



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

DATE: AUG 11, 2010

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?”