

Answers some Questions for all the enrolled participants in the Course : Understanding Gita in 18- Days

1. What is Bhagwad Gita

The Bhagwad Gita is the Jewel in the Mahabharata. Bhagwad Gita means - the song of the God. It is a dialogue between Lord Krishna and his friend the Pandava Prince Arjuna. Arjuna in battlefield of Kurukshetra . The dialogue is about life, living , relationships, duties, habits and many more .

The Bhagwad Gita is in the Mahabharata after the first 5 chapters and there are 9 chapters after it.

Chapter 1: **The Yoga of Arjuna's Dejection** (*arjuna-viṣāda-yoga*)

Chapter 2: **The Yoga of Analysis** (*sāṅkhya-yoga*)

Chapter 3: **The Yoga of Action** (*karma-yoga*)

Chapter 4: **The Yoga of Knowledge** (*jñāna-yoga*)

Chapter 5: **The Yoga of Renunciation** (*sannyāsa-yoga*)

Chapter 6: **The Yoga of Meditation** (*dhyana-yoga*)

Chapter 7: **The Yoga of Wisdom** (*vijnana-yoga*)

Chapter 8: **The Yoga of Liberating Spirit** (*tāraka-brahma-yoga*)

Chapter 9: **The Yoga of Royal and Hidden Knowledge** (*rāja-vidyā-rāja-guhya-yoga*)

Chapter 10: **The Yoga of Excellence** (*vibhūti-yoga*)

Chapter 11: **The Yoga of Seeing the Cosmic Form** (*viśva-rūpa-darśana-yoga*)

Chapter 12: **The Yoga of Devotion** (*bhakti-yoga*)

Chapter 13: **The Yoga of Distinguishing Matter from Spirit** (*prakṛti-puruṣa-viveka-yoga*)

Chapter 14: **The Yoga of the Threefold Modalities** (*guṇa-traya-vibhāga-yoga*)

Chapter 15: **The Yoga of the Ultimate Person** (*puruṣottama-yoga*)

Chapter 16: **The Yoga of Differentiating Godly and Ungodly Assets** (*daivāsura-sampad-vibhāga-yoga*)

Chapter 17: **The Yoga of Differentiating Threefold Faith** (*śraddhā-traya-vibhāga-yoga*)

Chapter 18: **The Yoga of Liberation** (*mokṣa-yoga*)

2. Will Bhagwad Gita provide answers to all my questions

Bhagavad Gita is an epic scripture that has the **answers to all our problems**. It was considered a **spiritual dictionary** by Mahatma Gandhi and it is a book of **inspiration** for many leaders across the planet.

3. Is there anything that I have to give up or change or follow any rules to attend this course

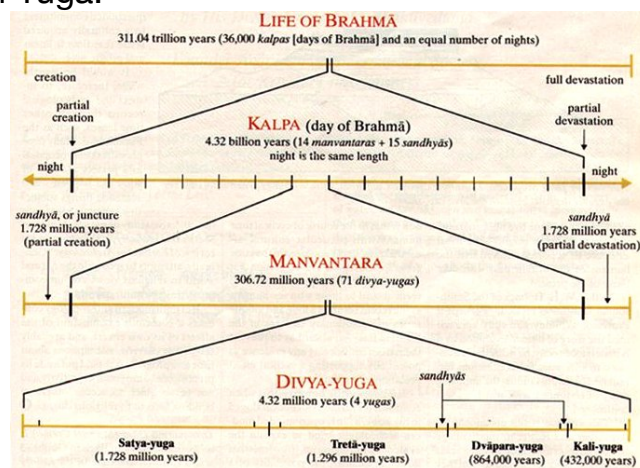
No, there is no pre-requisite to attend this course. Please join us wholeheartedly to relish the most perfect theistic science of all times.

4. When was the Bhagvad Gita spoken?

Lord Krishna first explained this system of yoga to sun God Vivasvan about 12 million years ago. But in due course, the science as it appears, was lost. Krishna again told the same science to Arjuna on the battlefield of Mahabharata approximately 5000 years ago.

5. How many Yugas are there and what is the length go each Yuga?

There are 4 yugas in every cycle consisting of the Sattya Yuga, Tretha Yuga, Dvapara Yuga, and the Kali Yuga.



6. How long is the Kali Yuga, and how many years are left

The Kali Yuga is for a duration of 432000 years, we have as of now spent 5121 years.

7. What is the importance of having the Bhagvad Gita book at home even when I am not reading it

Bhagvad Gita is the holy book that hold the sacred dialogue of Lord Krishna, and its very presence purifies the environment one lives in.

The Book with the beautiful song of Krishna encapsulated within is like an all reverent Deity at home.

8.I attended the Bhagwad Gita classes, yet my mind is still not at peace!

The peace of mind is hidden in the application of jnana or knowledge. That secret of devotional service can be learnt from the association of devotees. Please try to seek out the association of likeminded and serious devotees and peace of mind will manifest. One may also consider attending the classes more than once to get a deeper understanding.

9.When should one read the Bhagwad Gita?

You can read it any time, but just as in all forms of learning, you need to have a certain discipline here as well. The best time & way to study anything is when your mind is fresh, and is in a state of absorbing knowledge.

10.What can the Bhagwad Gita offer me?

Ask yourself what it cannot :) It can be your teacher, mentor, coach, advisor, counsel.

The following can be the benefits though not exhaustive:

- i) Reading Bhagavad Gita will help us to seek answers to the most fundamental questions like Who am I? Who is Krishna? What is my relationship with Krishna? Why am I suffering? How I can connect to Krishna? And finally, to develop loving devotional service to Krishna.
- ii) It helps one to develop Spiritual Quotient (SQ) component of the personality and which in turn leads to a well-balanced life in general.
- iii) It enhances the mode of goodness in one's character. Mode of goodness makes one more introspective and thoughtful.
- iv) The scriptural knowledge never grows old and one can relish and learn new things from Bhagavad Gita again and again.
- v) Bhagavad Gita gives a sense of deep understanding behind one's existence which in turn makes room for self-growth without falling victim to many allurements and ailments of the material world like depression, anxiety etc.

vi) It will help one to perform the prescribed duties in the most efficient manner.

In the words of George Harrison (member of the famous Beatles group, "I request that you take advantage of this book, and enter into its understanding. I also request that you make an appointment to meet your God now, through the self-liberating process of YOGA (UNION) and GIVE PEACE A CHANCE."