

## EMOTION REGULATION AS DEPICTED IN CHAPTER TWO OF BHAGAVAD GITA

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### Abstract

*India – our nation's culture is deeply rooted in Vedic scriptures. The teaching of Bhagavad Gita helps to lead a balanced life by understanding the nature and ways and means to tackle emotions effectively. Mind is very powerful and difficult to control than to control the wind. Bhagavad Gita tells that, one can enjoy the life successfully if he has the ability to regulate his emotions effectively. The present paper describes the concept of emotion regulation in chapter two of Bhagavad Gita.*

**Keywords:** Emotion regulation, Bhagavad Gita

### INTRODUCTION

Bhagavad Gita is renowned as the jewel of spiritual wisdom of India universally, Gita's seven hundred concise verses provide a guide to the emotional regulation and ultimately the science of self-realization. Bhagavad Gita (Devine song) is a Hindu sacred text originally written in Sanskrit by the sage Veda Vyasa. The Bhagavad Gita is the essence of all four Vedas. There are no other philosophical or religious work reveals the nature of self, consciousness, the supreme and the universe. Bhagavad Gita teaches us as to how can develop our mind, character and channelize negative emotions. Bhagavat Gita is a perfect psychology book as well as philosophy and Supreme personality of Godhead-Krishna is the father of psychology.

### EMOTION REGULATION

Emotions are normal part of our life. There are positive and negative emotions in our life emotions are internal events that coordinate physiological responses, conscious awareness, and cognitions (Mayer,1991). Emotions, thoughts and our behaviour are linked together. We are expected to manage our negative emotions like anxiety, anger, frustration, jealousy, sadness, self-blame and low self-worth. In human life, emotion regulation is an important function. Emotional regulation consists of internal and external process involved in initiating, maintaining and modulating the occurrence, intensity and expression of emotions (Parthasarathy, 2016). Emotional regulation is the ability to effectively manage and respond to an emotional experience. We can recognize, monitor, and adapt emotions optimally based on the situation. Emotional regulation is one of the most important skills in an individual's development. The younger generation needs to regulate their emotions to build a healthy mind. Then only they can cope with the new world. Emotional deregulation may lead to diminishing of moral values.

## EMOTION REGULATION IN BHAGAVAD GITA

Bhagavad Gita stands as an authority, it is the dialogue between the Supreme personality of God Head, the guru-Krishna and the friend, disciple and emotionally disturbed-Arjuna. It teaches about how to overcome emotional upsets in life.

karpanya-dosopahata-svabhavah  
prcchami tvam dharma-sammudha-cetah  
yac chreyah syan niscitam bruhi tan me  
sisyas te ham sadhi mam tvam prapannam (In Sanskrit)

(Bhagavad Gita as It Is, 2.7)

This sloka tells that, I am confused about my duty now and due to weakness have lost all composure. I am asking you what is the best, surrender to you, your disciple, please instruct me' (Prabhupada,1990). Actually, it is also revealing the current emotional status of an individual in this world. Arjuna struggles to accept the fact that he has to fight his guru, own kith and kin, and his childhood friends, Lord admonishes his lack of material strength and point out to the supremacy of people who have absolute control over their mind, are focused on their duty and are unperturbed by neither pain nor pleasure.

yam hi na vyathayanty ete purusam purusarsabha  
sama-dukhka-sukham dhiram so mrtatvya kalpate. (In Sanskrit)

(Bhagavad Gita as It Is, 2.15)

This verse says that Arjuna, the person is immortal, who not disturbed by happiness and distress and is steady in both. (Purimaharaj,2000). Bhagavad Gita teaches people to treat pleasure and pain, success and failure alike and suggests that failure is also a step in one's progress, and also to focus on their actions than results. It teaches, regulation of emotion is possible through the practice only. The Bhagavad talks about controlling emotions and emotional stability. Bhagavad Gita teaches how one needs to keep calm even in the worst of times. The Bhagavad Gita refers to the emotionally stable person as '*sthithapragnya*'.

dukhkhesv anudvigna-manah sukhesu vigata-sprhah  
vita-raga-bhaya-krodhah sthita-dhir munir ucyate. (In Sanskrit)

(Bhagavad Gita as It Is, 2.56)

This verse says that do not disturb your mind, no need of over happiness and should become free from fear, anger and attachment, that person is called sthithaprajna. Bhagavad Gita says that emotions are the product of material nature, related to Gunas - mode of goodness, passion and ignorance. This material nature is controlled by the Supreme. So, one who obey the supreme instructor-guru he can drive his emotions in a true path. Surrender to the Supreme instructor is an essential fact to regulate emotions.

A large portion of Bhagavad Gita talks about emotional regulation. One needs to have perfect emotional regulation to attain the goal of life. Reading and hearing of Bhagavad Gita will help to regulate emotions through its internal and external influences. Bhagavad Gita, chapter two, verses sixty to sixty-five reveals that the senses are so powerful and violent that they forcibly overpower the mind of even a wise man who strives to control him. A man who

has face control over his senses and has fixed his mind and knowledge upon the supreme Instructor is known as the man of steadfast intelligence. The desire is born of that attachment. From the desire anger is born. From the anger comes delusions, from delusion springs failure of memory. A man who controls his emotions by following regulated principles of freedom, obtain complete mercy of the supreme and thus becomes free from all emotional deregulation. One gets the wisdom, if his mind become peaceful and serene.

A person is achieving peace when he is not disturbed by the desires. Emotional regulation is highly significant functions in human life. To be emotionally intelligent, Emotional regulation is the foremost requirement to achieve the emotional intelligence. The emotional deregulation makes the person blind cannot able to see any good thing. Failure to regulate emotions can develop unfavorable personalities such as anger, aggression, withdrawn or anxiety that can interfere with the individual's social competence. The ability of emotional regulation helps the individual to come to the normal platform of life. Bhagavad Gita teaches to face stress in life. Now Bhagavad Gita is an internationally and widely accepted Vedic scripture for self-realization. Bhagavad Gita is a revered text in India since ancient times; it has been a guide for thousands of years. The teachings of Bhagavad Gita can be utilized by our younger generation is very helpful to them to manage emotional upsets.

#### CONCLUSION

Bhagavad Gita is the real guidance to the modern world. The ability to regulate emotions will definitely help to adapt changing new life situations. Bhagavad Gita promotes the cultivation of higher emotions. It also reveals the need of an instructor in supporting the individual to overcome emotional conflicts. Bhagavad Gita teaches the meaning and purpose of life by regulating their emotions successfully.

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