

Emotional Intelligence – way to understand through Shrimad Bhagvad Gita

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Abstract- Emotional intelligence is the ability to understand one's own emotions and by the way of recognition of one's own emotions, a person can understand the influence of their own emotions which is present around them. Emotions are the resultant of our senses, when the senses feel something then it gets converted into perception and our perception comes out in the form of emotions. By this paper we will understand how to regulate our emotions and how to be in a state of steady-intelligence. We also study the Shrimad Bhagvad Gita and what lord Krishna stated in it to regarding regulation of emotions. In this research paper, we are studying how our sensory organs and senses play a primary role in managing emotions intelligently.

INTRODUCTION

Our emotions play a vital role to make people understand our character and sensibility. It help us to understand the emotions of others as well. Our perception is directly dependent on our emotions and our emotions are directly dependent upon the senses, therefore the easiest way to control our emotions is to regulate the senses by the sensory organs, as once the senses are being regulated then the mind can be controlled and if the mind is controlled then that person is considered as a steady-intelligence person.

Emotional Intelligence

Research in the field of emotional intelligence is dominated by three primary theorists including Br -On. Emotional quotient views emotional intelligence as being concerned with understanding oneself and others, relating to people and adapting to as well as coping with the immediate surroundings to be more successful in dealing with environmental demands.

Brief history of emotional intelligence-

- a) **1930s** – Edward thorndike described the concept of social intelligence as the ability to get along with other people.
- b) **1940's** - David Wescher suggested that affective components of intelligence may be essential to successful in life.
- c) **1950's** – Humanistic psychologists such as Abraham maslow described how people can build emotional strength.
- d) **1975** – Howard Gardner published the shattered mind, which introduced the concept of multiple intelligence.
- e) **1985** – Wayne Payne introduced the term emotional intelligence in his doctoral dissertation entitled – A steady of emotion, developing emotional intelligence, self-integration, relating to fear, pain and desires.
- f) **1987** – Keith Beasley – used the term emotional quotient. It has been suggested that this is the first published use of the term, although Reuven Bar – on claims to have used the term in an unpublished version of his graduate thesis.
- g) **1990** – Psychologists – Peter Salovry and John Mayer published their landmark article – emotional intelligence in the journal imagination, cognition and personality.
- h) **1995** – The concept of emotional intelligence was popularized after population of psychologist and New York Times science writer Daniel Goleman's book Emotional intelligence, why it can matter more than IQ.

Goleman's (2001) Emotional intelligence Competence.
Recognition.

Self Personal Competence.

Self Awareness :- emotional self awareness , accurate self assessment , self confidence.

Other social competence.

Social awareness :- empathy , services orientation , organization awareness.

Regulation.

Self Management:- Self Control , Trust worthiness , Conscientiousness , Adaptability , Achievements Drive , Initiative.

Relationship Management :- Developing Others , Influence, Communication, Conflict Management, Leadership, Change Catalyst, Building Bonds , Teamwork and collaboration.

Bar- On : A Mixed Model Of Emotional intelligence.

The components are....

Intrapersonal :- self Regard , Emotional Self Awareness, Assertiveness, Independence, Self Actualisation.

Interpersonal:- Empathy , Social Responsibility, Interpersonal Relationship

Adapatibility:- Reality Testing , Flexibility, Problem Solving.

Stress Management:- Stress Tolerance , Impulse Control.

General Mood Components :- Optimism , Happiness.

Commonly used instrument to measure emotional intelligence are Mayer-Salovey – Caruso Emotional intelligence test (MSCEIT) , Emotional inventory (EQ-i)!, Emotional competence Inventory (ECI) , Emotional Intelligence Appraisal (EIA) , Work- profile questionnaire emotional intelligence version (wopei) , level of emotional awareness scale (LEAS) and self – report emotional intelligence test (SREIT).

Characteristics Of Emotionally Intelligent Person (As Per Shrimad Bhagvad Gita)

These following are qualities of emotionally intelligent which are mentioned in shrimad bhagvad gita.

These qualities are as below....

- A) Given Up all the varieties of desire for sense of gratification
- B) Purified mind
- C) Purified perceptions.
- D) Purified the senses.
- E) Satisfied in the self alone.
- F) Pure transcendental consciousness
- G) Not disturbed by miseries
- H) Not elated when there is happiness
- I) Free from attachment, fear and anger.
- J) Unaffected by good or evil he may obtain
- K) Neither praising nor despising
- L) Fixed in perfect knowledge
- M) Withdraw his senses , from sense objects
- N) Restricted from sense enjoyment, taste for sense objects remains.
- O) Regulation of senses by sensory organs
- P) Fixed in his consciousness upon on lord Krishna – man of steady intelligence.
- Q) Free from the desires and expectations
- R) Free from attachment and aversion
- S) Connecting with the supreme lord.It
- T) Devoid of false ego.
- U) Attain real peace.

Cognitive behavioral therapy

It is a type of psychotherapeutic treatment that helps people learn how to identify and change the destructive or disturbing thoughts patterns that have a negative impact on their behaviour and emotions. This therapy is mainly for the negative thoughts and sense of perceptions which influence one's brain to get negative thoughts.

Lord Krishna stated in shrimad bhagvad gita that the person who has negative thoughts and perceptions is because of his senses of perception.

Cognitive behavioural therapy is the combination of cognitive therapy and behaviour therapy, which involves identifying the maladaptive patterns of thinking, emotional response or behaviour and replacing them with more desirable patterns.

Cognitive behavioural therapy mainly focuses on changing the automatic negative thoughts that can contribute to and worsen one's emotional difficulties, depression and anxiety. The spontaneous negative thoughts also have a detrimental influence on one's mood.

- A) Cognitive Therapy :- identifying and changing inaccurate or distorted thought patterns, emotional response and behaviours.
- B) Dialectical Behaviour Therapy (DBT) :- address destructive or disturbing thoughts and behaviours while incorporating treatment strategies such emotional regulation and mindfulness.
- C) Multimodal Therapy :- psychological issues must be treated by addressing seven different but interconnected modalities, behaviour, affect , sensation, imagery , cognitive, interpersonal factors and drug/biological considerations.
- D) Rational Emotive Behaviour Therapy (REBT) :- Involves identifying irrational beliefs , actively challenging these belief and finally learning to recognise and change these thoughts patterns.

Shrimad Bhagvad Gita.

Lord Krishna mentioned about how to control one's emotions and minds by regulating the Senses. Krishna said "if you control your mind or conquer your mind then your mind is greatest friend but if you failed to do so then you vary mind is your greatest enemy and lord further stated that one who has conquered is mind, he is already reached to the super soul and there is not any duties to perform by that person".

Lord madhava further said mind is higher than senses, intelligence is still higher than mind and soul the real itself is still supreme higher than the intelligence. In order to get steady intelligence one has to regulate his/her senses by sensory organs.

Process to control the mind through the senses.

When Arjuna asked to lord Krishna that please shown me the way by which I can manage my self to protect from the sinful acts ? However I don't want to impel in the sins but what are those forces which impelled me to incur sinful acts ? (3.36 Gita). Lord

Krishna answered Arjuna with a smiling face that it's lust only Arjuna, which born of contact with material mode of passion that means rajo gunas (Rajas Guna). And which is devouring sinful enemy of this world.

Thus the wise living entity's pure consciousness becomes covered by his eternal enemy in the form of lust, which is never satisfied and which burns like fire, the senses, the mind and the intelligence are the sitting places of this lust covers the real knowledge of the living entity and bewildered him (3.40). So that senses are primarily responsible for the material desires of lust, once the person who can regulate his senses by his sensory organs then he would control his mind, once his mind is controlled his intelligence is also controlled and once his intelligence is controlled his soul is controlled.

This is the process to control the mind, the sensory organs are best way to help to regulate the senses. The five senses which are sniffing, hearing, speaking, touching and seeing by the different organs like eyes, nose, hands, ears and mouth. We can't control our senses but we can regulate our senses by our sensory organs.

Mental disorders and emotional intelligence.

Whenever we are considering the emotional intelligence and mental health issue which don't immediately underwent the mind. The concept of the emotional intelligence is often contrasted with that the intelligent quotient. The emotional quotient and intelligent quotient both are related with each others both are shown empirically shown to be central to one's overall well-being and often a deciding factors in their ability to experience life in the deep and beneficial way.

The salvoy and mater further stated that access this type of knowledge allowed those gifted with emotional intelligence to pivot their attention to the most crucial pience of present information.

The good emotional intelligence which could be influenced those around them by utilising what they are able to glean of other individuals' emotions and adapting their own response in light of this information through efficient communication and social skills. To think creating which would shown the ability about the efficient thinking process.

Emotional intelligence is commonly referred to as a complementary facet to the more standardized and widely accepted intellectual abilities and emotions are no longer defined as an unruly element that must be tamed and scrutinized by one's cognitive facultied.

The mental disorders like anxiety and depression, schizophrenia, bipolar etc are also known as neuropsychological disorders but the emotional intelligence which helping out to protect the person from this kinds of disorders

The inoculated effect emotional intelligence has against mental health disorders stands to reasons, as it helps the individual better grasp potential stressors.

Emotional intelligence would help to bring a change in the personality, these are as below.

A) Attention to emotions. B) Emotional clarity. C) Repair of detrimental emotions.

The emotional intelligence can be developed and can also be enhanced and the research which would be highlighted the important role that promoting a greater sense of belonging can have on an individual's ability to understand their own emotions, manage their own contain them.

Strategies to strengthen the emotional intelligence.

The emotional intelligence is all about how individuals identity and manage their own emotions and react to the emotions of others. It's all about how your emotions shape your thoughts and actions so that you can better control your behaviour and develop the skills.

- 1) Practice observing how you feel.
- 2) Pay attention to how you behave.
- 3) Questions your own opinions.
- 4) Take responsibility for your feelings.
- 5) Take time to celebrate the positive.
- 6) But don't ignore the negative.
- 7) Don't forget to breathe.
- 8) A lifetime process
- 9) Learn to look at yourself objectively.
- 10) Keep a diary
- 11) Understanding what motivates you.
- 12) Take it easy
- 13) Acknowledge your emotional triggers.
- 14) Predict how you will feel
- 15) Trust your intuition.
- 16) Snap our of it
- 17) Maintain a schedule
- 18) Eat well
- 19) Don't get mad.
- 20) Be interested
- 21) Don't expect people to trust you.
- 22) Personal goals
- 23) Be realistic
- 24) Positive thinking
- 25) Life long learning

- 26) Be prepared to leave your comfort zone.
- 27) Help
- 28) Stand and stretch
- 29) Listen
- 30) Try to be approachable
- 31) Perspective
- 32) Open yourself up
- 33) Immerse yourself in a new culture
- 34) Cultivate a curiosity about strangers.
- 35) Acknowledge that who people are saying.
- 36) Get started
- 37) Wear somebody else's shoes
- 38) Practice makes perfect
- 39) Social media colt turkey
- 40) Get networking
- 41) Drama.
- 42) Complaining
- 43) Negativity
- 44) Dwelling on the past
- 45) Selfishness
- 46) Giving in to peer pressure.
- 47) Being overly critical.

Author Review.

Emotions are playing a crucial role in establishing the relationship with the family members and also others in the society. The emotions are playing very crucial role in empowering mentally and physically as well. Shrimad Bhagvad Gita is motivating the person emotional, mentally and physically. Lord Krishna clearly mentioned about to control mind by regulating the senses, lord said that the mind is higher than senses and intelligence is still higher than mind and even the soul is still higher than intelligence. Once the person who has regulated his senses by using the sensory organs then that person can easily be controlled by his minds, the minds can easily control the intelligence because our intelligence is nothing but the sense of the perception but our desires and expectations which are mainly responsible for not to be mentally and emotionally strong, once the person who is emotional and mentally intelligence and having a perceptually intelligence then that person is to be considered as the sage of steady mind. Basically this paper is attempting to understand how would our ancient scriptures help all of us to understand the actual thing to understand the emotions and also mind.

Lord further said that to know oneself to be transcendental to the material senses, mind and intelligence, once should put his best efforts to make mind steady by deliberate spiritual intelligence and thus by spiritual strength which would conquer this insatiable enemy which is known as LUST. (43:3 Shrimad Bhagvad Gita).

CONCLUSION

The paper sought to review emotional intelligence and its relation with shrimad bhagvad gita, this paper is showing how senses and intelligence and mind can be Harmonised. Shrimad Bhagvad Gita mainly talks about senses and regulations of the senses by the sensory organs. This paper also discuss about the role of emotional intelligence in the routine life and the cognitive behavioral which mainly dealing with behaviour and cognitive therapy both are mentioned in shrimad bhagvad gita about how to change the human behaviour through the regulation of senses and mind. By this paper we are only showing the Relationship between shrimad bhagvad gita and the theory of the emotional intelligence.

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