

Q: What is depression?

A: Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

Q: Who is Krishna?

A: Krishna is a major deity in Hinduism. He is worshipped as the eighth avatar of the god Vishnu and also as the supreme God in his own right.

Q: I'm feeling overwhelmed and stressed. What guidance does spiritual wisdom provide?

A: In times of stress, according to the Bhagavad Gita (Chapter 2, Verse 14), Lord Krishna advises embracing patience and understanding that challenges are transient, much like the changing seasons.

Q: How can one find balance between work and personal life?

A: According to the Bhagavad Gita (Chapter 2, Verse 47), Lord Krishna encourages performing one's duties diligently but without attachment to the results, helping strike a balance between effort and detachment.

Q: What does spiritual wisdom say about dealing with negative thoughts?

A: According to the Bhagavad Gita (Chapter 6, Verse 5), controlling the mind requires practice and detachment. Lord Krishna advises Arjuna to regulate the mind through consistent effort and a focused, disciplined approach.

Q: How can one overcome self-doubt and build confidence?

A: Lord Krishna, in the Bhagavad Gita (Chapter 2, Verse 25), teaches that the wise do not grieve or doubt the nature of the self. Understanding the eternal and indestructible nature of the soul can help build inner confidence.

Q: When facing challenges, what perspective does spiritual wisdom offer?

A: According to the Bhagavad Gita (Chapter 2, Verse 14), Lord Krishna suggests viewing challenges as temporary. Adopting a broader perspective on life's ups and downs can bring resilience in difficult times.

Q: How does spiritual wisdom guide in making important life decisions?

A: In the Bhagavad Gita (Chapter 2, Verse 47), Lord Krishna advises performing one's duties without attachment to outcomes. This detachment helps in making decisions based on values and principles rather than being swayed by personal desires.

Q: What role does gratitude play in a fulfilling life?

A: Lord Krishna, in the Bhagavad Gita (Chapter 9, Verse 22), emphasizes the importance of gratitude. Acknowledging the divine presence in all aspects of life fosters a sense of gratitude and contentment.