



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

DATE: AUG 18, 2010

The Vichars for Chapter 6 [Yoga of Meditation]

1. Have you practiced any meditation before? If so list them.
2. Look at the meditation technique that Krishna has described and compare that meditation technique with whatever meditation technique you are performing. List the similarities and differences of the techniques.
3. Practice the meditation technique that Krishna has mentioned in this chapter for a week. Describe your experience.
4. How long can you meditate with unwavering mind and no thought? Describe your experience on this aspect from the past meditation techniques (if you have performed one) and for the technique that Krishna proposed in this chapter.
5. Have you ever taken others' happiness and sorrow as your own? If so list them.
6. List all the things that prevent you from practicing meditation regularly.
 - How can you overcome these obstacles?