



D2D Atma Gynam (Gyan) / Vicharanai (Vichar) Series: Bhagavad Gita

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The Vichars for Chapter 4 [Renunciation through Knowledge]

1. For the next 3 weeks focus on yourself and do not focus on others.
2. Don't complain about people (or) situations.
3. Think about the answers you gave to others, why you gave them, why you reacted this way.
4. Now try to sum up all the data collected and define who you are.
5. Figure out honestly "who I am" in your own eyes.