

Research Paper

Influence of Bhagavad Gita on the Development of Spiritual Personality: Unveiling Peace, Individual Traits, Beyond Self

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ABSTRACT

The 700-verse Bhagavad Gita, also known as the Gita, is a highly regarded ancient Hindu scripture. It depicts a conversation between Prince Arjuna and the God Krishna, who acts as his charioteer, and is set inside the epic Mahabharata. The Gita addresses issues of responsibility, righteousness, selflessness, and the nature of existence through deep philosophical conversation, providing searchers throughout history with ageless wisdom and spiritual direction. This study endeavours to explore the Bhagavad gita's complex influence on the formation of a spiritual personality, with a particular attention to how it affects peace, character traits, and transcending the self. In addition, the research aims to investigate the consequences of incorporating the teachings of Bhagavad Gita into modern psychotherapy techniques providing insights into how traditional knowledge might influence contemporary methods of promoting personal development and well-being. A total number of 40 participants were taken, both males and females. The age range of participants lies between 30 to 45 years who have read the Bhagavad Gita and found it to be helpful in their own growth. Purposive sampling was employed and the data was analysed through thematic analysis. The findings suggest that the Bhagavad Gita has a tremendous impact on the formation of spiritual personalities. It leads people towards the discovery of the unique qualities, tranquillity and how it is a moving symbol of fleeting nature of the material existence and a mortality of soul. It enables individuals to rise above the limitations of the ego, accept the interdependence of all life, and go towards the everlasting truth beyond the self by teachings on karma yoga, Dharma, self realisation and transcendence.

Keywords: *Bhagavad Gita, Individual Traits, Beyond Self, Karma, Spiritual practices, Reincarnation, Death*

Blessed signifies the way Bhagavad is translated; "song" is Gita. Although the title of the Bhagavad Gita, which refers to Krishna, an incarnation of the Supreme Divinity, is frequently transcribed as The Song of the Blessed Lord, the actual title of the book is The Song of the Blessed One. The Bhagavad Gita is additionally referred to as the Gitopanishad and Yogopanishad, signifying that it is an Upani-shad. The Gita is a part of the Smriti literature because it is derived from the Mahabharata. But since it's an Upanishad, it's considered shruti. The Bhagavad Gita is frequently referred to as the Upanishad of the

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Upanishads since it summarises the principles of the Upanishadic tradition. There is a saying that the Upanishads are the cow, the Bhagavad Gita is the milk, and Krishna is the cowherd who milks the cow in front of Arjuna, the calf! Because the Gita teaches the path to unbounded freedom and deals with the science of the Absolute, it is also known as a moksha shastra, or text of liberation.

The soul's knowledge of spirituality: Since we can replace or lose any aspect of our physical manifestation without losing who we are, the soul is not the body. Our thoughts are not the soul; how many people can honestly state that our thoughts have not changed over the past fifteen years? Our emotions, those waves of sensation that come and go, are not the soul.

Understanding Spirituality: A sensation, sense, or conviction that there is something more than oneself, that there is more to being human than meets the senses, and that the bigger framework of which we are a part is cosmic or divine in nature are all considered to be spiritual. Being spiritual is realising that there is more to life than just the routine, everyday living that satisfies our basic needs and breeds anger and selfishness.

Unveiling Peace: The pillars of other spiritual practices—connections, compassion, justice, and unity—form the basis of peace. It is what all spiritual people aspire to. A quiet and contented interior state is called peace. The promotion of nonviolence, conflict resolution, and global collaboration is another external project of it. The concept of "peace" has two meanings, internal peace and interpersonal peace. Its origin, "shalom," means "whole." Accepting spiritual vulnerability to embrace genuineness before God and others creates a close relationship with God and a peaceful link with others. One of the main obstacles to finding peacefulness could be a sense of emptiness, which can be partial or total. Feeling "partially empty" is related to feeling incomplete, lacking something, or not feeling whole.

Individual Traits: Individual's distinctive thought, feeling, and behaviour patterns are reflected in their personality traits. A person with a high extraversion score is predicted to be sociable in a variety of contexts and throughout time. Personality traits reflect consistency and stability. It is believed that individuals vary from one another according to where they stand on a number of fundamental trait dimensions that remain true over time and in various contexts. Although personality can be conceptualised in a variety of ways, Gordon Allport and other "personologists" asserted that personality qualities are the key to understanding individual differences.

Beyond Self: The beyond self-dimension is the one that gives us the opportunity to experience something beyond what is provided in the other dimensions. The part of ourselves that enriches the human experience beyond the other dimensions is known as the spiritual dimension. A dimension of transcendence toward something greater than what is discernible from the experiences of the other levels is known as "beyond self."

REVIEW OF LITERATURE

Sanyal, Kumari and Bhardwaj (2022) discusses a few of the Bhagavad-Gita's key lessons in their research paper. For example, lessons on how to keep the peace, how to get over feelings of wrath, anxiety, despair, prejudice, greed, forgiveness, perplexity, self-control, pride, and so on, so that we might use these lessons to win the war of daily life.

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Lamba, Jagadeesh and Deshpande (2022) focuses on the interpretation and understanding of intelligence using the Bhagavad Gita as a foundation. It also discusses the importance of emotional intelligence, delves further into the comprehension of Daniel Goleman's five emotional intelligence parameters, and clarifies them from the viewpoint of the Bhagavad Gita. The Bhagavad Gita states that academics, professionals, and students can be motivated to develop and improve their emotional intelligence instead of concentrating solely on their intelligence quotient (IQ) by being aware of and comprehending the full meaning of intelligence and emotional intelligence. Such a strategy would enable people to live sustainable and meaningful lives by offering a sustainable solution to a number of problems. Phogat, Sharma, Grewal and Malik (2020) focuses on identifying and analysing the similarities and differences between modern psychotherapies and the Gita. There were aspects of cognitive behavioural therapy (CBT) in Lord Krishna's teachings. From this point on, we determine the similarities between the Gita and CBT's tenets (therapist-client interaction, active involvement, problem-focused therapy), self-actualization, grieving emancipation therapy, self-knowledge, self-esteem, and unconditional positive regard. The idea of a mentally sound individual as described in the Bhagavad Gita is examined, and at the end, the explanation of how the Gita's teachings align with modern psychotherapies is given.

Soumen (2019) focus of the study was to examine how women, pregnant mothers, children, adolescents, and small group attendees used yoga and the Gita. Pregnant women, teenage girls, and children received yoga instruction, readings from the Gita, and shlokas. Prior to and during the Gita and yoga lesson, the participants' Sinhas anxiety scores were measured. After the yoga and Gita class in the previously described training, the results of the Sinha anxiety scale were lower, indicating that the yoga teacher's instruction and the brief verse from the Gita saw a slight shift.

RESEARCH METHODOLOGY

Aim- The aim of this research is to study the influence of Bhagavad Gita on the development of spiritual personality.

Objectives

- To explore the influence of Bhagavad Gita teachings and its impact
- To examine the mechanisms of peace and practice
- To analyse the power of detachment and beyond self

Sample

A total number of 40 participants were taken, both males and females. The age range of participants lies between 30-45 years who have read Bhagavad Gita and found it to be helpful in their own growth. Purposive Sampling was employed and the data was analysed through Thematic Analysis.

Research design

The research design which is used in this study is Thematic Analysis. One way to analyse qualitative data is through thematic analysis. Usually, it is used in relation to a collection of texts, such as transcripts or interviews. In order to find recurring themes—topics, concepts, and patterns of meaning—the researcher carefully investigates the data.

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Procedure

A series of questions were created for a structured interview questionnaire. One - on - one interviews were conducted for all the participants where they were asked all the questions and their responses were recorded. All of the participants had given their consent for the interviews to be recorded. Following the interviews, all of the recordings were listened to several times in order to use the thematic analysis method. Following the listening of the recordings, a detailed analysis of all of the participants' interviews was performed to generate various themes. Later, a variety of themes were generated.

RESULTS AND DISCUSSION

Results

Following all the steps, firstly the interviews from all the participants were transcribed and codes were generated. After that, major themes were generated after clubbing all the codes. A total of twelve themes were generated which were justifying my research problem.

CODES	THEMES
Change for the better, importance of selfless work, difficult to implement, focus, new perspective, what is god? How to connect with god?, perceived in right context	Central Learning
“Karmanye vadhikaraste Ma Phaleshu Kadachana”, “yoga-sthah kuru karmani”, “anasritah karma-phalam karyaṁ karma karoti yah. sa samnyasi ca yogi ca na niragnir na cakriyah”, “nainam chindanti sastrani nainam dahati pavakah na cainam kledayantyapo na sosayati marutah”	Importance of Verses
Samsaric cycle, karmic debt, birth and death, things one do or perform, intentions, the more I's , the more the reaction	Karma Yoga
Nature, laws, rebirth of karam's, religion misconception, yogic or vedas, responding to situation, right way of living	Dharma
Establishing yourself in yourself, atman, death, who we are? If not the bodies, life, thoughts	Self Realization
Transient nature of material existence, absolute truth, materialistic bondage, immortal?, terrifying at the initial stage	Peace of Mind
Enormously selfish, practicing karma yoga, be the process, nature of act, shifting perspective, empathy, acceptance of the world, result of the past, fundamental teachings, the oneness, dissolution of one's personality, feeling the concept	Matured Insight
Rhythm of life, playful, not holding back, inclusive of people, comparison, suffering life, nothing until one practice	Existence
Pre- conceived notion of education system, influence of social channels, constant reminder for different life all together, issues of ethics, challenges of thoughts, long held beliefs, understanding of phrases, attitude, people's idea of life, lonely path, discouragement at every step	Challenges
Relaxation after listening to bhajans, brings out dance, music, melody to life, energizes soul, reading sanskrit language, influence of instruments, variation of music, different dimensions, surrendering oneself, clapping, vibrations, meditative experience, react and respond, free mind, yoga and space	Spiritual Practices

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CODES	THEMES
Breaking limitations, experiencing something bigger than you, one's duty to perceive it, grace, inner perception, dynamic moment to moment acceptance of life, temporariness of mind and body, love is freedom, bondage of lust, yoga path, demand of the moment, controlling your mind	Detachment
Immortality of soul, eternal nature of self, indestructible, unchanging essence of life, spiritual awareness, reincarnation, beyond the fake self, the absolute truth and death	Transcendent

DISCUSSION

The fundamental idea of the Gita is karma yoga, which emphasizes the value of altruistic deeds and distancing oneself from the results of one's labors. People are urged by this teaching to do their responsibilities with authenticity and commitment, letting go of expectations for results. As the Gita puts it, by doing this one can develop inner serenity and spiritual fulfillment, so overcoming the power of the ego over desires and clearing the path to actual liberation. The notion of dharma, or the intrinsic essence and responsibility of every person, is fundamental to the Gita's teachings. People are urged to respond to events in accordance with their inherent nature and the principles of morality, challenging misunderstandings about religion and society conventions. Through accepting one's dharma and coordinating acts with moral behavior, the Gita encourages the growth of personal qualities based in moral bravery, compassion, and integrity.

The teachings of the Gita reveal the ultimate truth of existence through self-realization, which transcends the temporary world of material possessions and body identity. It gives insight into the timeless nature of the self and challenges the ego's commitment to the fleeting. Detachment, as embodied by the line "anasritah karma-phalam karyaṁ karma karoti yah," encourages people to carry out their responsibilities without attachment, acknowledging the transience of the physical world and the everlasting essence with which they are within.

The teachings of the Gita pushes people to see behind the ego and identity's outer layers as it leads them on a path of self-realization. People are encouraged to transcend the illusions of worldly existence and acknowledge the eternal nature of themselves through introspection and spiritual practice. One can get free from the cycle of birth and death and experience a condition of everlasting serenity and fulfillment by recognizing their immortal essence.

CONCLUSION

The aim of this study endeavours to explore the Bhagavad gita's complex influence on the formation of a spiritual personality, with a particular attention to how it affects peace, character traits, and transcending the self. The Bhagavad Gita is an enduring manual for negotiating life's intricacies that provides deep understandings of the nature of reality, achieving inner tranquillity, and realising one's spiritual potential. It enables people to rise above the limitations of the ego, accept the interdependence of all life, and go towards the everlasting truth beyond the self by teachings on karma yoga, dharma, self-realisation, and transcendence.

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Conflict of Interest

The author(s) declared no conflict of interest.

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