

Concepts of the Gita

A Starter Kit for Spiritual Growth

Impermanence of pleasure and pain

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः ।
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥ 2.14 ॥

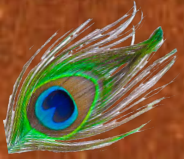
The sensations of cold and heat, pleasure and pain, are a result of the interaction between our sense organs and external objects. However, these experiences are impermanent and will come to an end. Oh, descendant of Bharata, accept them without attachment.



Transmigration of the soul

वासांसि जीर्णानि यथा विहाय नवानि गृह्णाति नरोऽपराणि ।
तथा शरीराणि विहाय जीर्णान्यन्यानि संयाति नवानि देही ॥ 2.22 ॥

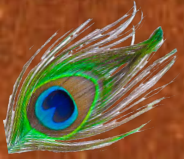
*Just as a person discards old and tattered clothes
and replaces them with new ones, similarly,
after leaving behind an old and worn-out body,
the embodied soul associates with a new body.*



Equanimity

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः ।
वीतरागभयक्रोधः स्थितधीर्मुनिरुच्यते ॥ 2.56 ॥

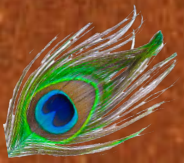
*The person who remains steadfast in the face of misery,
is uninterested in worldly pleasures,
and is free from attachment, fear, and anger
is known as a wise sage with unwavering wisdom.*



Cause of Anger

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।
सङ्गात् संजायते कामः कामात्क्रोधोऽभिजायते ॥ 2.62 ॥

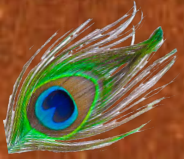
*When an individual constantly thinks on objects,
attachment to those objects arises.
From this attachment, desire grows
and from desire, anger arises.*



Importance of Performing Duty

नियतं कुरु कर्म त्वं कर्म ज्यायो ह्यकर्मणः ।
शरीरयात्रापि च ते न प्रसिद्ध्येदकर्मणः ॥ 3.8 ॥

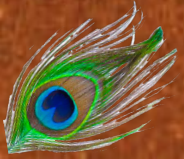
*Perform one's essential duties,
because action is superior to inaction.
Even the sustenance of one's body
is impossible through inaction.*



God's Incarnation (Avatar)

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदाऽऽत्मानं सृजाम्यहम् ॥ ५.७ ॥

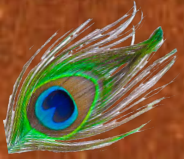
*Whenever there is a decline in virtue and an increase in vice,
I reveal Myself, O descendant of the Bharata dynasty.*



Salvation for Sinners

अपि चेदसि पापेभ्यः सर्वेभ्यः पापकृत्तमः ।
सर्वं ज्ञानप्लवेनेनैव वृजिनं सन्तरिष्यसि ॥ 4.36 ॥

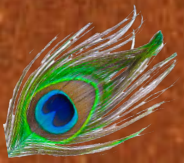
*Even if you are considered the
greatest sinner among all sinners,
you can still overcome all wickedness
solely through the raft of Knowledge.*



Importance of moderation

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 6.17 ॥

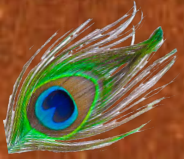
*For those who regulate their eating and movements,
maintain moderate effort in their work,
and practice temperance in sleep and wakefulness,
yoga can serve as a means of dispelling sorrow.*



Devotion

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥ १.२७ ॥

*Whatever actions you perform, whatever you eat,
whatever offerings you make, whatever you give,
and whatever austerities you undertake,
do them as an offering to Me, O son of Kunti.*



Sattvic qualities

मुक्तसङ्गोऽनहंवादी धृत्युत्साहसमन्वितः ।
सिद्ध्यसिद्ध्योर्निर्विकारः कर्ता सात्त्विक उच्यते ॥ १८.२६ ॥

*A person who is devoid of attachment,
not self-centered, possesses strength and persistence,
and remains unaffected by triumphs and setbacks
is considered to have sattva.*

