



Spiritual Communication For Successful Life Through Bhagavad Gita

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Abstract

Communication is a life-long process. We can't live without communication. There are different types of communication. But intra-personal communication or spiritual communication is the most important type for our lives. This research paper explores concept of spiritual communication to achieve a successful life¹ through the teachings of Bhagavad Gita. The Bhagavad Gita is a Hindu scripture that provides deep insight into self-awareness, mindfulness, and detachment, which is an important element of spiritual communication. Efforts will be made to know the main concepts of Bhagavad Gita regarding spiritual communication. The aim of this paper is to demonstrate how spiritual communication can be meaningful in personal development, better decision making and building better relationships. Secondary data analyzed for this paper.

KEYWORDS: Bhagavad Gita, Spiritual Communication, Trust, Mindfulness, Detachment, Devotion.

Introduction

Bhagavad Gita, an ancient Indian scripture, provides invaluable insight into the principles of spiritual communication that can guide individuals toward a life of profound satisfaction and lasting success. It is scripture long revered as a profound source of wisdom and guidance for those seeking a fulfilling and meaningful life. Divided into 18 chapters,² this Indian scripture explains the five major branches of knowledge God, Jiva, Prakriti, Kala and Karma in seven hundred verses.

Bhagavad Gita also emphasizes importance of renunciation and equanimity in the face of life's challenges. An effective leader³ or communicator must be able to maintain calm and restrained behavior even in the midst of adversity. Spiritual communication, as clarified in the Bhagavad Gita, encompasses the art of connecting with one's inner self, others, and the divine through introspection, mindfulness, and

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detachment. This research paper highlights importance of spiritual communication to achieve a successful life based on timeless teachings of Bhagavad Gita.

In today's fast-paced, hectic life and interconnected world, effective communication becomes very important. The Bhagavad Gita serves as the beacon in effective communication, providing direction to self-realization and harmonious relationships through spiritual communication practices. By exploring the key concepts and principles outlined in the Bhagavad Gita, this paper aims to shed light on how individuals can harness the power of spiritual communication to tackle life's challenges, make the right decisions⁴, and have peace of mind.

By examining the relevance of the teachings of the Bhagavad Gita to modern life, our aim is to strive to improve human vitality through spiritual communication to readers in their daily lives.

Key concepts in Bhagavad Gita

Bhagavad Gita has concept of self-awareness, where individuals are encouraged to know their real lives and motives. By creating self-awareness through introspection, reading the Bhagavad Gita can achieve clarity of mind and a deeper understanding⁵ of one's values and beliefs, thereby being able to have effective communication with oneself and others.

Importance of spiritual communication

Bhagavad Gita emphasizes importance of spiritual communication, as it enables individuals. According to Geeta, success in life is achieved through true spiritual communication. Mahatma Gandhi the priest of non-violence⁶ got inspiration from Bhagavad Gita and played an important role in India's freedom movement.

Principles of spiritual communication

Bhagavad Gita⁷, a 700-verse Hindu scripture that is part of the great Indian epic Mahabharata, contains several principles of spiritual communication. Here are some of the key principles mentioned in Geeta. One of the central principles of the Bhagavad Gita is the concept of non-violence. The Bhagavad Gita provides specific principles for effective spiritual communication.

1. Self-realization⁸ (Atma Jnana)

Knowing your reality as an eternal soul separated from the physical body. This realization diverts attention from material concerns to spiritual growth. (BG 2.13). Spiritual communication is that one aspect of consciousness that transcends the boundaries of the physical body.⁹ It guides us in the purpose, values and spiritual path of our life.

2. Equanimity (Samatva)

Balance the mind in success and failure, joy and pain, and other conflicts. This state of equanimity makes one clear and compassionate and enables spiritual communication. (BG 2.48, BG 2.56)

3. Detachment (Vairagya)

Acting without attachment to the results of actions and offering the results to God promotes purity in communication and actions (BG 2.47, BG 3.19).

4. Devotion (Bhakti)

Devotional service to God, characterized by love and dedication, enhances communication with God and promotes a sense of humility and grace in interactions with others. (BG 9.22, BG 12.6-7)

5. Prayer:-

Prayer is expressing one's deep desires, fear and gratitude towards a higher power or God. Intuition is an important aspect of spiritual communication. It empowers individuals to increase their inner knowledge and receive subtle messages to them.¹⁰ By relying on their innate feelings, thoughts, and impulses, individuals can recognize and receive that guidance.

6. Compassion and nonviolence (Ahimsa)

Being kind to all living beings and not harming anyone through mind, words and deeds is necessary for spiritual communication. (BG 12.13-14, BG 16.2).

7. Wisdom (Jnana) and Discrimination (Viveka)

Discriminating between the eternal and the transient seeking knowledge that elevates the soul enhances spiritual communication (BG 4.34, BG 10.4).

8. Meditation and mind control (Dhyana and Manas)

By keeping the mind and senses under control with regular attention, one can make spiritual communication more effective. (BG 6.6, BG 6.18-19).

9. Surrender to God (Sharanagati)

Surrendering himself to God and receiving guidance from a higher power is an important principle in spiritual communication. Abandoning ego and personal desires and opening your heart to divine guidance. Surrender yourself to the Lord (BG 18.66).

10. Service (Seva)

Serving others selflessly, seeing the divine presence in all beings, and working for the welfare of all enhances the feeling of unity and compassion in communication. (BG 3.25, BG 5.25).

11. Active Listening and Receptivity

Spiritual communication is a two-way process that requires active listening and receptivity. Spiritual communication is an important process requiring active listening and reception. In this, guidance of Sadguru is also very important.¹¹

12. Synchronization and Signs

Universe often communicates through synchronization and signals. These signs may appear as synchronous events, dreams or symbols that carry significant meaning.¹² By paying attention to these signs, individuals can gain insight into their spiritual path and the interconnectedness of all things.

13. Channel and medium

Some people have special natural powers and can also show the path of spiritual communication.¹³ While not everyone has these abilities, we can all develop our receptivity through engage in spiritual communication.

14. Trust and Discernment

Faith is highly essential in the process of spiritual communication. Equally important, however, is exercising discretion and being mindful of potential disadvantages.¹⁴

By incorporating these principles, one can enhance spiritual communication and foster deeper relationships with God and other people. Some are other points for spiritual communication is as follows.

Mindfulness practice in Bhagavad Gita

Mindfulness, as clarified in Bhagavad Gita, plays an important role in spiritual communication. Practicing mindfulness involves being fully present in the moment, creating awareness of one's thoughts and actions, and engaging in conscious communication with others. Through the mindfulness received from Bhagavad Gita, one can improve mutual relationships in daily life.

Detachment and spiritual communication

Vairagya, according to Bhagavad Gita, is necessary to develop spiritual communication skills. By asserting one's desires and ego in detachment one can communicate with oneself by gaining inner freedom. The Bhagavad Gita emphasizes the importance of renunciation as a means of overcoming the ups and downs of mind and emotions.

Practical application of spiritual communication

According to Bhagavad Gita individuals who have integrated self-awareness, mindfulness, and isolation into their communication practices increase personal growth, improve decision making, and build deeper relationships with others. By incorporating the teachings of the Bhagavad Gita into their conversations, these individuals increase the transformative power of spiritual communication in achieving success and fulfillment in life.

Benefits of spiritual communication

Spiritual communication growing in importance in daily life by promoting self-awareness, mindfulness and detachment, one becomes capable of facing all kinds of challenges. Spiritual communication not only enhances personal well-being but also strengthens relationships. It promotes empathy and understanding.

By adopting spiritual communication through the teachings of the Bhagavad Gita, individuals can experience many benefits, including

1. Increased self-awareness and spiritual growth.
2. Better relationships and social relationships.
3. Increased emotional resilience and well-being.
4. More clarity and purpose in life.
5. Feeling of fulfillment and inner peace.
6. Reduction in stress, anxiety and depression.
7. Increase in creativity and innovation.
8. A deep sense of interconnectedness with all beings.

Conclusion

Spiritual communication is an essential aspect of a successful life, as it promotes inner well-being, provides guidance, and empowers individuals to live with purpose and meaning. By adopting the principles outlined in the Bhagavad Gita, individuals can enhance their spiritual connection, create resilience and achieve a life full of lasting fulfillment. True success lies not only in external achievements but also in internal change and connection with the divine.

Finally, the Bhagavad Gita conveys the message of adopting key concepts like self-awareness, mindfulness and renunciation as the path to success in life. Through these, individuals can improve self-discovery, personal growth, and harmonious relationships. Individuals can develop a deeper understanding of the world through spiritual communication. Spiritual communication not only brings personal well-being but also the welfare of the entire world.

In short, the Bhagavad Gita guides the world towards self-realization, inner peace and spiritual development through the art of communication. As we strive to embody the essence of spiritual communication in our lives, can we continue to seek wisdom, cultivate compassion, and build deeper connections with ourselves and the world around us?

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