



THE ETERNAL SOUL: REFLECTIONS FROM THE BHAGVAD GITA

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Abstract:

"The Eternal Soul: Reflections from the Bhagavad Gita" discusses the deep idea of the soul and its importance as explained in the Bhagavad Gita, a timeless scripture. This important article gives helpful information about the soul and helps people become better on the inside and find spiritual understanding. This study shows how being aware of our bodies can make us want things too much, become too attached to things, want more than we need, and think we are better than others. This can make us unhappy and hurtful. In order to be peaceful and happy, people need to realise that their soul is different from their body and always remember this fact. The main purpose of the Bhagavad Gita is to help people connect with their soul and leave behind the false identity created by focusing only on their physical bodies. It encourages individuals to accept their true selves.

Keywords: Eternal soul, Bhagavad Gita, Body consciousness, Soul-conscious state, Spiritual realisation

Introduction:

"The Eternal Soul: Reflections from the Bhagavad Gita" discusses the profound concept of the soul and its significance, as expounded in the timeless scripture, the Bhagavad Gita. This sacred text offers valuable insights into the soul's nature, guiding seekers towards inner transformation and spiritual realisation. The study reveals that in a state of body consciousness, the senses perceive distinctions between male and female, leading to sexual desire. Attachment arises due to awareness of one's kith and kin versus strangers, culminating in greed, and unmet desires result in anger. Acquiring wealth brings about awareness of individual power, prestige, and admiration, leading to arrogance. All these vices stem from body consciousness and lead to suffering and pain. To attain peace and happiness, one must free themselves from these vices, recognise and identify the soul as separate from the body, and remain constantly conscious of the soul. The primary objective of the Bhagavad Gita is to establish individuals in their soul-conscious state, their 'true image,' distinct from the 'false image' produced by body consciousness. God (Bhagwan) repeatedly advises renouncing body consciousness and stabilising oneself in soul consciousness to become a true Yogi.

This research article aims to explore the concept of the soul, its eternal essence, and its significance in human experience. It aims to provide valuable insights into how understanding the soul can lead individuals to attain inner peace, spiritual realisation, and liberation from the cycle of birth and death. The article focuses on the interplay between body consciousness and soul consciousness, highlighting the negative traits of attachment, greed, and superiority that can lead to suffering and unhappiness. The article also examines the significance of spiritual realisation and connecting with one's true self for inner peace and genuine happiness.

The article also elucidates the distinct identities of the individual soul and the Supreme Soul (God), clarifying that the Supreme Soul is the benevolent ruler of all souls and the ultimate source of wisdom and guidance. The article analyses various perspectives on the soul, including its portrayal as a point of light, association with the mind and intellect, and connection with the material world.

In conclusion, the article aims to provide readers with profound insights into the nature of the soul and its significance in attaining spiritual growth and inner peace. By exploring the teachings of the Bhagavad Gita, the article encourages individuals to connect with their eternal essence and embark on a journey of self-discovery and spiritual evolution.

The Bhagavad Gita: A Beautiful Orchestra of the Soul's Nature

The Bhagavad Gita, an old and beloved sacred writing, gives significant information about the nature of the soul and emphasises the need to recognise its tranquilly. It illustrates the quintessence of the soul, showing it as unceasing and indestructible, rising above the physical body. The soul is portrayed as a divine start that plagues all living creatures, interfacing them with the unceasing truth. Similar to the unobtrusive sky that remains unperturbed, the soul, arranged within the body, remains untouched by its fabric environment.

The following points summarise the teachings:

1. The soul is a living entity and the source of consciousness. It serves as the 'knower' of the body and perceives the reality around it. In this sacred text, the soul is likened to the eternal self (atman), representing the core identity of an individual.
2. The soul operates the total body with its mindfulness, giving rise to self-awareness and engaging individuals to associate their sensations, sentiments, and contemplations. It may be a critical perspective for each individual, influencing their perspective and understanding of the world.
3. The soul is interminable and rises above the cycles of birth and death. It exists beyond the restrictions of time and space, past the domains of past, display, and future. This idea of a godlike soul is reflected in the philosophical thoughts of Socrates and Plato as well. Understanding the interminable nature of the soul can lead one to connect with the divine.
4. The interest in otherworldly awareness includes recognising the nearness of the soul inside oneself. By going beyond mere bodily awareness, individuals can access higher knowledge and gain a deeper understanding of reality. This transformative state allows seekers to establish a connection with their true selves and the spiritual realm.
5. Realising the soul-conscious state is significant for freedom from enduring and accomplishing inward peace and genuine joy. By recognising the centrality of the soul and its interminable nature, people can free themselves from the servitude of material presence and find their inalienable divine substance. The Bhagavad Gita offers profitable insights into the nature of the soul and empowers people to rise above unimportant body awareness. By grasping the lessons of the Gita and developing their understanding of the soul, seekers can set out on a journey of otherworldly development and self-realisation, eventually leading to significant inward change and fulfilment.

The soul is eternal.

A key text in Hindu philosophy that sheds light on the nature of the soul is the Bhagavad Gita. The soul is depicted within the antiquated book as a godlike, unconquerable, and aware animal that dwells beyond the bounds of fabric reality.

It reveals two eternal realities: the body, composed of matter, and the soul, a celestial spiritual essence operating within this realm. The soul is said to possess nine gates, including the "eye of knowledge," which perceives the intangible, divine, and conscious essence of the self, distinct from the mere physical eye that grasps the tangible world.

Birth and death are mere thresholds that the soul surpasses, while the mortal body it inhabits remains subject to mortality. The soul remains inviolable and undeterred by external forces. Understanding the soul's eternal essence empowers individuals to navigate the transient journey of life with unwavering fortitude and detachment. Lord Krishna, the almighty spokesman of the Bhagavad Gita, reveals himself as the essence permeating all living entities, emphasising the soul's omnipresence as consciousness.

The Bhagavad Gita contends that the ego, a facade we create, leads to conflicts and confusion, manifesting due to our attachment to transient and insignificant situations. It emphasises the soul's permanence and imperishability as it continues its journey through the cycles of reincarnation. The soul remains unscathed amidst the ever-changing fabric of the world, a divine spark connecting all living beings to the supreme.

Understanding the actual nature of the soul leads to great realisations, eliminating illusions, and liberating individuals from the cycle of pain and rebirth.

In general, the Bhagavad Gita holds an irreplaceable position as a philosophical and scholarly Showstopper, digging into the unceasing puzzles of the soul and giving direction for searchers on their otherworldly travels, independent of their social or worldly setting. It's ageless shrewdness proceeds to light the way to self-realisation and otherworldly development for eras to come.

The original form of the soul is pure.

The soul is inherently pure, but it gradually loses its purity due to body consciousness as it undergoes multiple births and becomes corrupted. The Bhagavad Gita highlights that contact with matter leads to the soul's corruption, causing it to lose its awareness of being distinct from the body and instead identify itself with it.

Consequently, the soul becomes body-conscious and develops attachments and desires, such as those related to family roles like father, son, mother, husband, and wife. This distortion of the soul's original attribute of pure love results in perverted expressions like "sex," attachment, and greed, leading to suffering and sorrow.

The Bhagavad Gita may be an embroidered artwork of otherworldly intelligence that untangles the complexity of the soul and focuses us on the way to self-realisation and freedom. By receiving the Gita's intelligence, we set out on a journey of self-discovery, breaking free from the imperatives of perplexity and flurry and looking for the eternal truth profoundly embedded in the breaks of our souls.

The scripture uses an upside-down sacred fig tree to symbolise the material world, but its origin, age, vastness, and perpetual growth remain unfathomable to the soul. The essence of the soul is rooted in the eternal, facing upwards towards the limitless sky. The Gita urges us to embrace our divine nature and fulfil our duties in life, transcending the ephemeral and embracing the eternal. By shedding attachments to the material world, we advance our souls along the cycle of reincarnation towards spiritual evolution, eventually merging with the absolute divine being.

The Bhagavad Gita could be an otherworldly embroidered artwork that reveals the riddles of the soul and guides us to self-realisation and recovery. By embracing the Gita's shrewdness, we go on a journey of self-discovery, breaking down obstructions of disarray and boast and looking

profoundly inside our souls for the extreme truth.

To maintain the soul's purity, individuals must cultivate awareness and detachment from material desires. By recognising the eternal nature of the soul and practising spiritual disciplines, one can gradually overcome body consciousness and rediscover their true essence of purity and love.

The soul is a point of light.

The soul is an undetectable or unobtrusive point of light; it isn't ubiquitous, but maybe it seems to plague the entire body. Similar to how the sun illuminates the whole world from a settled position within the sky, the soul invigorates the whole body from a central area arranged within the brow between the eyebrows.

According to God's teachings, the Yogi's consciousness is centred at this spot at the time of departure. Thus, the belief in a single soul that pervades the entire human body or the whole world is mistaken, as souls are many, each having a distinct and separate entity that is eternal and indestructible. The soul is never born and is immortal, like an entity that neither emerges from nor merges into any other, maintaining its separate and distinct identity. God emphasises the distinct and separate identities of souls and reveals that they come from the incorporeal soul-world, also known as Brahm Nirvan, Brahm Bhuvan, Brahm Lok, Param Dham, or Brahm Yoni. At the time of departing the body, the soul leaves through the eye, ear, etc. The soul is a self-luminous point of light and does not contract or expand. It remains unchangeable and is not subject to the changes that the body goes through from childhood to old age and death. The soul originates from the incorporeal world, goes back to it, and carries its ingrained tendencies, as well as becoming manifest through the power of yoga, at the time of leaving the body, carrying its Sanskaras with it. In summary, the soul is like a subtle, self-luminous dot, and it is indivisible, unbreakable, and eternal, having separate and distinct identities, unlike the physical body that undergoes various changes throughout life.

The soul and the Supreme Soul are different.

The person's soul and the Supreme Soul are particular and partitioned substances, as clarified within the lessons of the Bhagavad Gita. The Bhagavad Gita, a critical Hindu sacred text, recognises the relationship between the person's soul (atman) and the Preeminent Soul (Bhagwan), also known as God or the All-inclusive Self. The Preeminent Soul is the source of shrewdness, genuine religion, and yoga. It confers divine information and guides humankind on the path of otherworldly advancement. On the other hand, the person's soul has free will and can select to take after or veer off from this divine intelligence.

Bhagwan is the benevolent ruler of all souls, while individual souls are influenced by the three gunas (qualities) and the consequences of their actions. Various verses in the Shrimad Bhagwad Gita emphasise the distinction between Bhagwan and the souls. For example, it states that there are two kinds of entities in the world: Kshar (mortal) and Akshar (immortal). Among the Akshar entities, God is the Supreme Person. These versions repeatedly emphasise that Bhagwan is the Supreme Person (Param Purush) among human beings, indicating that there are many other souls among whom God is named the highest, most preeminent, and the Supreme Purusha (person) for the sake of comparison. Bhagwan proclaims that there is none higher or more powerful than Him, while human souls are subject to the three fundamental gunas of Sato, Rajo, and Tamo. He is above and beyond the influence of these guns. Therefore, the soul that surrenders to Bhagwan and remembers Him alone can easily overcome these influences. The Supreme Soul ardently directs human souls to seek His refuge, which allows them to subjugate their lower nature. Bhagwan advises them to take His refuge and love Him alone. All these verses make it abundantly clear that the souls are many, and Bhagwan is distinct and supreme among them. At every step, the Gita's verses reaffirm the distinction between the soul and the Supreme Soul. For instance, Bhagwan explains the nature of action, inaction, and bad action, which human souls fail to understand. The human soul, goaded by ignorance, is subject to action. In contrast, the Supreme Soul is free from the taint of action, implying that the human soul is susceptible to it. The Supreme Soul is the Well-Wisher and Benefactor of all and the Lord of the three worlds. He is the only real Refuge. Those who remember God are the highest Yogis, while those who do not are the lowest among human souls, demoniac and vice-ridden. Thus, the Bhagavad Gita's divine verses unequivocally establish that the Supreme Soul and the individual soul are two distinct entities related to each other like a son to a father. The Supreme Soul is beyond birth and death and is the eternal substratum of consciousness, while the individual soul undergoes changes through different lifetimes based on its actions and impressions. The Gita's teachings encourage the soul to seek the realisation of the Supreme Soul, transcend its limitations, and attain spiritual liberation to return to the eternal abode, Paramdham.

The Soul, Mind, and Intellect:

The Bhagavad Gita examines the interconnection of the soul, intellect, and judgement skills. It clarifies that the intellect and judgement skills are not isolated from the soul but are natural resources of it. The intellect speaks to the capacity to think and involvement, whereas the judgement skills imply the workforce of knowing and perceiving. Decontaminating contemplations and hoisting judgement skills lead to the refinement and upliftment of the soul. This inner refinement permits people to attain a state of soul awareness, rising above the impediments of the material world. Within the setting of the soul, it is basic to know whether the intellect and judgement skills are particular substances from the soul or essentially distinctive capacities or resources of the soul. The Gita gives different verses to illustrate that they are inborn resources of the soul itself. For occurrence, it states that the soul has got to prevail through the soul, utilising the same word 'soul' for both the 'mind' and the "intellect." Additionally, it notices that the soul must be controlled and coordinated through the soul, indicating that the intellect must be subdued through the judgement skills. The terms 'mind' and 'intellect' within the Gita have been used in the same sense. Wants, information, and encounters are characteristics of the soul itself; it is the soul that wants peace and joy and encounters them.

Knowledge, understanding, or cognition, referred to as 'intellect,' can be assimilated and acquired by the soul. Bhagwan advises fixing the mind on Him and surrendering the intellect to Him, implying constant remembrance of God and acting upon His supreme advice without mixing personal beliefs. The Gita indicates that beyond the physical organs lies the mind, beyond the intellect is the intellect, and beyond the intellect is the soul. This suggests that the physical senses are ruled by thoughts, controlled by judgement or 'Gyan' (man's reason or intellect). When a person fixes their mind through 'Gyan' in remembrance of God, they experience the soul. The soul consciousness is attained through meditation and focusing on the soul, which is more subtle than the intellect. The Gita also mentions that the mind and intellect are both part of the 'field' (Kshetra), similar to organs. However, this verse seems contradictory to the earlier versions mentioned above. It could be an interpolation or signify that the soul begins to think, decide, and remember only after entering the body-like 'field.' The mind, intellect, and resolve emerge in the soul when it comes from Paramdham to this world. These assets are defiant to the soul's expression, and so the word 'soul' has been utilised for them. To diagram, the Bhagavad Gita emphasises that the soul is unmistakable from the body and is an endless, indestructible, and careful substance. Honing soul consciousness by filtering considerations and divinizing judgement skills leads to the decontamination of the soul itself. The intellect and judgement skills are inborn powers of the soul itself. Acts of great and terrible magnitude, wants, endeavours, and judgements all start from the soul.

Conclusion:

The Bhagavad Gita is an old Hindu book that teaches us about the importance of the soul and how it helps us grow spiritually. This statement highlights that being overly focused on our physical bodies can lead to negative qualities such as wanting more, being too attached to things, being greedy, and feeling superior, which ultimately bring us emotional and physical pain. The holy book says that the soul lasts forever, can't be destroyed, and is like a god. It's higher than our bodies, which eventually die. This helps people connect with their inner selves and their spiritual beliefs, freeing them from the process of being born and dying over and over again. The Bhagavad Gita gives timeless advice to people searching for self-discovery and spiritual development. It encourages being mindful and letting go of worldly desires. The scripture also talks about what material energy is like and the different ways it acts, like when it is good, when it is passionate, and when it is ignorant. To grow spiritually, you need to stop doing harmful things like wanting too much, getting angry easily, and always wanting more. The Bhagavad Gita's timeless wisdom continues to motivate and guide many people seeking freedom and inner tranquility.

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