

Longevity- Individual's Holistic Management Via Manache Shlok

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Abstract

Remodeling the structure of your brain is possible by having the aware of senses, mind, thoughts, emotions etc. In today's world bridging the gap between technology, science, religion and spirituality is the essence of good life. Acceptance of individuals, situations, events, nature, problems etc. will truly come into action only when belongingness will arise and stay, about home, office, work, health, etc. to name a few. The ability to be fully present in the moment — can have numerous benefits, everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research. To maintain the happy state of mind always, enthusiasm plays an important role, which encourages and gets the regular physical activities done, with variations to reach to all cells in body. To be the leading player of this GAME (Good-life, Acceptance, Mind and Enthusiasm) Manache Shlok by Shree Ramdas Swamiji is the panacea. In this paper, individual's holistic management skills via Manache Shlok is given in most easiest form.

Keywords: Manache Shlok, life, health, individual's management

Introduction

Success of the GAME depends upon the acceptance level of an individual for any unpredictable incident. Having faith in self and its abilities to sail through the barriers one undoubtedly handles oneself, situation and comes out with concrete learning age specific outcome. The difficult situations are always part of life and unavoidable. Basic understanding of the challenge and conversion of the same into an opportunity to bring best out of every situation, to guarantee returns in the most efficient & effective manner is desirable.

This paper proposes reading, listening and preferably chanting of the sorted and recommended emotions specific manache shlok from complete set of shlok by Shree Ramdas Swamiji [1,4,5,7,10]. The specific shlok [11] has a guide line in itself to navigate through a particular emotional swing may be undesirable for that moment. The important aspect at this juncture is to recollect the shlok that should drive one through the circumstances. There lies an importance of listening or reading it multiple times or chanting. Such individuals are not only handling themselves well but are role models for others to follow.

Manache Shlok: An overview

The paper proposes listening, humming, reading or preferably chanting of few very situations specific and important shlok in sequence to attain balanced mind in the unavoidable dilemmas of day to day life. If one is successful in applying the 'Kaizen' principal to Manache Shlok then achieving emotional balance under any circumstance is certainly

attainable. The Kaizen Institute defines Kaizen as the Japanese term for continuous improvement [2]. This paper proposes the Kaizen executable approach from Manache Shlok perspective.

Its essential to follow the path of trustworthiness, goodness and devotion. If all of us continue to walk on this path, it will lead us to Shri Hari. Let us ignore and reject everything that is condemned and do everything that is commendable with the full devotion of mind. Shlok 2 [1]

The ultimate control on the energy and the optimism is attainable only if one knows the way to channelize the emotional imbalances or arising triggers. The above shlok depicts the specific method that can be adopted and will always remain source of positivity and ethical execution of task under consideration. Otherwise there is fair chance that even small selfish motive can carry oneself away and bring misery.

Make it a habit to start everyday without fail by remembering the Supreme power. Its extremely powerful and effectual if we all start the day with chanting Shri Ram. Let us always stick to the good behavior. Only the person of good action(s) is held in honor in this world. Shlok 3

The start of the day matters a lot psychologically and as it sets the rhythm for the day. The simple pray or chant preferably sets a broad outlook for the task thought of in the morning. It also brings the effect like speaking positively, understanding and creating eco and harmonious environment all around. Speaking energetically has the roots in positive and concrete thinking especially in the first few minutes after waking up.

Never engross in the deeds which will force us to feel bad or feel sorry. Say no to anger. Let us not corrupt our mind with all sorts of desires. Let us shun the doership of actions. Let us not praise ourselves due to the jealousy for others. Shlok 6

When somebody abuses, it's very well known that it creates anger. It shakes the person who listens to it and undoubtedly expected to lose the temper. But the known fact is there is no outcome and if there is any surely it will hamper one or the other. This makes it to be need of an hour that identify the anger is undesirable and that will affect both by every mean. Hence it should be identified at correct instant and handled or controlled in correct manner for better possible outcome.

Develop a great habit of patience. Let us bear the sinful words spoken to us. Let us always speak politely with others. Let us always understand others. Shlok 7

Knowing that there are always higher purposes to life and the deals, conversations around should always be approaching towards ultimate purpose of life. At the time of dealing with an individual, team or motive if the one knows that modesty will surely fetch success for everyone then the path of being modest will certainly be opted without confusion.

“Don't get let down by the wordly miseries. Show courage. Practice on giving up the mental stress. Supreme power is the protector. He won't forget you even if the whole

world goes adverse to you”. Shlok 27 [12]

Another prominent enemy of human [9] for the times and ages is fear. The mind preoccupied by fear can never work efficiently and think creatively. If one remembers and chant the correct shlok to be relieved and think fearlessly the circumstances are bound to be under control for good outcomes.

“Our body should wear out for the cause of others. We should speak the truth. Irrespective of our existing condition, we still need to deal in the best interest of everyone concerned”. Shlok 48 [12]

All the time, or at the difficult situation, the GAME asks, why me? Why shall I involve myself in the decisions unwillingly. The above shlok answers the ultimate aim of life. The frustration, stress and tension will fly like anything once there is an understanding (build originally or developed using chanting of shloks) that if the path chosen is correct irrespective of the sufferings there is clear and pure goal. This is predominately important to build the confidence and to take the right path always (incrementally learning about life).

Building holistic personality: self-development approach

To lead a virtuous, healthy, cheerful, eminent life; bringing optimistic vicissitudes in one's thought processes is indispensable and vital. Every person can act as their own leader [3] and manage overall wellbeing in every compartment of life. To function well at home or work a person has to be happy, balanced, calm, composed, full of zest and energy. In a way, the person possessing all the above mentioned attributes will be looked up to by others. Real development and change takes place when a person can play the GAME called LIFE well and assimilate good intrinsic qualities and values in oneself. Conflicts in day to day are a never ending part and parcel of human life. Even in a single day a person has many highs and lows; as well as ups and downs; which casts an impact on the mental wellbeing as well as the emotional and productivity quotient at home or work.

According to the Intelligent Design theory, humans are quite complex. This theory was expostulated by Christians as stated in the article “5 Conflicts between Science and Religion” by Thomas Swan. Manache Shlok is the magic potion to reduce this complexity of mind and thoughts to lead a simple but effective life. Manache Shlok is not only a cure-all but a preventive measure.

Conflict between science, religion and spirituality [6] has always been there since its inception. We still need to instil comforting beliefs, we need to love and remember GOD, think of the karma that we are generating and aim at leading a purposeful existence. A person has to emotionally invest and depend upon developing one's spiritual quotient and increase one's flexibility and perspective of looking at things from a higher end. Manache Shlok motivates people to lead a good quality life; these Shlok will act as blessings and improve all areas of a person's life. The thought seeds that are sowed in the mind, decide the fruit that will be reaped. So the thoughts will act as the gatekeeper to decide which thoughts should enter the mind and which should not enter. Ralph Waldo Emerson quoted that, “You become

what you think about all day long.”

Socrates had once said that, “It is the emptiness of the inquiring mind that drives us towards truth”. Filling one’s mind with Manache Shlok will open the door towards a transcendental holistic wellness journey. It is the need of the hour to combine the below mentioned points to lead an effective life. Curiosity to lead a worthy life will drive people towards the answer that they are looking for. Mental slumber and darkness would disappear with the advent of human knowledge, but only relying on knowledge won’t suffice. This calls for a need to immerse

oneself in the teachings as propagated by Swami Samarth Ramdas in Manache Shlok. Miracles will start taking place once one’s mind and head is filled with the teaching stated in Manache Shlok; their omnipresence is a must. Manache Shlok is the alibi for leading an emotionally and intellectually abundant life in the 21st century. These shloks must have an eternal, strong, sharp and all powerful hold on our mindset and thinking processes.

If the origin and discovery of fire is attribute to a miraculous cause, at the origin of mankind, we would still be living in caves and wait for the supreme power GOD to light fire for us. Similarly, warmth and peace of mind can be lit in our heart and head; by imbibing the teachings as stated in these Shloks, to enrich our life on a day to day basis.

One has to own the responsibility for oneself and explore and take action. Miracles work only when an individual works. To quote Benjamin Franklin, “God helps those who help themselves”. Today we live in an information age, we are surrounded by technology, computers, medicines etc.; which enables us to increase our life span but one can rely on oneself to transform one’s life.

“The universe is expanding”, was discovered by Edwin Hubble and it was the supreme moment in Science. Similarly, the greatest moments in our lives would come when our intellectual universe will be expanded on reciting or reading or listening these shloks. These grains of truth would present an answer to some of our questions towards leading a more fruitful, fulfilling and satisfactory life. Not only that but they would also equip us to face the unknown areas, situations or unforeseen circumstances in life.

The way we live life, the way we look at life, the way we perceive it is shaped by technology and science. The culture of humans is surrounded by it 24/7 and are completely affected by it both positively and negatively; so it becomes even more important to stick to the roots and keep check of what we think and filter it internally before responding. Technology definitely empowers humans but awareness regarding how much and in what way should be used has to be monitored all the way continuously for an improvement [3].

Mind set exercise and broader outlook development with specific Manache Shlok

The following Shloks will enlighten and act as a magic capsule to generate more bliss in life; so it is recommended to imbibe the teachings preached in them with full faith and belief. In total there are 250 Shloks but as generally people face paucity of time in their day to day life; a list of selected Shloks is presented below; which can be used as per the requirement at a

point of time. Through these Shloks, Swami Ramdas has explained techniques to develop human mindset and has explained the traits of Supreme power. These Shlok praise Supreme power and inspire humans to lead a pure, ethical and productive life.

“He who undertake penance puts his body under stress. He who remembers Supreme power while doing penance is relieved of the stress. God Shiva always remembers Supreme power”. Shlok 73 [12]

“To err is human and to forgive is divine”. This dictum is well followed and explained in the above shlok. There is always some higher divine transcendental force looking at humans. The above shlok insists to reminisce with devotion and conviction Supreme power; especially if a mistake has been committed knowingly or unknowingly. Supreme power is well known to be kind and was highly respected at his time. Even Lord Shiva –the omnipotent deity also recalls Supreme power with sincere heartfelt reverence and devotion.

Reparation takes away the mental peace of a person by accelerating triggers and raises negativity in forms like anxiety, fear, depression, anger, low- confidence which can be detrimental to health. So reciting this shlok would help in overcoming the stress and maintain physical equilibrium. Mental health as well as physical health is interconnected; if one is not functioning well, the other too gets affected and if not tackled well, can turn out to be fatal. This shlok has the capacity to bring out the best from the worst.

“Let us remember Supreme power while we are amidst people, while having every meal. While doing so we should have full respect and apply all our resources for that purpose. Let us not eat for the sake of feeding stomach (it’s a process of igniting and keeping the fire burning as energy for an individual). We should eat with the purpose of having ability to undertake good work”. Shlok 89 [12]

You are what you eat. Every morsel of food should be taken thinking of Supreme power. Sathvik (virtuous, good) food leads to sathvik thoughts. One must be careful of the thoughts before as well as while eating. Food is not only to satisfy stomach but it also caters towards thought development and human personality [8]. Food provides energy to work, to be more productive. The aim should be clear whether we eat to live or live to eat. Food nourishes our body; which in turn nourishes our mind leading to the greater good; which is nothing but spiritual development. Proper growth in all aspects takes place when Supreme power is remembered during this holy ritual of eating meals. A healthy mind can reside only in a healthy body.

“Supreme power is the ocean of magnificence, greatness, grandness and good qualities. He has a great courage. He is serious in his work. His performance is great. He protects his devotees in their distress (and always). Let us remember Supreme power every morning (and throughout the day too, always)”. Shlok 67 [12]

Good qualities develop good moral character, which ushers in spiritually and morally upright stoicism to face life in trying situations. Humans will surmount all trials and tribulations solely on the basis of power ingrained by uttering the above shlok. Ethics and dedication in

work reduces distress, as work gets completed in time. The stress generated from procrastination is also reduced and work is completed in time. Putting heart, soul and mind while doing/ executing any task definitely leads to the greater good of mankind. As has been well said in our Indian valuable scriptures, especially Bhagvad Gita- that “Work is Worship”. Work elevates human soul; as an individual leads an elevated existence and not a shallow one.

“People do not maintain purity in their actions. They do not acquire any merit through their actions. They may not maintain any love for all (without expectation in return I guess). They do not remember Supreme power”. Shlok 100 [12]

Tolerance and patience are the necessary 21 st century traits to nurture peace in all spheres of life. Love begets love and hate begets hate. Loving all is necessary to lead a happy and satisfactory life; which can turn into reality by practicing tolerance and magnanimity of the heart. Thoughts lead to actions which in turn build and nurture relationships. Therefore, maintaining purity in thoughts is crucial as pure thoughts will lead to pure actions. Taking responsibility and accountability for thoughts and actions is preached in the above shlok.

Technology plays a vital role in regulating life but the correct use of knowledge and technology is possible, only when values and ethics are preached and practiced in all walks of life. Technology elevates life, makes it simpler, raises the standard of life but regulating positive and healthy mindset is the most important need of humans. Technology empowers at an altogether new level but holding one’s ground, maintaining humility can at times get sacrificed. For instance, terrorism wouldn’t exist had there been love, tolerance, acceptance in the hearts of people. The teachings hidden in this shlok, which is written in a very lucid language will make this ideal situation into a reality. This is possible by sticking to the roots, keeping alive the spiritual quotient, by evoking Supreme power- the omniscient, omnipresent and invincible benefactor of mankind. Reciting this shlok will raise the bar of the thoughts and will benefit an individual and the society at large.

“It is nice to perform the daily rituals (everyday, if possible at the specific time in a day). Let the conscience tame our mind when our mind derails from the track. Let us have sympathy and affection for all. Let us be full of devotion, love and peace”. Shlok 106 [12]

Glamour and glitter captures the attention quite easily and deviates one from attaining the goal through the right medium. Evil thoughts should find no place in the thoughts; otherwise evils like corruption, hatred etc. creeps in. Hatred takes birth, anger takes hold and mind wanders in an uncontrolled manner. This shlok has the remedy to lead a good life full of love, affection and peace via taking care of one’s day to day activities. One has to cultivate one’s mind and keep a check on how one is planning and executing one’s daily routine. Being mindful while doing any task is necessary to do it well. Productivity raises only by being focused and focus is possible if one has a placid mindset in any given situation. The key to a successful and enriching life lies in being devoted towards the things that really matter, like devotion towards humanity, society, work. This shlok plays a major role in keeping one’s

conscience alive especially in trying circumstances.

“Supreme power acts after due meditation. He who has an agitated mind (because of circumstances around) becomes calm after remembering Supreme power. It is advisable not to speak without knowing the truth. Let our actions for all the people be always pure and balanced”. Shlok 132 [12]

Imbibing the teachings as stated in the above shlok will develop the mind. Manabodh will develop the character, personality and reputation of a person. Think before you speak, act and react is the mandate required in today's world. Majority of the problems get resolved, if this would be inculcated by all. This weighs a heavy responsibility on all to be tolerant, patient and always look at the bigger picture. Be flexible enough to look at things from varied perspectives. Supreme power meditates-ponders before taking any action, as the abrupt actions spoils the expected results.

Conclusive Summary

GAME stands for Good life, Acceptance, Mind, Enthusiasm, in this research. Reciting the selected few Manache Shlok by Ramadas Swami will aid in calming the mind. Having a calm mind is necessary to work effectively as well as have good relationships, acceptance and belongingness i.e. ultimate essence of **Longevity** in human life. Various transformations are observed in real life and research starting from illness, fitness, wellness, heartfulness, mindfulness etc. and now its the era of **Longevity**. Fig. 1 and 2 shows the details of this new term coined as a part of this research, which fits into the use of ancient literature / shlokas in today's world, to cater the needs of all individuals having varied psychology classes. To achieve it effectually, words should flow and actions must be taken only after knowing the truth and reality from roots. Purity should lie at the base of every action. All chaos will eradicate from life if careful meditation takes place before any action.



Manache Shlok by Shree Ramdas Swamiji can be chanted on daily basis by an individual, possible to read regularly using various languages, listen it using technology on the go or simply play it around whenever feasible. All these ways of imbibing Manache Shlok in

individual's life give enormous benefits and its proved by multiple researchers from various domains. Even though there are 205 Shloks in total even chanting / listening / reading few shlok mentioned in this paper regularly provides wonderful holistic benefits to win the game.

Fig. 1 shows the word-cloud having all important words for **Longevity**. **Longevity** is the new term coined in this research for the use of society at large irrespective of gender, age, profession, culture and religion.

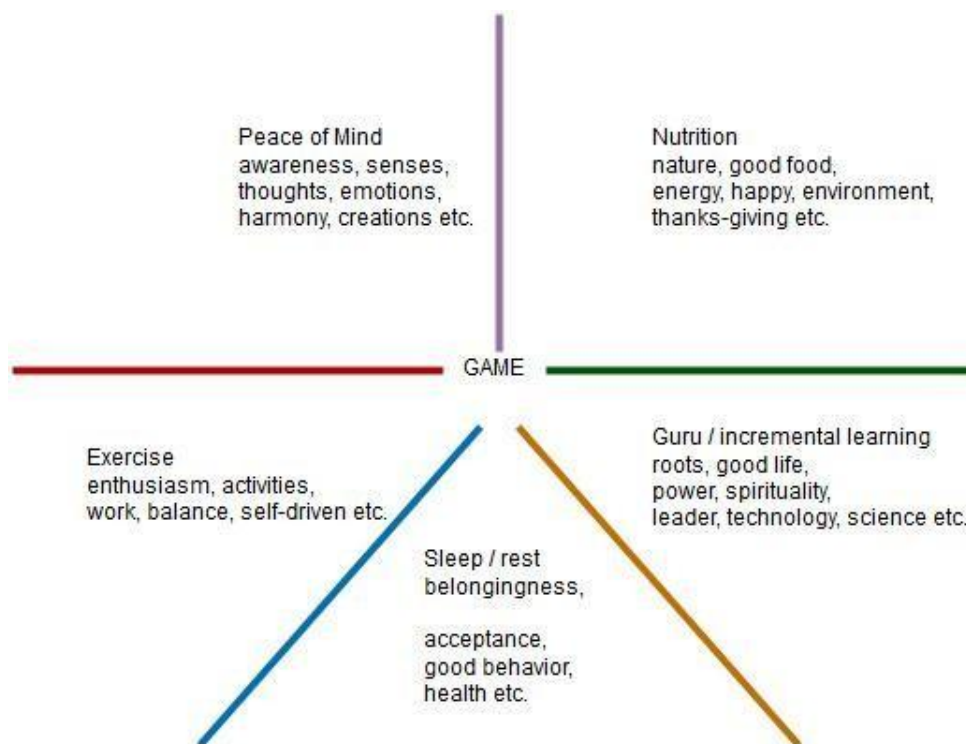


Fig.2 shows the **Longevity** model proposed in this research paper based on individual's management via Manache Shlok. Holistic approach is for "individual's management" is the key described by Samarth Swamiji in the form of Manache Shlok. According to us, in this research there are five quadrants of GAME called life, which is driven by few keywords, as given in the figure 2. The overall applicable keywords in life and enhanced by chanting Manache Shlok is given in the form of word cloud in fig. 1.

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