



# Self-Motivation: A Comparative Study Of Tagore And Kabir

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## ABSTRACT

Self-motivation is the inner drive that leads a person to take responsibility, develop and fulfil aims, and persist in the face of difficulties without the help of rewards or encouragement from others. It entails a blend of self-control, tenacity, and devotion that drives the pursuit of goals, whether they be professional or personal. A common component of self-motivation is goal-setting that is precise, attainable, and explicit. These objectives provide people focus and direction, enabling them to track their progress. Spirituality, self-awareness, and a strong bond with the divine or inner self are the foundations of self-motivation. In the writings of Tagore and Kabir, self-motivation refers to a person's path towards inner strength, spiritual enlightenment, and the recognition of a greater truth. Their poetry invites people to look within for inspiration, driven by a deep sense of self-awareness and spirituality. Living well means mastering a certain set of talents practice. Study and practice are the keys to acquiring the art of life. Self-motivation is essential for both professional and personal development since it empowers people to take charge of their lives, overcome obstacles, and succeed on their own.

**KEYWORDS:**[Self-motivation,Encouragement,Self-control,Self-awareness, Spiritual enlightenment]

## INTRODUCTION

Rabindranath Tagore's poems and the translated poems of Kabir Das, exemplified that a person's inner motivation and belief that propel them to pursue knowledge, insight, and a better condition of being is known as self-motivation. Self-awareness, spirituality, and a strong bond with the divine or inner self are the foundations of this self-motivation. The desire for heavenly unity and spiritual enlightenment is frequently expressed in Tagore's poems. This goal acts as a source of inspiration for people, pushing them to go past the surface and pursue a more profound, meaningful life. In "Gitanjali" (Song Offerings), Tagore writes, "Where the mind is without fear and the head is held high; Where knowledge is free..."[1] This powerful poem serves as an awakening to a life of bravery, honesty, and unceasing pursuit of excellence. It inspires people to strive for greater goals, seek knowledge, and live freely. The idea of a freed mind and soul motivates unwavering work towards both individual and group improvement. This poetry inspires people to strive for a liberated and enlightened ideal. In order to overcome obstacles in life, Tagore emphasises the value of inner strength and resilience. He believed that self-motivation originates from inside and is fostered by a strong feeling of tenacity and self-belief. According to Blatt and colleagues, interpersonal relatedness and self-definition are two key developmental vectors, the integration of which is central for development and well-being (Blatt & Shichman, 1983). SDT (Deci & Ryan, 1985)[2]. Kabir's poetry frequently addresses the idea of realising oneself and unearthing the inner truth. He inspires people to dig within to discover the divine and recognise who they really are. Numerous enlightened teachers have attested to the extraordinary qualities of this condition that defy rational explanation. The goal of spiritual science is to eliminate self-awareness and reveal the inherent perfection in every person. It is as rigorous and meticulous as inquiry in the physical sciences.[3] In one of Kabir's couplets, he says  
Beneath the great umbrella of my King

Millions of suns and moons and stars are shining!  
 He is the Mind within my mind: He is the Eye within mine eye.  
 Ah, could my mind and eyes be one!  
 Could my love but reach to my Lover!  
 Could but the fiery heat of my heart be cooled!  
 Kabir says: "When you unite love with the Lover,  
 Then you have love's perfection.[4]  
 This highlights the idea of inner unity and self-discovery as a source of motivation.  
 Kabir promotes letting go of worldly belongings and feeble wants, contending that genuine inspiration and contentment originate from spiritual endeavours and inner fulfilment.  
 Dance, my heart! dance to-day with joy.  
 The strains of love fill the days and the nights with music,  
 And the world is listening to its melodies:  
 Mad with joy, life and death dance to the rhythm of this music.  
 The hills and the sea and the earth dance.  
 The world of man dances in laughter and tears.  
 Why put on the robe of the monk,  
 And live aloof from the world in lonely pride?  
 Behold! my heart dances in the delight of a hundred arts;  
 And the Creator is well pleased. [5]

The poet expresses a sense of excitement and euphoria by asking his heart to dance with joy. This can represent a profound sense of inner joy or a spiritual rebirth. Love is described as a perpetual and all-encompassing power that permeates every instant, day and night, with its melodies, and the world is listening to them. The fact that this love song is heard all throughout the world suggests that love is a force that is both ubiquitous and universal. The ideas of life and death come to life and happily dance to the melody of love. This represents the notion that life and death are both a part of a happy, harmonious cycle that is impacted by love. The land, the sea, and the hills all take part in this dance, signifying that all of creation is embraced by the joy and beat of love, not just humans. The human experience, with its mixture of tears and laughter, likewise moves to this beat. This statement emphasises the range of human emotions and implies that happiness and sadness are entwined in life's dance. These lyrics suggest that the way to spiritual fulfilment and heavenly approval is to live a life full of love, joy, and active participation in the world. The poem places a strong emphasis on the beauty and joy of life and love. Love is a strong, all-encompassing force that makes everything in the universe harmonious and joyful. In order to overcome obstacles in life, Tagore emphasises the value of inner strength and resilience. He believed that self-motivation originates from inside and is fostered by a strong feeling of tenacity and self-belief.

LIGHT, my light, the world-filling light, the eye-kissing light, heart-sweetening light!  
 Ah, the light dances, my darling, at the centre of my life; the light strikes, my darling, the  
 chords of my love; the sky opens, the wind runs wild, laughter passes over the earth.  
 The butterflies spread their sails on the sea of light. Lilies and jasmines surge up on the  
 crest of the waves of light.  
 The light is shattered into gold on every cloud, my darling, and it scatters gems in  
 profusion.  
 Mirth spreads from leaf to leaf, my darling, and gladness without measure. The  
 heaven's river has drowned its banks and the flood of joy is abroad.<sup>6</sup>

Light symbolises the defeat of darkness. Here light is an embodiment of spiritual bliss which terminates the chaos of ignorance. It makes man aware of God's omnipresence. Like light, He is dispersed everywhere, and His creation is joyfully revelling beneath His warmth. Both nature and man are dancing, celebrating, and basking in His bounty. The source of energy, heavenly wisdom, and soul illumination is this divine light. Everything—man, nature, and heaven—is brimming with joy and renewal in this state of spiritual ecstasy. The poet is giving thanks and praise to God for His amazing gift. This encourages the possibility of discovering motivation inside oneself.

Spirituality is emphasised by both Tagore and Kabir as an essential component of self-motivation. While Kabir's approach is straightforward and filled with figurative insight, Tagore's is frequently more lyrical and spiritual.

THE same stream of life that runs through my veins night and day runs through the  
 world and dances in rhythmic measures.  
 It is the same life that shoots in joy through the dust of the earth in numberless blades of  
 grass and breaks into tumultuous waves of leaves and flowers.  
 It is the same life that is rocked in the ocean-cradle of birth and of death, in ebb and in  
 flow.

I feel my limbs are made glorious by the touch of this world of life. And my pride is from the life-throb of ages dancing in my blood this moment.<sup>7</sup>

The poet rejoices in the song of existence. He likes the kinship with the other things of creation and is happy to be a part of His creation. The Divine is within him and is expressed and manifested in his life. He takes great pleasure in being a part of life, which has always existed despite the passage of time. Being a part of God's creation, he finds immortal, immanent, and supreme power in himself. He is conscious of the ultimate reality of God's existence in every object of His creation. The poet claims that the same vitality that animates him also activates the world and the natural world. According to Wordsworth, the universal soul is the source from which both the soul of nature and the soul of man originate. The life, joy, and vigour that He bestowed upon us bursts forth from the earth in the form of countless grass blades and explodes into vibrant waves of flowers and leaves. The poet takes great pride in his life and his connection to nature. Life expresses the divine inside man and serves as a bridge to the life that has persisted throughout history. The life within him is a sign of his divinity and eternal life.

Seeking a higher purpose or comprehending life's meaning are common spiritual practices that can help people feel more orientated. People are more driven to pursue their objectives with zeal and dedication when they believe that their activities are in line with a higher purpose. Spiritual beliefs can assist people in finding purpose in life's adversities by helping them see them as chances for personal development. Resilience and tenacity, two essential elements of inner motivation, can be fuelled by this viewpoint.

According to Fred Luthans, "Motivation is the process which begins with a physiological or psychological need or deficiency which triggers behavior or a drive that is aimed at a goal or incentive."<sup>8</sup>

Identifying and challenging negative or limiting thoughts, such as "I'm not good enough" or "It's too hard," can help shift the mindset to a more positive and empowered state, enhancing self-motivation. Gratitude-based thoughts can help one turn their attention from life's shortcomings to its abundance. This constructive change of viewpoint improves emotional health and inspires people to pursue their objectives with a sense of accomplishment. Gitanjali has a lot of songs that describe the never-ending, sometimes difficult quest for the divine. The idea of never giving up might inspire people to keep pursuing their objectives because they realise how fulfilling and meaningful the process of getting there can be. The Gitanjali by Rabindranath Tagore is full of poetry about divine connection, inner strength, and spiritual fulfilment that encourage self-motivation. Here, Tagore asserts that conventional religious rituals and prayer are ineffective means of gaining God's attention.

LEAVE this chanting and singing and telling of beads! Whom dost thou worship in this lonely dark corner of a temple with doors all shut? Open thine eyes and see thy God is not before thee!

He is there where the tiller is tilling the hard ground and where the path-maker is breaking stones. He is with them in sun and in shower, and his garment is covered with dust. Put off thy holy mantle and even like him come down on the dusty soil!

Deliverance? Where is this deliverance to be found? Our master himself has joyfully taken upon him the bonds of creation; he is bound with us all for ever.

Come out of thy meditations and leave aside thy flowers and incense!

What harm is there if thy clothes become tattered and stained? Meet him and stand by him in toil and in sweat of thy brow.<sup>9</sup>

This poem encourages active engagement with the world rather than retreating into solitary worship. It inspires people to discover meaning and a spiritual connection in their day-to-day interactions and employment. It encourages people to find inspiration in making a positive impact on the world around them by highlighting the importance of action and service. Tagore does not feel pity for people who give up on life. Tagore teaches us a fully realised understanding rather than the philosophy of negation or empty renunciation. He believes in the earthly kingdom of man, which is full of diverse human relationships.

THOU hast made me known to friends whom I knew not. Thou hast given me seats in homes not my own. Thou hast brought the distant near and made a brother of the stranger.

I am uneasy at heart when I have to leave my accustomed shelter; I forget that there abides the old in the new, and that there also thou abidest.

Through birth and death, in this world or in others, wherever thou leadest me it is thou, the same, the one companion of my endless life who ever linkest my heart with bonds of joy to the unfamiliar.

When one knows thee, then alien there is none, then no door is shut. Oh, grant me my prayer that I may never lose the bliss of the touch of the one in the play of the many.<sup>10</sup>

It expresses the idea of God's omnipresence and kindness. Tagore expresses gratitude to God. He expresses his thankfulness to God for treating him with such humility and kindness. According to Tagore, if God is with you and He knows you, then you should accept that He knows everything about you. You cannot find an

extraterrestrial. All the doors are open for you. Tagore gives thanks to God for the happiness He bestowed upon him, making him well-known worldwide. This poem discusses the infinite creativity and possibility that the supernatural bestows. It inspires people by serving as a constant reminder of their limitless potential as well as the unending supply of life and inspiration. The notion that one can always produce, contribute, and evolve again fosters an optimistic outlook and a tenacious pursuit of one's own spiritual and personal growth.

Gitanjali by Tagore is a great source of lyrical inspiration for self-motivation. It inspires people to connect with the deeper spiritual truths, face life's obstacles head-on, and pursue their dreams with integrity, kindness, and faith. The poems provide timeless knowledge that can encourage ongoing spiritual development and personal progress.

Kabir's poems possess a wealth of spiritual knowledge and can be excellent sources of inspiration for oneself. Kabir's poetry frequently stresses the value of developing one's inner awareness, seeking the truth, and realising the presence of God in all things.

O Servant, where dost thou seek Me? Lo! I am beside thee.

I am neither in temple nor in mosque:

I am neither in Kaaba nor in Kailash:

Neither am I in rites and ceremonies, nor in Yoga and renunciation.

If thou art a true seeker, thou shalt at once see Me:

Thou shalt meet Me in a moment of time.

Kabir says, "O Sadhu! God is the breath of all breath."<sup>11</sup>

This poem serves as a motivator by serving as a reminder that the divine presence is present within every one of us and our daily lives, not only in far-off rituals or locations. Through inner awareness and mindfulness, it promotes self-motivation and inspires people to look for meaning and fulfilment in their immediate environment and in their own breath. The notion that God is always there can give one courage and a sense of unwavering support.

Do not go to the garden of flowers!

O Friend! go not there;

In your body is the garden of flowers.

Take your seat on the thousand petals of the lotus,

And there gaze on the Infinite Beauty.<sup>12</sup>

This poem motivates individuals to seek beauty and fulfilment within themselves rather than in the external world. It promotes self-reliance and self-discovery and implies that contentment and pleasure actually come from inside. The lotus, which is frequently associated with spiritual awakening, stands for the notion that inner serenity and self-realization are the ultimate objectives worth pursuing.

Through his poetry, Kabir inspires people to turn within for inspiration and motivation, to live in the present moment with awareness of the divine presence, and to seek inspiration from within. These poems can be potent reminders that real inspiration and fulfilment originate from stepping beyond the material world's distractions and connecting with inner realities.

## CONCLUSION

The poetry of Kabir and R.N. Tagore's Gitanjali explore profound intellectual and spiritual subjects. The fundamental concerns of existence, the meaning of life, and the link between the divine and the ego are all covered in these poems. These kinds of contemplations have the power to motivate people to go within themselves for inspiration and higher truths. Both sets stress the value of searching within for courage and insight. Particularly Kabir's poems promote introspection and self-realization. The knowledge that one possesses all the elements for contentment and tranquilly might serve as a potent incentive. These collections of poetry offer useful advice that is applicable to day-to-day situations. These poems give advice that can inspire people to live more intentionally and deliberately, whether it's facing fear, accepting simplicity, or realising life's transience. These poems convey universal truths that are relevant to all eras and nations. The human experience is profoundly touched by the themes of love, death, truth, and the divine, which serve as a basis for self-motivation that is independent of one's particular circumstances. Both Gitanjali and Kabir's poems emphasise the idea of distancing oneself from worldly pleasures, which promotes independence from ties and diversions that frequently impede personal development. Accepting detachment allows people to concentrate on their inner calling and genuine objectives, which are sources of intense self-motivation. People are exposed to significant spiritual insights, useful wisdom, and universal truths through engaging with the poems of Gitanjali and Tagore's translations of Kabir. These insights encourage introspection, inner fortitude, and a closer relationship with oneself. These characteristics are essential to self-motivation, which makes these poetry pieces potent instruments for introspection and self-improvement.

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