



‘Unleashing Inner Potential: Insights from the Bhagavad Gita’

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Though man feels he is weak and helpless at times, he is in reality the master of his destiny.

“Work for the sake of the work without any motive” is all very well in words. But when one comes to the practical field, when one endeavors to put it into actual practice, he will have to encounter countless difficulties at every step.

1. Introduction:

1,1 Bhagavad Gita:

Bhagavad Gita tells us how we can elevate our day-to-day life. The Gita teaches us the value of Human life and it directs us on the ethical path for all types of action to reach our destination. It also teaches us how we must perform actions to make them noble.

“Arjuna saw standing there relatives, teachers, and friends around him those who were willing to participate in the war. He said “Having seen my people, Krishna, desiring to fight, my limbs sink, my mouth dries up, my body trembles, and my hair stands on end. Gandiva [his bow] falls from my hand, my skin burns, I am unable to remain as I am, and my mind seems to ramble.” (1/28,29,30)

Pleading this Arjuna declared his decision not to take part in the war. After listening explanation of Arjuna, Bhagavan Krishna, started his orientation to convince and motivate Arjuna, how it is necessary to perform your duty as a well-known ‘Warier’ at this time. Whatever you said may be

right but not at this time and not for you. You must perform the necessary action which is expected from all of us.

The philosophy provides the right direction to face day-to-day problems. Further, it conveys to us the necessary perspective for success in work life. The philosophy was presented in the battlefield Kurukshetra by Lord Krishna, To motivate Arjun and make him ready for war. It teaches all the tactics to achieve mental equilibrium and to overcome any crisis.

Bhagavad Gita is a step-by-step explanation/description/orientation given to us so that we can live our lives successfully and happily. Bhagavad Gita provides us with Knowledge of self. Who we are? What is the purpose of our life? The Gita motivates us to perform our duties.

1.2 Motivation:

Motivation is a state of mind filled with energy and enthusiasm, which drives a person to work in a certain way to achieve desired goals. Motivation is a force that pushes a person to work with a high level of commitment.

Motivation is the forces that lead to performance. Motivation is defined as the ‘desire to achieve a goal or a certain performance level’.

Motivation is the third-level requirement for performance.

- a) First Level : Ability—or having the skills and knowledge required to perform the job, and is sometimes the key determinant of effectiveness.
- b) Second Level : environmental factors
- c) Then the Third Level Decision regarding Motivational Force to enhance the performance.
- d) At the end ultimate result of the combined efforts of the three levels is Performance.

Ability	Environment	Motivation	Performance
Skills, Qualities, Knowledge	Factors Influencing, Surrounding, Situation	Purpose, Expectations, Desire	

Motivation is a psychological phenomenon. Even if any individual possesses 'Ability', and 'Environmental' factors and is supportive for the highest level of performance if motivation is absent, performance may be ordinary. On the other hand, if abilities are lacking, the environment is not very supportive but if the motivational level is highest, extraordinary performance is possible.

This was the problem of the great Warier Arjuna. There was no doubt about his abilities and he defatted all those against whom he wanted to fight before. The environment was supportive, a Great Mentor in the form of Krishna was with him all the time, and Bhishma and Dronacharya were his well-wishers, although they were fighting against him. He lost confidence was in depression and decided not to take part in the war. But Krishna motivated Arjuna and at the end, Arjuna declared that he is ready for the war and he will follow the orders of Krishna. So, we can say that the Bhagavad Gita is very Motivational Script.



2. Motivational Model



1. Know Yourself (Self-Realisation)

“You are the soul and not the body” (Chapter II verse-)

The body is a vessel for the journey of the soul, to take the experience of the world. Earth, water, fire, air, and space are the five main elements of the body as well as sense organs, mind ego, and intellect. The body is subject to desire and attachment.

The purpose of the body is to perform ‘Karma’ for which you are born. If you are Kshetria your purpose is to fight with the enemy and protect goodness and society. All the time we feel that we are body and we have attached worldly things. We are controlled by feelings and emotions. We are driven by desire. The body is temporary and true ‘me’ is sole.

The soul is making a journey from various bodies through a cycle of birth and death. The ultimate goal is moksha.

The moment we rely upon the truth, “You are the soul and not the body” we are ready to perform our ‘karma’ without fear.

2. Understand and Set the Purpose of Life

The second step is to make a realisation of goals. Why was I born? What is the purpose of my life? If the purpose of life is clear, performance improves.

3. Knowledge and Wisdom

Once the goal of life is clear, we understand the purpose of life/ birth, then we need to collect knowledge to achieve the purpose.

4. Determination (Chapter-II verse -)

Determination is the process of focusing on ultimate goals and overcoming attachments and fears. Your purpose is to perform your prescribed duties without expecting any fruits or results. It is necessary to understand the importance of the duties and not to be carried away by the results. It is a process of mental preparation to perform the duty wholeheartedly.

5. Face Challenges

Challenges are part of performance. Every individual has to face challenges to perform their duty. Encourage individuals to face the challenge rather than avoid it. Do not find simple solutions. No matter where with whom you need to work and what is the ultimate result of it.

6. Overcome Fear

Perform fearlessly. Fear is an emotion that obstructs the path of performance. Do not think about the future and results (positive/negative). Attachments lead to fears.

“Perform your duty equipped, abandoning all attachment to success or failure. (Chapter 2, Verse 48) — This encourages maintaining a balanced mind in success and failure, focusing on doing one’s duty without attachment to outcomes.

7. Discipline and Focus:

An individual can improve his/ her mind through his own disciplined and focused efforts. Positive thinking can help to shape the mind to ensure success.

8. Performance

In the end, one has to perform on his own. No one can perform for any other individual. We have to face the situation and bust ourselves to face the situation and attain success.

3. Conclusion

In the beginning of Bhagavad Gita in the first Chapter after observing the army of Duryodhana, Arjuna refused to fight and decided to become ‘Sanyasi’. He said that he didn’t want a kingdom at the cost of massive destruction and by killing of close relatives.

After listening to all the defences from Arjuna Bhagavan Shri Krishna started his orientation and at the end of the Bhagavad Gita in Chapter 18 Arjuna surrendered and said Shree Krishna now I am enlightened and ready to do whatever you want me to perform.

This drastic change in a short period from rejection / non-performer to performer is possible only through the highest degree of motivation.

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