Bhagavad-Gétä is highly beneficial both in the material and in the spiritual lives. For spiritual seekers, amongst spiritual works, this is one of the best.

Like milk and water, good and bad are intermixed in life. To get relief from situations where one is unable to differentiate between what is good and what is bad, and to get freed from conflicts between what is desirable and what is not, the Bhagavad-Gétä should be studied regularly.

The Lord has taught the world through Arjuna that one should carefully observe and distinguish between good and evil, and categorically choose to follow the path of Dharma. The Padma Puräëa states that while it requires a certain caliber to chant the Bhagavad-Gétä knowing its meaning, even simply chanting the verses also produces great rewards.

For each chapter of the Bhagavad-Gétä, a specific significant story and its benefit are narrated in the Padma Puräëa. The Bhagavad-Gétä in essence, is a treasure house of powerful sound.

Regular chanting of the Bhagavad-Gétä develops a good personal culture. It bestows great comforts. Life becomes fulfilled.

- Paramahamsa Parivr**ä**jak**ä**c**ä**ryavarya

**Çré Çré Çré Datta Vijayänanda Tértha Swäméjé**

Future Pontiff of Avadhoota Datta Peetham