

A BRIEF INTRODUCTION TO SRIMAD BHAGAVAD GITA - THE GREAT INDIAN TEXTBOOK OF YOGA

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Pujya Swamiji Gitananda Giri Guru Maharaj says that Srimad Bhagavad Gita is "The Greatest Indian Textbook of Yoga". In Swamiji's own words, "In this Cosmic Anthem, the **SONG CELESTIAL**, we have the Yogic version of the **BOOK OF REVELATIONS**".

In Swamiji's words, 'The Gita, as it is most commonly termed is a section of the Maha Bharata, one of the classical epics of Hinduism. The story is a dialogue between Sri Krishna, who represents the super-conscious mind of each of us and the hero, Arjuna, who represents the consciousness of the human mind. **The scene of this epic is on a battlefield, Kurukshetra. This battlefield is the plane of human existence and the war between sanity and insanity.** A battle ensues in which Krishna tells Arjuna that he cannot win by himself, that he must use super-conscious intelligence and power for his survival.'

'The Gita is in eighteen chapters, each one entitled a specific Yoga. Its teachings are most practical, in that it says, "that which cannot be followed in day-to-day living should not rightly be called religion". **Life is to be practical, simple, uncluttered, efficient, rewarding and enlightening.** Anything in one's life which tends to confuse, distort, derange, should be shunned as one's mental and moral enemy".'

'The whole story of the Gita is of the triumphant life which grows out of disciplining oneself as though a warrior preparing for battle, but under the guidance of the Supreme Mind.'

The following are Swamiji's own words on some of the major Yogic lessons taught in the Gita:

- **Action:** Act! Act! Act! Krishna teaches that the thinker is also the doer. Krishna tells Arjuna that he is a warrior so he must "fight". This means we are thinkers, so we must "think". We are actors, so we must "act". **Thinking and doing must be harmoniously blended together for an efficient life. Krishna tells Arjuna that Yoga is "skill in action".**
- **Service:** Learn to serve yourself in the purest sense then serve others, but without any desire for service in return. You have a right to your livelihood, your salary and your wages, but, always give more than is given

to you. Shine like the sun, which shines upon all. **Perform selfless action, which will engulf you in Compassion and love.**

- **Fearlessness**: Fear not are the first words of the Guru when he gives initiation. When you truly find your Guru, whether he is embodied as a physical teacher or you find that "truest" Guru within, he will command you to be fearless. Anxiety, worry, cares and woes fall away. Even death is conquered.
- **Right Views**: The world is a sensory phenomenon, Maya. Maya does not mean an illusion produced by trickery, but rather a veil hiding the real and the permanent. Krishna tells Arjuna that his error is in thinking in terms of "I", "Me", and "Mine-ness". Krishna says "All this (the universe) is mine (Maya). When you think it is yours, you are in error.
- **Self-realisation**: The Supreme Nature lies hidden behind phenomenal reality. The ego masks our realization of the Supreme Nature within us. When this ego is brought under control, the "Face of the Beloved shineth in the heart". Realization of the Supreme within is achieved by "Right-Use-Ness of life.