



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor (RJIF): 8.4  
IJAR 2024; 10(4): 378-380  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 24-02-2024  
Accepted: 30-03-2024

**Jyotsnaa G Bansal**  
Reiki Grandmaster,  
Master Numerologist,  
Numero-Researcher,  
Counselor, New Delhi, India

## World peace and harmony: Insights from Srimad Bhagavad Gita

**Jyotsnaa G Bansal**

### Abstract

This research paper studies the profound teachings of the Bhagavad Gita, an important text of Vedic literature, to understand the concepts of World Peace and Harmony. In Vedic culture and scriptures, the concept of World Peace and Harmony is a significant and timeless principle. The Bhagavad Gita, embedded in the epic narrative of the Mahabharata, is presented as a dialogue between Arjuna and his charioteer and spiritual guide, Lord Krishna, offering philosophical and spiritual guidance. This paper attempts to understand, how the teachings of the Gita transcend their historical boundaries to provide timeless wisdom for peace and harmony in the context of modern global challenges. Although the teachings of the Bhagavad Gita are rooted in a specific historical era and provide details of a historical and cultural backgrounds, they remain relevant to the quest for modern world peace.

A significant part of this research paper presents a unique perspective by analyzing the key teachings of the Bhagavad Gita related to peace and harmony. These include the concepts of Dharma (righteous duty), Karma (action without attachment to results) and Yoga (the path of spiritual practice). Through this paper, we will explore how these principles promote personal inner peace, how self-knowledge and self-control serve as keys to harmony, which is essential for achieving broader world peace. Although these teachings are ancient, they hold profound relevance in addressing contemporary global challenges such as modern conflicts, environmental crises and social imbalances and in promoting a peaceful environment.

The principles of peace and harmony described in the Vedic scriptures, especially the Srimad Bhagavad Gita, provide guidance for humanity from the individual level to the global level. This research paper analyzes the importance of these principles in the direction of world peace.

**Keywords:** Peace, world, Gita, Krishna, harmony, modern, dharma, karma, yoga, self-control, historic, cultural, Spirituality, Vedic, Veda

### Introduction

World Peace and Harmony have always been the primary goals of humanity. Vedic scriptures guide us towards the attainment of the goals of World Peace and Harmony. Vedic texts such as Rigveda, Samaveda, Yajurveda and Atharvaveda are significant sources of ancient Indian knowledge and philosophy. The Vedas are divine and unparalleled natural wisdom granted by God for the welfare of all beings. The Vedas, the ancient Indian knowledge, are conceptualized through the tradition of sages for the well-being of the world. These scriptures provide comprehensive guidance on all aspects of human life, including peace and harmony.

The Vedic saying and eternal truth is "Yat Pinde Tat Brahmande" — "Whatever is in the universe is also within you." or "What is outside you is inside you." The main teaching in these Vedic scriptures is that all living beings and humans are parts of the same cosmic soul. "Your body is a miniature of the universe." Therefore, for world peace, it is essential that peace prevails both outside and inside, everywhere!

The concept of "Vasudhaiva Kutumbakam," which means "The entire Earth is one family," is a key principle of Vedic philosophy. Vasudhaiva Kutumbakam signifies not only that we should see all of humanity as our family but also that we should show compassion or empathy towards others. This ideology promotes a sense of understanding and respect among different cultures, religions and races, which is an essential step towards World Peace and Harmony.

**Corresponding Author:**  
**Jyotsnaa G Bansal**  
Reiki Grandmaster,  
Master Numerologist,  
Numero-Researcher,  
Counselor, New Delhi, India

The Vedic texts contain numerous mantras and shlokas that wish for peace and harmony. For example, "Sarve Bhavantu Sukhinah Sarve Santu Niramayah, Sarve Bhadrani Pashyantu Ma Kashchit Dukha Bhag Bhavet." This mantra wishes for the happiness, health and peace of all and prays for everyone to live a prosperous and peaceful life. May all be happy, may all be free from illness. May everyone's life be auspicious and may no one suffer because peace is only possible in the absence of sorrow.

In the same way, the meaning of 'Lokah Samastah Sukhino Bhavantu' is 'May all beings in all the worlds be happy.' This mantra conveys a profound and universal message for world peace. Thus, Vedic scriptures inspire us to move towards peace and harmony. The Vedic scriptures teach us that through self-control, empathy and harmony with nature, we can achieve World Peace and Harmony.

#### • Peace and Harmony as described in the Shrimad Bhagavad Gita

The epic Mahabharata consists of a total of 18 parvas (sections), with the 'Srimad Bhagavad Gita' being a part of the sixth parva, known as the Bhishma Parva. It is said to encompass the essence of all the scriptures. Scholars believe that the Gita contains the essence of all four Vedas and scriptures. The Srimad Bhagavad Gita is a treasure trove of spiritual knowledge, that deeply explores World Peace and Harmony.

The battlefield described in the Gita symbolizes not only a physical war but also represents the internal conflict within the human conscience.

#### • Shlokas/Verses from the Gita related to Peace and Self-Control

One of the main messages of the Gita is that real peace and harmony are not found in external circumstances, but in personal inner peace. The path to personal peace and social harmony goes through self-restraint and self-control. This is described by Lord Krishna in Chapter 2, Verse 71 of the Gita, through self-surrender and self-control:

विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः |  
निर्ममो निरहङ्कारः स शान्तिमधिगच्छति || 2.71||

vihāya kāmān yaḥ sarvān pu mānśh charati niḥsprihaḥ  
nirmamo nirahankārah sa śhāntim adhigachchhati  
|| 2.71||

"The person who renounces all desires and lives a life free from attachment and ego attains true peace."

In the Bhagavad Gita, Lord Krishna teaches Arjuna that through self-control and selfless action, we can achieve inner peace. The root cause of conflict and unrest often lies in our uncontrolled desires and cravings. When these desires are renounced, a person moves towards inner peace, which is essential for social peace and harmony. When we control our minds and fulfill our duties, we not only attain personal peace but also establish harmony in society.

Similarly, in Chapter 2, Verse 70, Lord Krishna uses the example of the ocean's stability and immovability, which remains steady and calm no matter how many rivers flow into it. In the same way, a person who controls their desires attains true peace.

आपूर्यमाणमचलप्रतिष्ठं समुद्रमापः प्रविशन्ति यद्वत् ।  
तद्वत्कामा यं प्रविशन्ति सर्वे स शान्तिमाजोति न कामकामी  
||2.70||

āpūryamāṇam achala-pratiṣṭhām  
samudram āpaḥ praviśhanti yadvat  
tadvat kāmā yaṁ praviśhanti sarve  
sa śhāntim āpnoti na kāmā-kāmī || 2.70 ||

"A person who is not disturbed by the incessant flow of desires, just as the ocean is not disturbed by the rivers that constantly enter it and remains steady, can achieve peace, not the one who strives to satisfy such desires."

In this verse, Lord Krishna uses the metaphor of the ocean, which remains stable and immovable no matter how many rivers flow into it. Similarly, a person who controls their desires and passions attains true peace. When personal peace and self-control are achieved, it is a step towards social harmony and world peace.

नास्ति बुद्धिरयुक्तस्य न चायुक्तस्य भावना |  
न चाभावयतः शान्तिरशान्तस्य कुतः सुखम् || 2.66 ||

nāsti buddhir-ayuktasya na chāyuktasya bhāvanā  
na chābhāvayataḥ śhāntir aśhāntasya kutaḥ sukham ||  
2.66 ||

In Chapter 2, Verse 66, the message is that one who engages in work without connection to Krishna, who is not related to the Supreme Lord, neither has divine intelligence nor a steady mind, without which there is no possibility of peace. Without peace, how can there be happiness?

The meaning of this verse is that a person who cannot control their mind has neither discernment nor concentration. Without concentration, one does not find peace and without peace, how can one find happiness?

One who is not connected to the Supreme Lord cannot have a final goal for their mind and their mind remains afflicted by restlessness. Thus, this verse from the Bhagavad Gita teaches us that personal self-control and mental stability are extremely necessary for the attainment of World Peace and Harmony. Therefore, personal peace and self-control are steps toward social harmony and world peace.

When a person realizes that Krishna is the Enjoyer, the Master and the Friend of all, then they can experience peace with a steady mind. This is described in Chapter 5, Verse 29, which conveys the message of friendship towards all beings and surrender to the Supreme Lord.

भोक्तारं यज्ञतपसां सर्वलोकमहेश्वरम् |  
सुहृदं सर्वभूतानां ज्ञात्वा मां शान्तिमृच्छति || 5.29 ||

bhoktāraṁ yajña-tapasām sarva-loka-maheśhvaram  
suhṛidam sarva-bhūtānām jñātvā māṁ śhāntim  
ri chchhati || 5.29 ||

In this verse, Lord Krishna describes Himself as the Enjoyer of sacrifices and austerities, the Lord of all worlds and the well-wisher (friend) of all living entities. The sole reason for the mind's restlessness is the lack of a final goal. When a person realizes that Krishna is the Enjoyer, the Lord of all worlds and the Friend of all, then they can experience peace.

This verse also teaches us that for World Peace and Harmony, it is essential to maintain a sense of friendship towards all beings and adopt an attitude of surrender towards the Supreme Power, i.e., God. The key to world peace is to have a cooperative and friendly attitude towards all beings. When we adopt this attitude, we prioritize the spirit of surrender and service over selfishness and enmity.

- **From Personal Peace to World Peace**

Just as charity begins at home and then advances to the societal level, similarly, efforts for peace must also be made at three levels, starting with oneself, then extending to family and friends and finally at the global level.

In this journey, our next step is to explore thoroughly into our inner self and experience the peace that is universal. This peace leads towards the welfare of all beings.

- **Chanting the Shanti Mantra three times: Spiritual significance**

The concept of peace in Vedic scriptures can be understood in various contexts. For this, it is necessary to chant the simplest and most universal mantra of peace - "Om Shanti" three times. The threefold chanting of "Shanti" is not done for emphasis, but because the three types of suffering experienced in the three realms of existence seek peace.

Thus, the chanting of the Shanti Mantra three times can be done in various contexts as follows:

1. **For establishing balance and peace in the Body, Mind and Soul:** The concept of peace in Vedic scriptures can be understood as the combination of Body, Mind and Soul. The first chant of "Shanti" purifies the body and frees it from sufferings, diseases and discomforts, thus refreshing the body. The second chant frees the mind from its negative emotions, worries and stress, leading to an incomparable sense of peace in the mind. The third chant provides an elevated spiritual experience that touches the soul, leading it towards spiritual growth. Therefore, chanting the Shanti Mantra three times is essential to establish balance and peace in the Body, Mind and Soul.
  2. **For Self, one's closest Family Members, Friends and the Entire World:** In another sense, chanting the Shanti Mantra three times is done for oneself, one's closest family members and friends and the entire world. Therefore, the Shanti Mantra typically prays for the peace of all beings in the universe.
  3. **To make the Past, Present and Future peaceful:** Chanting the Shanti Mantra three times is also done to bring peace to the Past, Present and Future.
  4. **For peace and contentment in the three realms:** In the Shanti Mantra, chanting "Shanti" three times signifies peace and contentment in all three realms: - Physical, Natural and Spiritual.
- **Physical/ Adibhautika Peace:** This pertains to the material realm. In this realm, we engage in regular activities such as eating, drinking or serving. However, disturbances arise from our surroundings, such as mosquitoes, chaotic neighbors, sarcastic comments and family disputes. While we can control these disruptions to some extent, we cannot do so entirely. Therefore, we pray to God to protect us from them.
  - **Natural/Adidaivika Peace:** This relates to divine beings or nature and natural forces (various elements of the universe, planets, stars). Nature has provided us

with everything we need to live and thrive on Earth. But there are also sufferings caused by nature, such as storms, tsunamis, fires, earthquakes, volcanic eruptions, floods and famines. We cannot control these. This aspect seeks harmony with those external forces we cannot directly control. Thus, we seek peace from the Almighty to protect us from disturbances beyond our control.

- **Mental/Adhyatmika (Spiritual) Peace:** This pertains to the spiritual realm. It allows us to experience contentment in the other two realms. It seeks peace in our inner self, thoughts and emotions. The spiritual realm includes attributes like honesty, cooperation and friendliness in a person's mental state in thoughts, words and actions. Identifying with the ego, people, places and worldly things either creates attachment or aversion. Lust, jealousy, anger, sorrow and hatred can destroy our peace. Thus, the third chanting of "Shanti" is done, praying to God for peace on the spiritual path or against internal obstacles. This leads to self-contentment, self-knowledge and self-realization.

Thus, the mantra "Om Shanti Shanti Shanti" provides a Spiritual, Natural and Personal approach towards world peace, leading us towards tranquility. This mantra teaches us that for world peace, it is essential to have peace in our internal, external and natural environments.

### Conclusion

In summary, according to the eternal message of the Srimad Bhagavad Gita, establishing world peace requires personal self-control, self-knowledge, dedication to righteousness, devotion and a spirit of service. This is crucial because even if we are free from external sufferings, we will never experience peace if our inner realm is not calm. Conversely, once we attain inner peace, no external turmoil can disturb us.

Just as it is necessary to take a specific medicine according to the instructions on the label for it to be effective, it is essential to follow the teachings of the Gita as instructed for world peace. Universal peace must be deeply experienced at the level of body, mind and soul.

Thus, by utilizing the spiritual knowledge of the Gita, we can move towards a more harmonious and peaceful world.

Let us all embrace the peace of our inner selves and spread it throughout the world by chanting the simplest and most universal mantra of peace

### References

1. Bhaktivedanta Swami Prabhupada AC. Srimad Bhagavad Gita As It Is. Bhaktivedanta Book Trust.
2. Srimad Bhagavad Gita. Gorakhpur: Gita Press.
3. Mukundananda Swami. Bhagavad Gita, The Song of God.
4. Srilalitha R, Supriya MV. Workplace spirituality: insights from the Bhagavad Gita. International Journal of Business Excellence. 2019;17(2):210-229.
5. Guda SP, Avadhanam S. Future Global Leaders may be Empowered with Ancient Indian Wisdom. InICMLG2016-4th International Conference on Management, Leadership and Governance: ICMLG2016; c2016. p. 146. Academic Conferences and publishing limited.