

INTRODUCTION

- ✓ Human psychology has matured significantly especially over the past century and this has witnessed various theories put forth by various psychologists.
- ✓ The interest of western scholars has contributed a great deal to such research
- ✓ But human mind was studied in depth in the ancient world also e.g. Tao te Ching, Srimad Bhagavad Gita etc.
- ✓ Bhagavad Gita has been wrongly intercepted as a religious book specifically for Hindus. But that is not the truth. Bhagavad Gita teaches the ways to lead your life, connect and work with the cosmic order and the need for spirituality in everyday life.
- ✓ Its teachings have not become outdated even after 5000 years and in many cases go beyond modern psychological theories.
- ✓ Maslow is a psychologist who talked about different levels of human motivations and hence actions, just like Gita. Thus a comparative study between Maslow's theory of hierarchy of needs and Gita has the potential to unearth more wisdom.

LITERATURE REVIEW

1. Krishnan and Khejriwal (2004) in their papers have portrayed the importance of three Gunas mentioned in Bhagavad Gita in an individual
2. Poston (2009) challenges the hierarchical model by Maslow in his paper by suggesting that all the elements in the triangle exists in a parallel process rather than hierarchical as said by Maslow
3. Frankl (1966) has emphasised on the factor that self-transcendence is the one which should be at the apex of the triangle rather than self-actualization as said by Maslow
4. In revisited Maslow's hierarchy he himself has suggested that above self-actualization it should be self-transcendence at the top of the triangle

RESEARCH GAP AND HYPOTHESIS

- ✓ Both Maslow and Bhagavad Gita talk about a hierarchy of human motivations that affect their behaviour.
- ✓ No one has made a comparative study of these two rich sources into human nature.
- ✓ Such a study is likely to yield rich insights into human nature thus extending the current knowledge in the field of human psychology.

RESEARCH METHODOLOGY

MAPPING MASLOW'S HIERARCHY WITH BHAGAVAD GITA

Basic needs

MASLOW	KRISHNA
1. Fundamental for survival such as food, water, air, sleep etc.	1. A person in Thamas Guna is not well organised and is filled with ignorance, disorder, etc.
2. Maslow believed that these needs are the most instinctive needs	2. They are struck there and shows no improvement and involves in basic physiological needs and never towards the real knowledge.
3. This was because all needs become secondary until these needs are met	3. This Guna involves in basic requirement for human food, water, shelter etc.

Psychological needs

MASLOW	KRISHNA
1. These are needs which are required for the basic motivation to attain goals and to perform deeds.	1. Rajas Guna, a person saves money, keeps himself secured in all aspects.
2. They include: <ol style="list-style-type: none"> a) Personal security b) Financial security c) Health and well-being d) Safety net against accidents/illness and their Adverse impacts 	2. He also expects results for what he does.
	3. A person in this stage always aims to get better and never satisfied by what he currently possesses.
	4. He never realises nothing is permanent

Self Actualization

MASLOW	KRISHNA
1. They prioritize and enjoy the journey, not expect result	1. You have a right to perform your prescribed duties, but never entitled to the fruits of your actions.
2. Self-actualized person is the one who never cares about results and works without any expectation.	2. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.
3. He just enjoys the journey and not pay any attention whether it is a positive or negative outcome	3. Thus just do the Karma and never expect results. If one expects from the deeds he has done
4. Self-actualized people have purpose, grateful and humble, infiltrated with mission	4. Humility, priceless, nonviolence, tolerance, simplicity, approaching a bona fide spiritual master, cleanliness, steadiness and self-control
5. Self-Actualized do not seek to shock or disturb and always ready to embrace ambiguity	5. A person to whom praises and insults are the same, one who is silent and always content with anything.
6. They see everyone around them equally and they don't see any difference between themselves and others. Neither does he care about one's history and as a result of such a character he hardly differentiates beings around him having the democratic and self-acceptance.	6. Man who has learnt the ultimate truth of knowledge sees everything around him as equal. Whether it is living or non-living. He sees "Paramathma" inside everything which is also present inside him. He sees no differences whatsoever.

BHAGAVAD GITA'S CONTRIBUTION TOWARDS SELF-TRANSCENDENCE

Role of Detachment and Submission to Divine in attaining transcendence:
In chapter 4 verse Lord Krishna in his Shloka says,

*karmanyakarma yah pashyed akarmaṇi cha karma yah
sa buddhimān manuṣhyeṣhu sa yuktaḥ kṛtsna-karma-kṛit*

- "Karma Yogi" are really are those who are indulged in all activities but never attached in any of them by submitting the results to the Divine.
- By such nature he is neither disappointed by failures even after he has fully unleashed his potential nor he is boastful when he tastes success when doing the same.
- This is the part where Maslow's hierarchy has limited itself by placing Self-Actualization at the apex of triangle.

In chapter 4 verse 23 Lord Krishna in his shloka says,

*gata-sangasya muktasya
jnanavasthita-cetasah
yajnayacaratah karma
samagram praviliyate*

- One who has no attachment and has completely submitted himself to the Divine will surely merge himself into knowledge of transcendence
- Why attachment management is very important is because many around the world today believes that without the holding of such things/services one can never be happy as if his/her satisfaction dependent upon the external factors.
- Attachments restrict one's quest for real knowledge, freedom and awareness. This may sound bit wayward, but the truth that western psychology has never had its influence of detached nature.
- In fact, many has discontinued the idea that "Detached nature" does lead to betterment of human mind.
- But maybe they may find out in the future but what Bhagavad Gita has stated as one among the first step to reach the real transcendence is to lead by an unattached nature towards everything around us.

DIRECTIONS FOR FUTURE RESEARCH

- As more and more people are getting interested in spirituality, such studies will definitely help in bridging the gap between the western thinking and Indian literature.
- Ancient literature are rich sources of deep spiritual wisdom. Further research into their content may help modern researchers of psychology, sociology, management etc. Such work will also encourage people to feel proud of the achievements of their forefathers thus instilling a spirit of patriotism and a love for higher human values. This may also positively influence the modern academic curricula.

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