

# The Essence Of Bhagavad Gita Explained By Paramhansa Yogananda As Remembered His Disciple Swami Kriyananda

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[The New Bhagavad-Gita](#) - Koti Sreekrishna 2021-12-29

Two friends have a conversation at the outset of an epic war. One of them, Arjuna, is sad and confused in the face of imminent doom; the other, K??a, decides to cheer him up and clear his doubts. Through the course of their battlefield dialogue K??a assumes the role of a mentor and inspires Arjuna, teaching him the timeless wisdom of the 'Bhagavad-g?t?.' If one wants to know about India's grand heritage, religious traditions, philosophy, and spirituality, the Bhagavad-g?t? is a good place to start. "Simple, articulate and accessible, The New Bhagavad-Gita takes a unique approach to present a modern translation of this ancient text." N R Narayana Murthy Founder-Chairman, Infosys Technologies Ltd. "The New Bhagavad-Gita is indeed new, because it presents the eternal truth in modern language, so everyone can understand and learn from it." Dr. L. Subramaniam, PhD Violin Maestro and Composer "The New Bhagavad-Gita can be read through or opened to any page to receive

your enlightening message for the day." Patricia Smith Founder, Peace X Peace and Editor, Sixty Years, Sixty Voices "...a welcome addition to the literature on Bhagavad-Gita." M G Prasad, PhD Former Board Member, Hindu University of America Illustration: Ashok U et al. Editing: Aditya J Design: Hari Ravikumar

*Demystifying Patanjali* - Paramhansa Yogananda 2013

What happens as we grow spiritually? Is there a step-by-step process that everyone goes through all spiritual seekers, including those of any or no religious persuasion as they gradually work their way upward, until they achieve the highest state of Self-realization? About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner experience and process yoga or union. His collection of profound aphorisms a true world scripture has been dubbed Patanjali's Yoga

Sutras. Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali's writings that have succeeded only in burying his pithy insights in convoluted phrases like becomes assimilated with transformations and the object alone shines without deliberation. How can any reader understand Patanjali's original meaning when he or she has to wade through such bewildering terminology? Thankfully, a great modern yoga master Paramhansa Yogananda, author of the classic *Autobiography of a Yogi* has cut through the scholarly debris and resurrected Patanjali's original teachings and revelations. Now, in *Demystifying Patanjali*, Swami Kriyananda, a direct disciple of Yogananda, shares his guru's crystal clear and easy-to-grasp explanations of Patanjali's aphorisms. As Kriyananda writes in his introduction, My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and have been a priceless help in the [writing of this book]. "

**The Essence of Bhagavad Gita** - Braja Dulal Mookherjee 2002\*

The Essence of the Bhagavad Gita - Paramhansa Yogananda 2008-02-04  
Rarely in a lifetime does a new spiritual classic appear that has the power to change people's lives and transform future generations. This is such a book. *The Essence of the Bhagavad Gita Explained* by Paramhansa Yogananda shares the profound insights of Paramhansa Yogananda, author of *Autobiography of a Yogi*, as remembered by one of his few remaining direct disciples, Swami Kriyananda. This revelation of India's best-loved scripture approaches it from an entirely fresh perspective, showing its deep allegorical meaning and also its down-to-earth practicality. The themes presented are universal: how to achieve victory in life in union with the divine; how to prepare for life's "final exam," death, and what happens afterward; how to triumph over all pain and suffering. This book is itself a triumph. Swami Kriyananda worked

with Paramhansa Yogananda in 1950 while the Master completed his commentary. At that time Yogananda commissioned him to disseminate his teachings world-wide. Kriyananda has in his lifetime lectured, taught, and written eighty-five books based on Yogananda's teachings. *The Essence of the Bhagavad Gita*, Kriyananda's eighty-sixth book, is the crowning achievement of his highly productive life. In this, his masterpiece, he declares, "Yogananda's insights into the Gita are the most amazing, thrilling, and helpful of any I have ever read."

**The Bhagavad-Gītā, with the Commentary of Śrī Śaṅkarāchārya** - Śaṅkarācārya 1901

An excellent translation with an exhaustive commentary by a sage of the 9th century.

*The Yoga of the Bhagavad Gita* - Paramahansa Yogananda 2007

Paramahansa Yogananda presents an illuminating explanation of Lord Krishna's sublime Yoga message that he preached to the world - the way of right activity and meditation for divine communion.

**Teaching Of The Bhagavadgita** - Swami Dayananda 2005-03-01

A classical interpretation for the modern mind. For centuries the Bhagavad Gita has remained the single most influential philosophical text shaping Indian thought and life. It addresses itself foursquare to the universal limitations each human being is confronted with: ignorance, sorrow and death. The teaching of the Bhagavad Gita opens with the audacious statement that all these are illegitimate problems caused by ignorance about the real nature of the self. Drawing upon the essence of all Upanishads, Gita explains how the self, the atman, is limitless, indestructible, unborn. This knowledge, Brahmagyā, frees one from all sense of limitation. This is the principal teaching of the Bhagavad Gita. Swami Dayananda's is a classical vedantic interpretation of the Bhagavad Gita. Without getting lost in a rigid verse-by-verse translation, he plunges with great verve and energy into the central theme of the gita, unerringly picking and choosing key verses to highlight its message. A highly respected and very popular teacher of vedanta, Swami Dayananda succeeds marvelously in conveying the profundity of the Bhagavad Gita, unfolding its teaching with a style and clarity which will appeal to every

modern mind.

**Kṛiṣṇa: The Supreme Personality of Godhead** - A. C. Bhaktivedanta Swami Prabhupāda 1970

The Bhagavad Gita - Yogananda (Paramahansa) 2008

"One of the best-loved scriptures in the world, the Bhagavad Gita has been translated by many scholars and poets over thousands of years. This new version, rendered in modern english prose by Swami Kriyananda, is based on the interpretations of his Guru, Paramhansa Yogananda, author of Autobiography of a Yogi." "The Gita is the heroic story of the battlefield counsel given by Krishna to Arjuna just prior to the start of a great war. Responding to Arjuna's moral dilemma over fighting against his beloved friends, family, and teachers, Krishna advises Arjuna on his duties as a warrior. Yogananda's insights reveal that The Gita is in fact a spiritual allegory, and that each character in the story symbolizes psychological traits and aspects of our own consciousness. As Arjuna looks upon the warriors on the battlefield, he is really facing his own inner battle between the forces of delusion and the forces of Spirit within. Krishna's advice to Arjuna on how to win the battle - using yogic tools of devotion, selfless service, and spiritual discrimination - gives each of us the guidance we need to move forward in dharma (right-action) in every material or spiritual test that life may bring."--BOOK JACKET.

**Essence of the Bhagavad Gita** - Ramana Maharshi 2014-07-28

A prose translation of 42 verses from Bhagavad Gita, selected and set in order, by Ramana Maharshi, for use of those interested in Self Enquiry. In these verses Bhagavan reveals the seeker, that which is sought and the means by which one seeks.

**Yoga of Perfection** - Swami Jyotir Maya Nanda 1973

**The Bhagavad Gita** - Swami Sivananda 2008-12-01

*How to Have Courage, Calmness and Confidence* - Paramhansa Yogananda 2010-04-16

This powerful book shows you how to transform your life: - Dislodge negative thoughts & depression - Uproot fear and thoughts of failure ? even in the midst of trying circumstances - Cure nervousness - Systematically eliminate worry from your life - Overcome anger, sorrow, over-sensitivity, and a host of other troublesome emotional responses - Learn to strengthen the heroic element in yourself.

Essence of Karma Yoga: Selected Verses from the Bhagavad Gita - GK Marballi 2017-05-20

Karma Yoga, the Yoga of Action is the most practical teaching of the Bhagavad Gita that emphasizes perfection in action as a means to live a fulfilled life. The Bhagavad Gita contains the essence of ancient Indian spiritual texts that are at the heart of Indian spiritual tradition. It presents us with a solution for completely eradicating sorrow from our lives. If you have never read the Gita, this book will give you a wonderful introduction. Inside this book, you will find selected verses from the Gita that have the most relevance for our daily lives, our careers and our social interactions. These verses have been explained in a simple and user-friendly manner, devoid of any ritualistic or dogmatic language. About The Author GK Marballi works in the technology industry and is presently based in New York City. He received his bachelors degree in commerce from the University of Mumbai, and his MBA from Harvard Business School. He has published several books on the Gita and Vedanta.

**Maharishi Mahesh Yogi on the Bhagavad-Gita** - Maharishi Mahesh Yogi 1984-08-01

*Bhagavad Gita* - Paramahansa Nithyananda 2014-10-24

The Essence of the Bhagavad Gita - Paramahansa Yogananda 2008-02-01  
A direct disciple of the spiritual master author of Autobiography of a Yogi reveals the deep allegorical meanings of India's best-loved scripture from a new perspective, sharing practical advice on such topics as achieving victory in life in union with the divine, preparing for life's end, and what happens after death.

*Bhagavad Gita and Its Message* - Sri Aurobindo 1996-03

This translation and commentary also analyzes the causes of problems individual and collective, and how to achieve peace, unity and bliss.

*Bhagavad Gita As Viewed By Swami Vivekananda* - Swami Vivekananda 2016-04-06

Swami Vivekananda's views on the Bhagavad Gita are scattered throughout 'The Complete Works of Swami Vivekananda' published in nine volumes. The present book, published by Advaita Ashrama, a publication branch of Ramakrishna Math, Belur Math, is an extensive compilation of these insightful views of Swami Vivekananda on this sacred scripture of the Hindus. The reader is, as it were, taken through several verses of the Gita along with the Swami's elevating and soul-stirring commentary. Note: This book has embedded fonts to display the verses in Devanagari. You may have to use the 'Original' Font option in Google Play Books app. "... The book is certainly not a commentary on the Gita, in the traditional sense. But, what is available is indeed a treasure house of wisdom. Swamiji was a living embodiment of the Gita. According to him, the Gita was 'practical Vedanta'. He demonstrated this through his life. Reading through the book is indeed a rewarding experience. One is in holy company, imbibing the words of one who is speaking from his heart. ... Just as Swamiji himself used to carry a copy of the Gita with him always, one cannot do better than carry a copy of this book with one always..." - from a Review in the Vedanta Kesari, November 2010, p.441 published by Sri Ramakrishna Math, Chennai. As of February 2017, the print book has undergone seven reprints and more than 27,000 copies have been sold.

**Sri Ramanuja Gita Bhasya** - Swami Adidevananda 2022-03-28

Srimad Bhagavad Gita is now widely recognised as a scriptural text of worldwide importance. Sri Ramanuja is one of the noted commentators on the Vedanta Sutras of Badarayana and the Bhagavad Gita. This has brought him recognition as one of the greatest exponents of Vedanta from the Vaishnava point of view. Swami Adidevananda, one of the distinguished scholarly monks of the Ramakrishna Order who retained his inherent Sri Vaishnava heritage, has translated the original verses

and Sri Ramanuja's commentary into English. This book is of special importance because it is the only English translation now available with the original Sanskrit commentary as well. The book opens with meditation on the Gita followed by the Gitartha-sangraha of Sri Yamunacharya with English translation. Swami Tapasyananda, who was a scholarly monk with deep devotional temperament and one of the Vice-Presidents of the Ramakrishna Order, has written a scholarly introduction to this work.

*The Return of the Little Prince* - Ysatis DeSaint-Simon 2004-01-26

My book, *The Return of The Little Prince*, is a sequel to the marvelous and whimsical story of my uncle Antoine De Saint-Exupery, *The Little Prince*, where myth and poetry mix with reality and speak to us of the eternal in such an innocent manner. Both his story and mine are true. They are real stories of a quest to find that invisible spark of life which gives meaning to all there is. I learned the story from within, it was my aunt Consuelo De Saint-Exupery, an extraordinary person and the inspiration of Saint-Ex, the Rose of his story, who taught me to read, not only French in *The Little Prince*, but the essence of it as well. She talked to me about Saint-Ex, his dream world, of his airplane flights, of his moonstruck reveries, his airplane falls and the spirit that helped him survive them! Everything in that book was an integral part of what later happened to me and helped me to find that secret that now illumines my life. I remember. . . when I was a little girl, maybe six years old, I learned to read. . . know. . . and love the Little Prince. Later on, I learned that many others also did; it was, I believe, the bedside book of James Dean. I never knew him personally, but I read in an interview of a movie magazine that he said *The Little Prince* was his Bible. . . and I wondered if what drew him to it was the same thing that I loved about it? What I loved best was the invisible hidden in between such simple words and its childlike drawings, for concealed behind the fairytale there was a road map to a true spiritual experience. Whenever I read the last page of my uncle's book, I was moved by his sadness and felt a sense of urgency within me to find that lonely star landscape. So, I promised myself that one day I would find the Little Prince and let Saint-Ex know that he was

back. Consequently, since early in life, I learned to close my eyes, open my heart and. . . began my quest. This tale is the fruit of my search. It has a happy ending as all good fairy tales have, for it happened that one day. . . when I least expected it. . . I found the Little Prince! Thus, I wrote this book, both as a direct answer to my uncle's plea, to share the good news with all those who love The Little Prince and as an invitation to quest to all those who long to find their reality. I have followed the same format of my uncle's book and also utilized the same style of drawings, wrapping my own story of how I searched and found the Little Prince with as much similarity as possible to that of his book, for a very good reason: I couldn't have done it in any other way, for I have loved The Little Prince since I was a child. My reason has been one of love, not arrogance, so please exempt me from the harshness of comparison if you are inclined to do so.

**Geeta Vahini** - Bhagawan Sri Sathya Sai Baba 2015-05-01

Bhagawan Sri Sathya Sai Baba wrote a series of articles under the Vahini series, for Sanathana Sarathi, a monthly magazine being published by Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam. These precious articles are brought out now, under the title "Geeta Vahini", in this book, for the benefit of readers. This is not a commentary or summary of the divine message that was given by Lord Krishna to Arjuna. It conveys the same message in a simpler form to us, in order to remove our delusion and confer faith and strength on us, so that we may realise our own reality. Bhagawan says, "Drawing on the Divine that is inherent in us is the lesson of Geeta... Arjuna is the jiva and Krishna is the Deva. When both are in contact, impregnable might results... Krishna had to work in and through Arjuna, so that the reign of Dharma (righteousness) is re-established. Arjuna means white, pure, unblemished. Hence, he is the proper instrument." We too can become proper instruments in restoring Dharma, if we follow the lessons that Bhagawan teaches through this book.

**The Yoga of Jesus** - Paramhansa Yogananda 2007

"Contains selected excerpts from Paramahansa Yogananda's book "The Second Coming of Christ: The Resurrection of the Christ Within You,"

which book is a commentary on the New Testament gospels and noncanonical source material, focusing on the quest to uncover the original teachings of Jesus"--Provided by publisher.

**God Talks With Arjuna** - Paramahansa Yogananda 2007

"The words of Lord Krishna to Arjuna in the Bhagavad Gita," writes Paramahansa Yogananda, "are at once a profound scripture the science of Yoga, union with God, and a textbook for everyday living." The Bhagavad Gita has been revered by truth seekers of both the East...

**Bhagavad-Gita as it is** - A. C. Bhaktivedanta Swami Prabhupada 1983

**Perennial Psychology of the Bhagavad Gita** - Swami Rama 1985

Swami Rama's translation and commentary on one of the world's most sacred and inspiring scriptures.

*Essence of Bhagavad Gita* - Jayadhaarini Trust 2020-02-02

This compilation also includes point of views GATHERED FROM VARIOUS lectures I have heard and from the various commentaries given by many good and kind-hearted scholars together with my observation on what is happening in the world. My intention is that everyone should progress in the right direction. Like the SWAN BIRD, WHICH WILL TAKE ONLY THE MILK FROM A MIXTURE OF MILK AND WATER, one must take good things only from my compilation. If after reading this compilation that something worth-while is done, the credit goes to my Acharyan or Guru and to the Lord for, they had only directed me to write. If it has not achieved the purpose, then I am to be blamed because I have tried to measure the sky (fathom out the Lord's work) with a foot rule (May be readers may feel that I am an ignorant man). In His Bhagavad Gita, Lord had considered the essence of Vedas, Srimad Bhagavatham and slokas rendered by Rushis, Munis and greatest scholars and had pronounced the path, to Arjuna in particular and also to Public in general, viz., the IMPORTANCE OF FOLLOWING Dharma as laid down in the scripture in a simple and understandable way The ecstasy or joy arising out of the knowledge of world order given by the Lord will remain forever in one's mind. (Tirumahisai Alwar says that only after he learnt about the greatness of the Lord, did he consider himself

to have been born.) This may find expression in this compilation. I do not want to take any credit, any appreciation or name since I do not deserve a word of praise or discord as all my writings were done from the texts written by the above-mentioned great savants. I am sure that whoever reads this book will at least realize the GREATNESS OF THE LORD, how HE grades or appraises the people's deeds, rewarding for the good things done and giving punishment for the sins committed. Also, one should REALISE ONE'S UTTER HELPLESSNESS TO REACH HIM UNLESS HE WILLS, The Lord does not DISOWN ANYONE-Meaning one should do what Lord wants him to do as prescribed in Vedas, Upanishads and other guidelines made available to the individual. Devotees having basic knowledge about Gita may understand fast at the first reading itself, whereas for persons who are first reading about Bhagavad Gita may have to read twice or perhaps thrice to grasp the subject. In some place's readers may find certain matters are repeated again. In matters of Philosophy and tradition, repetition is not only unavoidable but also necessary, for it helps to fix ideas.

The Bhagavad Gita - Christopher Key Chapple 2010-03-30

An interlinear edition of the spiritual classic that provides devanagari, transliterated Sanskrit, and English versions of the Gitā.

**The Living Gita** - Swami Satchidananda 1988

Today we see humanity divided and threatened with nuclear war and mutual destruction, but The Gita teaches us that it is only when we rise above human schemes and calculations and awake to the presence of the indwelling Spirit that we can hope to find the answer to our need.

Original.

The Teachings of Bhagavad Gita - Richa Tilokani 2021-03-02

Why does one face sorrow and problems in life? What can allay the anxiety and stress inherent in the materialistic modern society? How can one get in touch with higher consciousness and strike a balance between the spiritual and worldly goals? If you are looking for answers to questions like these and searching for ways to empower your life, begin the quest with this volume, which presents the essence of one of the world's most sacred texts in a simple and easy-to-understand manner.

The Bhagavad Gita, a treasure trove of divine wisdom, was shared by Lord Krishna with Arjuna, the Pandava prince, at the battlefield of Kurukshetra, right before the Mahabharata or the 'Great War' began. It comprises 700 Sanskrit shlokas translated into English, which inspire one to seek and understand the profound truths of life through the ancient principles of Karma Yoga (the art of work), Gyan Yoga (the art of knowledge) and Bhakti Yoga (the art of devotion). These eternal principles help to live life to the fullest, so that one can work better, think better and live better by tapping into higher consciousness, accessing the spiritual dimension and nurturing the pure self. The Teachings of Bhagavad Gita is a perfect source to discover the art of self-empowerment by exploring the various facets of this most sacred text and imbibing its all-encompassing wisdom to attain unending joy, peace and success.

**Bhagwadgita** - Atul Sehgal 2018-09

The Bhagwadgita as a scriptural text is generally available as a compendium of seven hundred verses delivered by Shri Krishna to Arjun at the great battlefield of Kurukshetra. This book is based on seventy core verses which is believed to be the original matter spoken by Krishna to Arjun, while the rest of the verses have been added at later stages. These verses, the author believes, capture the entire philosophy of the Bhagwadgita. The original scriptural text which was transported by Hindu immigrants to the islands of Java and Bali nearly two thousand years ago comprised only these seventy verses. The discovered historical transcripts indicate that this text was available in those islands in ad 535 and was retrieved by Hindu visitors later. Each chapter in this book is woven around one Sanskrit verse which is presented along with its meaning, followed by a lucid explanation of the inherent message it contains. Then the author goes on to provide a real-life situation in which the same can be applied, so that we can live a life of peace, harmony and contentment. This book doesn't confine itself to theory alone; it shows us how to apply the wisdom of the Bhagwadgita in our day-to-day life, teaching us ways to resolve problems and emphasizing what should be our correct attitude when faced with tough choices

## **Journey Through the Bhagavad Gita - A Modern Commentary**

**Ebook** - GK Marballi 2015-03-12

This book is a straightforward, contemporary and simple explanation and commentary of the Bhagawat Gita, with Sanskrit to English translation. Each shloka (verse) is explained in detail. A summary of each chapter of the Bhagavad Gita is also included. No prior background in Indian scriptures or Vedanta is needed.

## **Journey Through The Bhagavad Gita - A Modern Commentary**

**With Word-To-Word Sanskrit-English Translation** - GK Marballi 2013-10-18

The Bhagavad Gita contains the essence and analysis of the Vedas and the Upanishads - ancient Indian spiritual texts that are at the heart of Indian spiritual tradition. It presents us with a solution for completely eradicating sorrow from our lives. This book is a straightforward, modern, and simple explanation and commentary of the Bhagavad Gita. Each shloka (verse) is explained in detail. A summary of each chapter is also included. No prior background in Indian scriptures or Vedanta is required. Serious students of the Gita will also appreciate the word-to-word Sanskrit-to-English translation of each verse. About The Author GK Marballi works in the technology industry and is presently based in New York City. He received his bachelors degree in commerce from the University of Mumbai, and his MBA from Harvard Business School. *Bhagavad Gita Essentials* - Paramahansa Sri Swami Vishwananda 2019-11-20

Have you ever noticed that, for the mind, questions never cease? Fortunately, this second volume in the 'JUST LOVE: Questions & Answers' series contains 200 answers to questions posed to Paramahansa Sri Swami Vishwananda between 2010 and 2013. His answers here cover a wide variety of topics, but most of all, He describes how to handle the mind. Paramahansa Vishwananda says that, on the spiritual path, the mind can either be our best friend or our worst enemy. That's why this book focuses particularly on how to overcome the obstacles that the mind places between us and the goal of Life itself: Unconditional Divine Love. This is the only kind of love that will truly

fulfill us, and Guruji's wisdom, recommendations, and spiritual practices all help us to transcend the limits the mind imposes.

*Bhagavad Gita - The Divine Song* - Rory B Mackay 2019-11-29

A new translation of the timeless spiritual classic, with an in-depth commentary inspired Advaita Vedanta

**Bhagavad Geeta** - Swami Mukundananda 2013-04-05

Commentary on 'The Bhagavad Geeta' by Swami Mukundananda

*Word of God Bhagavad Gita* - Ajay Gupta 2016-06-06

The scripture of the Bhagavad Gita was given by God's incarnation Sri Krishna to humanity more than 5,000 years ago. The profound teachings of the Holy book are as relevant in today's world as it was in the hoary past. The teaching of the Song of God, in the form of the Bhagavad Gita, has been acknowledged all over the world as a lofty scripture. The Holy book has been translated into all major languages of the world, for the benefit of humanity. For thousands of years, the Bhagavad Gita has inspired millions of readers.

*Essence of the Bhagavad Gita* - Eknath Easwaran 2011-12-13

In this companion to his best-selling translation of the Bhagavad Gita, Easwaran explores the essential themes of this much-loved Indian scripture. Placing the Gita in a modern context, Easwaran shows how this classic text sheds light on the nature of reality, the illusion of separateness, the search for identity, and the meaning of yoga. The key message of the Gita is how to resolve our conflicts and live in harmony with the deep unity of life, through the principles of yoga and the practice of meditation. Easwaran grew up in the Hindu tradition and learned Sanskrit from an early age. A foremost translator and interpreter of the Gita, he taught classes on it for forty years, while living out the principles of the Gita in the midst of a busy family and community life. In the Gita, Sri Krishna, the Lord, doesn't tell the warrior prince Arjuna what to do: he shows Arjuna his choices and then leaves it to Arjuna to decide. Easwaran, too, shows us clearly how these teachings still apply to us - and how, like Arjuna, we must take courage and act wisely if we want our world to thrive.

*Finding Meaning in Life with the Bhagavad Gita* - Nandini Mirani

2021-06-11

Bhagavad Gita is one of the world oldest and most influential spiritual text. It is in the form of a dialogue between prince Arjuna and Krishna, on the great battlefield of Kurukshetra. Arjuna is filled with despair about the violence and death the imminent war will cause and is also grappling with other moral dilemmas. The Krishna-Arjuna dialogues cover a broad range of topics, touching upon ethical concerns and philosophical issues that go far beyond the war that is about to take place. In this beautifully illustrated book, Neema Majmudar, Nandini Mirani and Saloni Jhaveri give us profound insights into the teachings of Lord Krishna by translating, analysing and explaining forty five key verses of the Gita especially chosen for their logic, wisdom and practicality. 'Finding Meaning in Life with the Bhagavad Gita' will enable us to address the larger challenges in life that we have little control over, such as pandemics, wars, and economic crisis, as well as concerns which are unique to each one of us-- the search for meaning in our daily existence, success in our careers, happiness in our personal lives, and also our longing for personal fulfillment. Neema Majmudar has a Master's degree in International Affairs from the School of International and Public Affairs (SIPA), Columbia University, New York. She has studied the Upanishads, Bhagavad Gita and Sanskrit with Swami

Dayananda Saraswati, a great Vedanta scholar and visionary. She worked for almost twenty years at the United Nations before becoming a full time teacher of Vedanta and the Gita. Neema and her husband, Surya Tahora, conduct regular workshops and retreats on Vedanta. Nandini Mirani has an MBA in finance from Boston University. She serves as an active trustee of the non-profit Muljibhai Patel Urological Hospital (MPUH), Gujarat, India. Saloni Jhaveri has an AB in economics from Barnard College. She co-founded and ran a software company for twenty two years. She has been involved with the Times Litfest as a curator for children's events.

*Capture the Essence* - Tavamithram Sarvada 2022-04-12

Known as the nectar of the Vedas, the Srimad Bhagavad Gita could be called the greatest gift to humankind simply because it teaches ways to tame, train, and master the mind, which, when achieved by a person, can take them to the highest levels of fulfilment in life. A seeker who is ready for a grand change in life can comfortably learn to make peace with themselves, and acquire the ability to courageously, confidently, and deftly handle even the most challenging situations in life. Due to various reasons, people somehow tend to postpone reading it to a much later age and end up living a life of unwanted confusion, pain, suffering, fear, anger, hate, and bitterness because of the challenges they face in life.