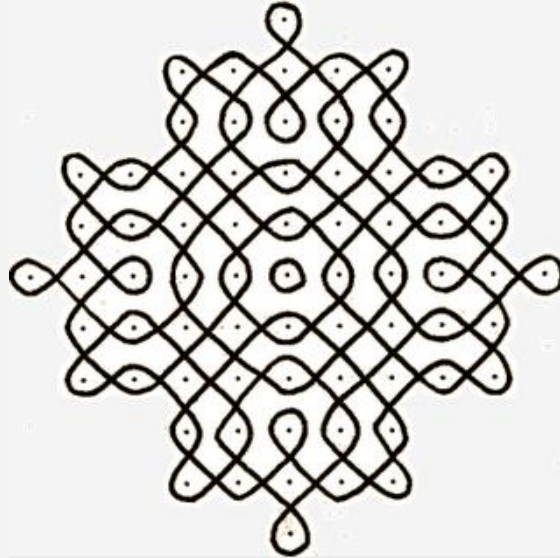


LIFE SKILLS THROUGH BHAGAVAD GITA



GOKULMUTHU NARAYANASWAMY

WHAT ARE LIFE SKILLS?



- **10 Life Skills**

- Self-awareness and empathy
- Inter-personal and communication skills
- Creative thinking and critical thinking
- Decision making and problem solving
- Coping with emotions and coping with stress

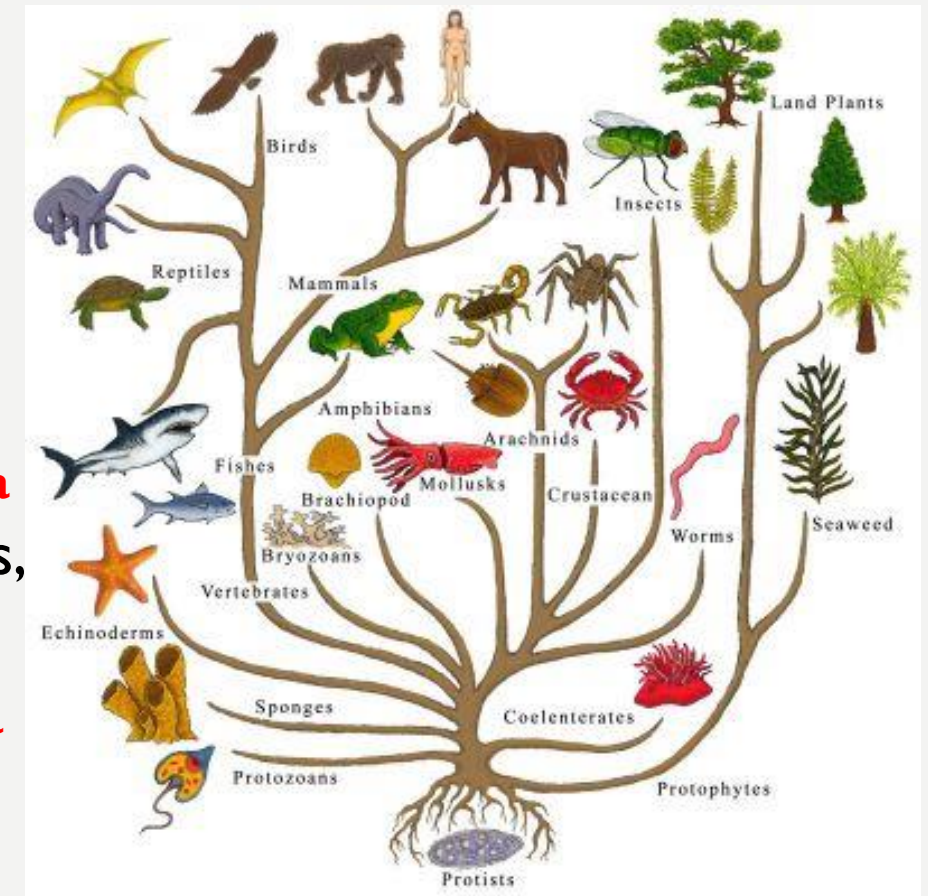
- Book on “Life Skills Workshop”

- practicalphilosophy.in in e-Library



SELF AWARENESS

- ❖ Every living being wants to be happy
- ❖ Lowest organisms – survive and multiply **Artha**
 - ❖ Hunger, thirst, lust, pleasure, pain, fear, sleep
- ❖ Higher animals – survival of herd **Kaama**
 - ❖ Love, hatred, anger, ambition, courage, competition, possession, pride
- ❖ Humans – values **Dharma**
 - ❖ Right, wrong, beliefs, ideologies, duties, rights, justice, sacrifice, truth, discipline, compassion
- ❖ Spiritual goal **Moksha**
 - ❖ unconditional, permanent happiness
 - ❖ true knowledge of the Self
- ❖ Manifesting your higher values and freeing yourself from lower traits is a contribution to Nature and Evolution



MAN VS ANIMAL



आहार निद्रा भय मैथुनं च
सामान्यमेतत् पशुभिर्नराणाम् ।
धर्मो हि तेषामधिको विशेषः
धर्मेण हीनाः पशुभिः समानाः ॥

Food, sleep, fear and procreation

Are common to animals and man.

Dharma is the only uniqueness of man.

Without Dharma man is not different from animal.

WHAT IS DHARMA?



When there are choices, on what basis do you decide?

- Likes and dislikes
 - Preyas

Unique to man !!!

- Right and wrong
 - Shreyas



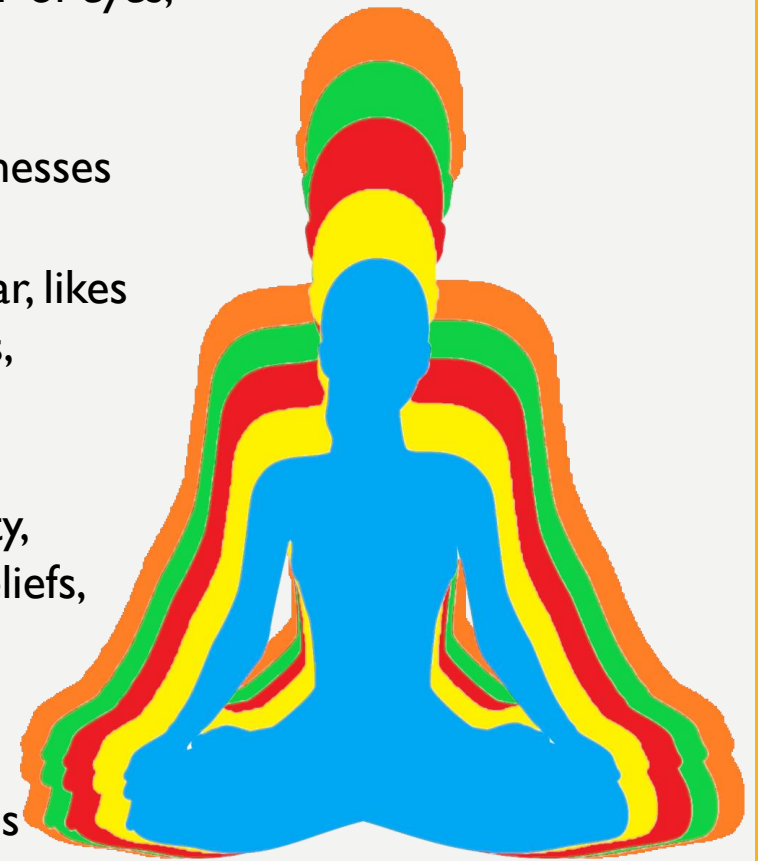
Choosing **Shreyas** over Preyas is Dharma.

WHO AM I ?

Five layers (Koshaas)

- ❖ Annamaya – Physical sheath
 - ❖ height, weight, place of birth, name of parents, complexion, color of eyes, color of hair
- ❖ Praanamaya – Physiological sheath
 - ❖ temperature, pulse rate, blood pressure, sugar level, allergies, illnesses
- ❖ Manomaya – Emotional sheath
 - ❖ skills and knowledge, anger, jealousy, arrogance, desire, greed, fear, likes and dislikes in the domains of food, places, weather, movies, books, activities, hobbies
- ❖ Vigyaananmaya – Intellectual sheath
 - ❖ value system, what is right, what is wrong, significance of honesty, kindness and discipline, patriotism, political affiliations, religious beliefs, willpower
- ❖ Aanandamaya – Blissful sheath
 - ❖ luck, karma phala, the situations that you have faced in life, the opportunities that you have been blessed with in life, subconscious tendencies and worldview

Atman (I) is pure Consciousness beyond the five layers



HIERARCHY OF CONTROL

इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः
॥ 3.42 ॥

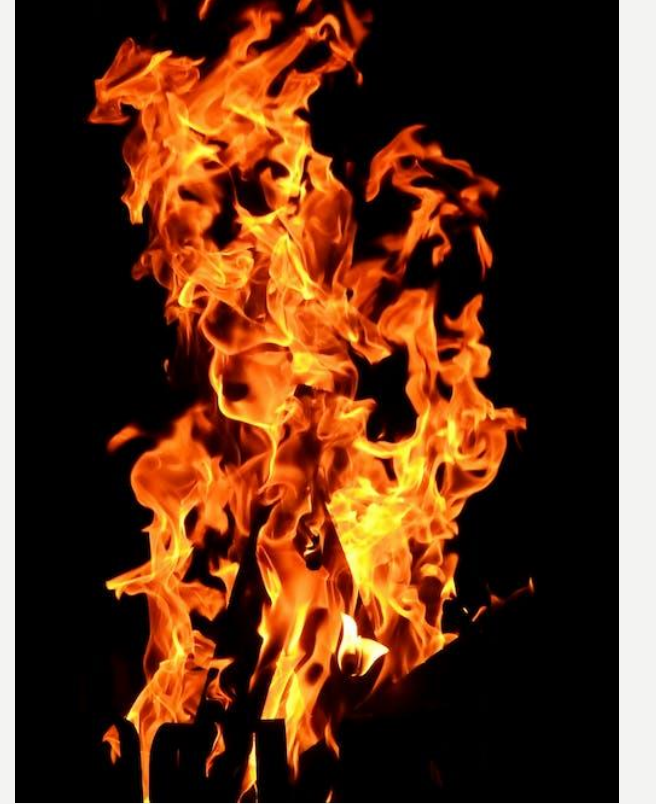
Senses are greater than sense objects;
mind is greater than senses;
intellect is greater than mind;
the person is greater than
intellect.



MIND IS AN INSTRUMENT

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः
॥ 6.5 ॥

A person must elevate his mind using the intellect, and not lower it. The mind is one's friend and also one's enemy.



ACTIVITY – CORE VALUES



- Positive values that you want to be known for
- What you would like to hear from your friend, neighbour, family members, classmate, teacher, colleague, vendor, servant, etc. about you at your memorial
- Choose **three** values from the next slide
- Write about each of them:

- How do you define the value?
- Give an example illustrating it.
- Why is it important to you?
- Why is you having it important to others?

Write these questions
in your paper before
we go to the next slide.

ACTIVITY – CORE VALUES



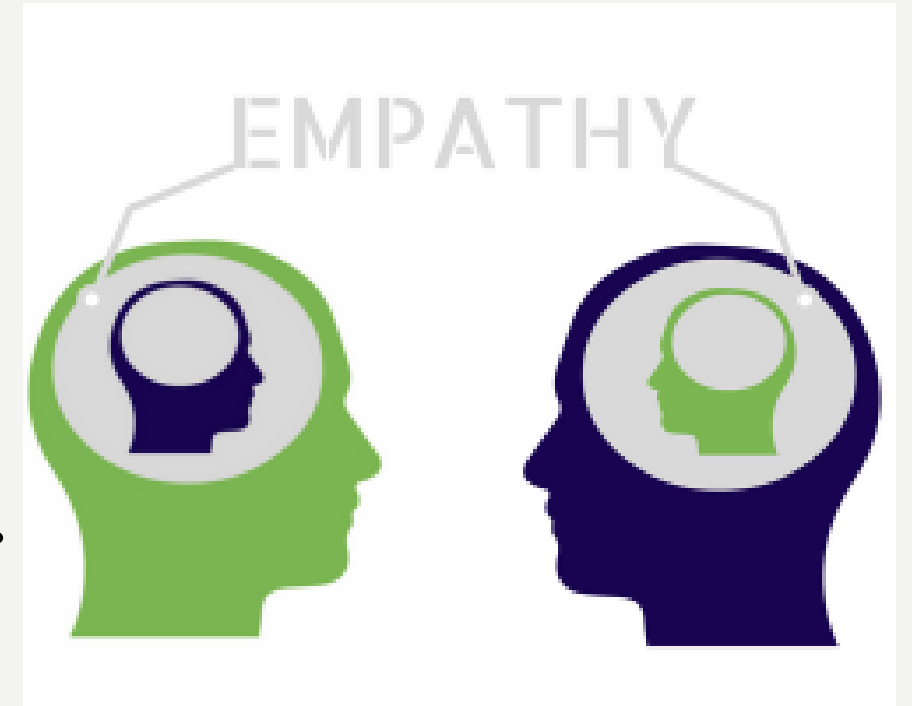
- Achieving
- Adventurous
- Artistic
- Authentic
- Charitable
- Cheerful
- Courageous
- Creative
- Determined
- Empathetic
- Enthusiastic
- Flexible
- Focused
- Forgiving
- Free
- Friendly
- Fun-loving
- Generous
- Gentle
- Hardworking
- Healthy
- Helpful
- Honest
- Humble
- Humorous
- Independent
- Ingenious
- Intelligent
- Intuitive
- Kind
- Learning
- Loving
- Loyal
- Optimistic
- Patient
- Peaceful
- Respectable
- Romantic
- Simple
- Smart
- Spiritual
- Spontaneous
- Strong
- Tolerant
- Traditional
- Trustworthy
- Well-read
- Wise

EMPATHY



आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन।
सुखं वा यदि वा दुःखं सः योगी परमो मतः
॥ 6.32 ॥

Comparing and considering
himself equivalent to others, he
who looks at pleasure and pain,
such a Yogi is great in my opinion.



ACTIVITY



Suppose you have a roommate in a hostel. What character and behaviour do you expect from the person? Prepare a list. E.g. helpful, neat, tidy, clean, ...

Now you have a list of how you need to be and how to treat others.

MANAGING RELATIONSHIPS



अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी
॥ 12.13 ॥

- Non-hatred towards all living beings, friendly and compassionate
- free from possessiveness
- free from self-centeredness
- forbearing pain and pleasure.

Living beings

Objects

Ourselves

Situations

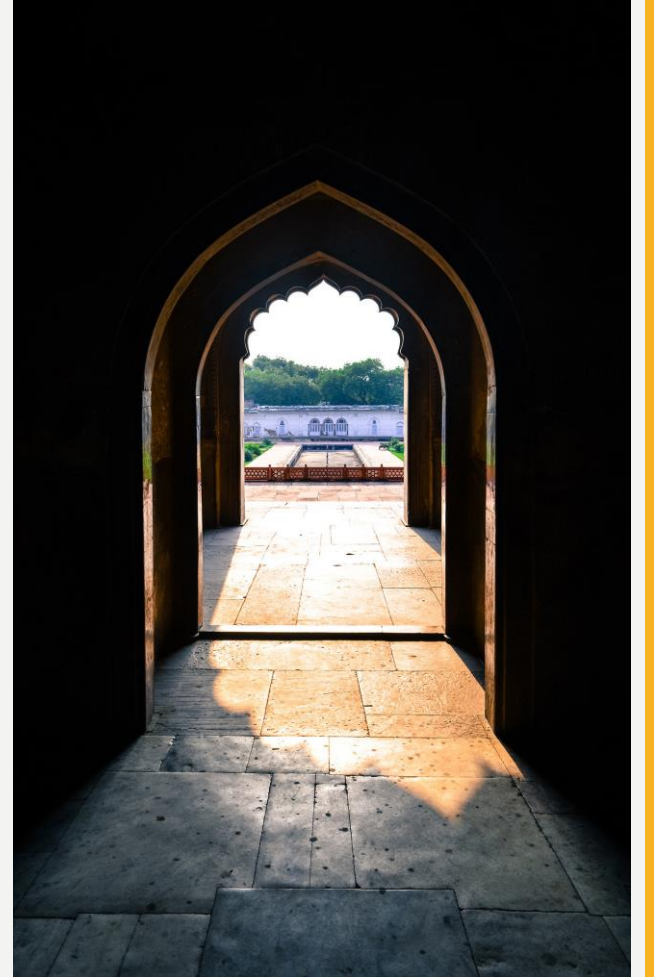
COMMUNICATION SKILL



अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते
॥ 17.15 ॥

Softly speaking that which is true,
pleasant and beneficial, and habit of
studying of good books is called verbal
austerity.

Three gates - satyam, priyam, hitam



LISTEN WELL



- Listen to understand. Not to reply.
- Be attentive. Take notes if needed.
- Not necessary to accept, but understanding is mandatory.
- Focus on the thoughts and feelings of the other person.
- Acknowledge, Paraphrase back.
- You cannot TALK and LISTEN at the same time.



ACTIVITY – LISTENING



- First spend two minutes thinking about the topic
- Form groups of two people – A, B.
- Person A talks. B listens. No interruption. 3 minutes
- Person B paraphrases to A in 3 sentences. 2 minutes
- Person B talks. A listens. No interruption. 3 minutes
- Person A paraphrases to B in 3 sentences. 2 minutes

ACTIVITY – LISTENING



- First spend two minutes thinking about the topic:
A very interesting place that I went to.
- Form groups of two people – A, B.
- Person A talks. B listens. No interruption. 3 minutes
- Person B paraphrases to A in 3 sentences. 2 minutes
- Person B talks. A listens. No interruption. 3 minutes
- Person A paraphrases to B in 3 sentences. 2 minutes

CREATIVE THINKING



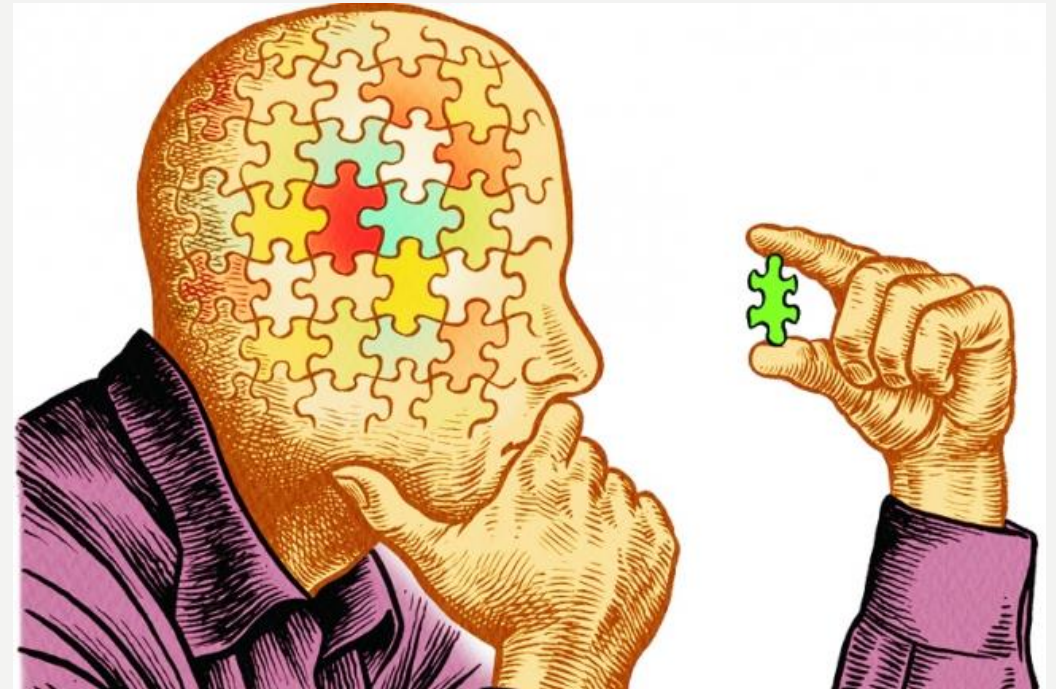
- Everyone can think creatively.
- Process:
 - Understand the problem well.
 - Take a break.
 - Tap into your unconscious.
 - Don't reject any ideas initially.
 - Analyze and prioritize
- Use techniques like Ishikawa Diagram and SCAMPER.



CRITICAL THINKING



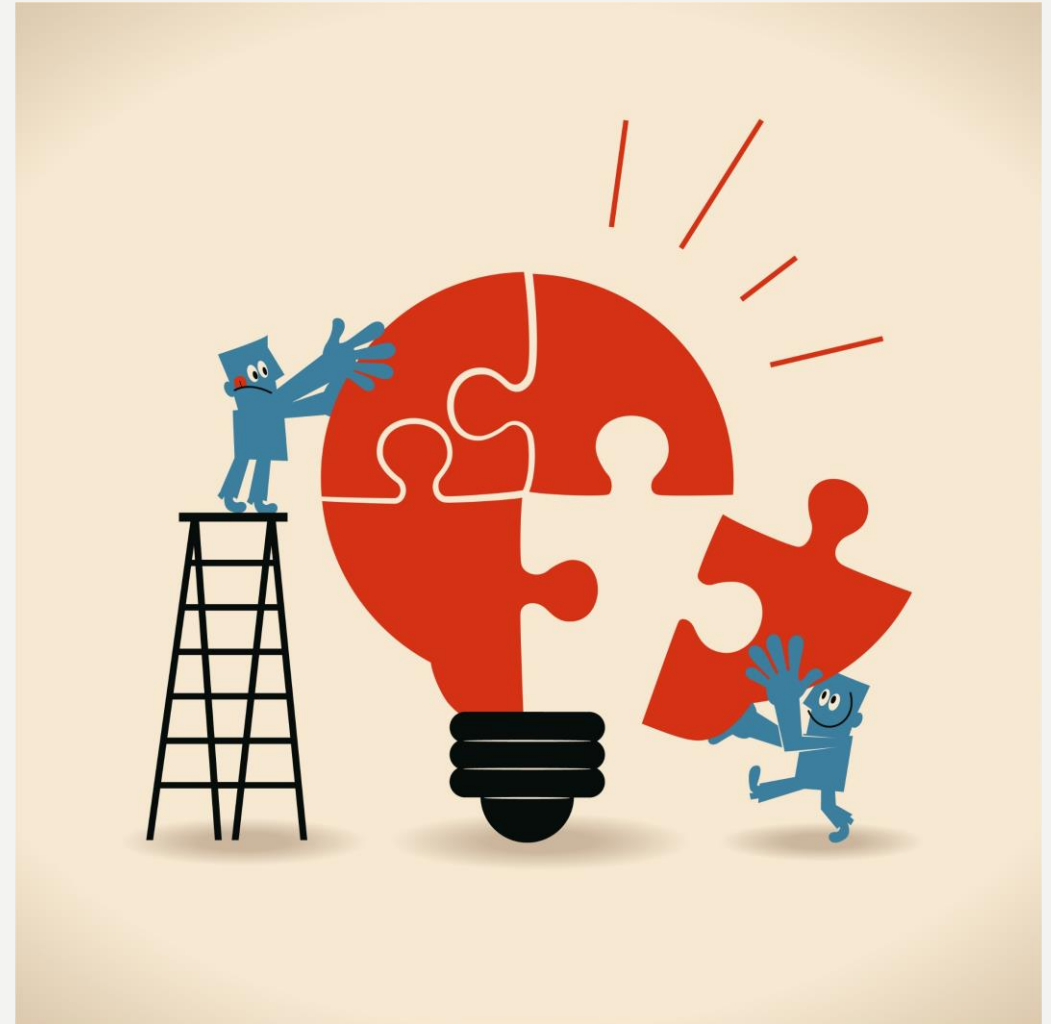
- Get exposed to diverse opinions.
- Beware of fallacies:
 - Anchor effect
 - collect more data
 - Confirmation bias
 - look for contradictory data
 - Availability bias - look for data that is hard to find
 - Fast/slow error - don't rely on common sense



PROBLEM SOLVING



- Actions solve problems
- Asking repeatedly two questions can solve most problems:
- “What is the problem now?”
- “What can you do about it now?”



EXAMPLE



- A: “I am not getting a good job.”
 - Q: “What is the problem now?”
 - A: “Everywhere they are asking for knowledge of Java.”
 - Q: “What is the problem now?”
 - A: “I don’t know Java.”
 - Q: “What can you do now about it?”
 - A: “I should learn Java.”
 - Q: “What is the problem now?”
 - A: “I don’t know which the best institute is.”
 - Q: “What can you do now about it?”
 - A: “I can ask Mahesh, who works on Java.”
 - Q: “What is the problem now?”
 - A: “I don’t have his number.”
 - Q: “What can you do now about it?”
 - A: “I can ask Ramesh, a common friend.”
- Now you have an action item.
And you can trace back.**

DECISION MAKING



- Important decisions
- E.g. Where to work?
 - Bengaluru
 - Hyderabad
 - Chennai
- Several factors
 - Cost of living
 - Distance from home
 - Type of work
 - Future prospects
 - Relatives already there
 - Climate
 - Infrastructure (water, traffic, greenery)



DECISION MAKING



Decision to be made: **Where to work?**

Option 1: **Bengaluru**

Option 2: **Hyderabad**

Factor	Weightage	Option 1		Option 2	
		Points	Score	Points	Score
Cost of living	5	4	20	7	35
Climate	7	9	63	6	42
Total Score		XXX		YYY	

MANAGING STRESS



- Do your best
- Involve in diverse activities – Music, sports, reading, social service, travel
- Meditate everyday
- Think positive
- Enjoy life



DO YOUR BEST



कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि
॥ 2.47 ॥

- You have the freedom only to do action.
- Results are not in your control.
- Don't let the results be your only motivation.
- Don't resort to inaction.

MODERATION

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा
॥ 6.17 ॥

To the person who regulates eating,
(fasting,) relaxing, activity, sleeping, waking,
etc. Yoga will be destroyer of misery.



ACTIVITY – POSITIVE THINKING

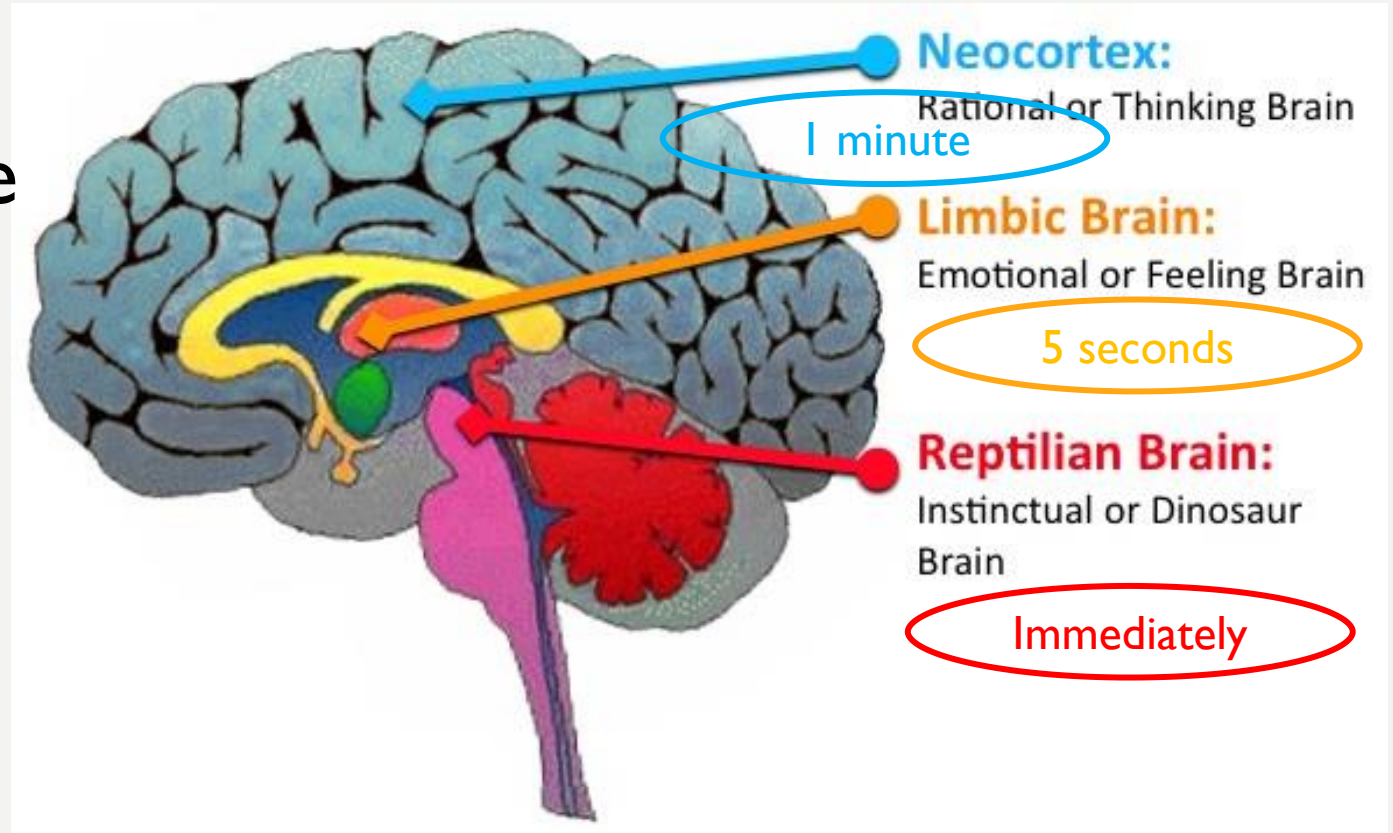


- List down 3 things that you are thankful about in your life.
- List down one incident in your life that you are not happy about.
- List down what you learnt from the way things happened.
- List down the advantages of the way things happened.

MANAGING EMOTIONS



- Never make a decision when you are emotional.
- Give time.
- Understand your emotions.
- Never even try addictive substances
- Talk to a counsellor



MEDITATION

Gita gives detailed instructions:

- yogi yunjiita satatam ... 6.10
- sucan deshe pratishthaapya ... 6.11
- tatraikaagram ... 6.12
- samam kaaya shiro ... 6.13
- prasaantaatmaa vigatabhih .. 6.14
- kshanair kshanair uparamet ... 6.25
- yatho yatho nischarati ... 6.26
- prashaanta manasam hyenam ... 6.27



MEDITATION



योगी युञ्जीत सततमात्मानं रहसि स्थितः ।
एकाकी यतचित्तात्मा निराशीरपरिग्रहः ॥ ६-१० ॥
शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ।
नात्युच्छ्रितं नातिनीचं चैलाजिनकुशोत्तरम् ॥ ६-११ ॥
तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ।
उपविश्यासने युञ्ज्याद्योगमात्मविशुद्ध्यै ॥ ६-१२ ॥
समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।
सम्प्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥ ६-१३ ॥

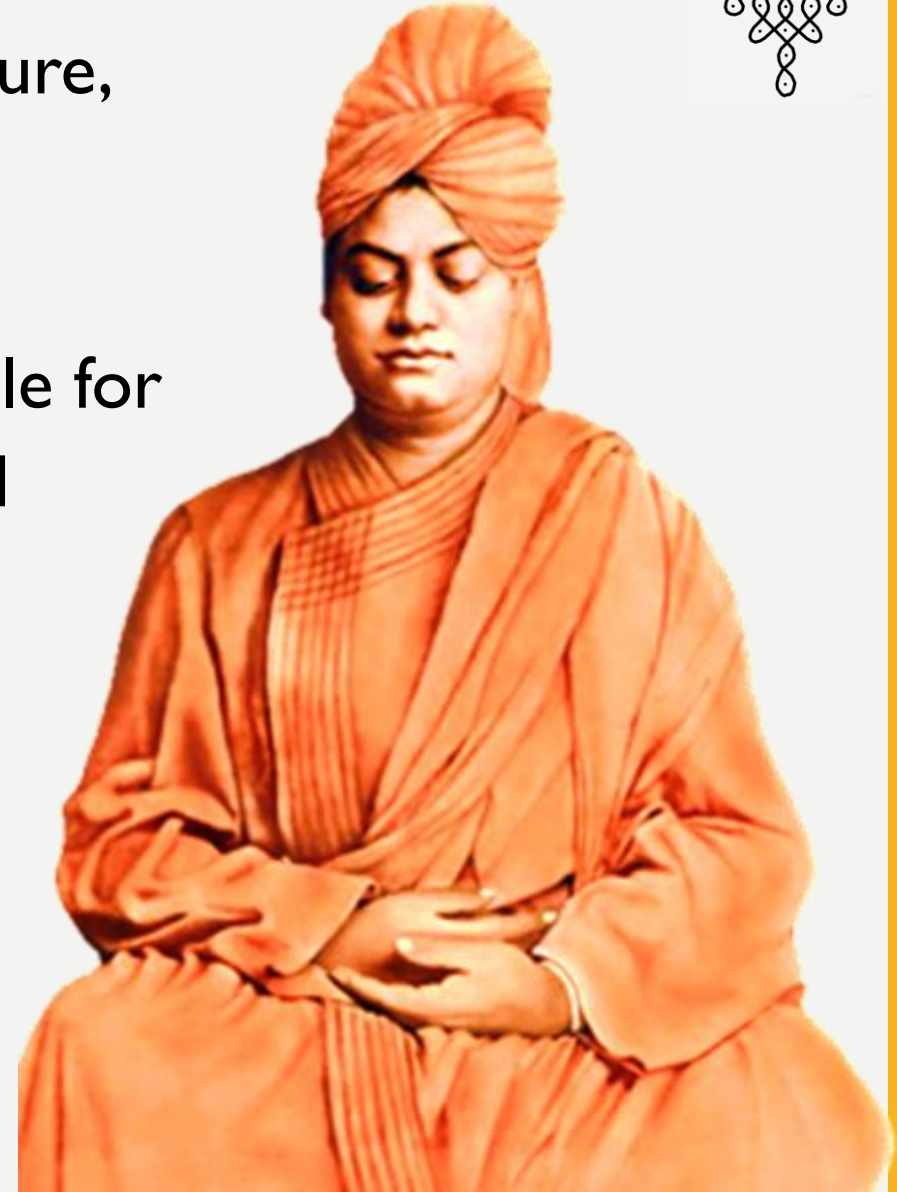
MEDITATION



प्रशान्तात्मा विगतभीर्ब्रह्मचारिव्रते स्थितः ।
मनः संयम्य मच्चित्तो युक्त आसीत मत्परः ॥ ६-१४ ॥
शनैः शनैरुपरमेद् बुद्ध्या धृतिगृहीतया ।
आत्मसंस्थं मनः कृत्वा न किञ्चिदपि चिन्तयेत् ॥ ६-२५ ॥
यतो यतो निश्चरति मनश्चञ्चलमस्थिरम् ।
ततस्ततो नियम्यैतदात्मन्येव वशं नयेत् ॥ ६-२६ ॥
प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम् ।
उपैति शान्तरजसं ब्रह्मभूतमकल्मषम् ॥ ६-२७ ॥

MEDITATION

- After a success, you naturally feel positive, pure, compassionate, forgiving, accommodating, creative, enthusiastic, confident, etc.
- There are four neurotransmitters responsible for mood, motivation, happiness, confidence and well-being
 - Dopamine – Achievement
 - Oxytocin – Empathy
 - Serotonin – Confidence
 - Endorphin – Resilience
- These can be triggered by posture, activity, breathing, imagination, smiling, feeling, etc.



ACTIVITY - MEDITATION



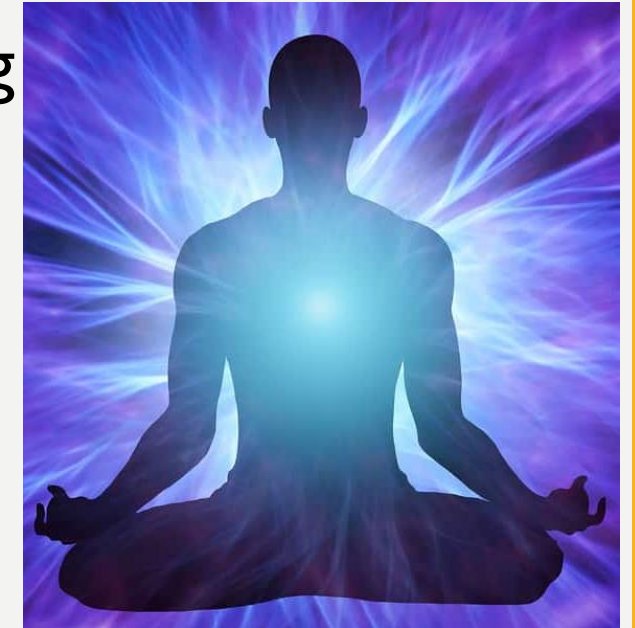
- Sit straight. Push your shoulders back. Smile. Relax.
- Do some light twisting, stretching and rotation to relax.
- Close your eyes gently.
- Breathe in and out slowly and deeply four times.
- Thank everyone who has contributed to your life.
- Wish for welfare of everyone.
- You can slightly scratch the center of your chest to concentrate easily.
- Imagine a fully bloomed blue lotus at the center of your heart. Imagine a golden yellow light at the center of the lotus.



ACTIVITY - MEDITATION



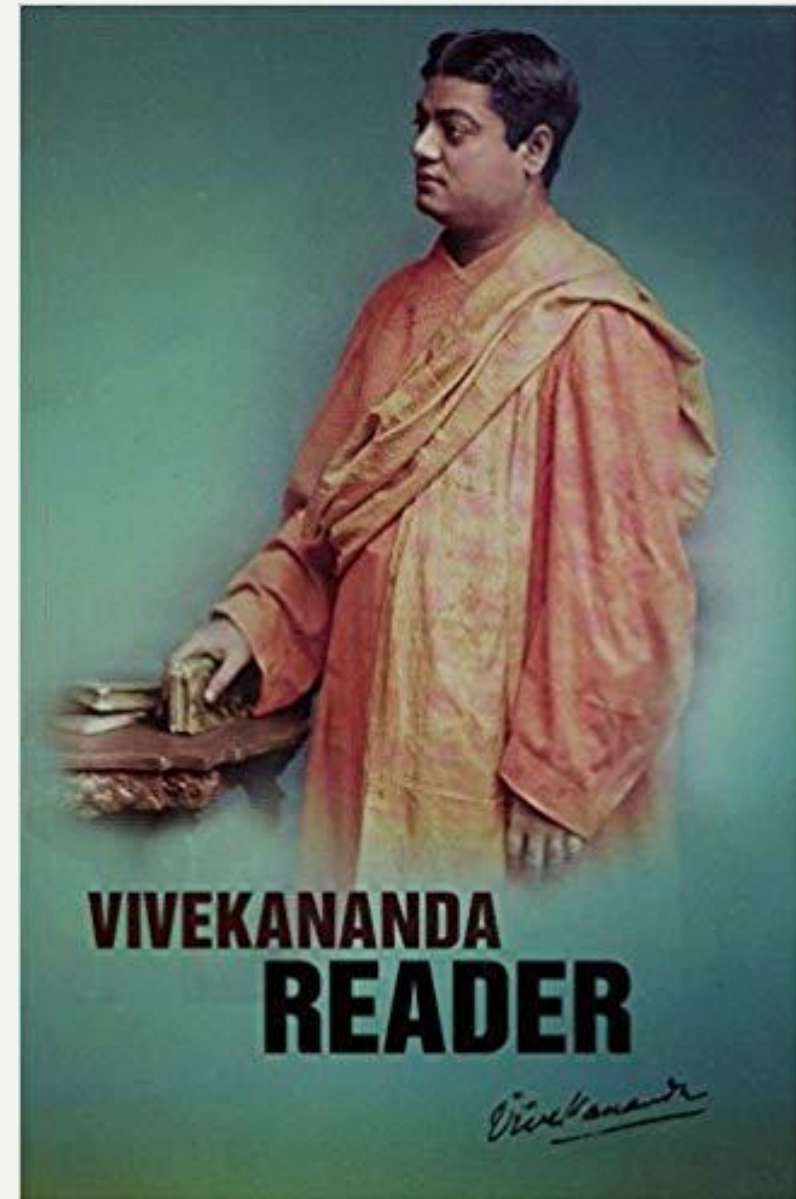
- Let breathing happen naturally.
- As you breathe in, imagine golden yellow light entering through your nostrils and accumulating in the light in the heart. As you breathe out, imagine you are spreading the light to the whole world. Do this four times.
- You can chant any short mantra.
- Enjoy the presence of the light. Ignore any stray thoughts. Whenever the mind wanders, gently get back to the awareness of the light.
- After about 10 minutes, gently open your eyes.
- Do this in the morning and evening everyday.



KEEP LEARNING



- Read at least one book every month
- Don't stop reading ever, in life
- Get exposed to diverse opinions
- Basic reading list:
 - Seven Habits of Highly Effective Teenagers
 - Oh Mind, Relax Please
 - Vivekananda Reader
 - How to be a Straight-A Student
 - Sapiens
- www.practicalphilosophy.in



Wishing You
All the Best !!!

THANK YOU !!!

www.practicalphilosophy.in

