



## *Praise for My questions and God's Answers*

Satya Karla's beautiful book, "My Questions and God's Answers," thrilled my very being as I read her enlighten text.

- Janet Bray Attwood, New York Times Bestseller Author  
"The Passion Test-The Effortless Path to Living your life purpose"

Ever since I was a teenager, I wanted to learn about my religion and culture, but couldn't find the right sources of knowledge. I bought several translations of the Gita, but could not understand or relate to these. They were either too esoteric or biased. What Satya has produced is a gem. The book "My questions and God's Answer's" preserves the original concepts and presents these in a way that anyone can understand.

- Vivek Wadhwa, Director of Research, Pratt School of Engineering,  
Duke University and Senior Research Associate, Harvard Law School

I had the privilege to go through "*My questions and God's Answers*" work on Bhagvad Gita, written by Satya Kalra. Though several commentaries on Gita are available but the work by Satya has impressed me the most, because it is for the first time someone has taken the character of Arjuna as oneself and has put the questions on ones behalf. In no doubt Krishna is the Lord Himself, so the answers have come from God within oneself. The work is successful in exposing the spirit of Gita, "Absolute devotion to the cause oneself without any thought of personal reward or appreciation." I am sure the work will enlighten the life of many seekers in the modern world and will bring physical, mental and spiritual love, peace and bliss.

- Shankaracharyaji Swami Divyanand Teerthji

"Satya Kalra's annotations of the verses of the Bhagavad-gita, in an easy-to-understand question and answer form, are simple expositions of her realizations and experiences in living out the message of Bhagavad Gita. She has brilliantly threaded the entire exposition around the personality of limitlessly brilliant and loving Lord Krishna Himself without merely impersonally extracting the secret message of peace and eternal happiness by leaving behind the very source, the centerpin, of Gita. She has succeeded in churning out from Gita a blueprint, to a great extent practical, for a peaceful, happy and united global community through self-transformation. Satya Kalra has earned the valuable divine credit of being an instrument in this by her intelligent work of devotion to Godhead, Krishna. May Lord Krishna open higher and higher divine doors of secrets of existence to her."

- Madhu Pandit Dasa, Chairman, The Akshaya Patra Foundation and  
President, ISKCON-Bangalore

Satya Karla's book "My questions and God's Answer's" on the Gita demonstrates solid scholarship, with fresh translations and apparent well-honed attention to the Sanskrit originals. Her graphics and colors make it an attractive work, which illuminates Krishna's message and captivates the reader.

— Hal W. French, Distinguished Professor (Emeritus), Dept. of Religious Studies, University of South Carolina

This book, "*My questions and God's Answers*" on Bhagwad Gita is an attempt from a novice to an ultimate devotee of the Lord who understood the problems of today's man-kind and attempted to find answers. Satya Kalra has presented her work in an easily understood and interesting format with colorful graphics. A very deep scripture has been presented in a very lucid form. Satya has given a superb gift to fellow seekers of modern times. A great work to seek the "Path of Anandam (bliss)" and to understand "Self". Congratulations!

— B.L. Joshi, Senior Vice President, Gita Dham Trust,  
Vice Chairman, Gita Ashram of America

Satya Karla's book, "*My questions and God's Answers*" highlights the significance and relevance of the teachings of the Bhagavad Gita to the problems of life. The way she has framed vital questions and her lucid translations of the verses of the Gita are very helpful to the reader. Her comments on and explanations of Gita's teachings are not theoretical or speculative; they have come from her heart, from her spiritual experience. She has emphasized that suffering is the result of forgetting one's spiritual nature and that happiness consists in Self/God-Realization. She desires to share her experience with others and work for human good. Accordingly, the wisdom of the Gita is presented in simple and clear terms as practical guidance for a happy, balanced and peaceful life.

— K.L. Seshagiri Rao, Professor (Emeritus), Department of Religious Studies, University of Virginia, and Chief Editor of the Encyclopedia of Hinduism

Wow! What a simple and practical approach Satya Kalra has taken to present the secular teachings of Gita in her book, 'My questions and God's Answers, Guide to Eternal happiness, Peace, Anandam.' Reading this spiritual guide, gave me the complete picture of secular teachings and philosophy of the Gita where I had bits and pieces before. I feel the hunger of my soul has been satiated. The book clarifies the basic doubts and questions of life. I would recommend the book to everyone, who wants to live happily, peacefully and enjoy their life the fullest, specially the young, modern and busy people of today.

— Ramesh K. Japra, M.D., Chairman, Hindu Temple, Fremont California,  
Chairman, F.I.A., CEO/President, India Post, USA

Satya Kalra explains the essence of Gita in a logical and simple fashion in her book “My questions and God’s Answers”. There have been several scholarly works done on Gita. However, the real value of Gita is in being able to practice it. Congratulations to Satya in breaking down the practice of Gita into simple steps.

— Desh Deshpande, Chairman, Sparta Group LLC.

One of the hardest tasks that we face, as we embark on a spiritual journey, is letting go of ingrained thought processes and dogmatic beliefs. After reading Satya Kalra’s various books on spiritual enlightenment, I had learned to appreciate the practical values that can be deemed from the *Bhagavad Gita*, since it imparts guidance on how each of us can tune into our inner wisdom, in order to attain natural calm and happiness. Ms. Kalra in her book “My questions and God’s Answer’s” was able to deconstruct a highly complex Eastern spiritual dogma, and apply this into a 21st century perspective, thus providing pragmatic approaches that all of us can integrate into our daily existence.

— Philipp Novales-Li, DMedSc, PhD, DPhil (Oxford),  
Livermore, California, USA

“Gita”, The Divine Way of Life. The book “*My questions and God’s Answers*” of Satya Kalra is not intended to satisfy intellectual curiosity of its readers. It is not an exercise in intellectual gymnastics. It expounds the philosophy of life as taught by the great spiritual teacher, Lord Krishna. Their form of expression is by way of question and answers which is most suitable for showing the spiritual path of life to common man. I am feeling delighted while recommending the book to every one who is experiencing spiritual disquiet within himself.

— Prof. Chandmal Sharma (Retd.), Dept. of Philosophy,  
University of Jaipur, Jaipur India

Satya Kalra’s writing is very simple, straight forward and seasoned. It is highly provocative and can inspire us to start thinking beyond our accustomed patterns. Diverse are the ways, but the goal is one and the same. Peace, happiness and bliss are the prerequisites for attaining the ULTIMATE TRUTH. Devotees who are seeking and are still unfulfilled, they can re-evaluate their thinking process and the way they intellectualize by understanding the two separate methods systematically described within; the meditative way of having intuitive knowledge and the way of contemplation for attaining the Supreme State of Consciousness. and enlightenment, free from all pains, miseries and ignorance.

Blessings and good wishes for your spiritual writing may you write more for path seekers.

— Guru Jitendra Maharaj, Kathak Nrityaacharya,  
Varanasi Gharana, New Delhi

I had a chance to glance through the manuscript of Smt. Satya Karla's work on Srimad Bhagavad Gita in a format of question and answers, "My questions and God's answer's". It was evident that she had put a lot of efforts and long time in writing this book. She is the person most benefitted by this labor of love and I believe it will benefit its readers as well.  
Prem & Om

— Swami Tejomayananda, Chairman,  
Chinmaya International Foundation (CIF)

"My Questions and God's Answers," a guide for eternal happiness, peace, and Ananda. Such commentaries on the Bhagavad Gita are always helpful to spiritual seekers who have to fight in the battle of life. May Lord Krishna shower His blessings on you and also the readers of your book is my prayer.

— Swami Prabuddhananda, Vedanta Society of Northern California

Her book is a beautiful bridge between Preya (materialistic happiness) and Shreya (spiritual welfare) . It is a complete ocean of bliss in itself. Whosoever would dive into it would find pricelss jewels of Anandam.

Satya Kalra has done self-study and spiritual practice for many years. Thus, she has attained divine knowledge. This knowledge is meant for the entire humanity. This knowledge is for all countries. It is valid for all Ages. It is equally useful to all types of men. Sat Chit Ananate

— Swami Brahmanand Ji  
Supreme Spiritual Head of Geeta Ashram and Geeta Dham



*My questions*

*God's Answers*

Guide to Eternal Happiness Peace Anandam

**Satya Kalra**



[www.pathtoanandam.org](http://www.pathtoanandam.org)



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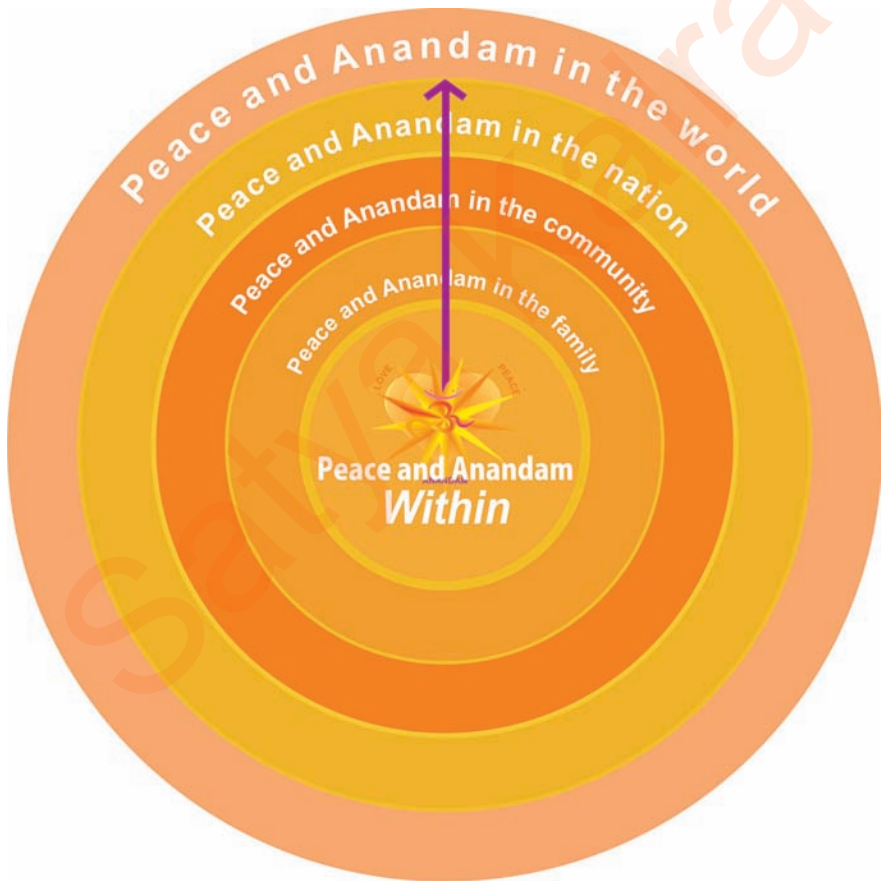
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Please E-mail us your comments and experiences reading this book, [Info@pathtoanandam.org](mailto:Info@pathtoanandam.org)

*“The Gita leads to Inner Peace,  
Inner Peace leads to Global Peace”*





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## Preface

*“My questions and God’s Answers” is not just another commentary on Gita*

Some of you may be wondering why I decided to write another translation and commentary on the *Bhagavad Gita* when this has already been done hundreds of times before. First, let me assure you that the book, “My questions and God’s Answers” is not another philosophical commentary on Gita. However, it presents the secular teachings of the Gita in a simple, reader-friendly fashion with tips on how to practice and apply every day. Hence, one can **overcome predicaments of daily life and live happily and peacefully in a material world** and also attain eternal happiness and peace—the very purpose of life.

### My Search for Truth

In 1990, I was facing many challenges in every area of my life, business, family, and health. I felt as if my life were falling apart! I felt totally lost, depressed, and confused until I met Swami Hariharji Maharaj (The Founder of International Gita Ashram) who advised me to read the Gita.

I had already tried reading many times and had always given up because I could not understand its message. The words were too deep and too complicated for me. I told Swamiji the same. He suggested that I start by reading just three verses per day, *the advice that changed my life*.

While following his advice, I also read some of the commentaries on the Gita. For a greater grasp of Gita’s verses I also learned Sanskrit.

To understand Gita’s teachings more thoroughly, I developed my own graphics and flow charts. This made my understanding of Gita’s teachings easier and I started applying them in my daily life. It has a profound effect on my life. It has brought about self-awareness and self-transformation in me. It has completely changed my thinking process and the direction of my life. Now, I have become calmer, happier, more self-confident and focused. It has not only helped me cope with difficult situations, but also made me learn from each situations and move forward in life. The greatest reward I got, I must confess, is that I have started feeling self-satisfied, feelings that I had never experienced before, even after achieving all the goals which I had set before myself in the past.

Since 1969, when I came to the USA, I had set many goals for myself in different arenas of life, education, family, corporate world, and society, and I believe that I had reached most of them. However, I had always felt some sought of dissatisfaction; I was searching for meaning and validation in my surroundings. Truthfully, I was not happy within.

The Wisdom of the Gita has not only answered my questions, but also it has guided me on how to overcome sorrows and pain, handle difficult situations, enjoy my day to day life, live happily and peacefully, and still strive towards the higher purpose. *The Gita offers me all!*

*The teachings of Gita gave me a meaning and purpose to my life "Live in Anandam (Bliss) and spread the same to others."*

I am still continuing my spiritual journey and focusing on discovering my true nature (Sat Chit Ananda). At the same time, I also enjoy my life to the fullest. The complexity of studying the Gita brought me to a standstill several times, but the beauty and the power of its teachings always had brought me back.

### **Birth of My questions and God's Answers**

Although I had never dreamt about writing a book, I remember the exact time and location when divine inspiration came to me to write this book. It was June 2, 2007 and I was in Washington D.C. celebrating our son Amit's 25<sup>th</sup> birthday. He looked at me while I was sitting in a chair and remarked that I should retire for the night as I looked half asleep. It was 10:30 P.M. and as I made my way to the bedroom, the thought of writing a book on Gita struck my mind. Hence, instead of going to sleep, I started writing and spent the entire night doing so. This was the beginning of what has been an arduous but also an exciting and uplifting journey.

During this journey I felt, I was Arjuna myself and Lord Krishna was answering me through many channels, inner voice, dreams, contemplation, meditation, prayers, sages, etc. Whenever, I got stuck with my computer, thoughts, writing, He came to rescue me in a short period of time. I followed a very disciplined life as He had recommended in the Gita, eating *Sattvic* food (light and fresh vegetarian), doing a lot of yoga asanas, pranayam, and meditating, walking in the lap of nature, practicing silence, staying with the company of light minded people, and staying fully focused on the project.

With the help of the Divine Power and based on my marketing experiences, I have written the teachings of the Gita in a simple and practical manner so that who wishes to unlock his unlimited power and enjoy his life with the unlimited transforming power of the Gita will not have to struggle as I did. I believe that the book has been written by Lord Krishna Himself and He assigned me to deliver His

message in a simple and applicable format because His teachings are needed in the world today more than ever.

### **Spiritual Guide for a Fast-paced Lifestyle**

Keeping in mind today's challenging and fast-paced life style, I have attempted to simplify the Gita's teachings but still keeping true to its spirit and form so that it becomes suitable for a mainstream reader even if he or she has just a few minutes to spare. I have translated its verses into simple English without losing the actual meaning of the Sanskrit translation and the essence of Gita. Each verse has been written in original Sanskrit along with Roman English.

In today's world, man is very inquisitive and he needs quick answers to his questions. Therefore, I have also written this book in a question and answer format, with graphics, flow charts, and poems. Hence, one can easily understand, follow and apply its teachings everyday and enhance the quality of one's life, attain happiness, bliss, and Anandam in this lifetime and beyond.

### **Spiritual Guide Only a Road Map**

Each chapter begins with a link to the previous chapter along with the main message and overview of the chapter. At the end of each chapter there is a lesson to learn along with an action plan to practice for daily use.

You will notice that several similar words have been put in parenthesis. I have done this purposely to give a broader meaning to the word and at the same time, maintain consistency and simplicity. Sanskrit words have been italicized.

Certain words, equations and graphics have been repeated. This has been done intentionally to register important points in the reader's mind. Here, I have followed Lord Krishna's approach that He has used with Arjuna to clarify His points again and again in different contexts.

In this simple and practical spiritual guide, I hope that the message of the Gita reaches as many people as possible so that they too can lead happier and blissful life.

I hope it answers your questions and helps you as it has helped me understand the purpose of life. I also hope it gives you enough strength to face life's difficult situations and brings eternal happiness and peace in your daily life and beyond.

The Gita says that it is never too late to make a fresh start. Even a sinner can become a saint if it is his true desire.

*Even the sinner can cross over the ocean of miseries and sins by the boat of Self-Knowledge. (9.30)*

*Again, the only purpose of “My questions and God’s Answers” is to reap the benefit of the divine teachings of the Gita “Universal Truth.” Apply these teachings in daily life and receive the priceless reward—the best quality of your life you could ever imagine and also the purpose of your existence, Self-Realization.*

While the Gita teaches everything we need to know about self-transformation, we have to admit that true change is not an easy road. First, we must want it and then, work every day to achieve lasting results. However, do not be discouraged because self-transformation is a slow and steady process. To that end, this book has been written not to be read once and forgotten, but as a reference that can be read over and over again whenever the need may arise.

If you sincerely contemplate and practice the tips given in this Anandam guide, you will gradually experience a self-development and self-transformation and feel emotionally stronger.

This spiritual guide is only a road map; you must drive yourself to reach your destination.

**If you want to avail the maximum benefit from this spiritual guide, follow the suggestions appended below:**

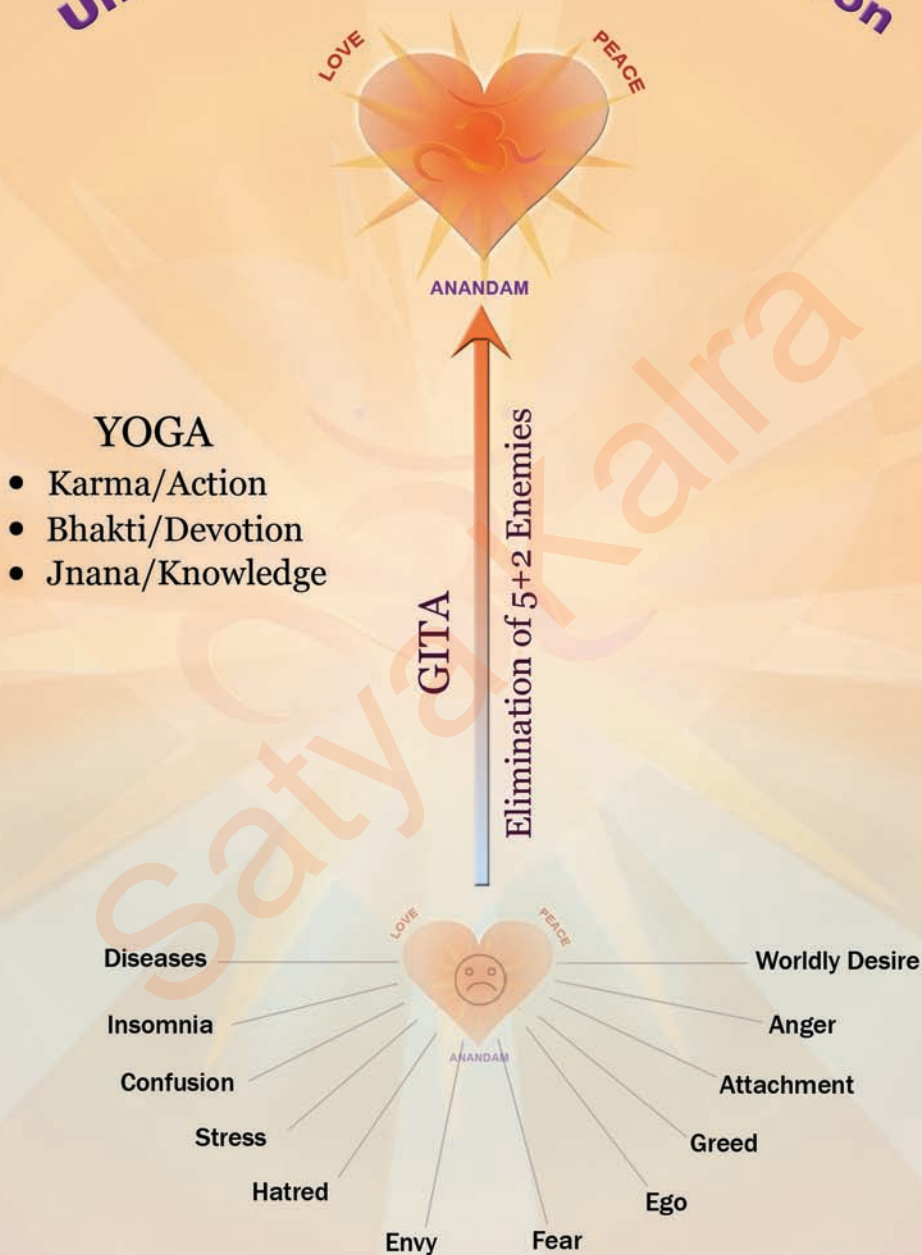
- 1) Read any page, chapter or 1–3 verses as you wish each day (preferably in the mornings). Contemplate on it and practice it during the day.
- 2) With each contemplation and practice, you will not only come closer and closer to liberation from pain and sorrow but you will also live more happily and peacefully and enjoy your life to the fullest.

Lord Krishna tells his dear friend Arjuna, “Reflect upon My teachings and guidance, but do as you wish.”

*Similarly, the choice is ours, to suffer or  
free ourselves from suffering.*

**Satya Kalra**  
Author

# Union with God—Self-Realization



Self-Purification and Transformation through Gita



**Q Is it possible to live in today's world in peace and joy, free from the miseries of life, anxiety, stress, fear, and frustration?**

Yes! The *Bhagavad Gita* 'The Song of God' blesses us with that possibility because:

*The Gita is a vehicle that takes us from miseries and pains to Anandam—a happy and peaceful life*

**Q What is Srīmad Bhagavad Gita?**

*Srīmad Bhagavad Gita is timeless wisdom for the entire mankind*

Srīmad Bhagavad Gita is the eternal message of spiritual wisdom, a most sacred and well-known scripture of Self-Knowledge from the ancient India that emanated from the lips of Lord Krishna Himself. Therefore it is also known as "The Song of God" (Gita means song and Bhagavad means God).

The Gita is the nectar, a summary of the four Vedas and Upanishads, the philosophical and psychological wisdom of the ancient Hindu scriptures.

It contains 700 Sanskrit *ślokas* (verses). Each verse is a mantra in itself that of ers guidance and advice. There are theories to support each advice and also provide the know-how of applying it in our daily life.

The Gita is a book of God and Self-Knowledge that of ers dif erent paths to experience and realize God and also gives the nectar of enjoyment, happiness and peace during the journey of God-Realization and Self-Realization

The Gita has 18 chapters and each chapter is called Yoga. Yoga means the Unity with the Self, alignment of mind, body, and soul that results in eternal happiness and peace (*Anandam*). Each Yoga or chapter represents a dif erent spiritual path that teaches us how to self-transform, self-awaken, and unite ourselves with the Supreme.

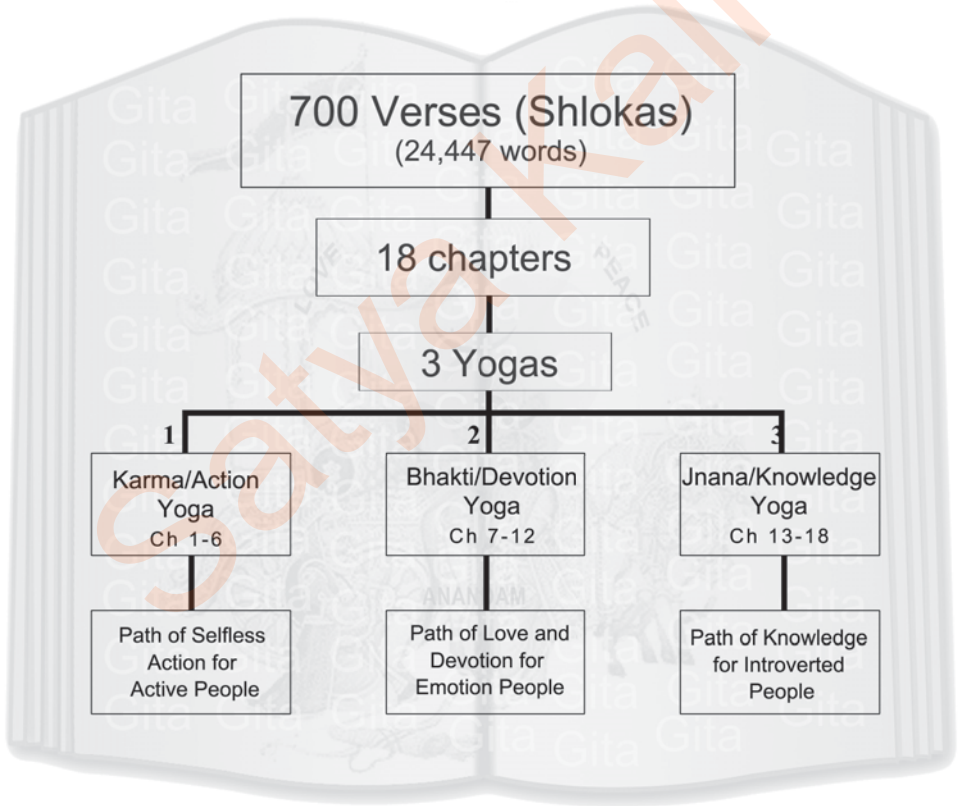
Therefore, the Gita is called *Yoga Sastra*, Scripture of Yogas. However, in a real sense, it is a *Moksha Sastra* (scripture of Liberation, *Moksha*) because it guides us how to liberate ourselves and convert our miseries (*Vishad*) into blessings (*Prasad*). It is also known as *Brahma-Vidya*, (Knowledge of God, Self, Soul, Spirit, *Atma*).



These 18 chapters have been further categorized into following three main Yogas:

1. **Karma Yoga (Action Yoga):** How to perform action righteously and attain Union with God through selfless action
2. **Bhakti Yoga (Devotion Yoga):** How to become the best devotee and very dear to God
3. **Jnana Yoga (Knowledge Yoga):** What qualities to develop to qualify for Liberation

## Srimad Bhagavad Gita



**Fig. I.1** *Yogas of Bhagavad Gita*

from family to global and from personal to business. Since the Gita is the voice of Lord Krishna, it has the miraculous ability to give readers the true meaning of what they are searching for. The Gita's message is still as fresh today as it was when it was first given on the battlefield of *Kurukshetra*. As a matter of fact, in today's materialistic world, its teachings are needed more than ever.

*The Gita is an answer to all those seeking enlightenment on the various problems of human life at all times.*

—H.H. Swami Hariharji Maharaj

## Q What is the central message of the Gita?

*Do your work/duty with love and devotion, without any selfish motive, and leave the rest to God*

The central message of the Gita is: “You have a right to perform your work (respective duty) only but no control or claim over its results. The fruits of work should not be your motive and you should never be inactive.” (2.47)

“Your Duty (Righteousness) is Your *Dharma*.” By doing your duty, you can attain freedom from miseries and Liberation, (*Moksha*, Self-Realization, Purpose of Life).

The Gita starts with the word ‘*Dharma*’ and ends with the word ‘*Mama*’ (My duty—*svadharma*).

*Dharma (Duty) + Mama (My) = My Duty (Svadharma) →  
Eternal Happiness, Peace and Anandam/ Bliss*

By performing your own duty, you will develop self-confidence, self-contentment and divine qualities. You will purify and transform yourself, be enlightened as Arjuna, and live in peace and *Anandam* in this materialistic world as well.

## Q What does the Gita offer?

*The Gita is Brahma-Vidya—Knowledge of God/Self*

The Gita offers accurate, fundamental knowledge about God and His creation (metaphysical science, matter and energy)—the Ultimate Truth, (birth and death), the results of actions, the eternal soul, Liberation, and the purpose/the Supreme goal of human life. It describes in detail the science of Self-

*Gita offers the knowledge of science and spirituality*

We should always maintain a spiritual lifestyle and live in His consciousness. In order to do every action that leads to the Supreme goal of our life; every thought, every action must be directed toward attaining permanent peace and Self-Realization—*Sat Chit Ananda*.

Only reading the Gita may bring some awareness to one, but he will not get the full experience, transformation, and complete realization without applying it in daily life. As one can never learn to swim just by reading a book, one must dive into the pool. Therefore, one must read, listen, contemplate, follow and practice its teachings in daily life (*Pathan, Sravan, Manana, Abhyasa*) as Lord Krishna has advised. (18.67–73)

*The Gita's style is so simple and elegant that after a little study, man can easily follow the structure of its words; but the thought behind those words is so deep and abstruse that even a lifelong, constant study does not show one the end of it. Everyday the Gita exhibits a new facet to thought, hence the Gita remains eternally new. Deep reflection with reverence and faith will make it directly appear impregnated with deep meaning at every step.*

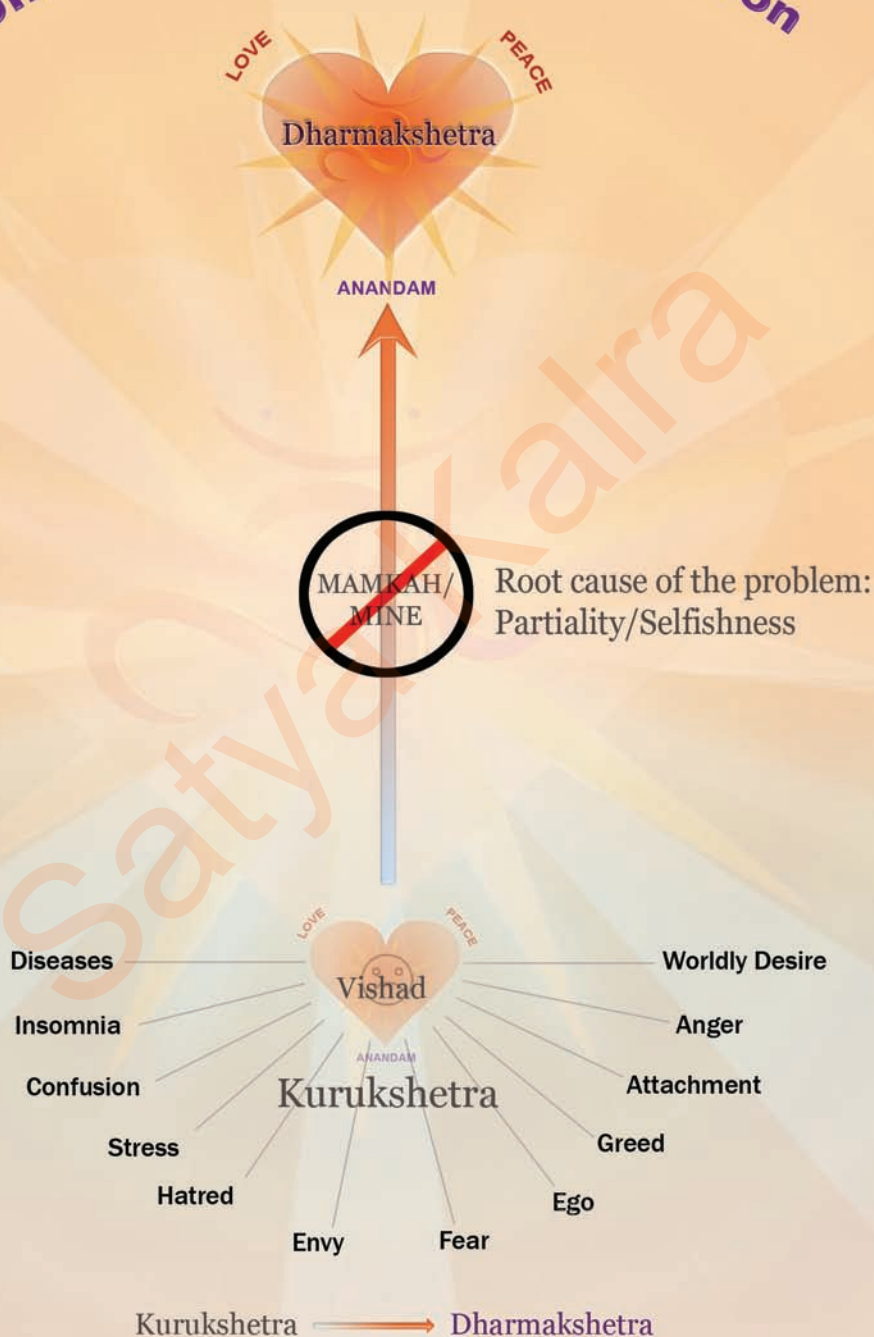
—Jayadayal Goyandka

In order to attain Self-Realization and enjoy life to the fullest, one must do self-purification and self-transformation (re-write and re-program the software of the mind) (2.45). This can be achieved by always living in God's Consciousness (practicing *Karma Yoga, Jnana Yoga, Bhakti Yoga*, meditation and prayers) and practicing the following seven steps.

### Seven Steps

1. Self-discipline (Focus on self and not on others).
2. Have divine company (*Guru, Gita, Gopal*).
3. *Karma*-Action Yoga (Perform every action selflessly as a service to God-yoga).
4. *Bhakti*-Devotion Yoga (Offer unconditional love for God and His creation without any expectations).
5. *Jnana*-Knowledge Yoga (Attain own realize knowledge of the Absolute, God, Self).
6. Do Meditation, Prayers, *Pranayam* (breathing discipline), *Asanas* (physical postures).
7. Surrender to God and let go.

# Union with God—Self-Realization



Self-Purification and Transformation through Vishad Yoga

# ARJUNA'S VISHAD YOGA

*Arjuna's Despondency and Dilemma*

*Union with God (Self-Realization) through the path of despondency and dilemma*

*The Gita is a boat to cross the ocean of life*

The first chapter of Srimad Bhagavad Gita is about Arjuna's *Vishad Yoga*. It inform us how he had become very sad, confused. It also give a detailed description of the battlefield.

When both the armies were arrayed in the battlefield of Kurukshetra, Arjuna asked to inspect the army to see who he was going to fight. After beholding his intimate relatives, gurus, teachers and friends on both sides of the army, ready to fight and sacrifice their lives, he was overcome by grief and pity, he felt very weak and confused, and lost the will to fight. He went into a state of deep sorrow, depression, and despondency (*Vishad*). Arjuna was very sincere, but his mind was overwhelmed due to his attachment to his family members and fear of having to kill them which, he thought, would be a sin. He sat down on the back seat of the chariot silently. He had yet to learn the lesson of performing his own prescribed duty (*Svadharma*) without expecting the fruit of action (selfless action).

*Sick mind leads to sick body, sick society and disturbances in the world*

*Sick mind → sick body → Sick society → Disturbances in the world*

**Q** What is *Vishad*?

*Vishad* means when one feels extremely distressed, dejected and one's mind is full of doubts, emotional conflicts, anger and fear. These negative emotions generate toxins in the body and one feels very weak both physically and emotionally. So, one loses one's capability of discrimination between the right and wrong. Thus, he can not make any proper decision. Arjuna, who was a great warrior, had been trained to fight skillfully, yet he became anguished, dejected and went into a state of confusion and dilemma. He experienced deep sorrow (*Vishad*). He laid down his arms, thus refusing to fight and fulfill his duty.

## Chapter Overview

- 01-11 Description of both armies and their main warriors on the battlefield of Kurukshetra
- 12-19 War cry
- 20-27 Arjuna's request
- 28-47 Arjuna's dilemma

### Description of both armies and their main warriors on the battlefield of Kurukshetra

**Q** What did King Dhritarashtra want to know from his minister, Sanjaya?

धृतराष्ट्र उवाच

धर्मक्षेत्रे कुरुक्षेत्रे समवेता युयुत्सवः।

मामकाः पाण्डवाश्चैव किमकुर्वत संजय ॥ १ ॥

dhṛtarāṣṭra uvāca

dharma-kṣetre kuru-kṣetre samāvetā yuyutsavaḥ

māmakāḥ pāṇḍavāś caiva kim akurvata sañjaya

*Dhritarashtra's one  
and only question  
in the entire Gita*

Dhritarashtra said: O Sanjaya, please tell, having assembled in the holy field of Kurukshetra (battlefield of Righteousness), eager to fight, what did my sons, and the sons of Pandu (Pandavas) do? (1.01)

**Q** How did Prince Duryodhana describe the Pandava army to his guru, Drona, prior to the battle?

संजय उवाच

दृष्ट्वा तु पाण्डवानीकं व्यूढं दुर्योधनस्तदा।

आचार्यमुपसङ्गम्य राजा वचनमब्रवीत् ॥ २ ॥

sañjaya uvāca

dr̥ṣṭvā tu pāṇḍavānikam vyūḍham duryodhanas tadā

ācāryam upasaṅgamyā rājā vacanam abravīt

पश्येतां पाण्डुपुत्राणामाचार्य महतीं चमूम्।

व्यूढां द्रुपदपुत्रेण तव शिष्येण धीमता ॥ ३ ॥

paśyetaṁ pāṇḍu-putrāṇām ācārya mahatīm camūm

vyūḍhām drupada-putreṇa tava śiṣyeṇa dhīmata

## Q What did Arjuna do when he was overwhelmed with grief and sorrow?

संजय उवाच

एवमुक्त्वार्जुनः संख्ये रथोपस्थ उपाविशत् ।

विसृज्य सशर चापं शोकसंविग्नमानसः ॥ १४७ ॥

sañjaya uvāca

evam uktvārjunaḥ sañkhye rathopastha upāviśat

visṛjya sa-śaraṁ cāpaṁ śoka-saṁvigna-mānasaḥ

*Arjuna lost his  
heroism*

Sanjaya said: Having spoken thus on the battle field and casting aside his bow and arrow, Arjuna sank down on the back seat of the chariot with his mind became overwhelmed with sorrow. (1.47)



## Lessons to learn and practice in daily life

### *The Gita is our Divine Company*

Lord Krishna has not only guided and enlightened Arjuna by imparting Self-Knowledge and answering his questions, but also He did it for the sake of all mankind. Therefore, we must also learn from it and apply it in our daily lives to perform our duty and attain Inner Peace, Happiness and *Anandam*.

There are times in life when we all face difficult situations. At that time we have two options; let the situation take over us and so we become sad, depressed and confused, or we get help from others such as a wise guru, wise family members, wise friends and divine counselors.

Arjuna had a friend like Lord Krishna, so he was guided properly. Similarly we should have wise/divine company.

Lord Krishna has given us the Gita, the divine company (guru and guide, *Sarathi*). We should follow the Gita's teachings to connect within, communicate with Higher Self/Super Conscious, to get guidance, and build a relationship with God.

1. We should thoroughly evaluate the situation and its possible outcomes before taking any action, as Arjuna did.
2. Whenever we are in a difficult situation or deep sorrow, we must clarify all doubts and ask for guidance from a divine company instead of wasting our energy by dwelling on it or just whining about it.
3. Study the Gita or any other scripture and practice its teachings in our daily life.
4. Develop Self-awareness, just like Arjuna had done.

*The Gita is a guide to take us from dilemma to decision*

ॐ तत्सदिति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे  
श्रीकृष्णार्जुनसंवादेऽर्जुनविषादयोगो नाम प्रथमोऽध्यायः ॥

**AUM TAT SAT**

Thus ends the first chapter named “*Arjuna's Vishad Yoga*”

*Arjuna's Despondency and Dilemma*

in the *Upanishad* of the glorious Bhagavad Gita, the scripture of Yoga, the science of the Absolute (*Brahman*), in the form of the dialogue between Lord Krishna and Arjuna.

**Aum Shanti, Shanti, Shantihi**





11. Always live in God's Consciousness.
12. Always communicate with Him (like your friend).
13. Have full faith in God and yourself.
14. Surrender to Him unconditionally.
15. Do your best and leave the rest to God.
16. Have patience, do not be so hard on yourself. He will take care of us.
17. Relax and let go.
18. Keep practicing: "Self-Realization is not an activity but a lifestyle and a lifetime commitment."

*Live in peace and let others live in peace, this is the only way to God*

ॐ तत्सदिति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे  
श्रीकृष्णार्जुनसंवादे मोक्षसंन्यासयोगो नामाष्टादशोऽध्यायः ॥

**AUM TAT SAT**

Thus ends the eighteenth chapter named "Moksha-Sanyasa Yoga"  
*The Path of Liberation through Renunciation*  
in the *Upanishad* of the glorious Bhagavad Gita, the scripture of Yoga,  
the science of the Absolute (*Brahman*), in the form of the dialogue  
between Lord Krishna and Arjuna.

**Aum Shanti, Shanti, Shantihi**



# Union with God—Self-Realization



Self-Purification and Transformation through  
Duty/Dharma

# Union with God—Self-Realization

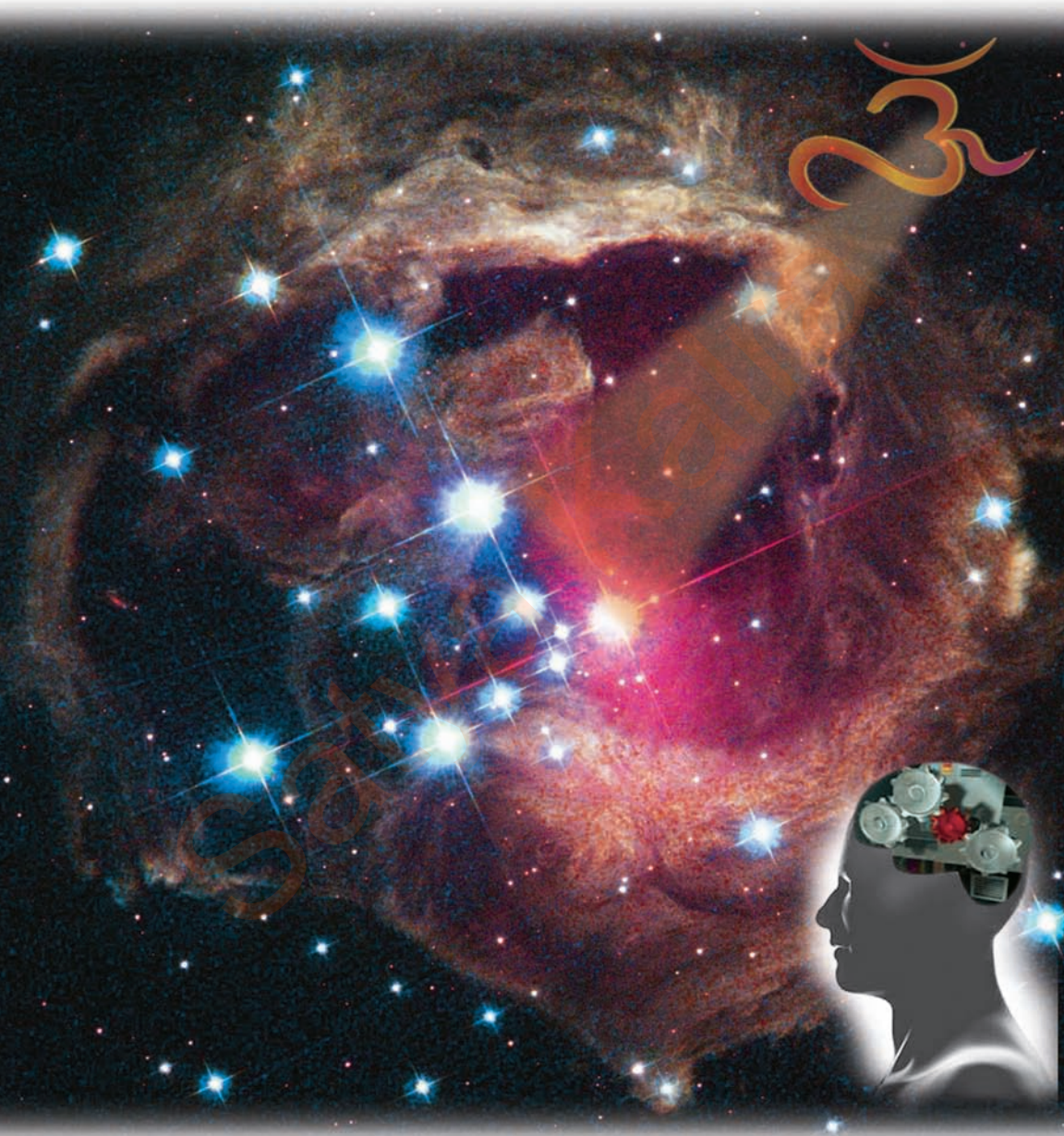


*The Person of discipline and settled Mind attains  
eternal happiness, Supreme Peace and Merges with Me  
(Nirvana). (6.15)*

Self-Purification and Transformation through  
Self-Discipline and Meditation



# The Creator and His Creation



Self-Transformation and Purification through Knowing the Body,  
Spirit and the Supreme Spirit

# Time to Cogitate

## Liberation/Moksha

### **Liberation/Moksha means:**

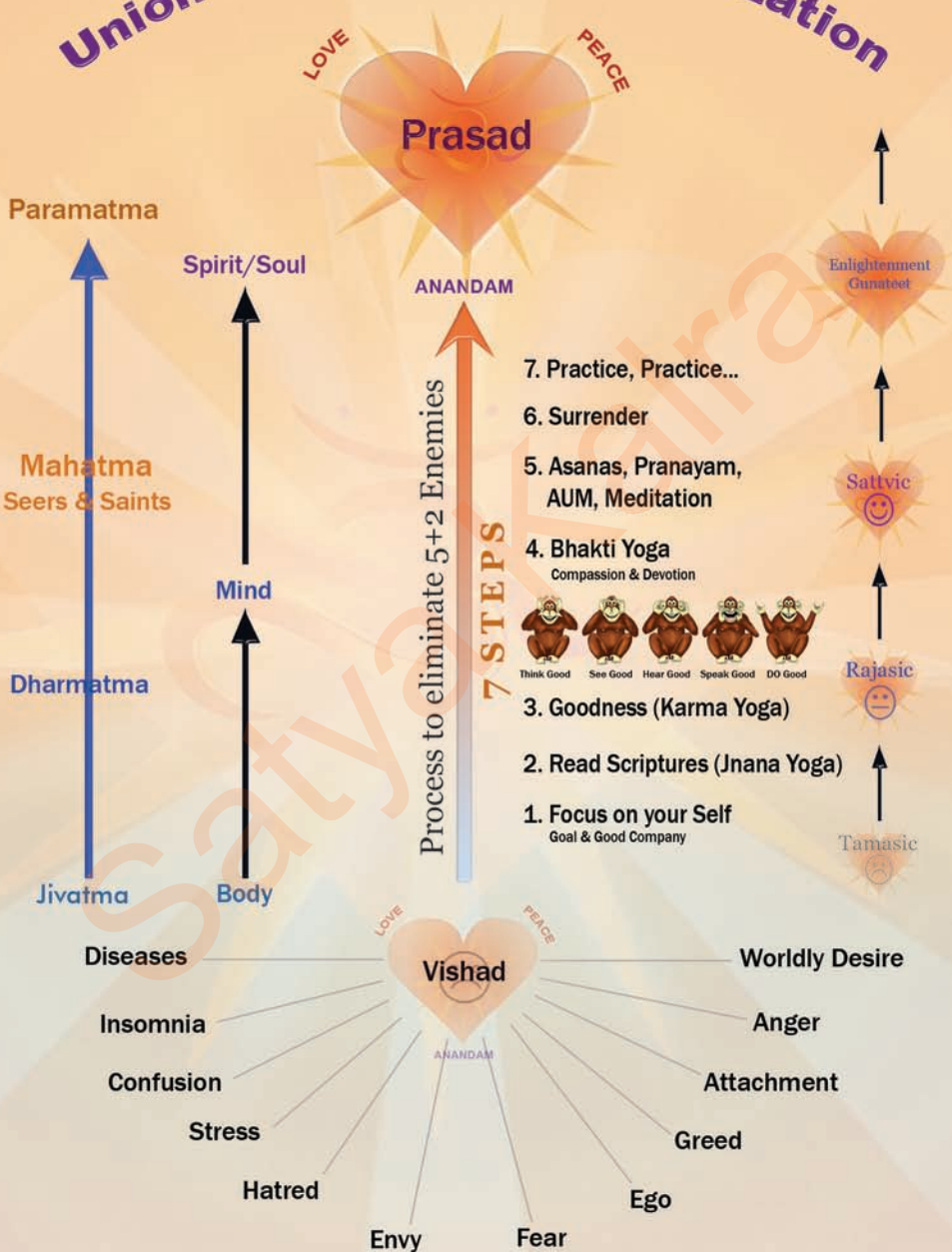
- Freedom from miseries and pain
- Freedom from depression and delusion
- Freedom from anger, fear, and guilt
- Freedom from vices and negative emotions
- Freedom from attachment and selfish desires
- Freedom from ego/arrogance
- Freedom from stress and worry
- Freedom from the cycle of birth and death

## Oneness

- Oneness of Body, Mind and Spirit
- Oneness of Head, Heart and Hand
- Oneness of Thought, Speech and Action
- Oneness of Karma, Bhakti and Jnana Yoga
- Oneness of External and Internal world
- Oneness of Guru, Gita and Gopal
- Oneness of Love, Peace and Anandam

# Ultimate Summary of Gita

## Union with God—Self-Realization



Self-Purification and Transformation through Gita

**Man to God**





# *Ultimate Summary of the Gita's Teachings*

Most of the times, many of us live in misery and pain, sorrow, dejection and dilemma (*vishad*). The Gita, the source of unlimited Wisdom (Universal Knowledge, Self-Knowledge) is more than a book. It is all about how to remove pains and miseries from life, fulfill our own *Dharma*, (duty, prescribed responsibilities), attain Eternal Happiness. Peace, and live in *Anandam* (Blissful life). It teaches us how to liberate ourselves from *vishad* and experience our true nature (*Prasad*, Nectar), '*Sat Chit Ananda*.'

## **The Gita Answers All**

It is a divine dialogue between the mind (lower self) and Supreme-Spirit (Higher Self) that answers all of our day-to-day queries and five basic universal questions as follows:

### **1. Who am I (What is my True Nature)?**

I am Spirit, Soul, *Atma* (Chapter two)

### **2. Where did I come from?**

Every one originated from God (Chapter 13)

### **3. Where will I go from here (after death)?**

One could attain Self-Realization and merge with God or could keep going from one life to another, depending upon one's own actions (2.13, 2.16, 2.22, Chapter 13)

### **4. What is the purpose of my life?**

God/Self-Realization, Liberation, *Moksha*, *Nirvana* (Attain Peace and *Anandam* (5.17, 15.04, 9.34, 11.55, 12.20, 15.20)

### **5. How can I fulfill the purpose of my life and still lead a happy and peaceful life in this materialistic world? (Chapter 2–18)**

*The Gita is a step by step Anandam and spiritual guide for self-awareness, self-purification, self-transformation and Self-Realization*



## Summary of Karma Yoga, Bhakti Yoga and Jnana Yoga

| Karma-Yoga  | Bhakti-Yoga   | Jnana-Yoga   |
|---|---|--|
| Action Yoga   | Love and Devotion Yoga  | Knowledge Yoga   |
| Chapter 1–6 (Main verses—2.47, 2.48, 2.50, 12.4)  | Chapter 7–12 (Heart of the Bhakti Yoga—Chapter 12)                      | Chapter 13–18 (Summary of Gita—Chapter 18)   |
| Union with God (Self-Realization) through the path of Right action  | Union with God (Self-Realization) through the path of Love and Devotion | Union with Self (Self-Realization) through Self-Knowledge—Liberation through Renunciation  |
| God-Realization (purity) through Selfless action/Body (austerity of body and speech) (17.14–15)   | God-Realization (purity) through Feelings/Heart/spirit                  | Self/God-Realization (purity) through thoughts/Mind (austerity of mind—17.16)  |
| Self-Transformation/ Purification through action (5.11)   | Self-Transformation/ Purification through love and devotion             | Self-Transformation/ Purification through Self-Realized Knowledge  |
| Action based  | Feelings based  | Based upon self-experienced and realized Knowledge   |
| Main activities, Selfless-action, Service, Seva   | Selfless-action, Service, Devotional songs and Prayers                  | Spiritual practices: Asanas, Meditation, Pranayam, prayers etc.  |
| Do every thing to please Him  | Always live in God-Consciousness as Meera                               | Always live in God/Self-Consciousness  |
| Practice the path of Goodness: <ul style="list-style-type: none"><li>• Think good</li><li>• Speak good</li><li>• Hear good</li><li>• See good</li><li>• Do good (5 Monkeys)</li></ul> | Worshiping God with form and shape ( <i>Saguna</i> )                    | Focus on Contemplation and Meditation on Self<br><br>Practice all the eight limbs of Patanjali Yoga*—<br>1. Yama 2. Niyama,<br>3. Asanas 4. Pranayam,<br>5. Pratyahara 6. Dharana,<br>7. Dhyana 8. Samadhi |
| For active people and extroverted, A type personality   | For emotional people  | For introverted people   |





## Summary of Gunas: Tamasic, Rajasic and Sattvic

| No | Type of                                | Tamasic   | Rajasic   | Sattvic   |
|----|--|---|---|---|
| 1  | Mode of Nature                         | Mode of Ignorance<br>Ignorance/Inertia/<br>Darkness   | Mode of Passion<br>Passion/Activity   | Mode of Goodness<br>Goodness/Purity/<br>Luminous  |
| 2  | Qualities-<br>Attributes<br>(14.06-08) | <i>Tamas</i> is born of ignorance and the delusion of all embodied beings ( <i>jiva</i> ). It binds <i>jiva</i> by negligence, laziness, and excessive sleep (14.08)  | <i>Rajas</i> is born by intense craving and therefore is the source of desire and attachment. It binds the embodied beings ( <i>jiva</i> ) by attachment to the fruit of action (14.07)         | <i>Sattva</i> being pure, is luminous and free from sickness and yet in its own way binds the soul to the body ( <i>jiva</i> , embodied beings, individuals) by creating attachment to happiness and wisdom (14.06) |
|    |  | Leads to negligence, delusion, and slowness of mind   | Leads to greed, desires (Lust, Kama, 5+2 Enemies)   | Leads to Self-Knowledge (Wisdom), Equanimity and Self-Realization   |
|    |  | <i>Tamas</i> obscures Self-Knowledge, clouds discrimination, creates negligence and triggers wrong action (14.09)<br>When inertia ( <i>Tamas</i> ) predominates, ignorance, darkness, lack of effort, carelessness and delusion arise (14.13) | When <i>Rajas</i> (passion) predominates followings arise:<br>1. Greed<br>2. Overexertion<br>3. Undertaking of action with selfish motives<br>4. Restlessness and uncontrollable desire (14.12) | When <i>Sattva</i> increases the light of Self-Knowledge (Wisdom) radiates through every gate of the body (all the senses) (14.11)  |
|    |  | Ignorance <   | Passion <   | Goodness  |