**About the Author**

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**Swami Bidyananda Giriji Maharaj** born on 9th April 1903, is a direct disciple of the world-renowned yogi Sri Sri Paramhansa Yogananda Giriji Maharaj. Since his initiation into the immoral technique of Kriya Yoga in 1936. Swamiji has been entirely immersed in a life of selfless service, philanthropy and uninterrupted prayer.

His hundred spiritual years of spiritual life is a testimony of God’s unceasing love and compassion.

With the blessings of the sadguru he has presented 108 verses of the Bhagavad Gita in a very touching and heart rendering way. He has disclosed the metaphysical aspects of the verses. The salient points of the transcendental aspects of the verses as interpreted by Sri Sri Lahiri Mahasaya will definitely arouse the inner feelings of the serious minded devotees of the present as well as future generations.

The present work of Swamiji is a real piece of spiritual wealth.