

Dasbodh Philosophy, Inner Peace and Holistic Peace

Amol Neve¹, Dr.Milind Pande², Dr.Prasad Pathak³

¹ Research Scholar, MIT World Peace University, Pune, India

² Pro-Vice Chancellor, MIT World Peace University, Pune, India

³ Assistant Professor, MIT World Peace University, Pune, India

ABSTRACT

A person always wants happiness in his life & hence his mind always keep thinking to have well-being & to suppress the sadness. Nobody wants grief. However, an individual could not neglect grief & does not get happiness as per expectation. Hence, life has become stressful & violent. An individual is under tension, frustration, conflict & in opposition. Further today due to heavy competition, ever changing technology, expectations from family, peer pressure at workplace person's life has become like a machine. Our mind always keeps thinking of various aspects of related to work, family, social relationships, economic conditions, success etc & so on. A person spends all his energy to acquire the physical tangible elements needed for his day to day life to gain happiness. Mind is not in control & a person becomes restless & loses the his peace of mind. Research his aimed to how Dasbodha philosophy can help an individual to develop inner peace in his today's day to day life.

Keywords

Dasbodh Philosophy, Shri.Samarth Ramdas Swami ,Inner Peace, Holistic Peace.

Introduction

[17] Inner peace is transformation of self with responding with more courage, wisdom & compassion to whatever happens in life. Inner peace reflects positive self, inner joy, prudence, good health, compassion, constant efforts & alertness of an individual. [2]-[5] Our mind & body are connected & soul directs them. Our body needs instructions from Mind to do any task. Man is miserable because he seeks joy & peace in external conditions & objects. However, after due course of time as this physical elements are not everlasting he feels that he has wasted lot of time & money leading to losing his peace of mind. A person is unable to win his mind. [11] Inner harmony & peace are seen as inherent virtues inside an organisation. [13] A person need to be good in accordance to nature however essence of competition, money, status makes him selfish & self centered. An individual becomes part of rat race & loses his peace of mind. An individual needs to develop courage, peace & reduce the fear, anger in entire lifespan in all conditions through his mind.

Researcher has studied Dasbodh philosophy through various courses conducted by "Samarth Vidyapeeth" (Samarth University) & "Samarth Seva Mandal Sajjanghad" (**Trust dedicated to Samarth's philosophy**). Research is done to study impact and assessment of Dasbodh philosophy to develop this inner peace in an

individual for his entire lifespan leading to holistic peace.

ABOUT SHRI SAMARTH RAMDAS SWAMI

[2],[14] Shri.Samarth Ramdas Swami (A devotee of Lord Ram) a popular Sant (philosopher) in India was born on 1603 AD on the auspicious day of "Ramnavami" (The day Lord Ram was born). Samarth's advice through his prominent writings from Dasbodh (Spiritual Instructions to the followers) & Manache Showlk (Mind Moulding Melodies) spreads across all stages & disciplines of development human life span. Samarth's devotion to Lord Ram is in the form of effort both in performing day to day activities & in search of truth. If a person does his all deeds with alertness, pure mind, prudence, constant & pre-planned effort in right direction then he will attain peace in any situation. This is Samarth's philosophy of leading life peacefully with inner peace.

About Dasbodha, Mind Moulding Melodies & it's Philosophy:

[9] Mind Melodies are written by Samarth Ramdas in Marathi is famous in Maharashtra as a "Upanishad" in Marathi language. All pandits know these verses well & many children in different schools in Maharashtra proudly chants it daily. These are address directly to human mind. There are total 205 verses. Each verses consists of 12 letters. Samarth Ramdas has made mind as a subject and target of preaching for mind

purification, benefits in both in personal as well as spiritual life.

[1]-[5] Dasbodh is guide for meaningful living . It emphasizes thoughtful & proactive action ,wisdom ,duty ,efficiency,excellence,effective planning & good health .Samarth has advised not to use energy to attack ignorance,backward looking notions and irrational behaviour.Instead,he initiated constructive action on progressive lines.His methodology was uniquely both preventive & prescriptive.Dasbodh is written in the form of verses which is talk between Samarth and his disciplines.

[9] Human is miniature of this world and whole universe is composed of supreme lord in the form of trust-knowledge with universal mind along with the visible world.The soul in the form of mind and body makes up the mortal frame of man.Also, many renowned personalities has referred Dasbodh.

[26] RSS Chief Mr.Mohan Bhagwat has said that “Dasbodh teaches us on how to live life peacefully internally & how to behave in the outside world”.

Statement of Research Problem:

[9] HRM plays an important role of maintaining peace between employees, labour union & management. [11] However, HRM does not directly deal with inner peace of an individual. Infact inner peace contradicts HR drive for its functions.HR uses training programs to convert human beings to human resources.HR asks questions while doing recruitment, performance etc. An individual becomes part of rat race in order to protect & develop his career. [13] Further to maintain quality lifestyle to a person tries to earn more he gets snarled in the outside world of competition, struggle, hopes, anger, jealousy & forget “Shri Ram”.All physical elements do not have any power to give joy or grief. This results in inside frusted, fatigued mind leading to loss of inner peace. Such a restless mind will never provide peace. Research is carried out to know whether Dasbodh Philosophy can be useful to develop inner peace of an individual in his today’s day to day life on his own in cost efficient & effective way.

Objective of Research:

“Dasbodh Philosophy ” will help an individual to achieve inner peace in today’s 21st century day to day life throught his entire life span.

Literature Review:

Inner Peace and Dasbodha with Mind Moulding Melodies:

[17]-[18] Inner peace is state of mind of an individual & is spiritual in nature. It is reflection of prayers, ,mindful walking & is harmony of body mind & spirit. [19]-[20] This peace starts with ourself to giving us inner strength. Our mind utilises this strength & it makes our body to act to withstand any problems & terrible situation.

[9] Samarth Ramdas points out in beginning in Mind Moulding melodies that in search of ultimate truth results are achieved through inner peace rather than struggle at individual level. Hence,Ramdas calls mind as “Door for inner Peace” & advices to follow path of devotion and worship by focusing mind on Shri.Ram.He says-[9] O ! Sainly mind, follow the path of devotion | And be blessed naturally with Shri Ram’s vision.||

[2] Samarth Ramdas has choosen Lord Ram for devotion & taken him as a example in front of people because his life is as person same as life of normal person.Infact ,Lord Ram as a person has faced all difficulties like a normal human being. However, Shri.Ram has overcomed all difficulties with extreme courage right effort, excellence, commonsense, effective utilisation of all resources, alertness., calmness,foucs mind. He is source of divine pleasure because he neither lost his calmness with any situation nor given up .Similarly, if we always complete our tasks with such dedication & sincerity like Shri.Ram will lead us to peaceful life.He says-[1]- [14]- [23] Shri.Ram Jai Ram Jai Ram | This to be followed as discipline | Will connect inner self || Perform correctly the acts therin,with prudence || What happens when you give up courage and patience | You have to suffer ,entire consequences || Many intellect and many opinions | The wise person knows || [13] Mahatama Gandhi is also devote of “Shri Ram” & as per him he is a power which is omnipresent & without any attributes. Gandhiji used to chant prayer “Raghupati Raghav Rajaram Patit Pavan Sitaram”. [8] Further he used to say

that “Each one has to find his peace from within. And the peace to be real must be unaffected by outside circumstances. Samarth Ramdas himself means devotee of Ram. He points that one follows & chants Shri. Ram with great respect and love, gains peace and rest, calm & satisfaction. Samarth says-[9] “Chanting “Ram - Naam” assures real rest | A devotee always enjoys bliss and ecstasy rare.

[15] In order to encounter inner peace, Dalai Lama suggest spending some alone time every day. This will provide you with space to reflect and shun negative thoughts such as anger, resentment, jealousy, and exhaustion. [2] He believes that a calm mind is the source of happiness and health. Samarth Ramdas has also mentioned that a person is external expression of life & can understand it by search of pure knowledge .He should rest in his self-form to understand knowing his strengths & weakness & using wisdom to overcome weakness. He advices that should desist from anger, lust which results in great pain, anxiety leading to trouble in our both corporate & personal life. Further one should never be arrogant, jealous at any time & do the work with intelligent strategies. Further, he has established 11 Maruti (Lord Hanuman) temples in Maharashtra so that young generation should be motivated to practice sound body & health .Samarth has adviced people to practice SuryaNamaskar (Sun Salutations) daily & he himself was practicing around 1200 daily. He mentions-

[1] -[14]- [23] The disciple should sit lonely | Take rest in the self form || By this quality, consolidates | Spiritual search of truth ||

[1] -[14]- [23] This task is full of mutual scuffles | How a weak person, match with it ? Many arts, intelligent strategies ,for strong person | Should therefore be taught ||

[9] Oh Mind ,have no anger, which is distressing | Oh no passion from which disorders spring ||

[9] Oh Mind never be arrogant at any time | of malice and deceit, be never be victim of crime.

[9] No More pondering over Sorrow | Never lament, nor worry may you mind ||

[4] Concious mind learns through experience. Sometimes Mind is controlled by feelings &

sometimes by action. Learning, belief & behaviour makes impact on conscious mind.

[2] [5] Samarth Ramdas Swami has laid lot of emphasis on efforts & he considers a concise effort as God. If a person does work with full concentration ,self discipline he will definitely get succeeded in corporate & personal life. Samarth points to perform our household duties with honesty & in adequate with dedication. For household duties & for search of truth qualities needed are same i.e prudence or wisdom ,constant alertness ,long term thinking .One should focus his mind on present & should not be sad for bad things happen in past & should not keep worrying about future. He says-

[9] One who chants Ram is unaffected by desire | For he gathers courage enough to conquer it |

[21] [22] Holistic peace extends from state of Inner peace to outer. Hence inner peace is core component holistic peace as “If an individual is in peace, then is family & then neighbour, society & so on.....” as shown in below figure no.1

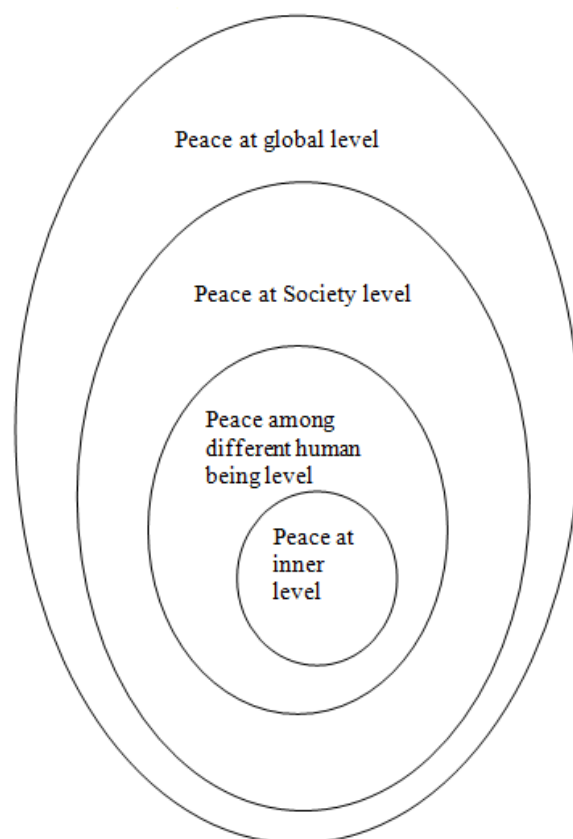


Fig No.1. Inner Peace to Holistic Peace

[13] Dasbodha philosophy mentions relation between 'Mind' & 'Brahma- Spirit of Universe'. Brahma is very subtle and grand in nature. Similarly human mind can be, however it need to be pure so that it can attain inner form. Mind purification happens in subtle & grand form. This form is expanded & is present in all elements, particles of this universe. Everybody has inner contradiction with self & which is obstacle in achieving inner peace. If a person is alone or doing meditation then different thoughts comes to his mind due to agility. This agility & contraction can be stopped at the source level i.e from Mind. Below fig no.2

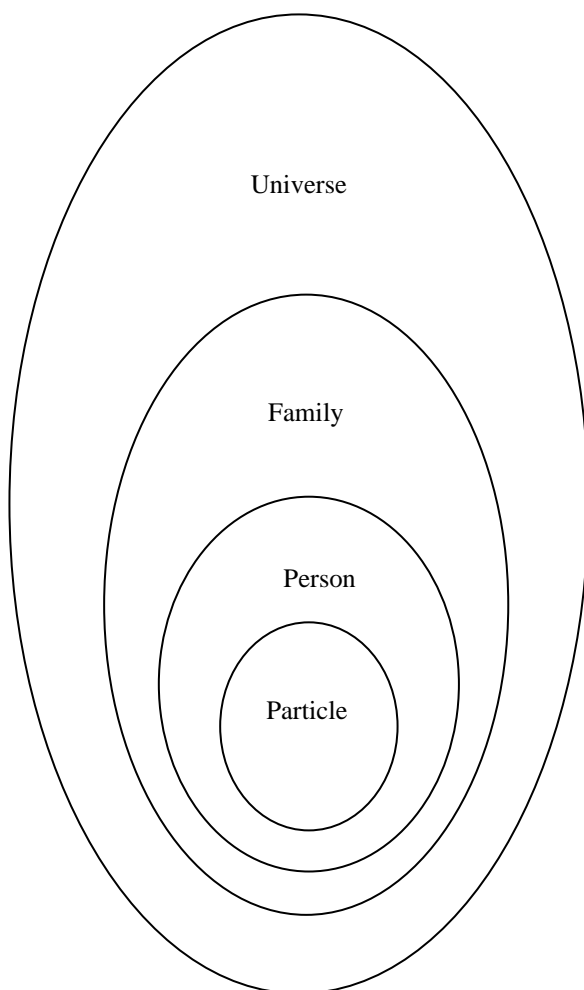


Fig No.2 Particle to Universe

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