

Yoga and Positive Psychology for Managing Career and Life
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Shat Sampatti: The Means to Surpass the Obstacles on the Way of Attaining Wellbeing
Lecture - 57
How are the Six Inner Treasures Valuable for Career?

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Wellbeing under the Shade of Dharma Tree



THE SPEAKING TREE



The [Bhāgavata](#) states that [Dharma](#) married the thirteen daughters of Dakṣaprajāpati named [Śraddhā](#), [Maitrī](#), [Dayā](#), [Śānti](#), [Puṣṭi](#), [Tuṣṭi](#), [Kṛivā](#), [Unnati](#), [Buddhi](#), [Medhā](#), [Titikṣā](#), [Hrī](#) and [Mūrti](#).

From each of his wives there originated a family. The son born to each is given below

Śraddhā— Śubha ;	Unnati (Progress)— Darpa ; arrogance
Maitrī (Friendliness)— Prasāda ; propitiation	Buddhi (Intellect)— Artha ; material wealth
Dayā (Compassion)— Abhaya ; fearlessness	Medhā (Positive intellect)— Sukṛti ; auspicious activity
Śānti (Peace)— Sukha ; <i>satvik</i> pleasure	Titikṣā (Resilience)— Śama ; equanimity
Tuṣṭi (Nurture)— Mada ; pleasure	Hrī— Prasāya ; courtesy, politeness,

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So, Indian traditional wisdom gives a lot of beautiful concepts which are very positive in nature. So, we can say these are the positive psychological construct in the Indian wisdom tradition and most of the time these concepts are presented in very interesting stories. So, this story is about Dharma getting married to the thirteen daughters of Dakshaprajapati. Dakshaprajapati is the one who is the one who created this world.

So, that power which that power of the Brahman who which created this world. So, Dharm married to the thirteen daughters. And these who are the thirteen daughters? These are Sraddha, Maitri etcetera. All these daughters are reflection of the positive qualities. So, Sraddha we have already discussed. These daughters then further gave birth to son or daughters.

So, that is how the whole Dharma family comes into existence and this Dharma family is the excellent combination of multiple positive constructs defined in the Indian traditional wisdom. Sraddha, we discussed in the previous slide. Sraddha gives birth to Subha, Subha is the name of the deity who causes wellness and who kills the demons. Maitri, Maitri means wordly meaning is friendliness.

Friendliness result into Prasad that is propitiation, happiness and satisfaction. Daya meaning of Daya is compassion. The compassion has the son called Abhaya when I have compassion for others, I develop the fearlessness towards the world. Santi is the another daughter, Santi meaning peace. When peace marries and give birth to a son with Dharma that son is called Sukha that is satvik pleasure, that is the positive pleasure.


Tusti meaning nurturing. And Tusti gives us more sensuous pleasure, that is Moda and Unnati is another daughter. The Unnati meaning progress and with the progress in the physical world we it gives birth to Darpa, that is arrogance. Buddhi is intellect that is another daughter. Buddhi and Dharma result into Artha, that is a material wealth. Medha that is more refined intellect.

When more refined intellect marries Dharma, it gives it gives birth to a daughter called Sukrti auspicious activities. Titiksa we already discussed, Titiksa is another wife of Dharma she gives birth to Sama, that is equanimity, that is the name of his son Sama. So, and similarly Hri gives birth to Prasraya or courtesy or politeness.

So, we can see that this Dharma tree is the combination of many related and positive psychological constructs given in the traditional wisdom. The Dharma tree is also commonly used heuristic in the Buddhist literature. In the Buddhism Dharma tree is the tree which reflects many acharyas, many enlightened masters arranged in certain order.


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How Six Inner Treasures are Valuable for the Career?



- (a) Sama — Emotional intelligence (Awareness and Managing emotions of self and others)
- (b) Dama — Discipline, Time management
- (c) Shraddha — Following the norms of safety and other processes
- (d) Titiksha — Resilience at individual and organizational level
- (e) Uparati — Recognition of the efforts, celebration of the small wins
- (f) Samadhana — Remaining committed and focused with acceptance of the outcome after putting in your best effort

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Let us look at how these six treasures are relevant for our career, because managing self and managing career both are equally important and both are part of this course. Sama is reflection of emotional intelligence, being aware of the mind fluctuation, controlling of the mind, controlling of the emotion, being aware and managing motion for self and other.

An emotional intelligence is found to be as important as IQ for the professional success. dama is discipline. You remember energy focus matrix until we have dama, we cannot remain focused on the task and we cannot follow the timetable. Time management requires discipline just by managing Google Calendar we cannot manage time. That discipline can come only with Dam. Shraddha, Shraddha is reverence for the tapa, gyan, yagya following the norms.

There are safety norms, there are other processes in the lean or in six sigma we have to follow certain norms. We need to have reverence for those norms these norms are for the well being of the profession, well being of the organization that is also Shraddha and that is very important for organizational success and personal career success. Resilience is another name for titiksha, religion resilience at individual level and organizational level both are important.

Then there is a vast body of literature which talks about resilient organizations and resilience in the executives. Uparati, recognition of the effort, recognizing what I am good at and pursuing that

when I am pursuing that which I am good at I can celebrate even the small wins. That is important for professional success. If I keep changing my profession from one direction to another, I cannot hope to be successful.

So, I need to have uparati I need to find out what is my aptitude, what I am good at, what is my svadharma reflected in profession and that is the foundation for the career success. Then come samadhan. After finding out your true calling, after recognizing what is my aptitude, following the Shraddha, following the Dama, we develop something, we build something, we are able to achieve something that may or may not be as per our ambition.

Accepting that and still remaining on that path that is samadhan. So, we can see that all these shat sampatti are equally important in the career success as well. And there is a vast existing body of literature which is talking about these qualities.

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Ronaldo, who has grown into a pillar, is not at all complacent. Regardless of wind and rain, he does two hundred push-ups, runs five kilometers, and trains for 4 hours a day.

Studies have pointed out that Ronaldo can jump as much as a meter, and his jumping ability is higher than that of ordinary NBA basketball players.

In the hotel room of the training camp, others are resting. Ronaldo always does sit-ups while watching TV



Shri. G. Narayana is chairman emeritus of Excel Industries Limited, chairman and director of several companies and a mentor, contributor, educator and trainer in management. He is a mentor to several chief executives, executives, lecturers, students, corporations, management institutions, universities, colleges, schools and social, spiritual and voluntary organizations. He has adopted a missionary life of contributing and assisting several people to experience their own inner light and potential and for peace and harmony amongst different



I have two gurukuls, because of my Guru Ma. My gurukul is called Vrindavan. My students practice all the time and in doing so they are with me all the time. They have become my family. I have students from all over the world. And they don't just stay for one or two years.

Most stay for more than five years. Practicing is not just about holding an instrument and playing it. It is about constantly thinking about music- what am I going to perform, how to make it more beautiful when I perform, how did I perform last time

I end this session with three examples. These are examples of epitome of professional success in diverse field. And you can see that these people became successful with some or other of the shat sampatti. Actually, all these sampathis are connected and these are reflected in person in the success successful personalities.

My first example is Ronaldo. We all know that he was born he was in in in a family in the Portugal which was not the family of a very wealthy people. His father was a gardener and his mother was a cleaner. And regardless of lack of means he went to a club then he practiced very hard even today he practices very hard.

Studies have pointed out that Ronaldo can jump as much as a meter and his jumping ability is higher than that of ordinary basketball player who play for NBA. Even in the hotel rooms of training camp others might be resting, but he is following his sit up practices and he invariably gives 4 hour for his training, 100 push ups regardless of wind and rain his regimen is he follows that regimen.

We can see that dama and titiksha are so very treasures in the Ronaldo's personality. Another example of Narayana another example is G. Narayana [FL], he is also called Guruji, he is a Chairman emeritus of Excel Industries Limited, he is a Chairman and director of several companies, he is a mentor, contributor, educator, trainer in management, he is mentored to several chief executives, lecturer's, students, corporates.

In his story in the famous book Leading with Wisdom he mentions about importance of sama. After a major business loss he went for self reflection, he deliberately got into the spiritual sadhana to quieten his mind to bring calmness in his mind.

In arising from that calmness was his life goal, he was able to find his svadharma, he able to chalk out his path when he experienced sama, after major turmoil, after major business loss. And after that he became so famous and became so revered and respectful in the corporate world in India.

Third example is of Pandit Hariprasad Chaurasia, he also practices. So, he has in the he has this quality of uparati, he has this quality of titiksha, he has this quality of samadhan ekagrata. And when he says that we need to remain in sadhana at one place he says that most stay for more than 5 years about his students, he also says that practicing is not just about holding an instrument and playing it.

It is about constantly thinking about music, what am I going to perform, how to make it more beautiful when I perform next time, how do I perform last time, how can I make it better this time constantly thinking about it. So, we can see these three examples how the shat sampatti can be the

foundation for vyavharik success, the career success as well. And these are the ways of attaining well being; these are the ways of surpassing the obstacles on the path of well being.