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Swami Vivekananda's Ramkrushna mission as constant source of motivation

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Abstract

Swami Vivekananda & Ramkrushna Mission founded by him are guiding lights of humanity. The Vedic-Yogic culture followed by them is unique & ideal for the society. Much research is underway on motivation in the psychology-management fields. It is primary to human actions & their outcomes. However, the latest understanding of motivation is well short of the reality. This study aimed to gain novel understanding of the subject by integrating the teachings of Swami Vivekananda & vision, motto, & mission of Ramkrushna Mission with these modern theories. The case study & document review method combined for this purpose. Researcher's own understanding facilitated construction of the final Vedic-Yogic motivation cycle outline. The resulted outline prima facie looks referred western motivational models & theories on many counts. These theories & models can be reviewed & realigned in this context. Compared with similar Indian studies, current study can be recognized as novel in scientifically connecting Swami Vivekananda & Ramkrushna Mission with established western motivational theories. Swami Vivekananda & Ramkrushna Mission stands as the continuous spring of inspiration for the humanity.

Keyword: Swami Vivekananda, Ramkrushna mission, vedic-yogic culture, psychology

Introduction

While presenting "Integration of the action-phase model & the general model" (Heckhausen, 2018, pp. 9-10) [5] further describe motivation cycle ranging from its tendency to intention formation, & to action. The half-baked modern theories & processes of motivation can be realistically revised, realigned & outlined as per Swami Vivekananda's (Swamiji) Vedic-Yogic Science & the conduct of Ramkrushna Mission. Need- "Two main sets of motivation theories: content & process theories. All humans share three needs for: autonomy, competence, & relatedness". (Kispál-Vitai, 2016) [7]. From Swamiji's perception, motivation theories, its content & process & human needs can be more deeply understood. "The nature of the Soul is eternal bliss. But ignorance, hallucination, delusion makes it painful & sorrowful". (Vivekananda, 2012, pp. 110-111) [13] "All men are 'heirs of immortal bliss' & by nature divine. "All expansion is life, & all contraction is death" (Vohra, n.d.) Therefore, the real human needs are for: resting in true, blissful, & eternal nature, obtaining true knowledge, executing righteous conduct, gaining prosperity & abundance, seeking growth, longing for divinity, striving for perfection, & obtaining total freedom. Simultaneously, alleviation of ignorance, reduction of sorrows & pain, & breaking the bondage are vital. Needs may differ according to cultures. Yet, the stated needs are realistic, natural, universal, & human centric. Such an approach needs to be restated over. Swamiji declared "Physiological needs can trigger individuals for sometimes, however, Self-Realization is a deeper spring well for motivation. All work motivation is Self-Motivation. Any & all work, should be singularly directed towards the self-realization by working for the good of all beings -lokasangraha.(Dr. Pratima Verma, 2011) [4] The multi-level, multi-dimensional human action-outcome with detail which is essential to better understand this topic were established (Ugale et.al. 2019) & modelled (Ugale & Singh 2019) [12].

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Drive & Arousal

“Swamiji - personality is deeper than physical power/strength or intellectual capacity. Personality is related to will power, Soul or Atma of human being.

This is the root of all in human being. Therefore, controlling this root is important to control everything. Man's character is the collective expression of (Samskaras) past experiences. These experiences result in habits” (Jana, 2018) [6]. With yoga one can replace the good habits with bad habits. Further Swamiji guided “The physical is only man's inferior nature. His real nature consists in his capacity of transcending physical nature. The true nature of man as Soul Force or Atman. It is neither the body nor the mind, but beyond all” (Senthamizhselvi, 2018). Yoga facilitates this transcending & access to greatest natural forces. It is critical to understand the finer distinction between will & instinct from the Master. “Prakruti gunas are forces that govern the material world & action here. All manifestations of power arise from control of Prana. Will is not the sole force which animates the body of man, as it covers only the plane of conscious actions. The involuntary actions are done through Instinct. The Will being a reaction needs a prior external or internal stimulus to function” (Bharadwaj, 2019) [1]. These multi-level human being, natural forces, & dependent actions are vital in knowing the motivation & its outcomes.

Swamiji asserted “उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत । क्षुस्व धारा निशिता दुरत्यया दुर्गा पथस्तत्कवयो वदन्ति॥ Arise, awake! Stop not till the goal is reached!” (Bhat & Karisetty, 2013) [2]. It is clear that the arousal is not meant for decline but to be constantly sustained till the end. “Come up, O lions, & shake off the delusion that you are sheep; you are souls immortal, spirits free, blest & eternal; ye are not matter, ye are not bodies; matter is your servant, not you the servant of matter”. (Bharadwaj, 2019) [1]. Swamiji motivated the masses through scientific approach. “Inspirational motivation gives power to Sankalpa (will or intention) for higher cause. Once we are inspired then it will tend us to give up the basic needs also to reach our goals. The motive is the measure of your work. What motive can be higher than that you are God & that the lowest man is also God. When we are inspired by the work itself then surely nothing else is required”. (Dr. Pratima Verma, 2011) [4]. The shortcomings of external stimulus in motivating people can be better understood as: “If we lack self-motivation & depend entirely on materialistic forces for it then lately, it will make us feel a sense of coercion or force which hinders the freedom, & joy of work. When we “work for work sake” we are enthusiastic about it & everything else takes a back seat & we achieve the impossible goals” (Dr. Pratima Verma, 2011) [4].

Goal directed behaviour – “Swami Vivekananda ji was a source of inspiration & motivation for the entire world

To him, all the power is within man; & man can do anything & everything. Take up one idea, make that one idea your life, think of it, dream of it, live of it, let the brain, muscle, nerves, every part of your body be full of that idea & just leave every other idea alone. This is the way great spiritual giants are produced, others are mere talking machines”. (Bhatt, 2021) The secret of motivation that can lead to success in opened here by Swamiji. “When work is done in the spirit of worship, the quality of work undergoes a metamorphosis. As a result, even ordinary work is transformed from a mere chore to an extraordinarily reality. Action for one's own self binds, action for the sake of others delivers from bondage”. (Dr. Pratima Verma, 2011) [4]. This process is the cause of constant

motivation. The Nishkam/unattached work is key here to man's freedom. Swamiji held, “He works best who works without any motive neither for money, nor for fame, nor for anything else; & when a man can do that, he will be a Buddha, & out of him will come the power to work in such a manner as will transform the world. Swami Vivekananda's mission was to enlighten and inspire the people of India and the mankind as a whole, with the ideals of Karmayoga, the only passport to human happiness. It alone can mitigate our misery and sufferings. The goal cannot be reached through agitation alone. Sustained intelligent & honest work for a long time is needed. One must also learn how to take the command of the forces operating within oneself, so that one may properly handle forces that operate in the world. This calls for the skills of self-discipline” (Mukherjee, 2021) [8].

“The centrifugal & the centripetal forces of nature are indeed typical of our universe. Instead of being knocked about in this universe, & after long delay & thrashing, getting to know things as they are, we learn from Karma-Yoga the secret of work, the method of work, the organising power of work” (Vivekananda, 2012, p. 55) [13]. “Viveka (discrimination) is to learn how in every moment of our lives, in every one of our actions, to discriminate between what is right & wrong, true & false, we shall have to know the test of truth, which is purity, oneness” (Vivekananda, 2012, p. 2705) [13] “You are free, have your own choice, your own work...”. (Vivekananda, 2012, p. 1743) [13] Human being do have a choice between lower material level and higher yoga level action. Once the action level are selected & actions done, the outcomes are inevitably decided. The essence of motivation can be to stick with actions that restrict conscious downfall & enable conscious elevation.

Goals/Motivators/Achievement/Outcomes

“It is only the Vedic religion which considers ways & means & lays down rules for the fourfold attainment of man, comprising Dharma, Artha, Kama, & Moksha” (Vivekananda, 2012, p. 345) [13]. The important & differentiating factor in terms of these life goals is that Kama & Artha ought to be the means for the ends of Dharma & Moksha. Reduction of goal arousal - “The motto of the Ramkrushna Math & Ramkrushna Mission is ‘आत्मनो मोक्षार्थं जगद्धिताय च’ Ātmāno mokṣārthaṃ jagata hitāya ca, “For one's own salvation & for the welfare of the world”. It was formulated by Swami Vivekananda. Ideals: Work as worship, potential divinity of the soul, & harmony of religions are three of the noteworthy ideals on which these two organizations are based. It is this ideal of service to man as service to God that sustains the large number of hospitals, dispensaries, mobile medical units, schools, colleges, rural development centres & many other social service institutions run the twin organizations”. (N.A., 2022) [9]. Only by virtue of such a vision & action for the sake of the whole universe, the goal arousal can be satisfied. In spite of the legendary achievements, one keeps working entirely for the sake of people's upliftment & betterment. This wisdom dawns from samadhi. “Samadhi has been reasoned out, properly adjusted, scientifically organised, & when faithfully practiced, will surely lead us to the desired end. Then will all sorrows cease, all miseries vanish; the seeds for actions will be burnt, & the soul will be free for ever”. (Vivekananda, 2012, p. 90) [13] Such a skilful person lives as an instrument of the Supreme accomplishing great goals.

Feedback

In case of material level motivation & choice of action, initiating material force, live seeds of samskara transfers to new body & keep bearing the fruits & thus moves samsara. The vedic-yogic vision of serving humanity through yoga level action generates self-motivation that can aid in gaining true freedom while achieving key life goals.

Methods

This study used combination of the document review & case study method. The needed secondary data gathered through

the published books of Swami Vivekananda, & related research articles, documents, Ramkrushna Mission’s website etc. The data that helped broaden the theories & practises of western motivation models was included after necessary screening & segregation. The conceptual analysis of the data carried out in alignment to western motivational models. Finally, researcher’s logical, creative, intuitive, & experiential faculties employed to arrive at a novel motivational content-process model/outline.

Results and Discussion

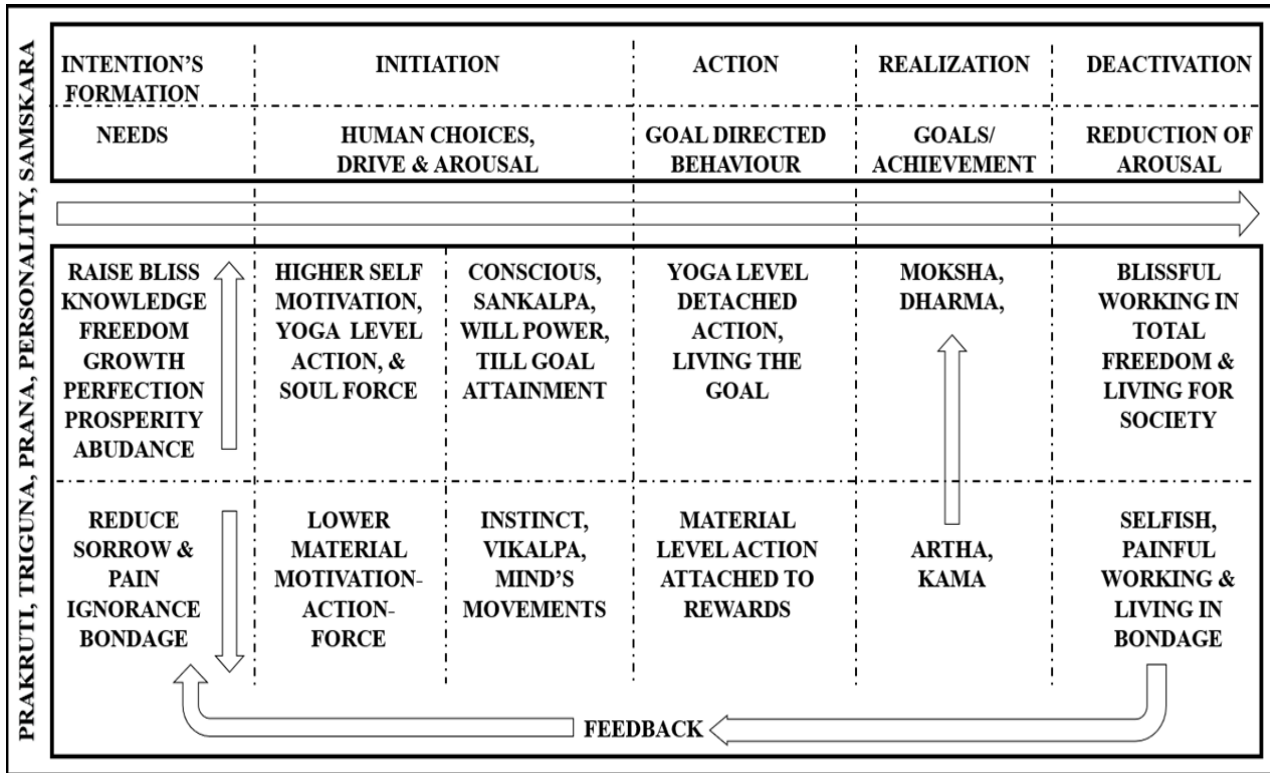


Fig 1: Vedic-yogic motivation cycle

The resultant Figure 1, depicts the Vedic-Yogic theories & practise-based motivation cycle. It includes motivation cycle with content & processes as envisioned from the guidance of Swami Vivekananda & the works of Ramkrushna Mission. In comparison to the most current western motivational theories & models in (Kispál-Vitai, Z. 2016) [7] & (Heckhausen, J. H. H. 2018) [5] this research is more human centric & deeply accomodates fundamental nature. The constructed motivational cycle here revise & builds upon the action-phase model & the general model. In comparison with similar studies on Swami Vivekananda & motivation which are more descriptive & less technical in nature, current research has tried to be more scientific & compact in outlining the Vedic-Yogic concepts.

The higher self-motivation is superior to lower materilist motivation. Current model stands out as: its Vedic-Yogic basis, authority of Swami Vivekananda authenticating it, & Ramkrushna mission’s long standing legacy in service of humanity assists as proof. The presented inspiring vision of working as a Supreme’s instrument, calculation of Prakrut-Prana-Personality-Samskara, logically drawan human needs from life’s evolution, accounted levels of human being, recognizing the levels of human actions, incorporating the choice of action, considering the motivation & natural forces at work, nature & effects of multi-dimensional free yogic vs.

materialist binding actions, achievements of four key life goals, & finally human satisfaction from these self-motivated action-outcomes makes it all encompassing. The practical aspect of implementation & working of this model can be felt in the vision, motto, & its execution by Ramkrushna mission. The conscious elevation & guidance by Swami Vivekananda & Ramkrushna Mission is inspiring for otherwise low-spirited society. As evident here, it has raise upon the Vedic-Yogic theories while aligning with the modern motivational models. On top of it, it can also be the ideal for the review & updaton of modern motivational models & theories in modern psychology-management.

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