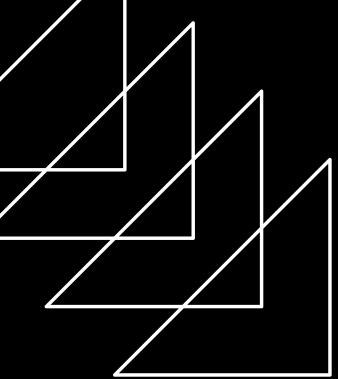


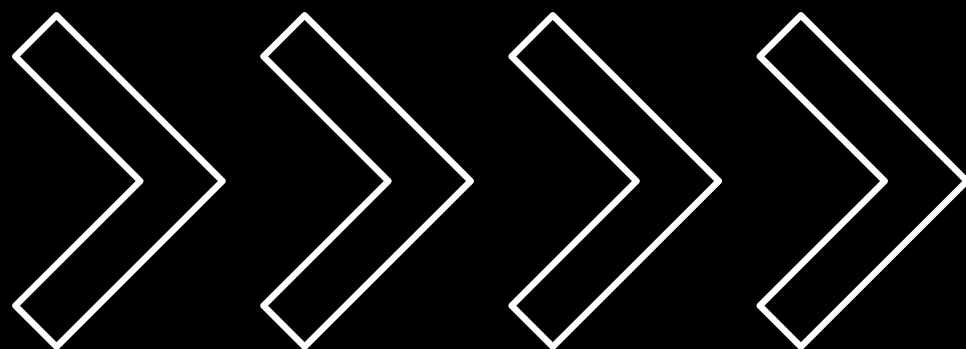
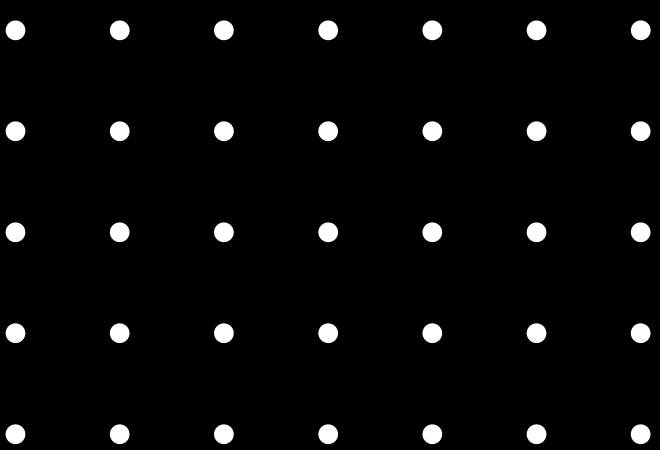
10 LIFE LESSONS FROM **BHAGAVAD GITA**

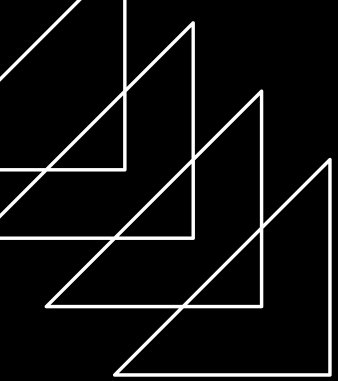




1. MONEY MINDED PEOPLE CAN'T MEDITATE

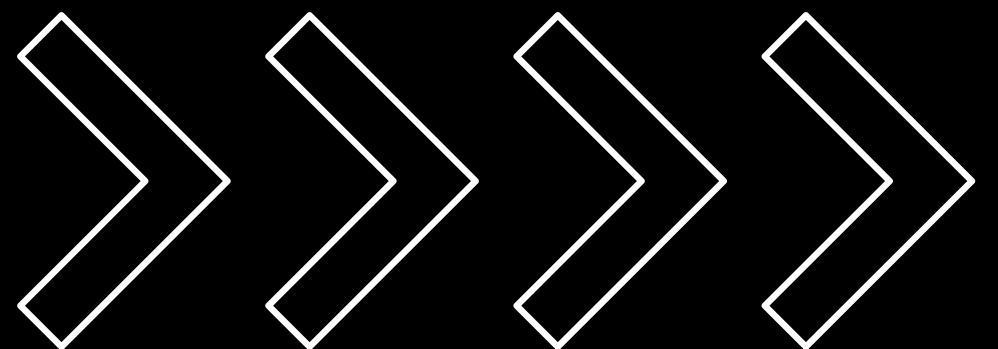
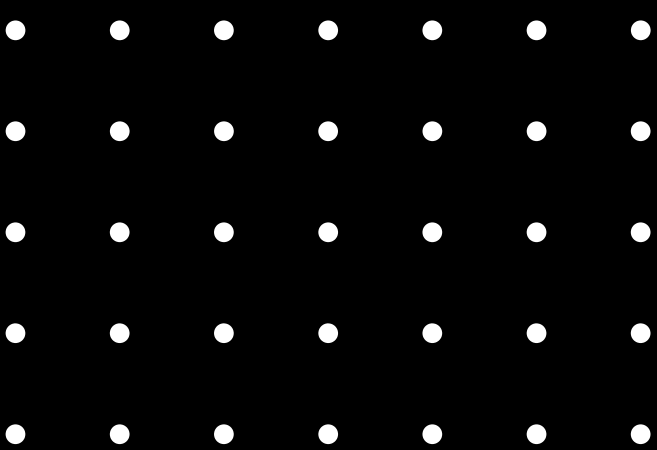
Meditation is helpful for our inner peace, also known as 'sadhna'. If you keep thinking about money all the time, you cannot engage in meditation.

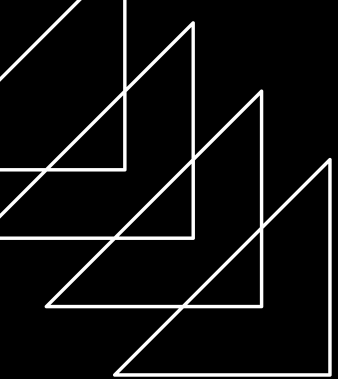




2. PROGRESS AND DEVELOPMENT ARE THE RULES OF THIS UNIVERSE

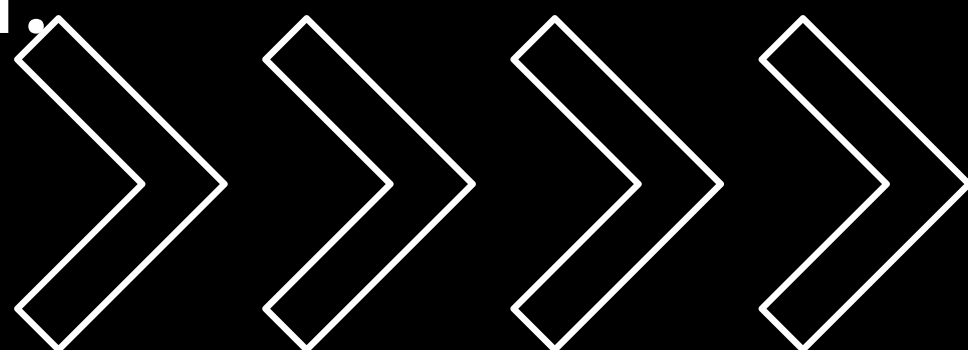
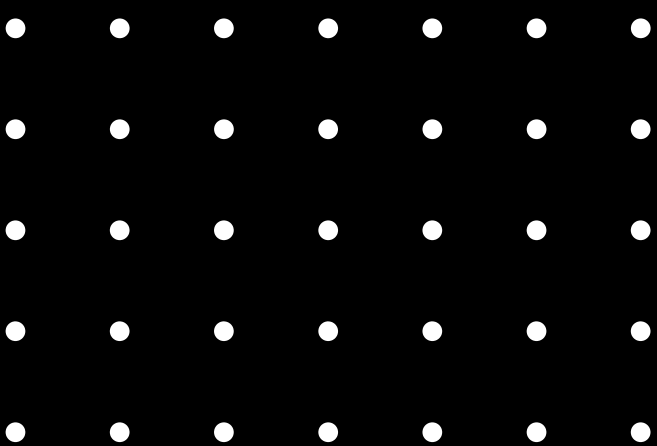
Things and surroundings change.
We should never expect people,
society, or surroundings to stay
the same.

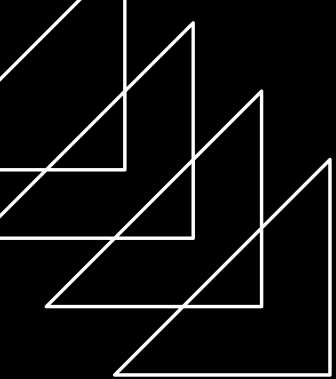




3. FAITH CAN MOVE MOUNTAINS

People who believe in themselves have the power to conquer the world. True growth comes from experiencing the gamut of emotions without abandoning the faith.

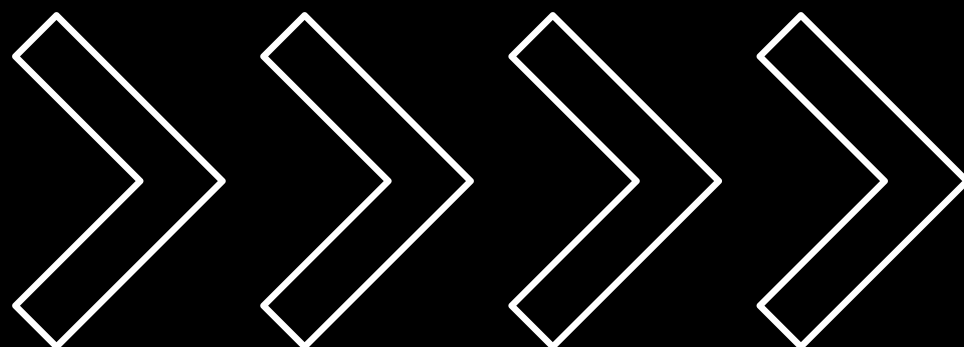
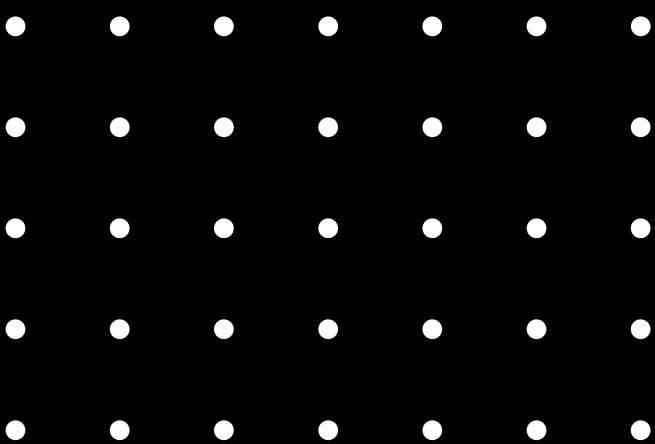


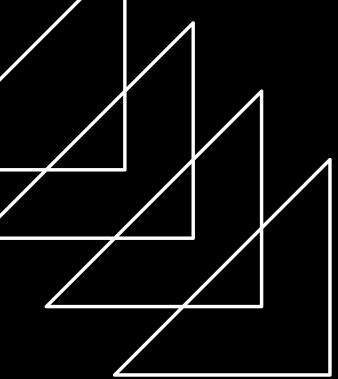


4. POWER OF A MENTOR

“Tell me I forget; teach me I remember”

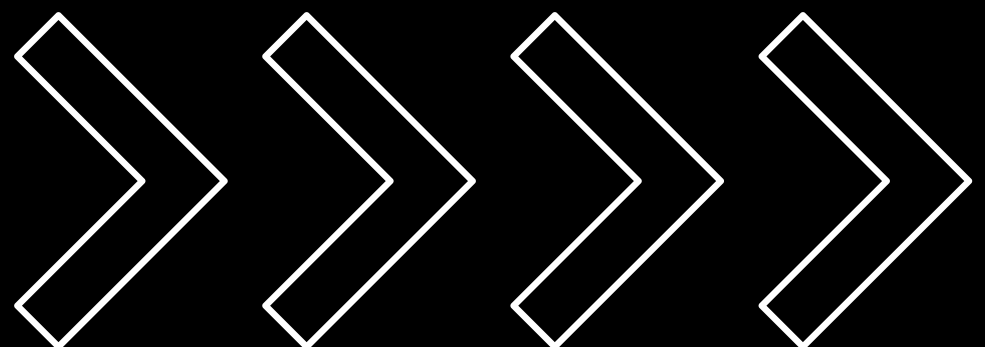
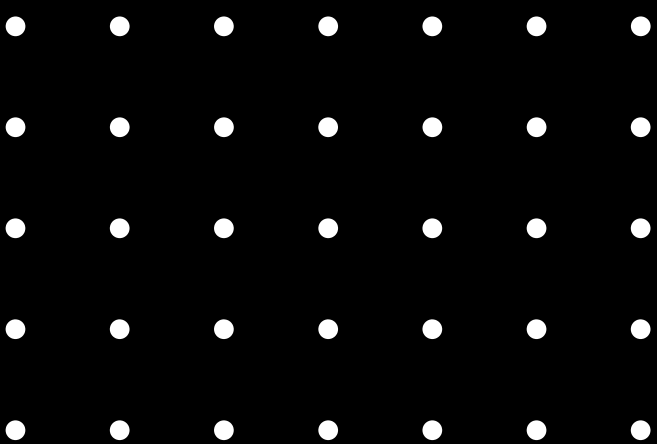
Having a mentor is like having a right path.

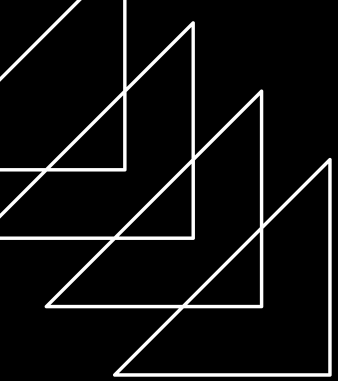




5. FOCUS ON WORK, NOT RESULT

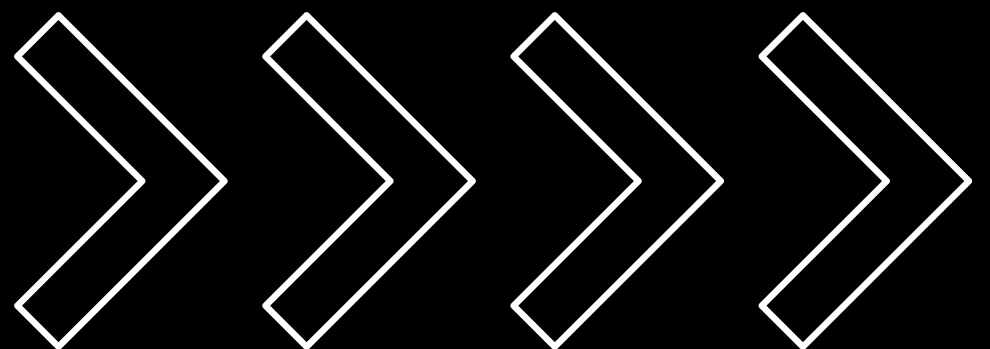
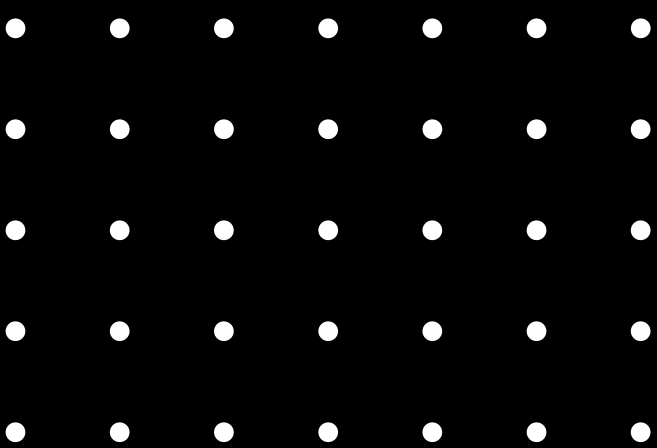
In Gita, the term “Nishkama Karma” is used. Meaning, do your deeds without caring about the result. Key to living a happier life.

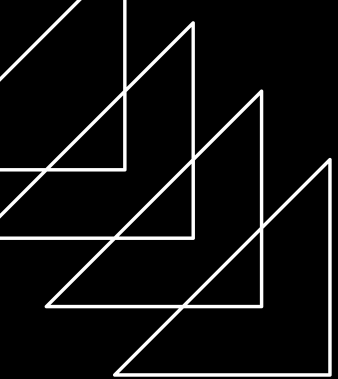




6. COMMITMENT TO THE PURSUIT OF KNOWLEDGE

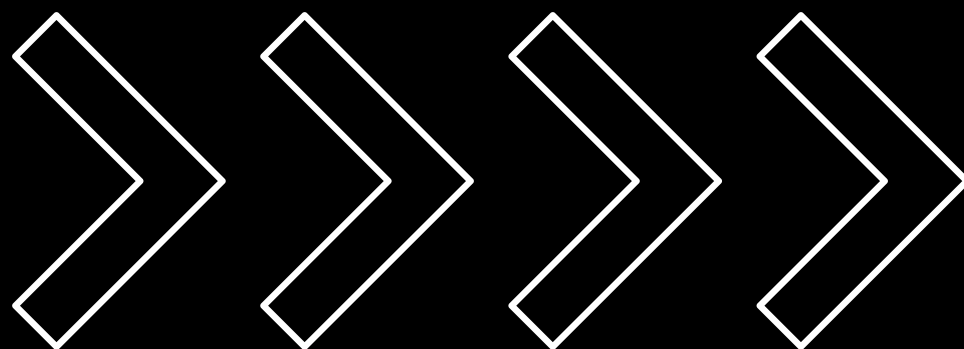
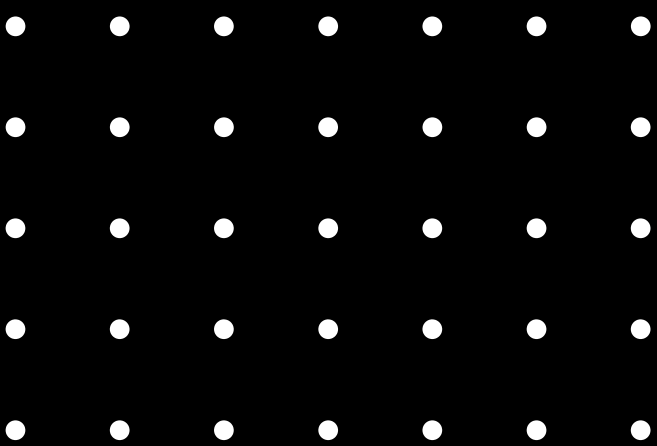
To assimilate our knowledge, we
have to master our senses. A mind
awakened to the serene joys of the
self, will makes us a perfect human
being.

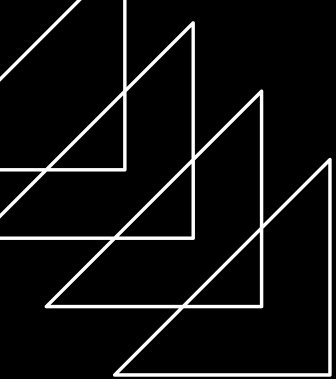




7. REFRAIN FROM CRITICISM

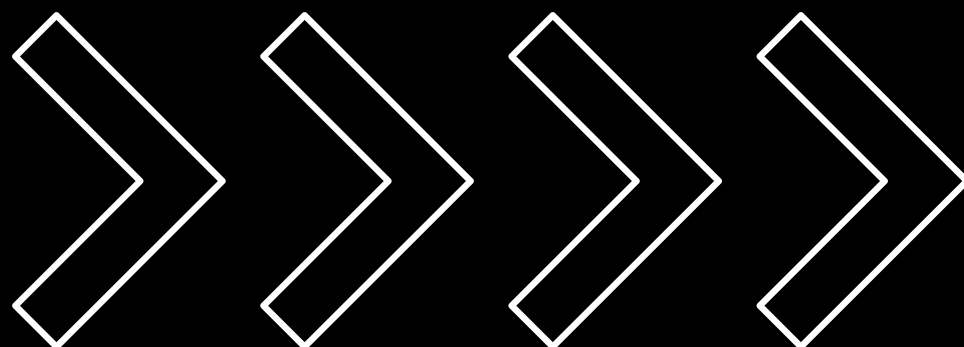
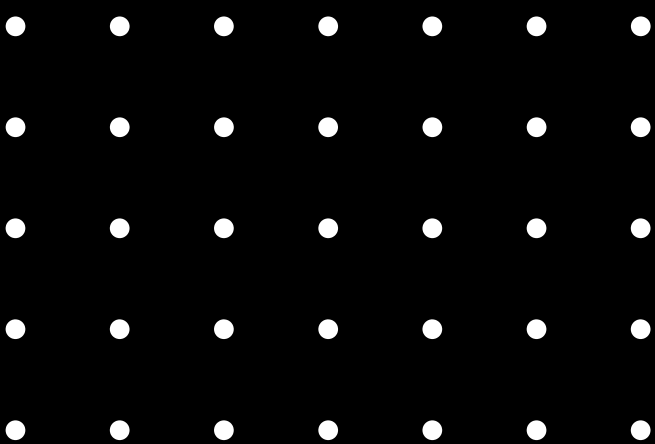
When you speak ill of others or of yourself, you create a negative vibe all around you. Criticism deprives us of the opportunity for self-reflection.

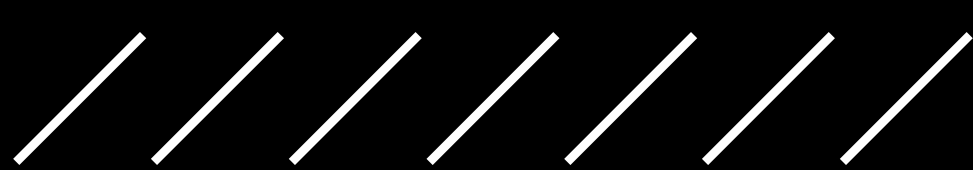
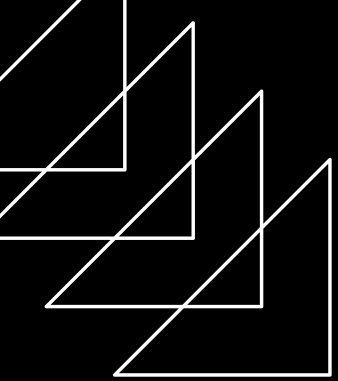




8. HUMAN LIFE IS FULL OF BATTLES

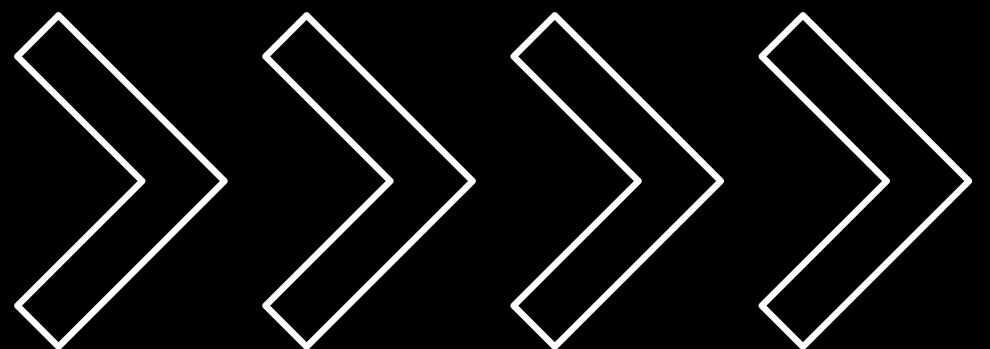
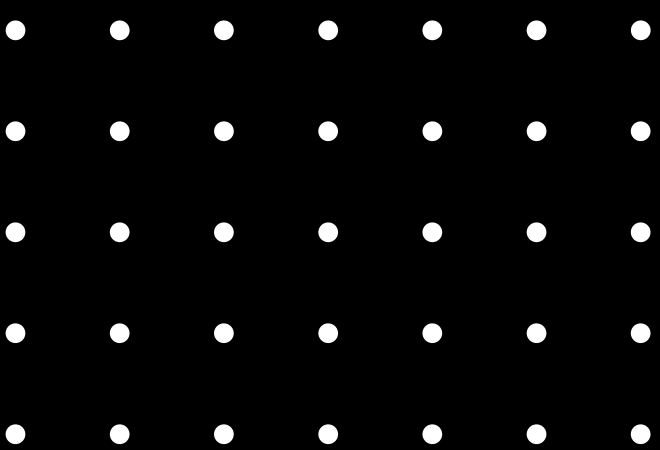
Fear and expectations cause
restrictions and limitations. Keep
exploring and experimenting, but
DO NOT live in fear.

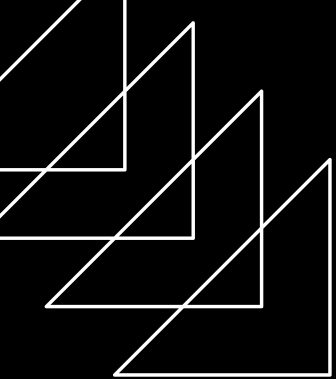




9. WHATEVER HAS HAPPENED, HAPPEN FOR A REASON

There is meaning and reason
behind every failure, win, love,
happiness, success, pain and joy.
The reason is often to make you a
better person.





10. CHANGE IS PERMANENT

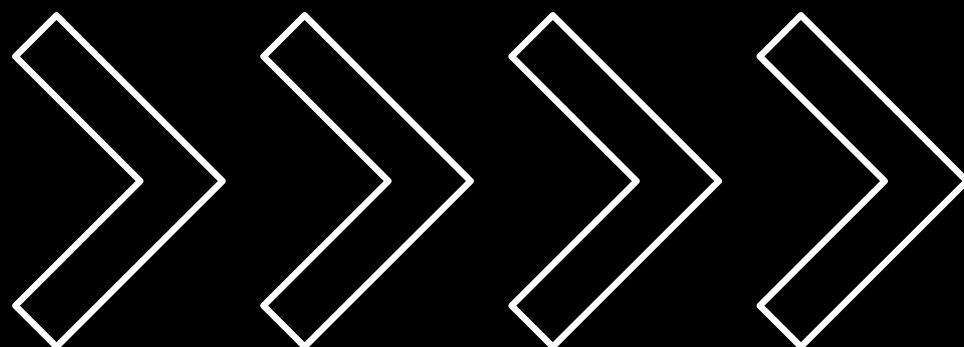
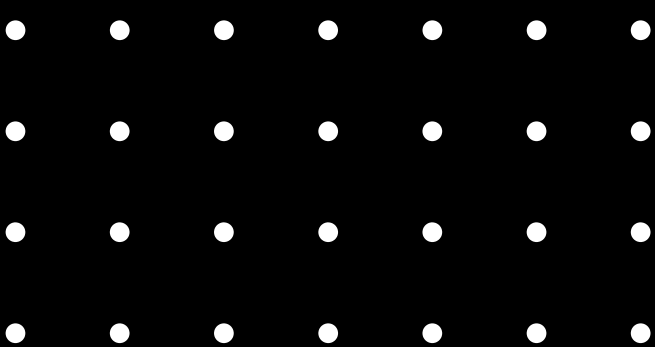
The only constant truth of life is
change.

Things change.

People change Life change.

Surroundings change.

. Nothing stays the same.



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