

The Gita: a summing up

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The post uploaded a few days ago was the last post on the *Bhagavad Gita*. Before wrapping up, I would like to enumerate below the key teachings of the *Gita*.

- The *Gita* points out the human problem of *samsara*, the sense of finitude that every human being suffers from.
- The solution to this problem cannot be arrived at by action because the results of action are finite. Instead, the solution is self-knowledge, the discovery of oneself as limitless awareness.

- The life-style for acquiring self-knowledge is the lifestyle of *Karma Yoga*.
- The components of *Karma Yoga* are:
 1. Identification of one's life's priorities with *moksha* (self-knowledge) as the ultimate priority.
 2. Work towards one's desires in harmony with one's life priorities and not merely one's fancies or interests.
 3. Have an attitude of *Ishwara arpanam buddhi*. offer all actions as worship to *Ishvara* with respect to the work one does.
 4. Cultivate an attitude of *prasada buddhi*. accept all results as *prasada* (grace) from *Ishvara* with respect to the results of one's action.
 5. The above two points depend one's knowledge of Therefore, understanding *Ishvara* as unfolded in the *Vedanta (Gita)* is key.
- The emotional response to understanding is devotion/*bhakti*. Cultivate it with worship, etc.
- Understand and bring the 20 values enumerated in Chapter 13 into one's life.
- Understand how a *Satvic* mind functions and make one's own mind more
- Meditate to make one's mind contemplative and to own up/assimilate the knowledge of the self.
- Understand and, if you so choose, take to *sanyasa*, a committed pursuit of self-knowledge. Taking *sanyasa* is optional and possible only if all priorities are fulfilled and *moksha* is the only remaining goal.
- If one has owned up self-knowledge i.e made it an integral part of one's life, then one is a *sanyasi* irrespective of one's life-style.
- Study the Gita and the posts that have been uploaded until you can find a living guru to study it with or use the blog to supplement your studies.

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