



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

The Vichars for Chapter 1 [Sorrow of Arjuna]

1. What are the ways with which you can identify yourself as both **BODY** and **ATMA**?
2. List all the activities in the past where you had to make a decision but because of compassion you could not make the right decision.
3. Given this knowledge, what are the 2 things you will change in yourself to overcome compassion and make the right decision?
4. List the top 5 people in your life by whom you are biased by when it comes to making the right decision.
5. What is Atma?
6. Where is Atma?
7. What is Body?
8. What is Mind?
9. Where is Mind?

The Vichars for Chapter 2 [Yoga of Knowledge]

1. What are your weaknesses? List them one by one.
2. Were you a coward in making the right decision? List the decisions where you had been a coward.
3. List solution(s) to overcome your weaknesses and cowardice.
4. At the time of death of dear ones how have you reacted in the past? Write down the emotions you had at that time.
5. How would you react now after receiving that same knowledge?
6. List the actions where you were desperately looking for results and not focusing on actions. Can you monitor them? How?

The Vichars for Chapter 3 [Karma Yoga]

1. What is thought?
2. What is Consciousness?

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.



The Vichars for Chapter 5 [Yoga of Renunciation]

1. What are the correct actions that you are proud of performing in this life?
2. What are the actions that you have to renounce to be a better person in this lifetime?
3. List the situations where you have not performed any actions and played a safe game when you should have performed the action.
4. Do this Exercise for the next 1 week:
 - Fix your gaze in the root of eyebrow.
 - Check the in and out going of the breath.
 - Sense your senses.
 - Check your mind.
 - Ask this question repeatedly within yourself “How can I be free from karma?”

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?

The Vichars for Chapter 7 [Knowledge and Experience]

1. What is the highest knowledge that you have ever received?
2. What is the spiritual experience that you have received and cherished?
3. What does ego and intellect mean to you?
4. What are the rituals and ceremonies that you've performed?
5. Who is your favorite deity?
6. Of the following, which category do you belong to:
 - a. World weary
 - b. Seeker of knowledge
 - c. Seeker of happiness
 - d. Person of spiritual discrimination



The Vichars for Chapter 8 [Way to Eternal Brahman]

1. What is Brahman and Atman to you?
2. What would you do at the hour of death?
 - a. With the knowledge of Bhagavad Gita
 - b. Without the knowledge of Bhagavad Gita
3. What does Prana or life force mean to you?
4. Why is the word "OM" called a sacred syllable?
5. Which path are you on in your life right now?
 - a. Deva Yana
 - b. Pitri Yana
6. What are the things you are following in your life right now or before?
 - a. Studying Vedas
 - b. Performing rituals
 - c. Practicing austerities
 - d. Giving alms
 - e. Constantly thinking of God

The Vichars for Chapter 9 [Yoga of Mysticism]

1. What does faith mean to you?
2. What does maya mean to you?
3. What is the best offering that you have given to God?
4. What does devotion mean to you?
5. How devoted are you to God?

The Vichars for Chapter 10 [Divine Glory]

1. Lord Krishna says he is the origin and sustainer of all creatures known only to the wise people. Who according to you are wise people?
2. What does the word "Divine seed" mean to you?
3. Of all the manifestation that Krishna has mentioned which manifestation do you like? [write one manifestation only]
4. What is Uchchaishrava? Find the history of its origin.
5. Who is Ushanas?
6. Why does Krishna ask Arjuna not to focus on his various forms?
7. What is the purpose of this chapter to you?

The Vichars for Chapter 12 [Yoga of Devotion]

1. Why it is difficult to imagine the formless Brahman?
2. From the choices that Krishna gave, which is that you are following to be in sync with God:
 - a. Complete absorption
 - b. Concentration
 - c. Doing things that pleases God



- d. Complete surrender
 - e. Controlling the lust
 - f. Renouncing the fruits of actions
3. How can one accept pleasure and pain with equanimity (equally)?
 4. How can one be forgiving and ever contented?
 5. How to have unshakable resolve?
 6. Why is it important to control one's speech? What needs to be controlled in one's speech?

The Vichars for Chapter 13 [The Field and Its Knower]

1. What does Prakriti mean to you?
2. Which guna do you belong to?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
3. Are you able to differentiate the Prakriti and the Atman?
4. By which way will you realize Atman?
 - a. Contemplation
 - b. Meditation
 - c. Following the yoga of right action
 - d. Worshipping God as your teacher has taught you
5. What is God to you according to the way your teacher has taught you?

The Vichars for Chapter 14 [The Three Gunas]

1. Which guna predominates in you?
2. What is Sattwa guna according to you?
3. What is Rajasic guna according to you?
4. What is Tamasic guna according to you?
5. What is your current guna and how will you transcend that guna?

The Vichars for Chapter 15 [Devotion to the Supreme Spirit]

1. How do you develop the quality of detachment in your life?
2. How detached are you in your life currently?
3. What was the purpose of your life from your point of view before reading this chapter?
4. What is the purpose of your life now after reading this chapter?
5. How can you compare yourself to an Aswattha tree?

The Vichars for Chapter 16 [Divine and Demonic Tendencies]

1. What are the divine tendencies within you?
2. What are the demonic tendencies within you?



3. What would you like to be?
 - a. Divine
 - b. Demon
 - c. Human
4. How will you abstain from?
 - a. Lust
 - b. Rage
 - c. Greed
5. Who do you have greater bondage to?
6. How would you move yourself from demonic tendencies to Divine tendencies?

The Vichars for Chapter 17 [Three Kinds of Faith]

1. What kind of faith do you have regarding the Divine?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
2. What kind of worship do you do? Explain it.
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
3. What kinds of food do you eat? List them.
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
4. What kind of sacrifice (rituals, offerings) do you do? Explain.
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
5. What kind of gifts do you give to people? List them.
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
6. How is your body or physical cleanliness?
7. How is your speech and mind?
8. Exercise:
 - a. Do breathing/meditation taught by Lord Krishna for 1 week and share your experience
 - b. Practice chanting the mantra "OM TAT SAT" for 1 week and share your experience.

The Vichars for Chapter 18 [Yoga of Renunciation]

1. What type of renunciation do you do in your life?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic



2. What type of Knowledge do you have?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
3. What kind of conscience do you have?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
4. What kind of determination do you have?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
5. What kind of happiness do you have in your life?
 - a. Sattwic
 - b. Rajasic
 - c. Tamasic
6. What to you is the highest wisdom? Why?
7. Name one person whom you are thinking to share this knowledge with?
8. Having listened to Gita, do any more doubts still linger in your mind? If so, list them.
9. List 5 important knowledge points that touched your heart after listening to 18 chapters of Gita.