

THE WHEEL OF WORK LIFE IN GAUR GOPAL DAS' *LIFE'S AMAZING SECRETS: HOW TO FIND BALANCE AND PURPOSE IN YOUR LIFE*

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Abstract

Gaur Gopal Das' Life's Amazing Secrets: How to Find Balance and Purpose in Your Life became a huge cult all around the globe. Most of us are aware of Gaur Gopal Das being a spiritual orator through youtube video clips. His book Life's Amazing Secrets: How to Find Balance and Purpose in Your Life reached the pinnacle of optimism to great heights. This second wheel named Work Life is described in details in this research paper. The Wheel of "Work Life" is bound with competitions everywhere so that the individuals must discover themselves to decode spirituality and gather integrity and character within. The spiritual outlook provides an invisible fragrance through both the conversation of Gaur Gopal Prabhu and Hari. Through the meticulous display of simplicity and honesty, anyone can execute the warmth within pouring down Gaur Gopal's kindness through words filling every nook and corner of the readers' soul to find balance and purpose in one's life.

Keywords: orator, optimism, wheel, work life and spiritual outlook

Gaur Gopal Das is an Indian motivational speaker and his speech has gained ground all over the globe. He has grabbed the award "The Ideal Young Spiritual Guru Award" by the Dr Vishwanath Karat MIT World Peace University in the year 2018. He has written a self-help book named *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life* in the year 2018. In this book, Das had conjoined together four different units of Life known as "Wheels". After that, he named those Wheels of Life as "Personal Life", "Relationships", "Work Life" and "Social Contribution."

In "Wheel 3: Work Life" Gaur Gopal Das had stressed on the "Work Life". He had delved his vision into four chapters. These chapters are named as "Competition Crossroads", "Self-Discovery", "Decoding Spirituality at Work" and "Integrity and Character". In each of the four chapters of "Work Life", Gaur Gopal stressed on the importance of work and the outcomes one face in the process and its response to it. Each of the four chapters begins with

a quote by various legendary figures like Steve Jobs, Paulo Coelho, Radhanath Swami and another anonymous writer.

The thirteenth chapter is named as “Competition Crossroads”. It is named so as Gopal Das penned plenty of competition market skills and real-life examples to help the individuals to focus on his or her goals. Both Gaur Gopal Das and Hari were heading towards Gaur Gopal Das’ ashram where they were invited by heavy traffic in the streets of Mumbai. By observing the traffic congestion, Hari could recall his work experience and rat race where individuals try to go ahead of each other. If they fail to do so, they could not control themselves and burst out to anger. He even insisted to get rid of this dog-eat-dog society and wanted to know some measures.

Gaur Gopal Das took some positive measures and said about competition in the following lines:

It’s found in all spheres of life, whether it is between students, professional couples or even monks! Competition is a mindset that we have to redefine. (122)

Competition is in every sphere of life and one must be the better version of oneself to bring laurels to his/her life in the long run. One must be aware that an individual has a unique gift with oneself. One must be aware of the fact that one is the biggest competitor of oneself at every moment in order to be the best version of oneself. Here, one may gather self-confidence within oneself.

“We should be striving to do our very best to realize our dreams about our future selves. Not only will this attitude keep our mind free from envy and insecurity but it will also help us reach our fullest potential, bringing immense success and a deep sense of satisfaction.” (130)

If one knows very well that one is the best version of oneself, he/she must know that the individual could not be the best version in the world. Here, the individual’s self-confidence may turn into arrogance which is undoubtedly the worst enemy of growth. Jealousy is one of the most burning eight letter words and we must distance it to avoid future conflicts. When the individual does act on those feelings, jealousy turns into envy which becomes the root cause of being competitive with others.

Gaur Gopal Das had described competition in sports, business, politics and workplace where he emphasized the description of Workplace within a few pages. He had described different forms of unhealthy competition through “Gossip, back-stabbing, spreading lies and not cooperating with co-workers on purpose” (126). He had described the tragic story of Jaymin where his “Years of hard work lost in a flash-all because of envy and uncontrolled ambition.” (128)

The chapter “Competition Crossroads” ends with the fact that one must be humble and learn the possible ways on how to manage demanding situations at the workplace in a

clean way. One must constantly work smart and hard on self-improvement to achieve excellence.

The fourteenth chapter “Self-Discovery” awakens the poor soul to find balance and purpose in one’s life. One can compete with oneself if one has the clear idea of one’s potential, capacities and limitations. Everyone has been gifted with the special ability, skills and talents. Everyone is unique in their own fields of Life. God through a hidden veil covers our potential, talent and skills. It is only human beings who have the power to unveil this hidden veil and discover ideas. A similar idea was penned by Marianne Williamson in *A Return to Love: Reflections on the Principles of "A Course in Miracles"*:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. (VII, iii, 190-191)

We need to understand and discover our true potential. Reaching our purpose in the journey of our life is a journey that we experience and it is not at all an event. “The further we delve towards realizing our potential, the more layers we start to uncover, and with every layer, we come across smaller gifts that were hidden within us. We do not have to wait to experience happiness until all the layers are taken off and the large gift – our true potential- is revealed to us.” (137-38)

Gaur Gopal dexterously brings forward a Japanese psychological concept of ikigai helped us to fulfil our lives and paths. It is understood to mean “a reason to live” or having the sole purpose in life. It brings forward four significant questions:

“What do you love?”

“What are you good at?”

“What does the world need?”

“What can you get paid for?”

These four routes can help an individual to keep a proper balance to our life. An important aspect of looking forward to living can be described through the concept of ikigai.

The fifteenth chapter “Decoding Spirituality at Work” opens with the beautiful quote by Radhanath Swami where he says “Earn with integrity, spend with compassion”. Here, Hari wanted to know how the element of spirituality helps the individual to focus on their

goals. Gaur Gopal responded with the fact that spirituality helps the soul to declutter one's pristine thoughts and mind. It is both an invincible and invisible tool to bestow kaleidoscopic images of clarity and focus. Undergoing the training of spirituality, one can understand its hidden purpose at a deeper level.

Here, one is being imparted with aplomb with the conversation of Lord Krishna and Arjuna from The Bhagavad Gita. In the battlefield of Kurukshetra, Arjuna was confused to battle against the army of Kauravas.

O Krishna, I do not desire the victory, kingdom, or the happiness accruing it. Of what avail will be a kingdom, pleasures, or even life itself, when the very persons for whom we covet them, are standing before us for battle? *The Bhagavad Gita* (1. 32-33)

Sri Krishna urged Arjuna to fight for his rights. It would be an immense loss for the Pandavas had Arjuna remained morose and quit from the battlefield. Sri Krishna inspired Arjuna to fight back and capture the throne. Spirituality here does not destroy our ambition. In a sense, it redirects and swings our minds to the service of others.

People may look at the comic side of spiritualist but one must bear in mind the heavyweights like Late Dr A.P.J. Abdul Kalam, the former president of India and civil rights activist Martin Luther King are the famous personalities who practised spirituality.

In office purposes, we must bear in mind that spiritualists transform the character of human beings. Although a person can earn a lot of bucks, we must also know the benefit of serving the money carefully. If we keep our intentions and actions clean, we must develop an updated human being who would be correct both in their conscience and moral sense.

In the sixteenth chapter "Integrity and Character", Gaur Gopal Das focussed that in the spiritual realm, people can get inspiration from their hearts. It is only the heart that beats to pump up optimism, faith and hope. It is the heart that speaks and motivates people into action and not the battle of heads. One may get inspiration from those people who live with the "right conduct, character and integrity, sadachar in Sanskrit." (155)

The three aspects of spirituality in practice are very well described by Gaur Gopal Das. These are "Vichar", "Aachar" and "Prachar". In the philosophy of "Vichar", we individuals follow the philosophy of life. Unless we develop ideas on our mind, we cannot process to experience life within the threshold of our dreams. One must understand how one should live and its effects of spirituality in different areas of our self-growth. In the philosophy of "Aachar", one must know very well how can one develop good character and conduct. One must develop a moralistic character within oneself so that seeds of fortitude, empathy, righteousness, courage and good behaviours stem in the eternity.

Actor Hrithik Roshan in an interactive lecture to the students of Global Indian International School in the year 2013 described the beauty of character and greatness of human beings in every arena of life.

One thing that will make you great in your life beyond money, beyond strength, beyond anything else is your character. Know who you are. Walk your paths. Know your truths. The character that will make you great in whatever you do in your life. Remember the status in your life is not defined by what work you do but how well you do it. It does not matter what you do whatever you do you do it great and that will show the character to the people around you.

In the philosophy of Prachar, we must practise the good conduct that is exhibited to the world only through actions. We must inspire others so that they may get the wisdom of loyalty, courage and good manners. We must value the element of spirituality by which these elements can be practised wholeheartedly. We must also recall the fact that “What great men do, common men, follow.” (159)

We can also relate this philosophy of Prachar with Sri Sai Baba's Tatwa Prachar from *The Spiritual Philosophy of Shri Shirdi Sai Baba* Teach my philosophy in a few words without ado, Spread my tatwa amongst the crowds
My moral sayings and Gospels will give
Nectar-like, crystal clear vision of pure love. (64)

Through the “Wheel 3: Work Life” Gaur Gopal Das magnified his glances through the minute things that take place in our work scenarios. Each of the chapters was introduced a particular quote by different eminent personalities. Das had even given a summary of the lists to be followed for working on a healthy and balanced lifestyle. This Wheel of Work Life harnesses one's positive and determined attitude to focus on his/her goals. By this process, one can be a better person related to an employee in the job circle. One must follow each of the following techniques to be a successful and improved way of being a workaholic.

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