10 Vibhuti Yoga

It is having 42 Verses. This chapter deals with Lord Krishna opulence. It talks about power that Shri Krishna possesses. In this chapter, Arjuna is curious in knowing about Shri Krishna more and more. In this phase of Shrimad Bhagavad Gita, Shri Krishna told Arjuna that if a devotee even lacks in knowledge, education, etc. also get unlimited support from the God if that devotion is pure.

Chapter – 11 Vishvarupa Darshanayoga

This chapter includes 55 Verses. As in previous chapters, Lord Krishna told Arjuna about presence of God everywhere. He told that Krishna created the universe. Every activity of the universe revolves around me supreme God. It may be birth, death or any other. Arjuna prays Krishna for his Universal form. Lord Krishna shows his Universal form which one can't be able to see with normal eyes. So Arjuna also got that divine eyes for that.

Chapter – 12 Bhakti Yoga

This includes 20 Verses. In this chapter, Lord Krishna explained qualities that are required to come near to the God. It involves Saguna and Nirguna Bhakti. Lord Krishna also elaborated on devotes who follow God as their supreme goal, are satisfied in all situations of life.

Chapter – 13 Kshetra Kshetrageya Vibhagayoga

This particular chapter includes 35 Verses. It includes various stages of sadhana and understanding, elements of existence. This chapter also elaborates upon the individual presence and the ultimate consciousness.

Chapter – 14 Gunatraya Vibhagayoga

There are 27 Verses in this. This chapter talks about 3 Gunas: Sattva, Rajas and Tanas and their significance. It also includes the concept of self knowledge for becoming free from the cycle of birth and death.

Chapter – 15 Purushottamayoga

This chapter is the yoga of supreme human being. In this 15th chapter, There are only 20 Verses. This chapter suggest that tree of materialistic World is a reflection of real trees which is situated on the water. It also focus on have to cut this by using the technique of detachment.

Chapter – 16 Daivasura Sampad Vibhagayoga

This includes 24 Verses. Till previous chapters, Lord Krishna focused on self knowledge whereas in this chapter, he focuses on values that should be possessed for liberation. In this adhyay, Lord Krishna also elaborated difference between those people having capability for attaining true wisdom and people not able to attain true wisdom and lives life with suffering.

Chapter – 17 Shraddhatraya Vibhagayoga

This chapter includes 28 Verses. Here Lord Krishna said that Sattva Guna can take you towards self realization and realization of God. Shri Krishna also suggests Arjuna not to do anything against the teachings mentioned in Scriptures. It as well includes Krishna's motivation to Arjuna for following an action path.

Chapter - 18 Moksha Sanyasayoga

This chapter includes 78 Verses. This chapter is basically about renunciation. It is the conclusion of entire Bhagavad Gita. This also includes the significance of Tyaga and also Sannyasa. In this chapter, Shri Krishna also elaborated upon 5 causes for an action and 3 different factors responsible for motivating the action. This chapter suggests highest fact among all is self realization.

Famous personalities who took inspiration from Shrimad Bhagavad Gita. Here are some examples:

- PM Narendra Modi – describes Gita as a practical guide for providing a path for a meaningful life.
- Bal Gangadhar Tilak – emphasized on Karma to fulfill an obligation. It is in consistent to Shrimad Bhagavad Gita. He also authored a book Shrimad Bhagavad Gita Rahasya.
- Mahatma Gandhi – Father of the Nation, said Bhagavad Gita provides fresh joy everyday and is a ray of hope even in overwhelming sorrows.
- Sri Aurobindo – Indian Philosopher believes that Bhagavad Gita includes a message for every age group and every civilization.
- Pt. Jawaharlal Nehru – Former PM of India said that message of Bhagavad Gita is universal in its

approach. He said that Bhagavad Gita shows the action one needed to fulfill duties.

- J Robert Oppenheimer – Father of Atomic Bomb listed Gita among 10 books that helped in shaping his life.
- Wills Smith – An American actor, told in some interview that he is influenced by Arjuna from Bhagavad Gita.
- George Harrison – Lead Guitarist of Beatles cited Bhagavad Gita Teachings to influence his life and his work.
- Sunita Williams – Indian American Astronaut, took Bhagavad Gita to Space so as to drive an inspiration from it.
- Dr. Albert Schweitzer – Noble Peace Prize Winner, Philosopher and Physician also believes that Bhagavad Gita has an influence on mankind by its devotion towards God and which is manifested by actions/Karma.
- Richard H. Davis – Famous Author, authored a book in which he explores how nationalists like Mahatma Gandhi and Swami Vivekananda used Bhagavad Gita in their fight and how contemporary interpreters reanimate this scripture for audience today.

IV. KEY LEARNING'S FROM BHAGAVAD GITA

It teaches us the path of truth, commitment towards duties and responsibilities, ill effects of bad company or association, control over ego, arrogance and mind, forgiveness, unconditional love and finding Eternal peace. Leaders can learn how to empower their team. It includes traits to be present in a strong leader. We can also learn significance of each of the yogas mentioned above in an elaborated manner. Most important part is how to overcome fear and be able to attain even toughest goal of life.

V. CONCLUSION

People can adopt Bhagavad Gita teachings and lessons for changing their life style. Many famous personalities have also explained this in their autobiography or in their interview. Few have also authored a book in their own wordings to make it easier for readers to understand the concept of Bhagavad Gita. One can read this scripture and experience it by adopting in the real life. We face many challenges in our life but the way we deal with each challenge may or may not be the same, this is what we can learn. Bhagavad Gita teaches in the beautiful manner “How we can get stability in our mind”. For any kind of strategy, mind stability is important.

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