



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

DATE: JUN 30, 2010

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?