

MANAGEMENT OF SELF AND SOCIETY:

THE VEDANTIC WAY

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The philosopher Ludwig Wittgenstein wrote,

'We feel that even when all possible scientific questions have been answered, the problems of life remain completely untouched.'

- ‘Philosophy’ comes from two Greek words
‘philo’
↓
meaning ‘love of’
- ‘sophia’
↓
meaning ‘wisdom’.

Reese W.L., Dictionary of Philosophy and Religion: Eastern and Western Thought, pg . 12.

Who is a philosopher?

- every thinking individual, whether he knows it or not, shows some incipient/inherent talent of philosophical insight and analysis in his moment of thought and reflection.
- To be reflective about one's experience in life is to be philosophical about it.

- Indian schools of thought are called '*Darśanas*' which mean 'vision/seeing' or 'realisation'.
- The term '*Darśana*' comes from the root word "*Dṛśā*", meaning 'to see' or 'one that can be seen'. 'To see' literally is the act of perception.

Drśyate anena iti Darśanam.

Indian philosophic schools are normally classified into two – *Āstika Darśanaḥ*, the orthodox schools, and *Nāstika Darśanaḥ*, the heterodox schools.

- . Under the category of *Āstika Darśanaṣ*, there are six schools called the *Śad-Darśanaṣ*. The *Āstikas* are:
 - *Nyāya*
 - *Vaiśeṣika*
 - *Sāṃkhya*
 - *Yoga*
 - *Mimāṃsa*
 - *Vedānta*

- There are three major schools under the *Nāstika Darśana*s. The *Nāstikas* are:
- Buddhism
- Jainism
- *Cārvāka*



LIFE PHILOSOPHY

Philosophy is hence,
understood to lead one to a
Weltanschauung, i.e. the
world-view.

‘Spirituality’ itself is "spiritus,"
derived from the Hebrew word for
breath.

The definition of Spirituality includes the following aspects:

- A belief in a power operating in the universe that is greater than oneself.
- A sense of interconnectedness with all living creatures.
- An awareness of the purpose and meaning of life and the development of personal, absolute values.



Sāṃkhya-Yoga: Metaphysics and Ethics:

- duality in the concept of Reality.
- Two all-pervasive ultimate realities or principles: Pure Consciousness, *Purūṣa* and the Pure, Primordial Matter, *Prakṛti* (also known as *mūlaprakṛti*).
- Primordial matter is made of three constituents called *Guṇās* – *Sattva*, *Rajas* and *Tamas*.



THE FIVE SHEATHS OF EXISTENCE

Each successive sheath includes
and transcends those inside it.
The outermost is beyond time and space.

- 1 Physical body
- 2 Vital body (prana)
- 3 Mind (lower mental)
- 4 Intellect (higher mental)
- 5 Bliss (universal consciousness)

ś a r i r a m
ā d h y a m
k h a l u
d h a r m a
sādhanaṁ.

THE



GUNAS

ASPECTS OF GUNAS	SATTVA	RAJAS	TAMAS
AS FORCES OF BONDAGE	FONDNESS FOR COMFORT	LIKING FOR MATERIALLY & SENSUALLY MOTIVATED ACTIVITY	GIVEN TO SLEEP, INDIFFERENCE, THOUGHTLESSNESS
AS MOTIVE – POWERS OF EVOLUTION	HARMONY	ACTIVITY/ MOBILITY	INERTIA/ RESISTANCE
AS PHENOMENAL RADIATIONS OF VISIBLE LIGHT	RADIANCE/ LUMINOSITY/ WHITE/ YELLOW	HAZINESS/ DIMNESS/ RED	DARKNESS/ BLACK
AS EXPRESSIONS OF CONSCIOUSNESS	DIVINE/ ANGELIC/ ELEVATING TO HEAVENLY PLANES	HUMAN/ REMAINING ON EARTHLY PLANE	DEMONIC/ DESCENDING TO HELL/ LOWER PLANES
AS REFLECTIONS OF AWARENESS	ILLUMINATION/ DISCRIMINATIVE KNOWLEDGE/ WISDOM	HEALTHY SCEPTICISM/ MUNDANE KNOWLEDGE	ILLUSION/ IGNORANCE/ MISCOMPREHENSION
AS MENTAL CONDITIONS	PEACE/ SERENITY/ STABILITY	RESTLESSNESS/ AGITATION/ DISCONTENTMENT	DULLNESS/ FICKLENESS

AS ENSUING SYMPTOMS & PSYCHOLOGICAL MODIFIERS	STEADINESS	ACTIVITY	SLUGGISHNESS
	INTELLECTUAL	PASSION	CONFUSION
	GROWTH	GREED	STUPIDITY
	SIMPLICITY	CRAVING	DELUSION
	HEALTH	HOARDING	ANGER
	HAPPINESS	ATTACHMENT	FEAR
	GOODNESS	CONCEIT	MALICE
	LOVE	ARROGANCE	DECEIT
	HUMILITY	CONTEMPT	VULGARITY
	COMPASSION	SLANDER	PAIN
	CHARITY	PRONE TO JOY & SORROW	HATRED
	TRUTHFULNESS		VIOLENCE
	FORGIVENESS	BOASTFUL	DEFICIENCY
	CONTENTMENT	EXTREMES OF LIKE/ DISLIKE	OBSTINATE
	ENTHUSIASM		CARELESS
	FEARLESSNESS	EXCESSIVE INDULGENCE	RECKLESS
	GENTLENESS		INFATUATING
	SELF-RESTRAINT		AVERSION
	MODERATION		HARSHNESS
	TENACITY		IRRATIONAL
	FORTITUDE		GRIEF
	HEIGHTENED UNDERSTANDING		
	SPIRITUAL FERVOUR		

• YOGA

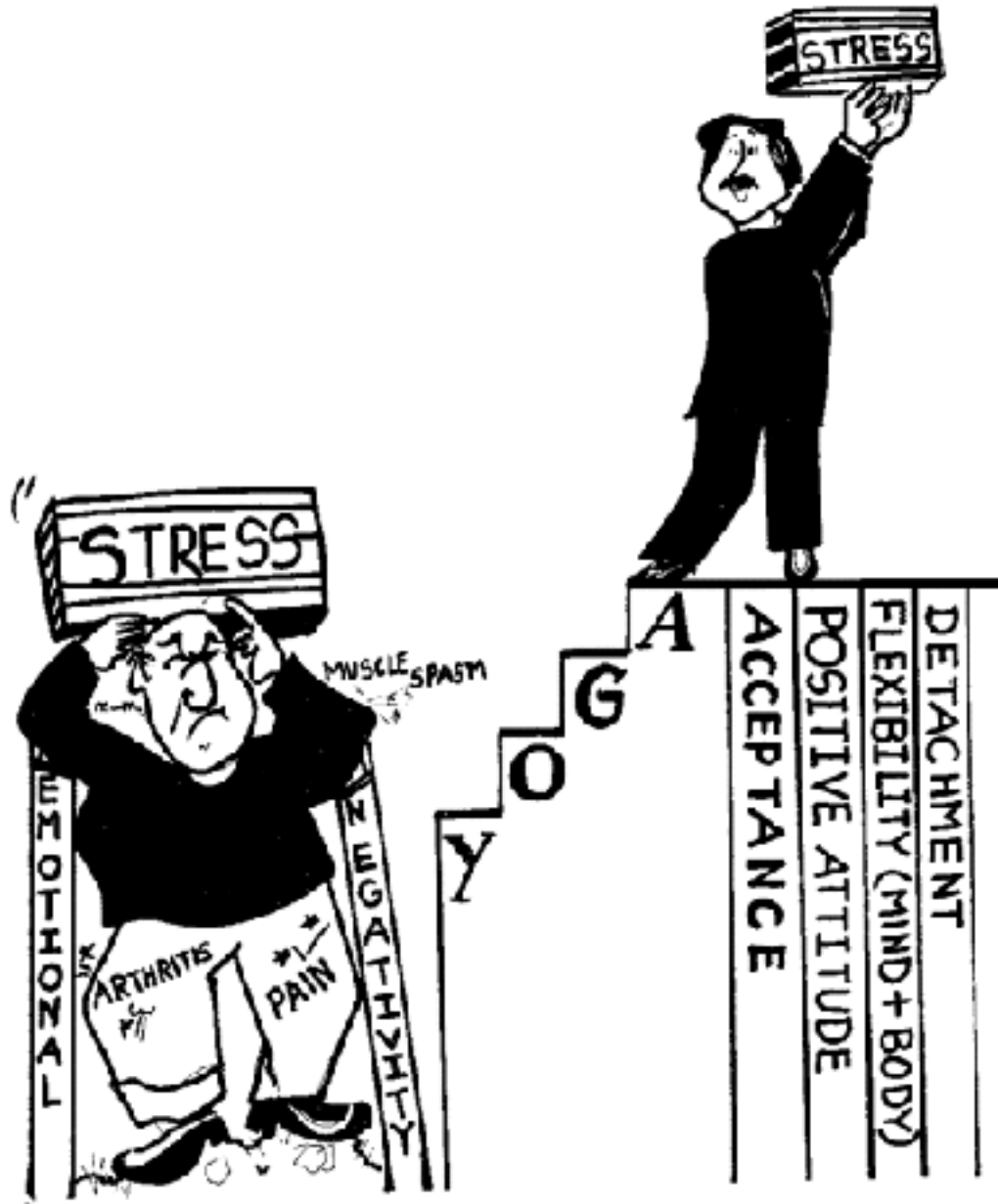
- Yoga philosophy is *viveka-jñāna*
- ‘Yoga’ comes from the term ‘Yuj’ meaning ‘union’, or ‘join’, which implies the ‘union of body, mind and soul’.

The training of a *Yogi* is divided into eight stages (*Ashtanga Yoga*). By practicing all these stages and techniques of *Yoga*, the impurities in the *citta* are destroyed and there is enlightenment in the individual.

The eight limbs of *Yoga* are:

- 1. *Yama* - (Restraints)
- 2. *Niyama* - (Observances)
- 3. *Āsana* - (Posture)
- 4. *Prānāyāma* - (Control of *prāna*)
- 5. *Pratyāhāra* - (Sense withdrawal)
- 6. *Dhāranā* - (Concentration)
- 7. *Dhyāna* - (Meditation)
- 8. *Samādhi* - (Self-realisation)

BOGGED
DOWN BY
STRESS:
UNABLE
TO
MANAGE



LIVING
DESPITE
STRESS
FACTORS,
PHYSICAL
LY AND
MENTALL
Y
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DUE
TO
THE
YOGIC
ATTITUDE

HOLISTIC APPROACH TO MANAGEMENT : SELF & SOCIETY

- BASIC PHILOSOPHY OF KARMA IN ACCORDANCE WITH DHARMA
- A KARMA YOGI NEEDS TO BE VALUED
- “ GOOD INTENTIONS + GOOD ACTIONS + GOOD CAUSE” – HOLISM – LEADS TO SUCCESS AND EXCELLENCE

Indian Thought And Cultural Values Highlighted

- MAITRI
- KARUNA
- SWADHYAYA
- CONCEPT OF RNA
- CONCEPT OF RTA
- LAW OF KARMA

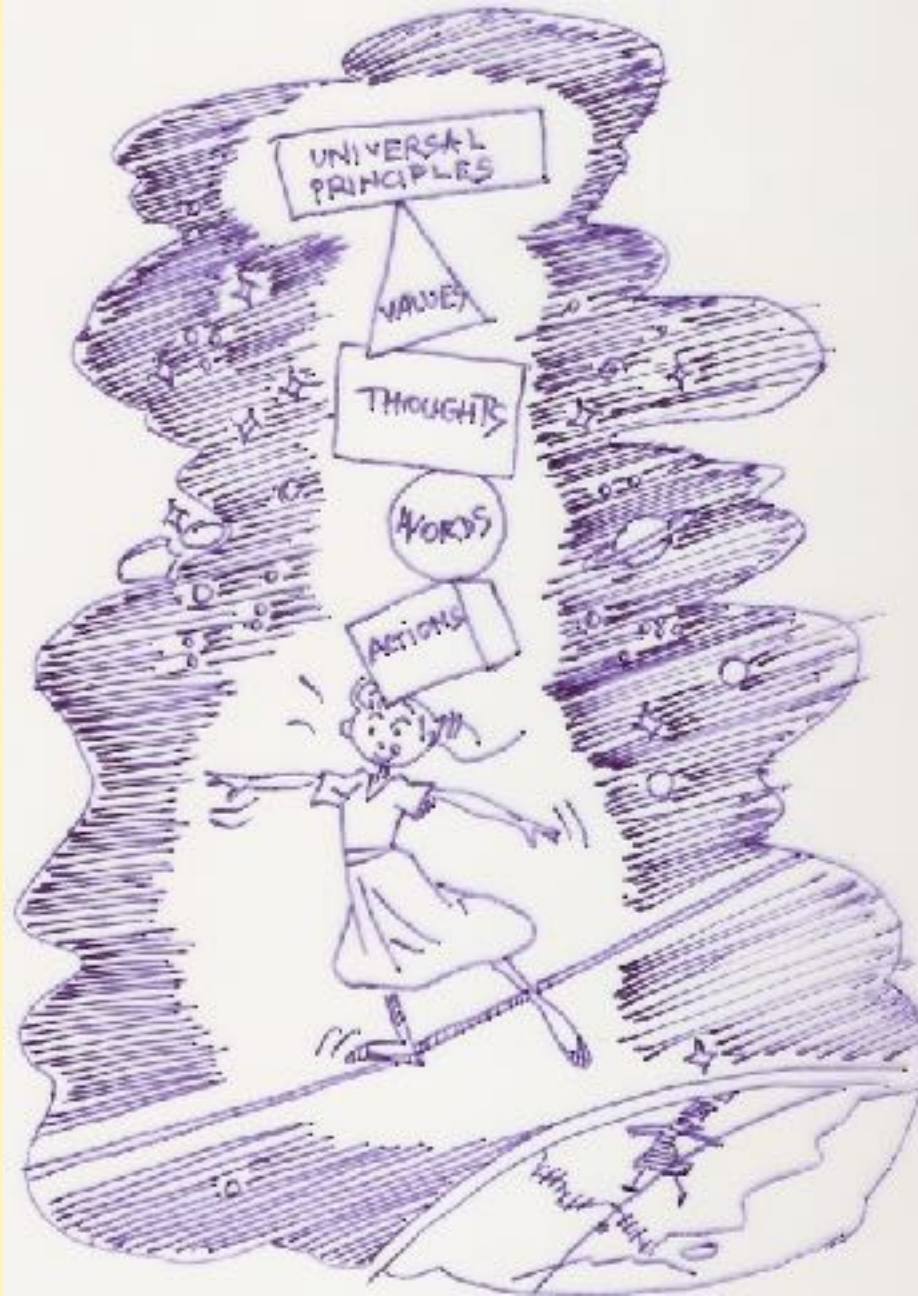


Man's Need for Rediscovery of SELF

- In order to sustain the recurrent attacks of materialism, consumerism and pseudo-modernism, CHARACTER and KNOWLEDGE : significant
- Spirituality minus Knowledge = Blocking/Ceiling of Potential
- Knowledge minus Spirituality = Action without Direction
- Science leading to Knowledge + Spirituality leading to character = SARVODAYA.

All good management presupposes self-management, which, in-turn, depends on self-realisation and self-awareness.

All Vedānta is self-knowledge.



THANK YOU
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