



## The Essence of Bhagavad Gita

The span of ashram life for students was usually twelve years. We had this Atma Gyan Sessions for 18 weeks. We learnt the Knowledge as Krishna taught us. Here is what one needs to practice after knowing this knowledge.

1. Your study of the Gita is over. Now go forth into the wide world.
2. Speak the truth and practice the Dharma or the Law.
3. Never falter from the truth or from the Law (Dharma).
4. Never stint nor make mistakes in doing good.
5. Know that one can kill the changing body and not the changeless soul. (Yoga of Knowledge)
6. Death is certain for born and rebirth is certain for dead.
7. Have Complete Focus towards Brahman to achieve Karma Yoga.
8. Control Senses, Sense Objects, Ego and Desires and become Karma Yogi.
9. Activity with Self Control is better than Inertia.
10. Do one's own duty, however imperfect than to assume duty of another person.
11. If assigned action is not performed, once action becomes meaningless.
12. See "Action in Inaction" and "Inaction in Action" and know that Brahman is the "Doer" of everything. (Renunciation through Knowledge)
13. Practice "Yoga of Action" (Karma Yoga) to achieve "Renunciation of Yoga" (Sankya Yoga).
14. Renunciation of Yoga can only be done through understanding "Action".
15. Uncover the Atman through will power and practicing proper meditation techniques. (Yoga of Meditation)
16. Moderation in Eating, sleeping and recreational activities is the way to happiness.
17. Have unwavering faith in god and God will give the Knowledge and Spiritual experience to see Him in total reality.
18. Brahman is the highest consciousness that is immutable.
19. Brahman present in a body is called Atman.
20. Meditate on God throughout the life and you will see God at the hour of death. (Way to Eternal Brahman)
21. All creatures exist within God and God doesn't physically exist in any creatures. This is the Divine mystery (Yoga of Mysticism).
22. Anything offered in true devotion, love to God and any Gifts given to others are all considered offerings to God.
23. Offering oneself and everything he has to God will set him free from karma.
24. God is the Divine Seed of all animate and inanimate things in the world and there is no limit to his divine manifestations. (Divine Glory)
25. Never consider God as mortal friend. (The Vision of God in his Universal Form)
26. Devotion with Steadfast Love is the way to God. (Yoga of Devotion)
27. Be friendly and compassionate to all.
28. Accept Pain and Pleasure with Equanimity.



29. Be forgiving, ever contented, self-controlled and have unshakeable resolve and control over speech.
30. Brahman is beginning-less, transcendent and eternal.
31. Body is the Field and one who observes the Field is its Knower (**Field and its Knower**).
32. Prakriti is the invisible cosmos and the field sum of Intellect, Ego, Mind, Consciousness, Five elements and Five Sense Objects.
33. Prakriti is where the body, senses and gunas evolve from.
34. Atman experiences pain and pleasure from the Prakriti.
35. Gunas bind Soul to body.
36. Gunas comes from Prakriti in three forms – Satwa, Rajas and Tamas (**Three Gunas**).
37. Pervading Immortal and Mortal Beings is the Supreme God. Realizing this truth fulfills the purpose of life. (**Devotion to Supreme Spirit**)
38. A man who is tranquil minded, gentle and modest, forgiving and enduring, charitable is always in Union with Brahman. (**Divine and Demonic Tendencies**).
39. A man who is foolishly proud, intoxicated by wealth, offer sacrifice to God in name only, full of lust, wrath, consciousness of power is Demonic in nature.
40. Abstain from 3 doors of hell – Lust, Rage and Greed.
41. A Man's temperament is his faith(**Three Kinds of Faith**).
42. Sattvic worship God in his various forms.
43. Rajasic worship power and wealth.
44. Tamasic worship spirits of dead.
45. Renunciation is complete giving up of actions motivated by desires.
46. Non-attachment means performing actions without expecting any returns. (**Yoga of renunciation**)
47. Good actions like Alms Giving, Sacrifice and Austerity should never be given up.
48. Practice the art of non-attachment; renounce desires and self-control of mind & body. One who does this has the highest wisdom.
49. Never tell the Holy truth to anyone who lacks self-control, devotion, despises his teacher and mocks God.
50. One who loves God and spreads this knowledge of Gita will reach Brahman.

This is the message. This is the advice. This is the knowledge. This is the command. Thus should you live and act in life.