

# Bhagavad Gita for Dummies

By

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Bhagavad Gita - For many it's highly respected life science or way of living or simply a fictional book or a Hindu's guidebook for life, "hmm", there are tons of such perspectives and everyone like to see it in the way in they wants to see it. There have been many books published on this with adequate details and various perspectives presented by various saints & scholars. Even here, in front of you - one more thought! As a common man, who lives among 5000 million people, searching still the identity for himself and his life, I present the understanding I get by reading those complex words and trying to decipher them.

Why should I? - This is the first question I had, when I embarked on this journey. "It should be me"- that's what my heart said and here I am. I, born in this world, like anyone else, have been introduced by parents and by teachers to Bhagavad Gita as a great holy book. I hold the feeling that there is a reason for everything and including my birth, this could be mostly the same for all the readers here! I, who is working in an IT company, can access to a richer lifestyle as I demand, but by birth I am from very normal Indian family and by caste or by nature not so religious. However the changes and situations made me feel there is nothing more than a superior power in this world and every living and non living being is controlled by it. With that belief, I lead my daily life! My interpretation of Gita is to understand, what's that the supreme power has passed to humankind and to me and to you! I believe it's my right to interpret and decode Gita on my own path (as I am a part of that supreme power) and also to share with the ones who are interested in taking those surveys. Gita is not for storing in Pooja room or to keep it as unreadable god's scripts. This is told by god, for you and me, for us to understand and lead our normal life and do our duty! (Saints can give clarifications, but it's not for them, as they have nothing to achieve in this world!)

Let's start our experience!!!

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## Chapter 1 - The Yoga of Arjuna's Grief

### Brief Background:

Before we get into chapter one, let's understand from where and why the Bhagavad Gita comes in. The Bhagavad Gita is a part of Mahabharata - the epic. In which the supreme personality of god has taken the form of "Krishna" and born in world. In this incarnation, God remained with God Qualities but with human form. Mahabharata is a story about a king's family, in which the cousins (with their family) trying to establish a hold in the kingdom, whereas few with rightful and few with greediness intent. It shows many of the characters which we are still seeing in our normal life. It forces out in the battlefield where Kauravas (the misguided ones) and the Pandavas (the true ones) stand on opposite sides to settle scores. Krishna is with Pandavas as they asked for him and Krishna's soldiers are with Kauravas as they asked for them.

### Get to Know the Characters:

Krishna: The Supreme Personality of God. We can call as the supreme power. He is uncle to the Pandavas and Kauravas. He has nothing to gain or lose in the battle (why do we say that- will see in coming chapters)

Arjuna: The Mighty Archery man and one of the Pandavas. Arjuna is very close to Krishna and they both share a relationship, which couldn't be categorized and its pure form of love and affection.

*"Our life: Do we ever try not categorizing our love or anyone's love at any time... No, always we need some form like a friend, sister, mother, uncle, wife, daughter, etc... Unless we compare and categorize we can't accept the love and affection in a formless way... may be the common man is more rule oriented and pattern oriented"*

*Remember Arjuna is not someone else, "he is me and you", and he represented us in front of Krishna. Every human being who reads this is Arjuna, with whom the god has spoken. Let me scope it out, Gita is written only for human and his purpose only! And for other living beings (animals, birds, plants, etc.) there could be something which we are not aware of... Similarly its said to a man, then the grammar always follows the singular pointers to male, however the woman has to apply applicable grammar when they register.*

Sanjaya: The person who was able to see all the happenings on the battlefield with his exceptional power and who is explaining to Dhritarashtra (the king). He is the reason for us to know what is there in Gita or what God has said to Arjuna ... "The Remote Hearing Aid"

Dhritarashtra: The King and father of Kauravas. He was blind and he was not there in the battlefield, but trying to understand, what's going on through Sanjaya.

Opening:

Sanjaya is explaining to Dhritarashtra, that's what's happening on the battlefield. He could see that millions of soldiers are arrayed on both sides. The greatest warriors and relatives on both the sides are standing there with their chariots and weapons to conquer each other. *"Our Life: I used to see lots of English movies, so I remembered The Mummy, lord of the rings, Alexander, etc. and trying to imagine, what could be the magnitude of such military, Wow... Excellent!!! But remember they were living human, each one had a family and every life had a history, I and you could be one among the soldier who left his wife in the house and thinking , we will return back in a few days with life"*

Arjuna's chariot was driven by Krishna and it's with a purpose. Why does god drive a chariot? The fact is, he was driving the battlefield which was going to teach the human - what life is all about!!! ...

Chapter for Dummies:

Arjuna wants to see who all are there in battlefield to fight along with him and against him, in that battle. This is like, self stock taking and to see what's going on. He asked Krishna to take the chariot in between both the militaries to have a better view. Krishna then took the chariot to the center of the field and told Arjuna on his other side, he can see his soldier's and of his opponents.

*"Our life: We like to imagine India-Pakistan, US-Russia or ourselves and an unfriendly neighbor or colleague in the workplace and imagine that we are the right ones and others are our adversaries. We don't have the guts to think, that one side is my impure characteristics and the other side is my pure characteristics and god has placed the chariot in between them, and requiring me to see both the sides of me. Let's try to do that and perform the stock taking!!"*

*We all have three level of response system with us : a) the outer one - the "survival" system, which responds in a good or bad way ,as it's been habituated by the person based on the environment he/she lived, it's more of immediate actions b) the inner one - the "planning" system, which is based on mind and heart, the good and bad here is born after analysis, they have long standing effect (we all might be talking to ourselves with our mind &heart ), by the way "Heart can never talk/think"- but it's a notion for love, affection, kindness and truthful thinking of Mind c) The Supreme Inner one- the "Purest Soul", we interact rarely in our day to day activities with this one, this is pure and can never be modified (no good and bad in this level) , but on constant practice (ex: Yoga/meditation/self realization) we can interact with that. This tells at any time "Are we doing right in life"!*

*Now coming back, imagine now- we are looking from the purest soul perspective the way the other two layers are working with us- the good and bad responses."*

Arjuna had a look, he can see only his uncle, forefathers, teachers and well wishers on either side and he couldn't understand, who his real enemies out there are, as he was confused by the relationship and attachment he has with them. He tells Krishna, Even if someone gives me the three worlds, I will not kill them to attain it. I am not here as greedy, who kills his own people to achieve something and I will not be able to take the sin which arises out of this act.

As a common man, we can say, Arjuna was really good and he is not ready to put down his family for the price of land. Also Arjuna is asking for peace and what's wrong with it?

*"Our Life: For most of us, peace is something important. According to us 'peace' is something which is normal life without any change and not getting into any new position or it's a position of making no decision. The fact is, being ignorant of most of the happenings in the surroundings and self is what many a time we do for this peace. If we don't grow our voice against social discrimination, discrimination, family or any level, we live in peace, if this is our way of peace, it's "ignorance". We like to do that, because we don't want to take decisions in our life and we don't want to miss anything in life (attachment & relationship to something). This is exactly what Arjuna felt."*

Arjuna goes on and says to Krishna, instead of doing such a sin of killing my own men and get the sun, which will impact my life and all members in the family, I would rather go to battlefield without any armor and die at the hands of Kauravas'. He put is his bow and sat down in the cart.

Arjuna has concluded, what's good and what's not good and what will fetch him sin and everything. His conclusion was based on his understanding and knowledge of what is the criteria or description of good.

*"Our Life: The results coming out of an activity are classified by us good and bad, and they are decided so, by the community rule, a situation, point of view, etc. The human eye can't see clearly anything which is far and can see only the things which are nearer, the same way his rules are based on the closer things, which he sees, live and believe. It doesn't mean all others are false. Just because we don't see a micro-organism in our bare eye, it doesn't mean there is nothing! We watch movies and we get emotional, don't we know that's untrue! But that's human and he is driven by emotions, fantasies and desires! Human thinks, he is the wisest of all and he knows what's right and what's wrong! But the reality is he doesn't know himself and his purpose! Like Arjuna, we also have our own understanding on what's good/right and bad/wrong, and it's only based on our region/religion/society/belief, the same for another human from a different region/religion/society/belief could mean differently"*

## Chapter 2 - The Yoga of Knowledge

As Arjuna has put down his bow and sat down, Krishna started talking to him. Krishna asked Arjuna, from where he is bringing this weakness at this difficult situation, in which, Arjuna has to do his duty as a warrior. Krishna went ahead and told, by exercising such an act, he will not achieve heaven nor do any fame and he asks Arjuna to leave such weakness behind and do his duty. Arjuna replied to Krishna, that he will not do such a deed, which can kill his nearer and dearer, after that he became mute.

*"Our Life: Arjuna's weakness came from attachment and fear of the unknown, it's the same for us, and we all have our weakness towards losing any attachment. Be it a car, relationship, home or anything - we don't want to lose and we are not ready for anything unexpected. We all want favorable condition throughout life. We pray to god, always bless us with favorable conditions. The other fact is, we don't know, how to manage an unfavorable condition or an event. Our parents or elder in our life don't teach us, how to manage a death/lose/fear, but they only tell us to think always in favorable positives. In an unfavorable condition most of us fail or get anxious/worried/stressed and not able to come out of it. Basically we have never been instructed on how to manage the loss of something (everything is taken from here and one day they will go off)"*

After listening to Arjuna, Krishna has smiled and started speaking those words, which are going to be the underlying principles for surviving and non living beings in the world and across worlds. Krishna has told Arjuna, that he is grieving for which, he shouldn't. He said, as human changes the dress on a daily basis, the soul also changes its body. The soul which is born in this world with a body, over a period of time, will leave the body through death, and will again take the new body and will endure.

*"Our life: We all know, every day new cells are born and old cells die in our body. The birth and death take place in our brain, heart, hand and everywhere. However, we are not aware of! Because it's taken care by the supreme power! For many of us, it's science! (Now if your friend or wife says, that you are not the same as of yesterday, you can accept with a smile)"*

Krishna went ahead and told Arjuna, the wise man will take pleasure and pain the same way, the body is perishable can't be protected , but the soul is imperishable and no one can cause destruction to them.

*"Our Life: If a farmer thinks, he shouldn't remove a blossoming flower from the plant, he is ignorant, and the flower will be perished on its own. However the same farmer thinks, the soul of the plant can be destructed, that's not possible, because the soul takes the next birth. Now I have a question, if 10000 years before if the world had only thousands of human , then only the same count of soul will be there, but how come today, we have 5000 million people , it means 5000 million souls , how the new souls came in ?... oops... no... I got the answer, the soul count includes animals and plants also, we destroyed so many of them, and they are born among us to teach a lesson to us :)"*

Krishna told Arjuna; whoever considers that they kill the soul, is ignorant. The soul is not freshly created and it's never destructed but they attach to a body, based on the attachments they gained. The soul which has carried the goodness/sins/desire/etc takes the body/form (animal/plant/human/etc..) it deserves , but the soul which never carries anything, but has only the supreme personality of God as the goal, will not born with a body, but will stay with god. The soul can never be burned/burnt/wetted/cut or be in to any destruction. If this truth, you are only killing the body and not the soul. For something born here, death is certain. For something dead here, birth is certain.

It's like PMBOK/ ISO/ Global standard definition for the term "Project": Every project has Start and End :)

*"Our Life: Don't we know, we will die at some time. Yes we all know, but at least for me it will not be near, maybe for Sam or John or Raghu that could be early!!! , we are happy to think like this. We always believe that we will live 70 years minimum. Who gave us the guarantee?!! Ok... let it be... Even having this Guarantee, what do we do?!!! We want to study engineering or MBA or CA, etc., get a big salary, buy 1 or 2 houses and pay installments, have 1 or 2 kids, search for schools, run for college seats, pension plan, good four wheeler, full of loan ( when we pay out a loan, we go for next loan) and son or daughter stays in far away city/country, deposit money in a senior citizen plan and one day get admitted in hospital !!! (Some of them think back and feel, they never did what they wanted and they lived such a poor life) This the life 4000 + million people living and in the past most of them had similar life... So who are we? Cause you know , someone who lived in Mumbai (in Dadar) in some bungalow, 25 years back or someone lived in a palace in Rajasthan in A.D 1247 ... We don't know.. We don't know the purpose of our life. But we all want this body to be there for minimum 70 years with us, to do what? I don't say that we have to be a historical personality or a popular person... Do we know, how many literatures & languages are lost, how many great people are unknown, do we know anyone who lived 12000 B.C, etc., No ... Even history and fame also goes away with the time. It's all about understanding that this body is not owned by us, and don't get attached to it, but only to our soul. That will lead us to a birth-less state, nonetheless it doesn't mean, not to perform the duty, but not to become attached to worldly affairs and relationships, beyond a limit (self realized state -where we can separate as we demand)"*

Krishna told Arjuna, the duty of a warrior is to fight and by not fulfilling his duty he will achieve sin. The public will not appreciate the one, who has turned down his duty, and people may think because of fear he left the field. By killing these bodies of the greedy one, you will fulfill your duties and may achieve the true position. Krishna went ahead and told the one who treats pleasure and pain, gain or loss, victory and defeat, alike will not achieve sin, because he does his duty and he is not gaining anything out of the result and he is not bothered on the outcome.

*"Our Life: Performing duty, according to us, the limit's to our family and our business. Most of us don't bother anything outside our life. Fulfilling our needs is a part of duty but that's not all! We don't give our voice for anything! Sorry, we do... We all talk to our friends and family about injustice/scam/social needs/changes to make in country, etc. and we also believe strongly that someone will do the job for us :) (Perhaps we have faith in others, more than self) We go behind popular social causes, and we take road and we walk with candlelight, but we forget to step into our next door and stop the discrimination happening there. We talk about what happens in Srilanka and in Delhi, but we don't talk and take action on what happens in the nearby community or street. Beyond this, how many of us believe that we need to keep the environment clean outside our house, how many of us presume to question a person who is polluting the society/economy/politics/health/environment, etc... Rare... But we all are duty conscious... We run for our bus, we run for our work, we run for our sleep and we run for everything...but only for us and only for what we need !!!"*

Krishna has started speaking about yoga to Arjuna, The one who is resolute has a single mind of determination, the one who doesn't have his mind following different branch of thoughts and will be inconclusive and confused. The Resolute understands that everything here is taken from here and one day he will need to leave all this and go, also he understands that all the beings here will change over a period of time and they are destroyable.

*"Our Life: Most of us actually are living in simulation more than really current happening. How much we talk with our intellect! How much we talk to others in our psyche! How much we create people and their behaviors in our psyche! We pre-decide about what the other person will talk, when we say something! We pre-decide what the situation will be when we enter an office/function/etc..... It means we expend an immense amount of time in simulation, and many of them simulate the long future also... They think, what will happen in their lifetime, what money they would have earned, etc.... Neither they live in current nor do they live in the future. Some simulate the past and think, if this could have been that way, which would have been nice! The mind lays out branches for us to travel, but it's up to us to cut those branches and live in the present and be determined only about the supreme power or connected to our soul and perform actions without expectation on result"*



Krishna told Arjuna that Veda's (holy rules) can guide a person to reach the demigods (Sun, moon, other forms of gods) and to get a good life, however the one who has attained the Yogic state is not pleased with them nor impressed by the power it gives. He who is in Yogic state can control the senses and still be living a normal life. When he meets the supreme power, he also loses the worldly interests and reaches the god without any obstacles. For that yogic person, Veda's serve no purpose.

*"Our Life: We have seen, most of us don't understand Veda's clearly and their purpose. There are few, who has learnt Veda's, but I am not including them here... Most of us do lots of ceremonies/rituals in our house/temple without knowing the purpose, but with the belief it's god's language or ceremony and he will be pleased with that. We always forget, that solely thinking about him in our mind/heart and perform our duty, will please him more than anything! But the truth is, we believe rituals alone will bring peace and harmony to us and our kin. How untrue this is! We also see, there are some VIP's/rich people who enter in to temple/church/mosque and get high priority for them and get some recommendations from the priests and they think that god has blessed them. God is equal of every living being here and no need of any mediator here (the concept of Guru is different) and the importance given to them is a manual happening and it's not from god. The first thing, believe your god is knowledgeable. Don't think he can be fooled! Similarly we see some temples/churches/mosques getting high donations; I am sure more the money comes from Sin and as part of the share for the Sin. We believe God will reduce our punishment, if we give him some share :)"*

Krishna told Arjuna, being in Evenness in success and failure is called Yoga and yogic state. The one who performs the actions given to him, without worries/interests in the result, is actually getting into the Yogic state. He is not bothered about the fruitive result and he is in steady state. The one who is self satisfied for what he is! He is supposed to be in steady wisdom.

*"Our Life: How many of us feel, till date we had very good life without any hassles, and how many feel, my life is the best! Not many... we still look at some other's life as the best life, we still look at someone as best person. We still need something else to make us satisfied. If I think of the movie "castaway", that showed a man who nearly attained self satisfaction in the island, but that's more by force of nature and not by a wish. All the materialistic things and living organisms will not leave you to be on your own and they will never make you as self satisfied person on your own. Just, we need to leave them!!! There are many among us, who can't live without a phone, who can't live without TV, who can't live without friends, who can't live without something... Attachment to anything, makes us more comfortable and not letting us think about who we are? We all are very comfortable, by not allowing ourselves to know, who we are and what we are doing... We need more internal control, to start thinking about ourselves... Sit somewhere quietly and remember who you are... again don't think, what Sam and Raghu does in your life and don't consider how your wife/son/parents behaves with you... it should be only you!*

*There is nothing more beautiful than you in god's creation and there is nothing holier than you in god's creation!"*

Krishna went ahead and told Arjuna, when we are subjected to the senses and allow them to predominate, the attachments come, from the attachments we get the desire, from unfulfilled desire/broken desire the anger comes, from anger the delusion comes, from delusion we get confused in memory and we lose reasoning and that leads to ruin.

In that chain of speech, I can remember holy Buddha stating similar words.... By the way; all these are more or less same, because the truth is single.

*"There are no three or four gods in the universe, neither so many of them rules this universe. Its one supreme power, which has created and sustains this universe and other creations and even the micro organisms. And that supreme power is Krishna! If you think, this is what I am going to say, I am sorry! This could be Nabhi or Jesus or anyone, but there is a supreme force. Just because in my region (correlated with religion), we believe in the form of Krishna, I call him as the supreme power, but if am born in Saudi or in Italy, I will call him differently. Never Krishna crossed and went to Rome, nor Nabhi went New Zealand, nor did Jesus go to Vietnam. The religion and rituals are born from the region and conditions, however it doesn't mean there is no god. There is one supreme power which is beyond imaginable knowledge and power, which carries everything. The sad part of human is, unless he understands something, he thinks they are not true. Before Edison, no one knows about electricity, the older generation would have thought about him as a fall guy, but now electricity is a subject with few marks...Just because we don't see something/hear something/feel something, we can't say there is nothing... it's our limitation .... It's beyond the current scientific, its belief... that's the only way to discover the god!!!"*

## Chapter 3 - The Yoga of Action

Arjuna asked Krishna, you are saying knowledge of Yoga is superior to Action, if so, by knowing this, why should I do the action of killing? And also he conveyed to Krishna that his speech seems to be conflicting in nature and no way is clear. Krishna replied to Arjuna, there are two ways, one is living in knowledge of yoga and another one is pursuing the path of action of the yogis. Just by not performing an action, you would never reach Action-less state, nor by waivering your action you would achieve the perfect state. None of the living being at any instant remains inactive. The nature- born qualities are always working on them.

*Let us clarify something, the word "Yoga" given here is not the breathing exercise taught or physical exercise taught in a "Yoga Class". It's a condition of maintaining evenness to the action, results and happenings, and living with self awareness. Anyways, here we are not going to give any definitions of terminology, if at all, it's only for clarifications purpose.*

*"Our Life: The moment when someone decides (Yes, many of us decide, that now i will follow god religiously or now i will do additional charity, etc) to follow supreme personality of god, they buy a book like Bhagavad Gita and started reading it or watch television channels or attend religious meetings, then some of them conclude, everything in this world is untrue and there is no meaning in continuing working/doing duty, and they start to behave so weird, that their family members get really irritated and feels, why do this person get in to it! Some of us don't keep Gita in our house, we don't keep Krishna and Arjuna's (together in the Battlefield) picture in our house, because we fear that will not help normal life and it will bring war in the house. Truth is, Gita tells us how to live in evenness in normal life. But our understanding on evenness always goes on the extreme side, where we are not clear what to lose and what to control. Like Arjuna got confused at this moment, we also get confused by half understanding/knowledge"*

Some of us attempt or perform meditation and some believe, this is what an action less state. Meditation what we perform in normal life, can help us break our thoughts and make us concentrate, which might reduce the blood pressure and support the bodily happenings for a few minutes. But once we finish our meditation, we search for our phones, we attend mails, we start arguments, etc. (basically we resumed normal life) ... This is where the meditation is required. Its nothing but, unattached to the action and to its result, but keep performing the action. A mind keep practicing this, is in real "meditation". Not the one, which says, some word for 15 to 30 min and comes back to normal sense driven actions after that point.

Krishna told Arjuna, controlling the senses by organs is not the correct one, but controlling the mind over the objects of the senses is the superior manner. The one, who can restrain the senses by the mind, involves his organs of action in Karma-Yoga, without attachment and he excels. The one who performs his duty in action and he is superior to the one who is inactive.

*"Our Life: Many of us have different habits which we self don't like, for example , we want to get up early on daily basis, but when we try to get up, we feel - why not another 15 min sleep... then we slip into sleep. Likewise, someone may want to give up smoking, but can't.... Because, we do initiate controls on our senses, and not in our mind. The senses are powerful; however the mind is more powerful than the senses. The mind thinks of consequences, whereas senses can't. So it's practically easier to control the mind, which in turn will control the senses. In our mind when we arrange a time to get up, we don't need an alarm, on that exact time, we will get up. I am sure; many of us are going through this. But when it's not fixed in mind, even if the alarm rings, we will snooze it :)"*

Krishna told Arjuna, that actions have consequences , which has to be sacrificed (the effect), that's the way one can do actions, The other way is for the one, who is self satisfied in the self itself, for him there is no action is required, as he is not dependent on anything. He is not attached even to the actions (not only to the result). Yet he also performs his duty (without attachment to actions). He told Arjuna, for the supreme god (Krishna himself) there is nothing to achieve in this world or in heaven or hell, but yet he also is performing the duty without attachment.

*"Our Life: I always have this question, even you might be having the same, Why should God make me born in this world here and suffer, and what is he trying to prove here, if I am not born here I would have been happy.... Hmm... I never got any proper answer from anyone and I don't believe an answer logically (the logic here, to the extend, I and you can understand) can be given here! God performs his duty of creation, sustenance and destruction of living organisms in a materialistic environment, without any attachment and without any results in his intellect, he is keeping doing it. However the living beings born here, is not able to live without any attachment and they enjoy taking pleasure and one day when there is pain, they ask questions to God, why you make me born? (When we are very happy, we don't ask this!) We ask what the result, God is trying to reach? Whereas, he already told us, this is his duty and he is not expecting results. But for our logic, without a result why should he act? This is our question and we go ahead and think, why can't he stop doing his action? First of all, we want God to be attached to result then attached to his action as we want him to finish the action! The only problem here is we don't do our duty in the way he is telling us and now we want him to be attached to everything! God has also told a way to come out this birth and death, that's by being yogic and continue to be determined by the supreme power, by that we can come out of this! But we are not ready for that, but we would like to advise god also :)"*

Krishna told Arjuna, that the wise man, who realizes that actions have to be performed without attachments, keeps performing it. However they shouldn't unrest the one, who is ignorant, by

giving partial/untakeable knowledge or understanding and make them confused. This will only create disorder! Every living being performs the actions based on the characteristic they have! The senses utilize them to behave! The wise man knows how to handle it! Also one shouldn't enter into another one's duty and perform it, that should be avoided and it's unacceptable. He told Arjuna, as the flame is surrounded by smoke, the wisdom is constantly surrounded by desire, and hence the wise should be aware and remove the desire by a control on mind and by concentrating on supreme power.

*"Our Life: In life, we have to give something to others, only to the extent they can take and not beyond their limit. If everyone is capable of everything, the universe would be having only robotic living. There will be no demand and supply. If everyone is a medical practitioner or construction engineer the world will not move in a normal manner. The universe has its own cycle and everyone here performs the part which they have chosen. However the one, who understand the importance of the role and how to be unattached with the role, can provide guidance to the other, based on the amount the other one can get hold of it. But going beyond a limit and feeding the one (who can't take), will only create confusion! A construction worker , who is plastering the wall in 25th floor, hanging on a rope between sky and earth , is being told with all this and if he is asked to do his duty without attachment, can he acquire it ?!! May be or may be not!!! (Don't think he can't) The work he is doing doesn't qualify his characteristics and thinking, there could be few who can, few who can't ...It depends on the individual. But when they can't, then all you spoke with that person can only create disorder in his lifetime! Likewise, no one can take decision for others (rightfully)! You can't for your wife/son/husband/parents/friend, etc. (rightfully)! No one can lead others (rightfully)! We have not been given the right, nor are we capable of! Most of them time, people who like to decide for others are worried to take a decision for them self (may be they like to pilot on others :))! We can only guide and give relevant support, but decision & action to be owned by the relevant individual and interfering in that is a Sin. However when it's coming to a country/group/team the decisions are taken by selected individual; yet it's a role which they play and it's their duty. Their credit's on life are purely depends on the decisions taken and duties performed as in that role!*

*Be the leader, when no one is ready to go! Be the decision maker, when no one is ready to decide! You can exclude this, only when it's a duty assigned to you!"*

## Chapter 4 -The Yoga of Renunciation of Action

Krishna told Arjuna, I have taught this Yoga to the Sun god, millennium's ago and he taught to others, by that many of them carried away it, as part of tradition, but over a period of time the chain was broken. So here I am, again giving you that knowledge.

Arjuna asked Krishna that you were born among us how did you teach this to the sun god, because you appear to be lesser age than him. Krishna replied Arjuna, that you are born many times and I am also born many times, and whenever in these worlds the righteousness reduces and unrighteous things grow, I born (as incarnation) with my Maya to destruct the wicked and protect the good and to establish Dharma (truth/ fairness and kindness).

*"Our Life: There are 10 avatars of Vishnu, as told in Hindu mythology and one among them is Krishna and the last one still pending is "Kalki", in which the god will come in "white horse with a sword" Hmm.... Interesting part is the initial few incarnations, which were millions of years apart; the classes are like fish, pig and turtle, etc. Why in the world, he is not in human flesh? Did human race exist in that period? May not be ... Until I watched the movie Jurassic park, I was not aware of dinosaurs. And now they are not in this world for many thousand years... It means the world undergoes change/revamp in a period... Today we get petrol in the gulf, under the desert. The petrol existent means there was rich organic elements were there in that place thousands of years ago... Today only dessert exists. The world has undergone a huge amount of changes, which we are still studying... So it means some revamping happens to certain Intervals and human form may not have existed at that point in time. Aside from this, I don't know , whether for "Kalki", god will come in horse or he will come with a new cyclone /series of earthquake/volcano erupt/virus/bomb its called "Horse" , who knows!!! When our Laptop is hung, what do we do, we "Restart", similarly a machine is not working, what we do, we "Restart", maybe we got this principle from him :)"*

Krishna told Arjuna, the one who knows this and who is free from anger and fear, and free from attachment, is absorbed by me and become one with me. The wise performs the action without any attachment.

*"Our life: How do I know, I am without any attachment? Hmm... Think 3 elements which you like the most in this life (relationship/material/ or any). Ok... Now if we remove those 3 from your life from tomorrow onwards, will you still have interest in life or do you inclined to endure ? .. For many of us, it's "no". The one which you like the most, if you are ready to leave any time for its good or with the understanding of god , it means you are already living detached. Be clear, it includes fame/desire/etc also. Leaving the one which you like the most (including self), if you can do, then you have nothing to achieve here in this world. Now, I am writing all this, whether I am a saint, no ... Can I leave everything and live my life normally? I don't know... But I am sure*

*understanding that they are perishable can help me to live in a better manner and handle things better way! "*

Krishna told Arjuna, the one who can catch the action in inaction and inaction in action, is the wiser. He is not attached to actions. The one who has removed the desire from actions and its resolutions, have great wisdom and no sin can affect, when he performs the action. He lives with, what is the minimum needed for his life.

*"Our Life: I see many a times, people get down every activity in professional life with personal results in mind and only that as a major target. Everyone has expectation in self, and the organization has theirs, so we plan and agree what to achieve in a year. When it comes to self goal, i see people start the year with the goal "promotion", "double digit increment" etc... they go and ask the supervisor, what if I do, I will get them this year...They don't ask, what should i learn this year, they don't ask, what do you think is my potential and how can I use it for my duty effectively... People employed in the current generation, only for their competency to do the job and the performance, instead of concentrating on improving the competency, people target on promotions and salary as the only goal! Their entire sets of actions are dependent only on that! It could be because they don't believe that their action will lead result or could be fear, that they may not achieve the result, or they only bothered about short term goals! A confident, self known person will not care about the outcome, but will focus on the action... When you perform the activities in a competent style, with evenness in your mind, the salary and promotions will come in your way... if not in this organization, it will be in the other :) but don't lose you, because you are precious and difficult to obtain, if you lose!*

*Anyone who is having assets more than what is needed for his normal day to day life and for his emergency, is again attached to the materialistic nature. The materialistic things will not leave him. For him, nothing is enough. Believe, even if he has 300 million plus dollars, he is going to say, it's inadequate for emergency, because by that time his asset will make him as a servant (developed all kinds of bondages like investment, loan, status, etc.) and it will fetch all the vulnerabilities to him. In windows operating system, when you try to clean up the programs, it will indicate how frequently you use that program and it will tell you remove programs based on that. Likewise, when you actually don't use many of the things, asset is a curse"*

Krishna went ahead and told Arjuna, through sacrifices people try to achieve the almighty, some of them sacrifice material, some sacrifice hearing, some sacrifices senses, some practices breathing, some follow austerity, some follow regulated food and through them they try to destroy the sins. Above all, superior is knowledge about the supreme and actions without attachments, you will learn this from the Guru's who has obtained such knowledge. The knowledge will act as fire to destroy all the desires. There is no purifier better than the soul of a knowledgeable person, who understands the self and satisfied by self. The one who is doubtful will have happiness in neither this world nor in any other world.

*"Our Life: Guru's (teacher) help us learn various practices and impart knowledge to us on different topics. The help of teachers and its requirement varies from person to person. Not everyone needs to attend religious classes or others. The need can only be determined by the self and not by others. Many of us in India follow gurus, which help for many, in concentrating and taking life forward. Different people take things, to the level it's required for them. Be clear, there is nothing purer than your own soul and it's should be your goal to connect with it. Now a day , we see the so called gurus' have become business people and they have tons of things to maintain like publicity, assets, brand names, chain hospitals/restaurants/colleges, etc., donation inflow, organizational strength and sale of merchandise. They want to sit in golden chair and some singer will be singing about them and they listen happily talking about yours and my life. I am not pulling any one leg, they will have their own reason, as long as they are not attached to their actions and they don't have any expectations of results, we are no one to judge!"*

*A guru guides you on a path, but the path only you have to walk. If you are dependent on a guru throughout your lifetime, it means you haven't walked, you are just standing there!*

*When you decide on something and on some person, never allow the doubt to come in your mind. That error can destroy you. Before you decide on anything analyze and decide, but once you are engaged in, you should never doubt, even if your senses say, because doubt will destroy everything you have!"*



## Chapter 5 - The Yoga of True Renunciation

Arjuna got confused by understanding there is renunciation (declining) of actions and yoga of action, out of this which one to pursue. Krishna told Arjuna, that Yoga through action is superior to waivering of action. The person who maintains evenness and neither hates nor desires and free from the pairs of opposites and performs unattached actions with no expectation of result is liberated. However renunciation is difficult to obtain and only sages can do it. The one who is equipped with Yoga (evenness and unattached), his mind is pure, who has self conquered and subdued the senses, will not be tainted by actions. He realizes that he doesn't perform anything, seeing, hearing, touching, smelling, eating, sleeping , letting go, clutching hands, closing eyes and opening and everything , he offers to God. He is like the lotus leaf with water, unattached. By body and by the mind and by the senses the yogis (one who follows Yoga) perform actions without attachment and live in self purification.

*"Our Life: In our Life, we breathe and fill the lungs, we pump the blood, we digest the food, we command the neural systems to work and unless we tell nothing of this will work.... Oh Sorry! We do none of these activities, it's taken care by some power which is out of our normal thinking, but we believe if we eat, that's enough the body is taken care!! ... Fact is, we have a complete complex system as named "Body" of us, which is not in our control! (Do we ask the white cells to find and kill bacteria :)) But the body acts with very high intellect and we are not aware of! However whatever actions, we act, we claim it's done by us... For example, one day when we wake up, the arms are not working; can we command our arms to work?! Not really possible....*

Krishna told Arjuna, the liberated one (yogin) treats a saint, a bird, a dog, a dog eater and every living being in the same way. He understands and sacrifices all the thinking and actions to me. He sees all the livings have birth and end, and he understands the bondage, relationship, attachment can bring him grief. Hence he leaves everything to me and runs his life.

*"Our Life: Many a times we separate the god from us and we believe that we are the doers. We keep god in a corner of the house /in room/in a cabin and we keep the god in a temple/church/mosque and we believe that god is simply there. We think, in front of god, we shouldn't do something which is not auspicious. First, we have separated God from us, by design. Second, we think, we do all the things and god is only an invitee. Third, we believe God can only be there for good auspicious things and not for anything. Whereas god says, we need to give everything to him, and he says as a supreme power he is there everywhere and in every living being. But we don't listen to him. Sometimes it's like, God owns a call center, and we can call whenever we want and we will raise a service request, and after some days we will launch a*

*complaint that he has not addressed the problem. Don't worry many of us, feel that we pay fee also for his service (monthly/yearly/etc) ... "*

## Chapter 6: The yoga of Self Control

Krishna told Arjuna that a yogi is the one, who performs actions without depending on the result, and not the one, who don't perform any action. The one who wins the thoughts can only reach yoga. The human shouldn't lower themselves, and for a person who has self conquered, his self-acts as a friend. For the one who has not conquered the self, they see an enemy in themselves. The yogin, who has conquered the self, for him the earth, sand, gold or anything, seems to be the same. The person realizes there is nothing superior to him and nothing smaller than him, and he concentrates on the supreme power.

*"Our Life: In our professional and personal life, we watch people behave differently with others, based on the position/achievement/status, others have obtained. When we talk to the CEO of the organization, we think as if it's biggest achievement and when we talk to an office boy, we end up advising him or treating him as a poor life. None of them are great or poor; they both are performing their own duty given in this world. An entrepreneur who employs 1000 people is not great and nor the person cleaning his office space is inadequate. It's a role given by the supreme power in this world. A person defeated continuously in his attempts, doesn't mean to be a loser in life, maybe he has a better life without much attachment and has the ability to handle failures. All the so called great people had the ability to handle failures, that's why they were great. When you sit in front of a top official in the workplace, do you need to be afraid or anxious? No. Whatever you experience, whatever you perform, is required by the organization/industry/society that's the reason, you are employed, and so your role and action has to be acknowledged first by you. As an Individual, you might be much closer to the supreme power and you may have a better understanding of life and work. So you don't need to be nervous and need not be aggressive, be a balanced person."*

Krishna has explained Arjuna on how to perform physical yoga and concentrate, he also told, the one who sleeps and eats more or less, can't practice them. A person, who sees the self, by self and satisfied with it, will not have great sorrow. The person practicing yoga can concentrate on self and little by little he can remove the senses and attachments, anything which cause unsteadiness should be kept away. The person starts seeing me everywhere and in everything. For him, I never vanish. He who is having comparison with himself, sees everywhere me, he is highest yogi. Of all the yogis, the one who sees me in the inner self and merged with me, he was according to me is the most devout.

*"Our Life: There are three types of people , number one, person always looking at survival, for them life is all about living in that short period, anything they will manage to make it. Number two, Comparative person, his life is always driven by the environment, social happenings and others, they just see others and try to compete and achieve results and again they start*

*comparing. Number three, Leading person, for them in life there is no comparison, they want to contribute/initiate something and they do it for themselves.*

*Most of us here are running a comparative life, and we don't want to look back our life. Fear... Yes we Fear! To know that, whether it's really a good life, what we are doing here, and so on... because we believe by the time, we think on this, others will cross us and go... so we keep pushing and compete with others... The leading person, mentioned here doesn't mean any top business person or some top official, they are those people who leads their way without any comparison in their mind and heart, they are not worried about anything new or change, because they have strong belief in themselves or supreme power. Either of these (Self belief or belief on Supreme power), according to God, is important for, to be a close one to him."*

## Chapter 7- The Yoga of Wise Understanding

Krishna told Arjuna that he created Earth, water, fire, air, ether, mind, intellect and egoism and above all he created the life itself. All this is woven on him, like a cluster of gems in a string. He went ahead and told, the taste of water, light of the moon, the syllable “Om” in the Vedas, fragrance of the earth, life in all, the intelligence of the intelligent and radiance of the radiant, everything is being on him. The characteristics - Pure, active and inert are coming from supreme power, but he is not in them, these are divine illusions and very hard to overcome, only the one, who seek the supreme power will cross it. The distressed people, knowledge seeker, wealth seeker and wise man all worship him, out of these the wise men, who seek only him is dearer to him. I am in the formless and in many forms as gods, people pray to different forms and want to achieve something and they go to achieve it. The one who believes in my supreme form reaches me and he is the unborn and imperishable. Krishna knows the past, present and the future and him no one knows. The wise man at the time of departure (death) they pray to him and reach him, not only them, even the sinner who prays to him at the end realizing this, also reaches him.

*“Our Life: The Universe is one amazing place and it has so many wonderful creations! Yet if you look at them closely, there is some pattern we can see. The smallest components like cells in a body, atoms in a metal and the biggest element the universe, all of them has a nucleus (center), free particles which move around, and well arranged particles like planet, electrons, etc. in a distance away, circling around the nucleus in a field. Which shows, the base of all material elements and living organisms have some commonalities. So when we read, god is in there in everything, there is not much to surprise. Also as per Newton’s law (yes... the school theory, which fetched easy marks!), the energy in this world can’t be created and cannot be destroyed, but it can only be converted to a different class. When it’s a scientific theory, we don’t ask questions, the same when it comes in a holy book, we ask... God is unborn and imperishable and the same is for the soul, which are unborn and imperishable, but they can take different forms with bodies... Science is nothing but a language used to study his creations, but science is neither the god nor it can lead us to God. Only belief can take us to the supreme power”*

## Chapter 8 - The Yoga of Indestructible Brahma

Krishna explained to Arjuna, at the time of death/quitting the body, a person remembers the supreme personality of god as goal, then he achieves him, similarly he who meditates on Krishna and constantly engage himself in remembering the supreme personality of god- reaches him, like that the one who reads Vedas and follows all the rules and guidance set by them also reaches him (if that's their goal), the same is for the one – who is dedicated his life in devotional service and completely followed that as a medium to reach. Beyond all these, the one who understand supreme personality, as old, as controller, as small, as largest, beyond the material, beyond conception, seeing him as sun, moon and everything and live as yogin also reaches him.

Krishna has explained the practice of Yoga, on how to close eyes and think of the central point of in between eyes and thinking about god with the syllable of “Om” chanting, can help in achieving perfection. Similarly he explained the calculation of days and nights for Brahma and for human, and he told - by period and day /night, when one can make the birth less state. However the one who firmly believes in supreme god and at the time of death, who only thinks of him, will reach Krishna – the supreme personality of God.

*“Our Life: The very famous question, if tonight the world is going to be destroyed by a comet (think, NASA missed this ☺) and there is no chance for USA, Russia or China to send their missiles to destroy it in the middle air, and it's official now, that you have only 2 hours with you..... What will you do next...? Many of us would like to have our final wish fulfilled, some in bars, some with family, some in roads, some in crying, some in phone, some in love, some with holy book & in church/temple/mosque, etc praying that it should not end today (basically asking god to do some magic to save them, so another few years they can lead their great life ☺)... Not most of them are expected to be in a state of prayer which leads only to him and not thinking on anything else, instead many will be still searching for final set of happiness or pleasure or handling fear through pleasure or engage in action which makes them forget themselves. Interestingly not many of us are sure, whether instead of fulfilling materialistic or human desires, we will be realizing god!*

*The one who is studying the holy books or praying in the holy place, they are still searching god outside in a paper (words) or in a place. There is nothing wrong with it. However the moment you search god outside, the path is huge and it has no end. Many of them want to see god in a form or in an action, or in nature, or in a place... We think god has to come in front of us... Why should he come? .... God is inside you, if he is the super soul and has made all these souls, and all these souls are part of him, then your soul is the place where god resides... Don't search him outside... You may never find him! Let the moment be anything, he is there with you and he never leaves you... You be having tea, eating meat, helping someone, wounded, or working, let you do whatsoever, at every moment and at any time, he is there with you! We think only in a particular place he lives or he resides, that's nothing other than lack of awareness. He never leaves you*

*alone, let it be success, failure, loss or anything, he is there with you and all your pain and pleasure he is taking. Be sure, you are part of him and there is nothing to worry, but you are not the god!!! Anyway, it's true not everyone can have the same understanding, so he has given many paths and religion and practices, so that based on the understanding they can follow him (by doing a devotional activity, meditate, pray, help others, etc.)”*

## Chapter 9- The Yoga of Royal Secret

Krishna has told Arjuna, since he is the dearest and true disciple of the supreme god, Krishna will tell the greatest secret to him. He told Arjuna, all the beings are part of him, but he is not complete in any one part. All beings here have a lifetime and at the end they move out and come back again to this world. Some call this as nature, in which I send things again and again. Nor I am bound by any actions, but I keep doing the actions without any attachments. With my supervision the nature produces the moving and unmoving and the world revolves. I am the food, medicine, mantra, butter, fire, father of the world, the mother, supporter and grandsire, I am the knowable, the purifier and syllable “Om” and all Vedas. I am the goal, Sustainer, Lord, witness, abode, shelter, friend, origin, dissolution, foundation, treasure and in many forms, and I am the imperishable. I give heat, cold, send rain, I am the immortal and I am the death and birth, existence and non-existence.

*“Our Life: It’s very difficult for us to accept all the happenings in life as part of god (not as an act of god, but it’s part of god). This is primarily because the self is made of actions, desires and ego. A human loses the most and become weak, when he loses the loved one! Or the love! Why do we really get broke down that time, it’s because we know, that we can never achieve it back... But why do we want to achieve it back? Because we don’t know what else to do, repeated memories which don’t leave us, we don’t see any replacement for that love, and our ego – which categorizes us as worthless, we are not ready to leave thinking, because we as a person feel it’s wrong to forget.... Hmm... So many people lose their life, do suicide and put them off life and do badly to their own... But Why? ... When god is everything and he lived/lives as your loved one and he is the one – who is dead or told you to forget or lost somewhere... if so, then why, we are carrying this sadness, for what we are waiting... When he (God) is gone from the form you loved, he will come in a new form, for you! There is nothing that you have missed! Whatever was there in some form and which you loved, will be there in some other form, but you have to be ready for that! Remember you will also die someday; you will also leave someone alone, someday! But be sure, with them also god will be there! So accept the changes, as every change is also he... He is there for you and he never leaves you alone and your loved ones will be there with him constantly, as Part of him... The only thing, which you can pray is, that they also should reach the supreme god and there is no return back to the world for them also... So get up and walk, and never let the smoke surround you and make you feel lost”*

Krishna told Arjuna about heaven and birth, the men who follow the Vedas, the soma drinker (holy drink), pure one, sacrifice and the worshipper; they all go to heaven and enjoy the divine pleasures of gods and demigods. Once their merit is exhausted they again enter into this world as individuals. It’s cycle in which going and returning happens to human, even if they follow all the Vedas. The men who worship me alone, for them I secure the place with me. Even the one, who worships any other gods or in any other forms, they only worship me. I am everything and the



supreme power, the ignorant forget this. I am the enjoyer of all and the lord of sacrifice too, but when they don't know me, they fail. The worshipper of the gods, go to that form; the ancestor worshippers, goes to that form; the elements worshippers, go to that form; The one who worships me, comes to myself. With devotion, if one offers a leaf, flower, fruit or water, I take that in their pure mind. Hence whatever you do or practice, do that as an offering to me. Thus you shall be liberated from the fruit's of action, good and bad. By thus, you shall come to me. I have none dear and none hateful, however the one who worship me with devotion, they are in me and I am also in them. Even the sinful will reach me; by having understood me and having devotion to me. So fix your mind on me, devote to me, and sacrifice for me, by this you shall reach me.

*"Our Life: We might worship the gods with many forms, but ultimately everything is one supreme power, this is told by God in Gita and not by us. So why do we have problems here based on religion? What are we trying to accomplish? Is God expecting us to come to a conclusion and bring justice to his land/principle/rules, etc.? ... Ignorance, fear, politicizing, identity crisis and egoism, all of them is creating their own illusions to human mind, by thus we see people fight and safeguarding their gods... Yes... That's what we believe... We are the one, who safeguard our god and religion, by fighting with evil ( all other forms, which we can't accept is evil for us... Krishna with any other name is also evil for us ☺), if this is the belief we have means, then we should read Gita once again or many more times.... He is the supreme power and safeguarding everything. If someone really wants to perform their duty to their religion, then they should read and practice it... And not become a fool and keep that as a holy book in a room and fight with Krishna... Yes, by showing your grudge and hate on other religion, region or anything, you just showed it on Krishna and not on any other gods... (there is no other god, it's one supreme power , let it be Krishna, Allah, Jesus, Buddha or any).*

*Can anyone say that they safeguarded Bhagavad Gita? No-one can say that... on its own, it's surviving; it's just the wish of God. People can argue, unless they fought with other religions , it wouldn't have survived... check karnatic/Hindustani music, Bharata natyam or any dance, none of them have well scripted manuals, but they survived for years, the same for few languages and tradition... It's Just that, they are followed by people and that became part of their life.. When it comes to Bhagavad Gita or god, we will just fight, more than following ☺ .So then, why don't we understand and have fewer problems based on religion? May be, the supreme power wants to have balance between wise and ignorant...*

*As a secret, god has told that, offer everything to me and be detached from the action's fruitive result. It's easier, when we have poor results and we are ready to dedicate it to god, but when you generate success, not many will propose it to God. The same goes for fame. Success and fame, they both take you away from where you started, and no longer will you be detached, unless you give it to God. We are seeing people, after success (like a writer, media person, movie maker, socialist, etc.) they want to give comments on everything, they share their opinion on everything... very rarely, we see people who defy to comment and say they are not the right one to comment. We see newspapers are filled with extra pages, where people have to attend*

*parties and they are also graded. Do everyone really happy for this, is that what the person is all about, may not be! But Success and fame, takes you there, where coming back to the ground is very difficult for you. The best way is, offer success, failure and everything to God and keep ourselves unattached to the results.”*

## Chapter 10- The Yoga of Divine Glories

Krishna continued and explained to Arjuna, that none of the Rishis and forms of gods knows his origin! And he is the source of all the Vedas, gods and rishis. The one, who understand Krishna as unborn and he is the author of all the worlds and lords, and live based on that, is liberated from sins and then enters into birth less state. All the characteristics and happenings , intelligence, wisdom, truth, lie, pain, fear, death, birth, violence, non-violence, equanimity, fame, shame and everything arises from me. The great rishis (saints), demigods and others are created by me in the universe. The one, who understand this glory of mine, will be able to establish in stable yoga. The wise understand this, and keep their thoughts with me, they are dedicated to me and they enlighten others and they always speak about me, and they get delighted and devout, thereby with yoga they come to me. I reside in their self and remove the ignorance and give them the wisdom and take them with me.

*“Our life: The supreme force is not an equivalence or a formula to understand and to apply logic. Before Einstein derived the formula  $E=MC^2$ , the world was not aware of that, and people might have laughed! Today, if I show you a Computer motherboard circuit and ask you to explain or I show you a design of a Dam Structure and ask you to explain, you may not be able to answer! Why, because we need to study and understand that, then we will be able to interpret! For a small chip and paper of design , if we need to study 4 to 5 years to understand, then the creator of the universe and creator of all living beings and non living beings, can he be understood in days or months or years?!!! ... Then why to make fun or make others in disbelief, which we are not aware of!! On the flip side, is that meaning, you need years and years to reach him? No, you need months, or a week, or a day, or even a minute, or less than a second to reach him... Because, he never leaves you alone, he is there within you. The solution for all complex things comes from your mind... Ask and search your mind to find those answers... Your mind has all the secrets, inventions and answers, inbuilt ... just search and take it... I don't think Google or any search engines can help ( , but determination and belief is the clue for that search!”*

Arjuna requested Krishna to tell more of the supreme god's glories and he is eager to listen. Then Krishna spoke, Of the rishis – I am Narada, I am the beginning-middle-end, I am life on all beings, I am the sun, moon and Vishnu, of Vedas- I am sama, of senses – I am mind, of rudras- I am sankara, of mountain – I am meru, of generals – I am skanda, of offerings – I am prayer, of men- I am the king, of weapon- I am thunderbolt (vajra), of serpents – I am vasuki, I am varuna (god of rain), I am yama( god of death), I am wind, I am shark, I am ganges, I am the knowledge of self, I am the beginning letter “A” , I am the death, I am the fortune, I am memory, I am month, I am flower, I am cheat, I am gambler, I am effort, I am goodness, I am badness, I am punishment, I am silence, I am the knowledge, I am the seed, I am the moving and I am non-moving and there is no end to my divine glories. I just gave you a few examples, but all the

existence and nonexistence only comes from me. This world and universe are one part of me, but I am not a complete part in anything. Again, I am unattached to anything and I am performing my duty.

*“Our Life: In our day to day life, we never realizes, what are we? Where our life is going? Who controls us? And so on... We never ask any questions, about us and why we are part of this world... We feel uncomfortable to ask such questions.... Because we know those answers; will bring some level of detachment to things, with which we are currently attached, also the fear of losing the race with others. There are many of us, who think, why should I ask such question? I am happy with my life and I have children, I have assets, etc., then why I need to bother what’s what?!!.. Also we believe that spending time in these questions is meaningless. I agree with you, if your aim is not to understand and pass the supreme god, but to gain some good deeds and spend life as it is, like ant/tiger/monkey/wolf/plant/bird or like any other living being, then you are absolutely correct. You will also lead a life, which is prefixed; you will also experience happiness, sadness, success, failure and everything, like the one who abides by the supreme god’s path. The difference will be, the one who understand the glory of supreme power will not get unequanimity and will not be stressed by the happenings at any time, but you will! Anyways, not everyone is born to follow the path told by supreme god, if so, then there will no balance in the life systems here, because everyone might reach- no birth state! We all learnt that the earth is revolving at high speed, but we never feel that movement, similarly still we think that sun “rises” and “sets” ☺ That’s what we are! It requires determination and belief to realize God, without that, we will lead a life, in which everything is done by” us” only! And we can proudly say “Ignorance is blessed”.*

*However for the one, who understands the supreme personality of god is everything, his expectation in life, with people, with activities, with relationships and with everything is absolute, but he performs his duty and he realizes the god in himself!*

*To reach such a mindset, for some it’s easy, for some it needs constant practice. The mind is practice oriented for most of its sections! If you keep seeing/reading crime movies for a year, you will be able to simulate any place as a crime scene place! If you see religion based channels, you keep talking about them; same is for fashion, training, agriculture, health, food, travel, etc.... The mind can easily be cheated and manipulated and it easily carries the wrong one! Hence for some people, practice or constant engagement is required to be there in yogic condition, but it’s not for all! “*

## Chapter 11- The Yoga of Cosmic Form

Brief Expectation Setting:

Before we read this chapter it's important for us to be imaginative. So, we will now imagine "Sun" in our mind... take a few seconds... ok... How big was the sun we imagined?! A paper size or a building size or mountain size ... our imagination was nothing but, how we see the sun in normal life, it's something far away and looks like a car wheel size ... But the fact is , the Sun is more than a million times bigger than what you imagined... now tries to magnify the size by 100 times.. Then to a 1000 times... Then two million times... oops... the memory is fully dumped, the brain is unable to process the image... now you might feel like restarting your brain! See, this is the power of imagination and truth...but we like to live with our own illusions... coming back, this imagination to an extent is required to go through this chapter...

Chapter for Dummies:

Arjuna told Krishna, that his illusions are gone, and he realized Krishna is everything, and having known that, he is now interested in seeing god in all those forms, which god has prescribed. He asked Krishna is that possible for him to see that form? Krishna told, the divine form has many a million sorts of things in it, with variegated colors and shapes, and many more gods and living beings and everything are there in it, and no one, has ever seen that before. Krishna told, whatever Arjuna wants to see, everything, irrespective of time, geography, secrets, and forms, he can catch them all. Krishna told Arjuna, for him to see such a form a divine eye is required and he blessed him with that. Then the god has shown the universal and timeless form to Arjuna.

*"Our Life: I had this question, that's why a special eye do is required, can't we see in our normal eye that form... Hmm... When I go to a 3d movie, unless I wear a special glass, I don't see anything there, in fact the picture is more blur, the moment I wear the glass, I can feel 3d... When I see picture in picture Television, I am not able to recognize all the happenings in the nine screens in a moment of time in my mind, though the television might show everything. Likewise, my eyes can cover nearly 180 degree vision, but unless I concentrate not all the happenings in that visible area are recognized by the mind... My eyes can't see anything in the darkness, but a special binocular is able to see... so many things, my eyes can't get along, even though this is the best intelligent automatic focus lens in the world, ever produced. Now I realize why Arjuna needed a special divine eye for this..."*

The universal form has contained many mouths and eyes, divine ornaments everywhere, and holy weapons held in thousands of hands, wearing divine garlands and colorful rays of light everywhere and it's like thousands of suns have joined together in one spot, there are faces everywhere. Arjuna was seeing more and more in that phase and started speaking to the Supreme God, I realize all the gods in you, all the saints in you, I see thousands of typefaces, and so many

arms, stomachs, and I don't see there is any beginning, middle and end to this form, there are no dimension and angle which I can quote, it's spread across everywhere, there are wonderful lights, flowers everywhere spanning, the Vedas produced, it's hard to remove all of this. I see the sun, moon and all planets in some portion of your this body, I see faces of fire, water, the air which sends them into this world, the heaven and earth is inside you, the form is marvelous and at the same time terrible. I see the saints praying, I see the demons killing, I see the soldiers, animals, workers, birds, serpents, good deeds, bad deeds and all coming from you from many of your mouths. I see my relatives crushed into your mouth, I see the good and bad people undergo different treatments, I see the souls separated and go into a mouth and new birth happens to them in another mouth. I see the past of the entire world, I see the future of this entire world, I see fiery faces of yours which destroys the living beings, and by looking all of this I am terrified.

*"Our Life: That Arjuna was none other than me and you, he has seen the universal form of god and he is unable to bear it. The important question is that more than Full HD quality or may be better than that? Definitely it will be better than that, because it was not a telecast to decode it, the eyes were taking that vision as it is ... ( unless we have negative power in our eyes, if so, then use any disposable HD lens:)). What is that universal form for me now, it's more than watching a Disney pictures movie or Avatar movie, the lights are so colorful spanning beyond sky to beneath earth, the god was having thousands of faces each with different color, skin tone, action, shape, etc , we can see Atlantic ocean to Pacific ocean in a mouth of one face, Himalayas to alps all mountains in one face, Arctic snow in a face, Sahara to Kalahari desserts in one face, all the nuclear ammunitions in one face, all the volcano's in one face, like that so many... we can see all 5000 million people's life at one instance, we can see all their past, we can see all their future, we can see all the animals individually and their past and present, similarly we see all the plants, we see underneath layers of world, we see all the planets in this universe, we see beyond milky way what is there!, We see Jesus, Nabhi, Vishnu, Buddha , Greek gods and the holy faces and we see the wordings of all the holy books in one moment ! not only that, We see the Swiss bank accounts and secret numbers of all the billionaire, We see the future of earth's future, we see the past of this world for many million years in a second, we see the colors we can never recognize, we see the millions of cows, we see millions of Bacteria, we see the all the scams in the world at one moment, we see all the violence in one moment, we see all the poor searching for food, we see all the riches making the money die to store in their graveyard cupboards, we see all the share markets sliding, we see all the pollution coming from the motor vehicle at a moment, we see our parents birth and death, we see our children birth and death and we see our self born and die....if you imagined this well, you would have exhausted by this time ! Hydrate yourself please!"*

Arjuna was telling Krishna, having seen such faces of god, fire, killings, destruction and recreations from you, I am really becoming unrest and I have no peace with me. All the great warriors and my forefathers are getting destroyed and they get into you and some undergo real bad treatment in this process, as all the rivers goes in to sea- I see all of the

famous, heroic people also go into your mouth in a hurry for their destruction, and I see fiery race everywhere. I have seen these fiery forms of in you, who you are with these forms, he asked Krishna. Supreme god replied, I am the destruction and time, I engage in destructing the world and its living and non living beings in every moment. He also said, even without Arjuna gets into the fight, the Kauravas and their supporters will be destroyed, and Arjuna is only a tool for this action. Arjuna is not the one who actually kills, it's Krishna who already killed them and it's going to take place in an instant. Arjuna bowed in front of god and told, now I understand why everyone praise you and the saints pray to you, you are the imperishable, all the planets and everything comes from you, I bend in front you with my devotion as an oblation. I addressed you in my life differently in different time, treating you very normally, in the process I would have insulted you some time, please forgive me, you are the father of the universe, you are greatest guru in this world, I understand you are the supreme. I am delighted as I see the form, which no one ever got wind; now I want to see you in the divine peaceful form with four arms, to get peace to my mind. Please provide such a view of yours for me. Krishna told, you have witnessed the universal and supreme form of mine, this is my original pattern, none has examined it before, not by any rituals, austerities- one can see this form and none other than you can see this form, now don't be afraid and get confused, I revert to the form which you requested. Then god has shown the four armed universal form to Arjuna.

*"Our Life: When we see a man, who is seven feet tall (172" inch) and with broad shoulder around 46" inch and when he crosses us, there is some nervousness we get! When we sit in front of a sea, its nice experience, now if we see some big waves come from it, we catch nervousness! We travel on the road, suddenly a huge noise, and two vehicles had an accident, and we see people with blood, again some nervousness! If that's what we are, then suddenly we see god who is not measurable in height ... (oh! Human need some measurement to imagine, else it's difficult... so take for example more than 2000 meters/6000 feet +++) and that too with so many hands and heads, how do we feel? Think the closest person in your life, the person's work is now changed and daily that person needs to kill minimum 2 people and then they will meet you... How would you feel about the person, with this activity?! So when God, who according to us, is always pleasant and do only favorable things to us (we need him for doing favors :)), suddenly shows the destructing side of him, do we feel normal... No way, we might need lemon juice, some ice pack and someone to say "All is Well" :)... in this entire process, what we understand is that we also imagined the universal form to an extend we can! This imagination power is nothing but his grace alone, without him the power of imagination will not there! The Arjuna was none other than you and me, the god has shown the universal form, in our mind. Having witnessed such a form of him, now it's time for you to see the shape of a cool four armed universal form... hope we can still imagine, so I give it to you!.. Don't worry in most of our life, we live with imagination only, without imagination- solutions, resolutions, creation, destruction and nothing will hold! In fact imagination is a blessing given by god! (What will happen, if I get up one day in the morning, and I realize the entire life, which I lived was my one day dream!)"*

## Chapter 12 - The Yoga of Devotion

Recognizing the supreme god, Arjuna wanted to know which is the best way to reach him and what kind of people are dearer to the supreme god. Krishna told Arjuna, the one who always worships me and keep faith with their mind in me is the most perfect, and the others who controls the senses and do welfare of others also reach me. Krishna told there are various ways of reaching him, by fixing the mind on Krishna and engaging all the intelligence on Krishna, the individual lives within Krishna, however if that's not possible, then involve in meditation practices to achieve the supreme power, if that's not possible, then should involve in devotional service, if that's not possible, then give all your results of action to me and work, if that's not possible, work on developing knowledge on me.

*"Our Life: At least In India we see, people worshiping God in numerous forms, from stone to animal to human to giant humans, etc. These courses are made to believe god is in every form and few of the practices are made to regulate the people's participation in devotional activities, like a month long festival, a month long prayer, etc. Basically they tend to shift the nature of people by this consistent practice. Also the forms of gods are mostly family based like son, mother, etc. They help people understand how they need to live in their life and gods are more like super models (in family life). As we go to an ashram or Matt we understand that people learn Veda's and they perform rituals, etc. ...In places like Himalayas we could see yogis, who has no desire and perform no action to live, who live mostly in mediation... People like us, who love to hear about god, what it is, why it is and try to argue few things, it's nothing but we try to develop knowledge in that area (and same goes to religious meetings and prayers to learn on this).. Some people believe helping others and performing good things is the service to god... All of them are path to reach the supreme power, however at any point in time, if you think, by doing this you will definitely reach god; you already lost your path!!!"*

*We see advertisement boards on donated products, we see the names of people kept in charity trust, we see temples built on every street/community - it seems god should serve their street/community also, we see that rituals overtake underlying principles told in Gita, we see people go to religious meetings to build up contacts and feel proud to organize such meetings in their place and so on.... By doing all this, we already lost our path to reach him and again his illusions are hard to come by! (We are proving by doing all this)"*

Krishna told to Arjuna, the one who is not envious but friendly to all living beings, free from false ego, who is always satisfied, who is tolerant, who is self controlled, whose judgment and intelligence is fixed on me, such a person is very dear to me. One who neither rejoices nor grieves, who waives the auspicious and inauspicious things, who is equipoise in honor and dishonor, fame and infamy, who is fixed in knowledge and who is engaged in devotional service, such a person is very dear to me. Those who follow devotional service path and who are completely engages themselves with faith and making me as supreme goal is very dear to me.



*"Our Life: Can we did not envy about what happens with our friends and relatives like promotion, marriage, assets, etc.? Sure we can... first thing we have to recognize and respect ourselves and our life, the second thing we have to realize there is nothing more than the supreme personality of God , and all others have no value... So then why did I say, first you need to respect yourself... it's because the supreme personality of God lives in you, that's why you need to first respect yourself.*

*Ego is a very important emotion of a human being, beyond a point it can hit you like a beast. Ego basically comes from comparative nature of us, either to prove to someone or to society or group of people - that we are not inferior or to prove we are superior...People want to go on VIP lane in some places, if no permission is given, then their ego is triggered, people don't want to follow certain rules, but when they are forced, their ego is triggered, people want to have last word in any discussion, if not, then ego is triggered and so on.... Basically the person who is not self aware and who can be taken by the situation for a ride, will undergo this for many times... False Ego, can create emotional imbalance, which means meaningless speech and activity to follow, and will take you in to trouble. Finally to resolve this, you have to either tell lies or imagine yourself that others has done very wrong things to you (may be more than what was the reality) ... To overcome the False Ego, it's very important to realize yourself, see god in others, believe in the actions of god and don't attach you for fame and honor. Because when you are attached to something, false ego can be easily activated. We are sure in most of the violence and relationship breaking; false ego is the primary reason. By losing these characteristics, you will have a better life (as your relatives/friends/known or anyone whom you interact will be also comfortable). Having said that, it doesn't mean being a fool or allow others to take you for a ride... Be firm when it's right and it's your duty, but never be egoistic!! "*

## Chapter 13 - The yoga of the Field and it's Knower

Arjuna asked Krishna to explain what is field, who is the person known of field, what is knowledge, what is nature and what is living being in it. Krishna explained to Arjuna, the body of the self is called Field, the person who understand his body and its senses, is called the person who knows the field. The understanding of them is knowledge. The body has five great elements, egoism, intellect, ten senses and mind, desire, hatred, joy, pain, intelligence, reverence, etc. and when they combine with the mind they derive all the actions.. The humility, modesty, forgiveness, service to the teacher, purity, steadiness, self control, absence of attachment to objects, absence of egoism, Clarity in perception of birth- death- old age-sickness and pain, unattached to the affection of son, wife, home and maintaining equality for desirable and undesirable, constant in self realization, all of them are called knowledge. The things which are opposite to this is called ignorance. The one who is understood his body and separate himself with his knowledge is the one, who reaches me.

*"Our Life: Have you noticed; wherever you see a mirror, irrespective of how many times we have seen ourselves in a day, many of us wish to see once again in the mirror!! Check when you are in office washroom, restaurant, hospital, shopping market, anywhere... If we take a stock that how much time we spend time in gratifying the bodily senses, it might be very interesting information for us... We spend lot of time in external care of the body, the look, the color, skin care, hair growth and so on ( good for cosmetics seller :)) then we spend time in satisfying the taste senses , search for food, restaurants, snacks and then physical and mental satisfaction on through various activities.. Most of us live for the sake of satisfying the body and its senses and nothing more for us... Do we ever try to distinguish the body and our self separately?!! Very rare...so when a pain comes to your body, it heavily impacts your mind and senses, because you have always given your body the priority... When your senses are not satisfied, you get wild, your mind goes out of control (example: if you don't have tasty food for few days, are not you get wild with family member or service provider?)... Some people have low confidence, because physically they don't appear great, whose mistake is this!! It's only theirs... Knowledge is superior, and our mind should constantly work on it, then our body and its senses take less priority, so that we can control"*

Krishna told Arjuna, the supreme power is in every being, it's smaller and larger, it's undivided but yet divided, it's unmoving but yet moving, it's the light and also darkness, the understanding of these phenomena is knowledge. The nature has all the materialistic things span across and that's the cause, the living being with their characters like desire, ego, attachment, senses they utilize the nature and produce auctions, which will result in good/bad, pleasure/pain, etc. I am the lord as a witness, a permitter, an enjoyer and a non-enjoyer, I keep doing my duties without any

attachments. The one who is understood this, and performs the action, will never be born again. The one can see the supreme Lord in all beings and he never destroys the self, because of this virtue and he reaches god. A man who realizes that all desires and actions are based on this nature and senses, he will attain the supreme divinity. The one, who can understand, the body, knowledge of the body, nature and living being characteristics, will be able to cross over and pass the supreme deity.

*“Our Life: We develop our knowledge based on the question "Why", and we understand the logic in the answer and we gather our knowledge. From childhood, this is the technique we adopt to acquire our knowledge. Hence most of the time, we need some logic which we can understand, to qualify an information as knowledge and store in our psyche and operate accordingly. However not always we need logic to satisfy ourselves and act, this is very much true when there is high negative or positive benefit is involved. In this case, we accept anything without logic. While walking in a street, someone says, in Next Street there is a street pump which flows lava (volcano eruption) into the street and many of them injured, we will not even go there... Though we might be knowing, there is no possibility of that... Even when someone said, the gods' idol is drinking milk, we all carried milk... When someone takes away gods' idol from his mouth, we all realize that as god's blessing... This very nature of us, runs in the mind and controls the senses. When someone says, don't think about a monkey, we think about it... why, because we want to know why? If they say to you, the moment you think about a monkey, you will die... again you will think.. It's because of fear. ... Fear of change/impact is a major reason to think adversely... Why do we have fear? Because we like the current position with us and we don't want change from it... more than that we are very much attached to the elements, body, relationship, etc.. So we don't want change, so fear creeps in, when fear is there - we don't need logic, our knowledge breaks... in that situation, we can act as ill, superstitious, cry and lower our stability. So we have to keep using the question "why", but when we don't use it, it means there is something that we need to take care of it.. At the same time, we take little information about a logic (which we can understand) and we store them as knowledge. (Fire will burn! We don't test it, we just take this information as knowledge) ... So the knowledge have to be complete even about our body, attachments, senses and everything... If we don't have it, then senses (like fear, happiness, etc.) will start controlling us, which leads only to misery.*

*God's creations and he himself is an Oxymoron or conflicting thing... Unless we understand him, this would be our view point. The smallest atom, when split can destroy a country! The lightest air can uproot any structure! The smallest of a cell, can create a human! And so on, how the sky is open and visible at a distance, but when you reach there, there is no end to it, that's how god also! He has no end and no beginning and he is the smallest but the most magnanimous, he kept the secrets and knowledge of all secrets in our mind also and in the universe also! Like water he fits into the shape you require! It's up to us to think in the way we want! You think him as a flower; he comes to you as a flower! You think he as a knife; he comes*

*to you as a knife! So it's up to us (incidentally, when I tell us, it includes him also, without him, there is no you, me and us!)"*

## Chapter 14- The Yoga of the Three Gunas

Krishna told Arjuna that he is the seed giving father of all living beings and the material body of the physical structure of all living organisms. As living beings are born, by the very nature, they get three gunas (Characteristics), namely goodness (Sattva), Passion (Rajas) and Ignorance/Darkness (Tamas). Every living being consists of these three gunas. The goodness consists of knowledge, wisdom and illumination, the Passion consists desire, joy, pain, attachment, etc. and the ignorance consists of darkness, madness, cruelty. The Goodness in a person can overrule passion and ignorance, similarly passion can overrule the goodness and ignorance, similarly Ignorance can overrule the goodness and passion, all of these happening at any instance in a living being life and over a period of time. At the time of death if one mainly consists of Goodness (over a period of time), then he reached the heaven and he is born again in between good rational people, if one consists of passion then he takes birth again, in between the greedy action oriented people and the one consists of Ignorance goes to hell and born again with the similar people or as an animal. The one who understand all these three characteristics actually drives the living being, and when he realizes it's only the supreme god who is creating the illusion, will stay away from them, by not attaching himself with the action and its result, he will not hate happiness or sadness as both are same for him, and this person reaches the supreme god.

*"Our Life: Let us pose a few questions before us, is there any time we helped to the one who deserved? Is there any time we felt truly happy and thought, why doesn't the time stops at this instance or I can die at this instance? Is there any time really we felt cheated or betrayed or we tried to present an unwanted feedback on someone? Truly for most of us, the answer will be yes, it's nothing but, we travel across the goodness, passion and ignorance characteristics. When we serve, if we interpret the person's condition is improved with that help, it's goodness, however if you feel happy for that, maybe we are entering in to Passion, and if we feel only we can do that then we are ignorant. In a simple action, these three characteristics can dominate a person. Most of us live in Passion as the dominant character for us, because that drives us to do actions and makes us feel happy, sense of achievement, etc... At the same time we become emotional, sensitive, bring misery, etc... In an Indian common man life , he spends most of his time in talking on politics, cricket (sports), movies and actors, share market and land and then new addition is spirituality with meditation (or health ) for some men/women it's extended fashion and food & travel. All of these are passion for us, we talk, we witness, we read about all these and satisfy our judgment and sense, which is purely driven by the passion. More than spending time on self-realization , leave it... We can't sit quiet for an hour, without television, mobile, radio, or people... We always need someone/something to satisfy or interact; this is where Passion drives us mainly. If someone praises us or our action or our achievement, aren't we happy? Yes, most of us like it... If someone comes and gifts you a wrapped box, aren't we curious to open and see...Some of the also calculate the worth of the gift, based on what we gifted for*

*that person and we expect similar or high return :)... Sometimes we are happy, when the who never listened to us get punished/facing problems and then we like say to him, see I told you... sometimes we go and aggressively pray to god, that the other person should get good punishment for the activity he has done... some of us, also challenge the other person, that we will teach them a lesson... Who are we? What do we think we are doing? Good or bad it comes to a person as they act, if someone deserves they will get... but we can't dump our mind with ignorance and darkness, just by showing vengeance... Yes... it's difficult to practice... However the more we keep ourselves in teaching lessons to others or asking god to go and do actions for us, the better it's for our mind... Believe no one can go out of the rule here... Whatever we imagine that some are enjoying their life , though they don't deserve it... believe their life is nothing but full of misery and they live in ignorance....*

*So what do we need more? And what life could be better than this?!!!!! ..."*

## Chapter 15 - The Yoga of Supreme Being

Krishna told Arjuna that the Vedas talk about a banyan tree, which is upside down, where the roots are grown up and the branches are coming down, the upper part of the roots are the Vedas and the branches are the three characteristics (Gunas) and the roots which are growing downward reaches the human society, none of the people are aware it's start and end, but one has to understand that they have to cut the branches of these trees with the weapon called detachment to reach the supreme god. Krishna went ahead and told, All the living entities in the world are my parts, due to the senses and the characteristics they lead a life in a conception and based on that life, they carry the aroma (with the soul) and enters into the new body. With the new body, the individual attains a new variety of ears, eye, tongue, nose and senses, etc. Based on the new senses and mind the body again performs actions. The ignorant will not understand his current life, his body and the characteristics he has, nor can he understand how his soul can reach a new body. However the one who is in self realization can understand this clearly. The splendor of sun, moon and fire falls from me, I enter into each planet, I keep them in orbit, I am the fire of digestion, I am the air of life, I nourish the plants and I am seated in everyone's heart and from me comes remembrance, forgetfulness and everything. I am known by all Vedas, I am the Vedas and I am the knower of the Vedas. The perishable material world and imperishable spiritual world everything come from me and I am the Supreme Being and called supreme soul, who is beyond all this. The one who knows this and lives within me, will have no birth.

*"Our Life: When I read this, I noticed that the new body with fresh ears, eye, tongue, ethic is born based on the previous life, here the wonderful thing is there is no similarity between them. The fingerprints of 500+ crore people are different, and the previous generation of 400 crore people was different and it's the same for all the previous generation. In fact this is the true unique id every human is holding! Same is for the eye pupil. Why can't they be the same, even at least randomly, why they never the same?! How such a unique design is possible, though with bare eye, they all look same within that 1.5\* 1.5 cm thumb... Similarly we say 7 people look same in the world, at least till now we haven't seen anyone in the same way, even the twins born with certain differences. Who is the creator or designer for this?! Don't worry about cloning, that's still done by using the same cells of a person...it's a Xerox technique...*

*Similarly we all read Darwin's rule about evolution, and I personally like it and consider it. What I like about it, is the relationship it has brought about on the nearby species in a table. However it doesn't say that the evolution's happened without any supreme power...it can't also... in every period of world the god has taken different forms and different kind of animals where there and even human may not exist also in there... In last 2000 years at least we have our history is clear, but we have not seen any evolution, we never heard a new type of animal is*

*born, even for that matter at least for last 5000 years we are sure..If it's just because of evolution, we would have expected modified human being, but I guess we are the same... (Don't count the result of fast food on human being :))... However yes, we see lot of new germs is coming... may be the demons are no longer with multiple arms; they have become bacteria, virus and nuclear weapons...*

*What does this mean to us is nothing but a supreme personality, which creates and maintains the system and living beings. It has complete control on all the living beings on this world and their life. It creates and destroys or resets the entire world and new set of species are born! However for us our running is important in life, and comparison is important in our life, and making fun of others is important in our life, whereas we have no clue that we ourselves is completely controlled by the supreme power and not only we , but the entire world. We do this, because we always think that supreme power is somewhere outside of us and for our life we need to run! Yes... We need to do the duties but without attachments and we can also realize the supreme personality within us”*



## Chapter 16- The Yoga of Divine and Demonic

Krishna told Arjuna, there are two kinds of nature available, one is divine and another is demonic. The divine nature is purity, fearless, steadiness, self knowing, austerity, truth, non violence, absence of anger, modesty, forgiveness, energy, absence of pride, etc...The demonic nature is anger, ignorance, self praising, no purity, no truth, no good conduct, live for that moment and ready to sacrifice things for their happiness, small intellect, pride, arrogance, cruel desires, delusion, sensual enjoyment is the highest aim, wrath, grieving, unjust means, wealth accumulation for sensual enjoyment, believing that today is gained by them, hold everything, desire to hold all wealth for future, believing they change life, they manage people, they can do harm, they are the successful one and even believing they are strong and their health is managed by them. The demonic nature brings ego, greed, pride, false sacrifices, delusion and addiction towards habit's, sense gratification, self honoring, stubbornness, power misuse, etc. The people who are with this nature, they even hate god and they can't see me in their own bodies nor in others also. These evil doers will born in between demons only. By their act, these demonic nature people never reach me. Greed, anger and strong sexual desire these three should be avoided, to come out of demonic nature. A person, who comes of these three gates of darkness, can do good to self and to others and he will reach me. The person, who neglects these, will not be able to run across the darkness and can never attain perfection and happiness not the supreme goal.

*“Our Life: Let's think for a moment and find out three activities for which we are proud of ourselves... count 1 to 60 if we want... now, if we had even one activity for which proud of in our life, then us yet to understand Gita. There is nothing for us to be proud of ourselves, it's all coming from one supreme soul, nor we have to feel that we are bad...The Divine and Demonic nature, these may not be exclusively available in a human, it can be in a mix. How many times we have seen that position, money, power/authority brings in easily the greed, misuse, and pride to the people and they lose themselves in this nature. A security guard can get arrogance by his authority , an officer gets it and the politician gets it, and you and me would have unknowingly used the authority we accept , as a tool to satisfy our mind and senses! We have to consciously separate them from us, from the self! What is its purpose? A temple/mosque /church is a place for peaceful worship , but wherein the places have become revenue centers and people forget the peace and fight with each other to perform their rituals/duty (for us, going to holy places have become a duty, rather than experiencing the supreme power there :)) .. Are these activities are Divine or Demonic?! Well we know the answer... In our life, if every one of us tries to examine what we are doing, we all can recognize that we also have the demonic nature... Constantly and consciously we need to cut them... With whom we spent maximum time in our life we spent, according to us??? .. Wife/mother/friend/children????!!!! The answer is: None of the above, It's SELF. If we have such demonic characters, it means that we are the first enemy to ourselves; we*

*destroy our life and why to blame others... By changing us and looking at the supreme goal, the maximum time we spent being in divine nature....*

*This is not only at a personal level, but also think about countries and the rulers; the power also gives them demonic nature. The countries and borders are nothing but logical division of land to uphold certain rules, tradition and for better management. The borders which exist today, were not there 200 years before, the border which was there 600 years before is not there now, the one in the future may be entirely different. People bring in patriotism to ensure, traditions are kept safe and to have better management, but over a period of time, the humanity is dead, now the borders have become a cause of concern for humanity... People think the person beyond this line or fence is my enemy... what have the world thought to humanity? Grudge, vengeance, terrorism, racism, no acceptance, etc... Every country spends huge money to safeguard their borders and let their soldiers die, for nothing but a logical partitioning of land... because every country believes that others will demolish the identity of their country, everybody spends... in this process, every country thinks that others are cheating, crooked, etc... So by design, this is how we begin to see a foreign country and a foreigner, so humanity is gone. Beyond this, the countries which are plentiful and powerful, they are greedy enough to obtain wealth and destabilize and control (demonic nature plays) and in return, they get wrath from other countries... Maldives is the first country which will be submerged under the ocean, so the people are migrating to different countries... So what is a country here mean for them? It's a piece of land, where they live... If in America, huge cyclone forms on a weekly basis or heavy earthquake rocks on a daily basis, even those people have to move out of the Great America... So what's a country here means...nothing but a logical division for certain cultural/traditional and management purpose... So why to have demonic nature, just for the land, which is anyway governed by the supreme power....."*

## Chapter 17 - The Yoga of Three fold Faith

Arjuna asked Krishna, how the faith is situated in people who have the characteristics of goodness (Sattva), Passion (Rajas) and Ignorance (Tamas). Krishna told Arjuna, that threefold faith depends upon the role which they run. The human becomes the same as his faith. The men who punish their body in the name austerities and doesn't feed and make their body suffer, are fools as they don't care that I am inside them. The men who eat, juicy and leafy foods carry the goodness characteristics, the one who eats, too sour, spicy, salty food will carry passion characteristics and the one who eats stale, tasteless and impure food will carry Ignorance characteristics with them. The one who is in goodness, does the worship and offering without any expectations, and the one in a Passion, provide offerings with expectations and meeting goals, and the one from ignorance, provide an offering without any faith, but as to achieve immoral things. The Austerity of the body is achieved by worshiping god, purity, Straightforwardness and taking care of health. Austerity of Speech is achieved by speaking pleasant and beneficial, and speaking truth. Austerity of mind is attained by self control, silence, purity in thinking. Beyond this any austerity which is done with the aim of getting rewarded, result, and honor will be about nature passion, which is unstable. The Austerity which is followed foolishly is set to be ignored. When a charity is performed, that has to be without any result to achieve and for worthy people, then it's goodness. The same for a result if it's performed then it's about passion and the same performed in honor and for unworthy person then it's ignorance. For the one who performs charity, austerities and others, but with faith in supreme power and with no other goal to achieve, he achieves all the three fold faith.

*"Our Life: In our day to day life, we see television, read newspaper, travel across so many advertisement hoardings and shops, but we don't notice all of them. The moment, we decide that we will buy a two wheeler or four wheeler, house, etc... We are able to see number of advertisements in the same newspaper, television channel and in shopping places.... Are they published as per our wish.. No.. They always exist, the only thing, we don't notice them... The moment we started searching, we are able to examine them ( one exception, now a day's media team also searches only hot topics, and once rating goes down, they go to the next topic!) ... So search with faith, we will become what we want... For God, why do we need to explore...? He is there with you, but faith is required... Belief is required... You need to trust that he is there within you.... There is only one language and one short road to the supreme power, that's nothing but believe in him.... We swallow and excel air, do we stop this process?! No, if we stop this, we will die.. What is the air? Is this not part of supreme power, our body is not of supreme power?! Everything is from him.. Then why do we believe that he is only in Pooja room or in a photo or in a place... Are we thinking, he is a genie from Aladdin lamp, that whenever i hit, god will come out?! :) .. Similarly we have many rituals, and I strongly believe some of them have scientific*

*reasons and cleanliness is associated with it, beyond that there is nothing... When we have a death in the house, birth in the house, the woman in menstrual period, and so on, we treat them as inauspicious.... If god is there in the graveyard (ex: Shiva), God is there in a woman's body and soul and god created the wonderful birth , then it's foolish to differentiate god for all of this.. Is he visitor to your house to come and eat food/Prasad and to go?!! He is the supreme power, without him nothing exists in this world even for a second... He is the blood, he is the air, he is the water, he is life, he is material and everything... Consider cleanliness, but never think god is not there in anything... Whatever we perform we give everything to god, beyond that if we try to treat him as angry young man/ angry bird or killer or money lender or sacrificer or leader or in any other form, he will come to us only in that form.... Not everyone can follow the systems with understanding, so based on people's capability the rituals are created and over a period of time and place and kind of people they have become rules.. However if you believe he is a light, he is the light for you.. If you imagine, he is a gun, he will be a gun for you...Because he has no attachment and he is equal to everyone...It's our faith which leads to what we deserve..."*

## Chapter 18 - The Yoga of Moksha by Renunciation

Arjuna asked Krishna, what is sacrifice and what is sannyasa (living as saint) in terms of action. Krishna told Arjuna, declining all the actions to satisfy material nature, leads to sannyasa, surrendering the fruitive results leads to sacrifice. At any time, worshiping, sacrifice and charity should not be given up, this even helps the purest souls to achieve higher state. However if they are performed with attachment, then they are of no use. When the prescribed duties are performed without expectation of result then it's of goodness, the prescribed duties are selectively performed and also with expectations then it's about passion, the duties are turned down because of illusion then it's about ignorance. It's impossible for someone to be without any duties; so leaving the results for me is the best. The body, performer, senses, undertakings and super soul all of them combined perform the action, so if anyone thinks that he also did the action, it means he is ignorant. In goodness, the knowledge sees the supreme soul in everyone, the action is performed without attachment, love and hatred, the performer has no ego, lot of enthusiasm, no waver on success or failure. In passion the knowledge sees different people in bodies, actions are performed with great effort to satisfy the desires, the performer is always worried about fruitive results, envy and greed. In ignorance, knowledge sees darkness in everything, the action is performed with illusion and neglect, the performer is cheating, lazy and materialistic.

In goodness, the agreement helps to determine the right actions, the determination is unbreakable and oriented with clean faith, the happiness which starts as tough one and ends as pure one. In passion, the understanding is not able to differentiate the right and wrong actions, the determination is based on results/economic/religious/sense gratification, and happiness is based on the senses, they start as pure and end as Poisson. In Ignorance, the understanding is the wrong actions will be perceived as good ones, determination is based on illusion, dreaming and unintelligent, the happiness is from beginning to end it's of delusion. These three characters impact everyone. Being purified by intelligence, self control, who performs duties, controls food, removes false pride, ego, who lives in peace can understand me, as I am, the supreme god, they in full consciousness serve me and accept me. Though engaged in all kinds of activities, my devotee achieves me. The one who is conscious on me, who always thinks of me, I am there to help him cross this life and he will never be lost. As supreme god, I am there in everyone, just they need to surrender to me, and then I take care of them. The most confidential knowledge is, always think about me, worship, surrender all results to me, by this you will come to me, without fail, I promise this. The one who understand this should tell to others and the one who hears this with full faith and follows it, will also reach me. After hearing this Arjuna told to the supreme god, that he understands his duty and ready to do it immediately.

Sanjaya explained all those wordings to Dhritarashtra and told him, that these wordings made him stand and he always like to remember them in his mind. Then Arjuna went to the battle and the Pandavas have won the big battle.

*"Our Life: I always wonder, why should a human perform an action without consequence? It may be beneficial to talk but not real life! And thinking of rising in life, making money and saving the family happy is the ultimate purpose for living, how can I leave those and lead a life? Gita is not for a common man... these are the thinking I had and maybe you also had at the beginning; now to some level we both have our answers.... Performing action is the key for us to live, we as common people can't stop performing an action, but we can cut the expectation of results, because the results contribute to the expectation and expectation goes to desire and desire leads misery and illusion. Some of us think, by doing action, we can wait, because god will give us the result... This also another expectation, but now it's about god... Perform your duties and offer all the results to God, this is simpler for us. When our growth is important for others and we don't take pride, attach ourselves in that growth, then a growth is not harmful, it's again part of duty for us, as a person with such capability. However the moment, we think, it's we who have done, and doing it, leading it, we are lost. Similarly as a common man, we all do activities to satisfy the sensual needs, however we should be able to distance them as we demand, and for that it's important to deliver all this happening to god. We can't attach anything but only to supreme power, with all other things we can endure, but with the clarity they exist today and may not exist tomorrow. We can be there with children, wife, parents, brothers, and friends and with all the useful assets, but be clear, one day they will go out and we will also go out of this life... But we will never be left alone without god! The ultimate supreme power is always within you, so what else you need... Even if you pass away, even if your soul moves away, every moment he is there with you and eventually you reach him...so what's there to worry! Surrender yourself to him, he will take care! (Don't get confused to which god I need to surrender, because one god may get angry if you surrender yourself with another god :)) The one supreme force of this universe is inside you, and you are within him!!! With this run your life, perform your duties, leave the worries and detach yourself from pride, egotism, and expectations"*

## Conclusion

You and I have had our own interpretations, when we read this. You and I had our own imagination about Krishna and Arjuna, and some you have accepted, some you may have confronted. Yet we both are united in one voice, that we both are from same supreme power and we both are part of it, here age never matters, money never matters, a position never matters. By reading this or by writing this or by arguing this, we may not be completely changed from today to tomorrow, we might be still doing most of them in same way. Even so I recognize that everything comes from him, including me, this will help me to manage elements in life. In the introduction, I was saying that I am searching for identity, now my search is stopped, and I know who I am. Now, I don't feel lonely, even the loneliest time in my future, I know I will not be lonely. You may have completely different ideas on what I wrote, it's absolutely fine. Because what I wrote is also contributed by him, what you think is also created by him; he is not someone who can put in words. The words presented here are triggers for us, but more than that every living being enjoys him within them, then you can describe him more than what is here! You can cherish him more than what's here! This is no conclusion, this a running experience. As a villager lives in a village, without seeing the world, with my limited abilities I tried to understand Gita in my own way to my capability and shared it, there could be pundit's who travelled across the globe, have read line by line, word by word and done lots of research on Bhagavad Gita, they can find many errors in this compilation. However for a villager, who enjoys the humming of the birds, who sees wonderful butterflies, and having healthy food, it may not matter what FM radio brings, what an operating system performs, what's the on time performance of a flight operator... does he really need to bother?!! It's finally turns out to be, how you perceive and live and what he had blessed for you!!!"