COUNSELING IMPLICATIONS OF SHRIMAD BHAGWATGEETA

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ABSTRACT

BhagwatGeeta is one of the most sacred and worshipped pieces of literature of the Hindu mythology. The present paper tries to sneak into the teachings of BhagwatGeeta and tries to draw out the undertone from the sacred narration. Many people believe that the teachings of the BhagwatGeeta hold the solutions to most of the day to day humane problems and promote mental well-being in its basic sense.

This work attempts to throw some light on the processes of modern day counseling therapy that is somewhat analogical to the teachings of BhagwatGeeta and also the elements of the emotional distress that can be drawn out of the discourse.

Here, Lord Krishna can be seen as the therapist or the counselor and Arjuna, the great warrior can be seen as his client or the counselee, the setting is the battlefield of Kurukshetra where the battle of the Mahabharata is being fought between the two opposing parties (the Kauravas and the Pandavas) of the same ruling clan.

This work has also made an attempt to portray a picture of the similarities that the BhagwatGeeta has with modern day psychotherapies as CBT, REBT, and Humanistic therapies to name a few.

In the conclusion, it tries to raise certain questions that can be answered through more elaborated an extensive research in order to draw out concrete conclusions.

KEYWORDS: BhagwatGeeta, Mahabharata, counseling, psychotherapy, CBT, REBT.
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