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Personality Development Through the Micro Lens of The Bhagavad Gita

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Abstract

We individuals reside in such a world where all vary from one another in terms of inclinations, professions, hobbies, nature and of course personality to a great extent. It's only due to one's personality that one gets a fair idea about one's taste, outlook, attitude and thinking pattern in various aspects of life. Developing one's personality is not at all a one-day affair. Becoming a refined and polished individual in every aspect takes years and years of hard toil and dedication. Infact, only that person can well elaborate this fact who has undergone such a change in his personality. Moreover, this change is only possible if one is willing from the inside otherwise, there is no power on this earth which can upgrade one's personality. Apart from this, at times personality of an individual grows well when a person starts moving in the footsteps of one's ideal person can be a close friend, parent, mentor or some challenging circumstances in life. In addendum, change is must in life and that change is always for the best because a person tries to see things with a totally novice look which actually gives him wings to fly and soar high in life with vibrant colours. The sole aim of this research paper is to develop one's personality through the world-renowned holy scripture *The Bhagavad Gita*. It is considered a ready manual for everything that enters and departs away from life by taking one's personality to an elevated and much-refined level. There is no scripture in this Universe that can do it in a much better way except *The Bhagavad Gita*. It aims at developing one's personality by smoothing all rough edges in one's personality to the fullest and helps one to tackle anything in life.



Keywords: Attitude, Circumstances, Inclination, Manual, Personality, Temperament.

Introduction:

Personality Development is a way to define an individual on the prime basis of taste, preference, outlook and personality towards numerous things in life. Developing one's personality to the fullest is not an easy task rather it's a lifelong process which never stops. I believe as we grow in age, number and maturity level perceptions of looking at things also change to a great extent. The prime reason behind this is primarily our updated level of thinking which comes by reading books on ample categories which further leads to our mental, emotional and physical development by keeping everything useless at bay. This change is a must in order to develop our personality to the fullest in each and every way possible.

We all individuals develop when we really learn from one another by taking only those things which are positive in that person's personality. Believe me, that is not an easy task because everybody residing on this beautiful earth thinks that he is perfect in every manner and there is nothing that needs change in his personality. Infact, the truth is that one develops when one tries to embrace new changes in his personality. Change is a must in life be one's living room, office cabin, attire, haircut, eating habits, sleeping patterns, driving, reading habits etc. Eventually, these are the real ingredients that lay the foundation stones for what is called personality development. The sad reality is that people are fussy about these things due to which they cannot grow and mature in life.

In the words of Gopal Gaur Das, "The first thing to understand is that we are all different. We all have different psycho-physical make up- and therefore have a different capacity to handle problems that arise from the mind"

It clearly makes the things clear that the way we are apart from others in a similar manner we are different to face different problems that come in our lives. Above all, we all react differently to various problems that enter our life. After all, life is like an orchestra where every kind of moment and phase will come and depart by leaving its own essence for an individual to develop holistically.



The personality of an individual shines like a solitaire when an individual is surrounded by positive people, practice meditation, workout, spends time amidst nature, goes on long walks, me time, quality time over a cup of coffee with someone close to the bosom, try a hand at gardening, socialising, join a club of like-minded people, cycling, solo trip, in love with one's own self etc. I too feel that these things certainly help a lot in developing one's personality and take a person to the zenith which ultimately changes one's level of thinking, acting and reacting. Infact, a person becomes a refined individual where he does not indulge in petty talks which is nothing but a sheer waste of time and energy.

Gopal Gaur Das avers, "Let's spend more time looking at our lives than at those of others".

This is true in every sense because if one focuses on the lives of others one can never ever grow in life. Instead of finding faults in others, one must try to overcome one's weakness so that one becomes an individual of par excellence in every possible manner. Apart from this, the more we focus on our own self the more learned one becomes by overcoming everything negative that comes in the way of progress.

The prime aim of the research paper is to develop one's personality through the lens of *The Bhagavad Gita* in such a way that a person stands tall among the crowd of people belonging to the same colour, caste or race. Such is the magic of *The Bhagavad Gita*. It's a book that truly carries life lessons, values, essence and tools for human living by making it easy and comfortable at every little step. *The Bhagavad Gita* is the oldest and the greatest book on personality development and management. Moreover, the market is flooded with new-age books, new-age Gurus, and new-age music. However, a discerning person can detect that all these are old wine in a new bottle and their value in the real sense. *The Bhagavad Gita* consists of 18 chapters and 700 slokas or verses. There is a false notion popular among a few misinformed people that *The Bhagavad Gita* is meant for old people. Another myth about this great book is that one will become a monk and abandon his home forever if he reads the holy scripture named *The Bhagavad Gita* at a young age.

This is well illustrated through the holy scripture *The Bhagavad Gita*, "O Krsna, maintainer of the people, I have heard by disciplic succession that those whose family traditions are destroyed dwell always in hell." (ch1, verse 43) It clearly indicates the fact that one can reach



what is called logical and factual knowledge only if one has the right mentor in his life who shows him accurate and correct direction in life. Ultimately, that leads towards the path of progress towards life forever. This fact is also true that it is tough to get the right kind of teacher in life who can show you the right direction in life.

Apart from this, *The Bhagavad Gita* put forward three kinds of yoga for the personality development of an individual which certainly helps an individual throughout his life. Jnana in *The Bhagavad Gita* means the knowledge of the real nature of the soul. This knowledge is pivotal because it makes one clear that we are not the body but the soul. Every individual soul is a small particle of the Supreme Soul. *The Bhagavad Gita* lays emphasis on jnana yoga because it is quintessential in acquiring tranquility of mind and it is not only the way of acquiring salvation but also the destination itself. The atheist and many rationalists raise questions about the existence of the soul.

Moreover, bhakti yoga provided by *The Bhagavad Gita* describes devotion to God as the easy and natural way to reach God. It is believed that one can attain perfection by worshipping the nirguna the transcendental God too though the way is difficult. This bhakti-yoga is beneficial for human beings in many ways, but it is not acceptable for many scholars as they have no belief in this Supreme being.

In addendum, moksa or liberation is the spiritually desired end for almost all human beings. It is always present in us, only we have to realize it by following the triple path of jnana, bhakti, and karma one is able to realize it. It tries to bring peace and harmony to society by developing various forms of yoga and offering them to humankind. The whole preaching of Krishna is to exert Arjuna to do his duty and to rise up his knowledge by driving away from his ignorance about reality as the latter was unwilling to fight.

According to Sadhguru, “When pain, misery, or anger happen, it is time to look within you, not around you”. It clearly indicates that no person residing on this earth is free from evil elements called anger, lust and misery and to overcome such wicked traits solution lies with the man only by diverting his mind towards meditation, rajyoga and yoga. These ingredients once added to life help in making life better in all spheres and one excels both on the



professional and personal front. The progress which one makes in his concerned field is beyond imagination.

To elaborate the concept of personality development in a much better way there is no other holy book than *The Bhagavad Gita* which explains it on a much greater and in-depth level through this verse, “I am unable to stand here any longer. I am forgetting myself, and my mind is reeling. I see only causes of misfortunes, O Krsna, killer of the Kesi demon” (Ch 1, verse30)

This verse clearly elaborates that man personality develops in a vibrant way when he tries to detach from the worldly things including materialistic things as well. Infact, these things are the quagmire in human living. Detaching from such materialistic things and rise above them gives real peace, joy, delight and contentment in life. Hence making a person enlightened in every way possible where there remains no space for doubt and sadness.

Infact, we develop when we leave our comfort zone, take risks in life, move apart from the rest of the crowd, and spend time becoming a better version of one’s own selves. In actuality, this is the path of real progress which only a handful of people are well-versed with. Otherwise, the rest of the world is busy with petty, useless and unrealistic things which will never help to groom one’s personality in any way. In order, to groom one’s personality one needs to put in hard endeavours at every cost because after all, what matters in life is faith, passion, love and dedication towards anything and everything that one wants to aspire in life.

To conclude, life is not at all an easy go. It becomes easy, comfortable and enticing when one ignores, accepts and stops expecting from others and focuses more on oneself with each passing day. Life is given once and that time should be well invested in improving, upgrading and enjoying oneself as much as one can because life never gives us a second chance to relive our previous life. So, it is always better to keep moving ahead without looking back like the flow of water in a river which never moves backwards come what may in its path, it carves its way through it and moves with great pride.



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