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Manache Shloka by Samarth Ramdas Swami: Guide for Psychological Well-Being

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Abstract:

With the implementation of NEP 2020 the subject category which is being deliberated on the large scale among the teaching fraternity is Indian Knowledge System. Every subject teacher is worried regarding how the particular subject and the IKS should be interlinked. One of the most important reasons behind this turmoil is the teaching fraternity themselves has been educated through Macaulay's education system in which there was very little scope for the Indian treasure of knowledge. So, the foremost challenge in front of the teachers across India, today is to delve deep into the insights of this untouched, permanent treasure of IKS and make themselves acquainted with these universal and forever teachings displayed in various *Darshanas, Vedas and Upanishads* and then convey them to the stakeholders in the most appealing manner. Psychology as a branch of knowledge or science emerged very late on the verge of 20th century but before that many Yogis and Saints have already worked upon it in India and produced scientific literature to guide the future generations. In this research paper researcher aims to imply and understand the deeper message extended by Samarth Ramdas Swami in his voluminous works for the well-being of mental health which is the foundation of happy, healthy and prosperous life.

Introduction:

With the implementation of NEP 2020 the subject category which is being deliberated on a large scale among the teaching fraternity is Indian Knowledge

System. Every subject teacher is worried regarding how the particular subject and the IKS should be interlinked. One of the most important reasons behind this turmoil is that the teaching fraternity themselves have been educated through Macaulay's education system in which there was very little scope for the Indian treasure of knowledge. So, the foremost challenge in front of the teachers across India, today is to delve deep into the insights of this untouched, permanent treasure of IKS and make themselves acquainted with these universal and forever teachings displayed in various *Darshanas, Vedas and Upanishads* and then convey them to the stakeholders in the most appealing manner. The second and crucial important hurdle the teachers feel is that the IKS is hidden and embedded especially in Sanskrit and various regional languages of ancient and middle Indian Period. Various English translations and regional language illustrations make this task more challenging for the teachers. But as the saying goes 'There is opportunity hidden in every obstacle', in the same way there is a golden opportunity for the teachers across all subjects pan India to study, understand and spread this intuitive and extensive knowledge of ages among the students who are the spokesperson of the India in future.

One of the special features of IKS is that most of it is created or written by Yogis or Saints in the state of mediation as an intuition. So, it will be a great blunder on the side of academicians if they just stick to the denotative meaning failing to absorb the beautiful layers of connotative meanings hidden deep in the lines of these manuscripts.

Aims and Objectives:

This research paper aims to understand one such hidden treasure which is most of the times labelled as religious scripture but in addition to being religious scripture, it is the apt commentary and proper advice, guidance to the fumbled generations lost in the current of material advancement without paying attention to the well-being of their inner self or mind. Psychology as a branch of knowledge or science emerged very late on the verge of 20th century but before that many Yogis and Saints have already worked upon it in India and produced scientific literature to guide the future generations. In this paper researcher aims to imply and understand the deeper message extended by Samarth Ramdas Swami in his voluminous works for the well-being of mental health which is the foundation of happy, healthy and prosperous life.

Limitations:

Due to the vast scope of research, researcher has selected seven *shlokas* from *Manache Shlok* which highlights the importance of mental health and well-being.

Life and work of Samarth Ramdas Swami :

Samarth Ramdas Swami was an Indian philosopher, poet, saint and spiritual *Guru* during 17th century Maharashtra. He was devotee of Lord Ram and Hanuman. He gave equal importance to physical and mental strength. He initiated Samarth *Panth* and established *mathas* across India.

He started Samartha, a sect of sannyasins with high moral character and no personal ambition. These sannyasins had an intense desire to change the prevailing conditions of the society through political and belligerent means. They were first answerable to God, and then to the society or their nation. He argued that "saints were not those who prayed silently but those who with their piety, knowledge and strength would cast aside their aloofness and help people in distress". He established *mathas* or holy places for them. These *mathas* provided an atmosphere which

synthesized social work, politics and spirituality for the benefit of the society.

(<https://thedailyguardian.com/the-revolutionary-teachings-of-samarth-ramdas/>)

Samarth Ramdas Swami had written extensive literature. His literary works include *Dasbodh*, *Karunashtakas*, *Sunderkand*, *Yuddhakand*, *Poorvarambh*, *Antarbhav*, *Aatmaaram*, *Chaturthman*, *Panchman*, *Manpanchak*, *Janaswabhawgosavi*, *Panchsamasi*, *Saptsamasi*, *Sagundhyan*, *Nirgundhyan*, *Junatpurush*, *Shadripunirupan*, *Panchikaranyog*, *Manache Shlok*.

Manache Shlok :

Manache Shlok is a text composed by the Indian saint, Samarth Ramdas Swami. It is a unique combination of psychology, philosophy, and spirituality. It is composed of 205 shlokas, or verses, which contain timeless wisdom that can help us think more clearly, make better decisions, and live a meaningful and fulfilling life. It offers invaluable advice on how to live a better life and develop one's personality. It teaches us to use our rationality to discern between good and bad, and to resist any temptation to do wrong.

(<https://www.yuvanawellness.com/post/manache-shlok-for-a-strong-personality#:~:text=Manache%20shlok%20teaches%20us%20the,extreme%20desires%2C%20and%20being%20realistic.>)

Importance of the Universal Messages hidden in the quatrains of Manache Shlok :

मना राजन्ना भक्तिपंथेचि जावें।
तरी श्रीहरी पाविजेतो स्वभावे॥
जनीं निघ ते सर्व सोडूनि द्यावें।
जनीं वंघ ते सर्व भावे करावे॥२॥

Human mind is always caught in the conflict of which path to choose in the life to be successful and lead a contended life. The answer of this turmoil which is common for all human beings despite of space and time constraints is sought or given by Samarth Ramdas Swami. He advises the readers



and chanters of these shlokas that whatever is wrong in your own and societal mind, you should leave that path immediately and tread the path which is appreciated as right by our conscious mind and which has the societal approval for the peace of our own mind. He also says that always follow the path of *Bhakti* (devotion) then human being will achieve the bliss they are after.

प्रभाते मनो राम चिंतित जावा।
पुढे वैखरो राम आयो वदावा।।
सदाचार हा योर सांडू नये तो।
जन्तो तोंचि तो मानवो धन्व होतो।।३।।

In the third Shloka he advises one should start the day by reminding and chanting the name of the Lord Ram because when you know that somebody is observing us or we are answerable to someone for our wrong deeds and then only we will be after our righteous deeds. He further says, never leave the path of truth and good deeds under any condition. Then only human life will be meaningful and without stress. May be by shortcuts or immoral ways, we may achieve name, fame, monetary gains in short span but it is temporary and we have to repay its cost in one form or another; may be mental stress leading to physical illness. So, it is better to stick to the right path which is full of hardships but which is serene, peaceful and long-lasting.

मना वासना दुष्ट कामा न ये रे।
मना सर्वथा पापबुद्धी नको रे।।
मना धर्मता नीति सोडू नको हो।
मना अंतरीं सार वीचार राहो।।४।।

In the fourth quatrain, he is giving the secret of blissful mind. He asserts the importance of good thinking about ourselves as well as others. He advises, we should never have any greed, lust or even a sinful mind. We should never think bad about others though they are bad or behaving bad with us. He says, we should stick to the path of *Dharm* that is path of truth and good deeds. We should always have crystal clear thoughts which are not contaminated by the ill-will about others, then only we can live happily.

मना पापसंकल्प सोडूनि द्यावा।
मना सत्यसंकल्प जीवीं धरावा।।
मना कल्पना ते नको वीषयांची।
विकारे घडे हो जनी सर्व ची ची।।५।।

In this fifth quatrain, Samarth Ramdas Swami once again asserts the importance of truth. He says, human beings should aim more for peace of mind rather than material gains. Human beings should search for the eternal happiness and should not incessantly run after the short-lived material gains leading further to unending wants which later may convert into some kind of illness if not controlled in time.

नको रे मना क्रोध हा खेदकारी।
नको रे मना काम नाना विकारी।।
नको रे मना लोभ हा अंगिकारू।
नको रे मना मत्सरु दंभ भारू।।६।।

This sixth quatrain surely reasserts that Samarth Ramdas Swami is providing the secret of happy and blissful life to its readers. In the current scenario people need the help of the counsellors and the therapists for the well-being of their minds but here Samarth Ramdas Swami is insisting that no one can cure us except ourselves. He elaborates the importance of purgation of the mind from anger, lust, greed and jealousy which is the secret for peaceful life then and forever.

मना श्रेष्ठ धारिष्ट जीवीं धरावे।
मना बोलणे नीच रोशीत जावे।।
स्वयं सर्वदा नम्र वाचे वदावे।
मना सर्व लोकांसि रे नीचवावे।।७।।

Many a times good people suffer in the society due to the bad people around them but here is immortal advice given by Samarth Ramdas Swami where he says, you will encounter such kind of people everywhere in the society, may be even in your family, friends and colleagues so you can't escape from them everywhere. Rather he gives the solution to confront such people boldly without leaving your original nature of speaking only truth with humbleness. He says sometimes it is not necessary

to reply these critics in every walk of your life, you can't pacify all but you should aim at the satisfaction of your own mind.

देहे त्यागितां कीर्ति मार्गे उरावी।
मना सज्जना हेचि क्रीया धरावी।।
मना चंदनाचे परी त्वां झिजावे।
परी अंतरों सज्जना नीववावे।।८।।

He says in this quatrain, the people who are remembered forever even after their death, they are the one who are always on the right path and who have not lived a selfish life but who have sacrificed their lives for the well-being of others. People will remember you on the basis of your good deeds and not by how much wealth you have accumulated throughout your lifetime. So, it is better to be like sandalwood log which may remain physically or not but its fragrance will be forever; similarly, the fragrance of good deeds and truth of good people will be forever.

Conclusion:

Manache Shlok by Ramdas Swami is one among the many hidden treasures of vast ocean of

IKS. If these teachings of our Yogis and Saints are properly communicated and taught by the teaching fraternity, for which they themselves have to strive in the beginning to get the deeper insights about the same; but if this happens intensively the day is not far when everyone in India will be leading a happy, contented and successful life-giving message to the world that IKS is the beacon of right path of successful life.

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