

# 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*

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