

Self-control (General Article)

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Abstract: “Lord Shri Krishna said: He who acts because it is his duty, not thinking of the consequences, is really spiritual and a true ascetic; and not he who merely observes rituals or who shuns all action. The modern manager differs and says the results have to be monitored and graduates the process of decision making since they are tangible in nature whereas the Lord says about the overall social consequences and their objectives.

When we talk of self-control, we are saying about human system. If there is a system, there are variables to be controlled and then there are constants who are the back bone of any system and remain un-challenged. We would say that these constants are the un-changing values of the unit human system or unit family organization or the policy framework of the organization and are evergreen and omni-present. We work around these fixed values to improve on a continuous basis.

INTRODUCTION

“Lord Shri Krishna said: He who acts because it is his duty, not thinking of the consequences, is really spiritual and a true ascetic; and not he who merely observes rituals or who shuns all action. The modern manager differs and says the results have to be monitored and graduates the process of decision making since they are tangible in nature whereas the Lord says about the overall social consequences and their objectives.

O Arjuna! Renunciation is in fact what is called Right Action without fruits of action. No one can become spiritual who has not renounced all desires. You are likely to be biased if you hold desires and in this

condition take decisions for wrong actions and self-interests.

For the sage who seeks the heights of spiritual meditation, practice is the only method, and when he has attained them, he must maintain himself by use of continual self-control.

When we talk of self-control, we are saying about human system. If there is a system, there are variables to be controlled and then there are constants who are the back bone of any system and remain un-challenged. We would say that these constants are the values of the human system or the policy of the organization and are evergreen and omnipresent.

When a man renounces even the thought of initiating action without being interested in sense objects or any results which may flow from his acts, then in truth he understands spirituality. He has to re-nunciate the desires and the human pleasure while he lives and works for any organization. He is likely to develop and attains his unit human value which is very unique and distinct with every character with respect to time.

Let him seek liberation by the help of his Highest Self, and let him never disgrace his own Self. Self is his only friend and yet it may also be his enemy. The liberation is to come up to the level so that variable or the changing factors do not change him. If the manager has attachment to any option, he will go in his favor and is likely to be biased. He will be his friend if he is unattached or an enemy if he falls in love with the options and gets in to the series of wrong actions.

The manager who has conquered his lower nature by self-help, he becomes a friend of self. Another manager who has not done so becomes his own enemy. He has to shun his desires and worldly pleasures.

The Self of him who is self-controlled and has attained peace is equally unmoved by heat or cold, pleasure or pain, honour or dis-honour. Such a manager will take correct actions for the members of his organization for company objectives.

He who desires nothing but wisdom and spiritual insight, who has conquered his senses and who looks with the same eye upon a lump of earth, a stone or fine gold, is a real saint.

He will be a right manager. He looks impartially on all – lover, friend or foe; indifferent or hostile; alien or relative; virtuous or sinful. He may be doing any job such as buying or selling or manufacturing any product or imparting services.

Let the student of spirituality try unceasingly to concentrate his mind and live in seclusion, absolutely alone, with mind and personality controlled, free from desire and without possessions. This is a big leadership quality to be in the team without being attached and is achieved through regular meditation. Another important step is to get honest data base and live in the community of like-minded people to attain favourable conditions to take actions. **The universal principle is to believe that action is superior to in-action.**

Having chosen a holy place, let him sit in a firm posture on a seat, neither too high nor too low, and covered with a grass mat, a deer skin and a cloth. Seated thus, his mind concentrated, its functions controlled and his senses governed, let him practise meditation for the purification of his lower nature. The negativity of mind is to be removed and to start the day with a clean slate.

Let him hold body, head and neck erect, motionless and steady. Let him look fixedly at the tip of his nose, turning neither to the right nor to the left. With peace in his heart and not fear, observing the vow of celibacy, with mind controlled and fixed on me, let the student lose himself in contemplation of me.

Thus keeping his mind always in communion with me, and with his thoughts subdued, he shall attain that peace which is mine and which will lead him to liberation at last.

Meditation is not for him who eats too much, not for him who eats not at all; not for him who is overmuch addicted to sleep, not for him who is always awake.

This is the right posture of the manager who has peace and tranquillity in his mind. He is the man who thinks correctly about others and tries to make correct assessment not judgement. It is not the man, material or the machine who deludes him but his own self.

But for him who regulates his food and recreation, who is balanced in action, in sleep and in waking, it shall dispel all unhappiness. He must be interested in the desires of others but he needs regulation of his own mind.

When the mind, completely controlled, is centred in the Self, and free from all earthly desires, then is the man truly spiritual. This spiritual manager compares his machines with the design and the manpower with the organizational policy. He defines reality to improvise but he knows what is the best possibility.

The wise man who has conquered his mind and is absorbed in the Self is as a lamp which does not flicker as it stands sheltered from every wind. He will be able to draw the people with best of ability.

He is the light in the darkness. There, where the whole nature is seen in the light of the Self, where the man abides within his Self and is satisfied there, its functions restrained by its union with the Divine, the mind finds rest. The manager needs a strong belief that every living being is potentially divine and likely to enlighten him-self more and more as time goes by. He is able to purify himself and his sins convert in to virtues.

When he enjoys the Bliss which surpasses sense and which only the pure intellect can grasp, when he comes

to rest within his own highest Self, never again will he stray from reality. This is the time when he finds bliss in solitude in a fast and a turbulent society. The manager needs to practice least disturbance within himself so that all his energy gets focussed in driving himself.

Finding that, he will realize that there is no possession so precious. And once he is established here, no calamity can disturb him. The manager is without desires and has no possessions.

This inner severance from the affliction of misery is spirituality. It should be practised with determination and with a heart which refuses to be depressed. Rather he has to motivate others to perform and enlighten others.

Renouncing every desire which imagination can conceive, controlling the senses at every point by the power of mind; The manager gets in to the state of decision making of any kind. Be it a policy decision or any functional decision in the areas of human resource, marketing or the management of material or the enterprise resource planning.

Little by little, by the help of his reason controlled by fortitude, let him attain peace; and, fixing his mind on the Self, let him not think of any other thing. The reason makes the manager scientific or technology based and fortitude is his assertiveness to implement.

When the volatile and wavering mind would wander, let him restrain it and bring it again to its allegiance to the Self. Self is the body whose conditions we have discussed, the concentrated mind or a blissful soul.

Supreme Bliss is the lot of the sage, whose mind attains Peace, whose passions subside, who is without sin, and who becomes one with the Absolute. The real meditation would be to alignment of self with the absolute.

Thus, free from sin, abiding always in the Eternal, the saint enjoys without effort the Bliss which flows from

realization of the Infinite. The infinite is brought to the action for realization of the business he conducts.

He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.

He who sees Me in everything and everything in Me, him shall I never forsake, nor shall he lose Me. This is the thinking which makes him a true team leader.

The sage who realises the unity of life and who worships Me in all beings, lives in Me, whatever may be his lot. He is the CEO who keeps the team together and understands their constraints and tries to mix up and resolves them.

O Arjuna! He is the perfect saint who, taught by the likeness within himself, sees the same Self everywhere, whether the outer form be pleasurable or painful.

Arjuna said: I do not see how I can attain this state of equanimity which Thou has revealed, owing to the restlessness of my mind. The manager attains this by regular practice through meditation and focus on the variables.

My Lord! Verily, the mind is fickle and turbulent, obstinate and strong, yet extremely difficult as the wind to control. This unables him to remain in focus and his performance depletes. He has to constantly learn and know the work and the technology to make and develop a true team. You just can-not be a leader without knowing the subject and its relevance to the objectives of the organization.

Lord Shri Krishna replied: Doubtless, O Mighty One, the mind is fickle and exceedingly difficult to restrain, but, O Son of Kunti, with practice and renunciation it can be done. The practice is to perform the same act in different conditions to get the best results. The practice needs the time and effort and

willingness to achieve better results. It is not possible to attain Self-Realisation if a man does not know how to

control himself; but for him who, striving by proper means, learns such control, it is possible. It is not only the self –realization but the realization of god in the collective form of body, mind and soul.

Arjuna asked: He who fails to control himself, whose mind falls from spiritual contemplation, who attains not perfection but retains his faith, what of him, my Lord?

Having failed in both, my Lord, is he without hope, like a riven cloud having no support, lost on the spiritual road? My Lord! Thou art worthy to solve this doubt once and for all; save Thyself there is no one competent to do so. The manager often falls in this condition when he just left with faith on the spiritual path.

Lord Shri Krishna replied or his inner guru: My beloved child! There is no destruction for him, either in this world or in the next. No evil fate awaits him who treads the path of righteousness. The journey on the spiritual path is for the righteousness on the floor of desires and worldly attractions.

Having reached the worlds where the righteous dwell, and having remained there for many years, he who has slipped from the path of spirituality will be born again in the family of the pure, benevolent and prosperous. Let us not forget that his service in his profession or his organization is a part of his life. Business is his life and the life is his business.

Or, he may be born in the family of the wise sages, though a birth like this is, indeed, very difficult to obtain. The purpose will remain the same that we will keep on realizing God till we get him.

Then the experience acquired in his former life will revive, and with its help he will strive for perfection more eagerly than before. The process of co-relation will continue in the management of history and the present moment of godly happiness for a brighter future on enlightenment.

Unconsciously he will return to the practices of his old life; so that he who tries to realise spiritual

consciousness is certainly superior to one who only talks of it. Then after many lives, the student of spirituality, who earnestly strives, and whose sins are absolved, attains perfection and reaches the Supreme. The wise man is superior to the ascetic and to the scholar and to the man of action; therefore be thou a wise man, O Arjuna! I look upon him as the best of mystics who, full of faith, worshippeth Me and abideth in Me." We always want to know the common agenda of all previous lives and the present and the future which is just the realization the body is temporary and the desires are equally temporary for what is permanent which is the soul, the guiding factor.

Thus, in the Holy Book the Bhagavad Gita, one of the Upanishads, in the Science of the Supreme Spirit, in the Art of Self-Knowledge, in the colloquy between the Divine Lord Shri Krishna and the Prince Arjuna, stands the article entitled: Self-Control.

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