

The Essence of the Geeta

1

Due to worldly attachment, man gets caught in the dilemma of what to do and what not to do and becomes negligent of his duty. Therefore, one should not be under the influence of attachment or the power of pleasure.

2

The body is perishable, but the embodied being who understands it is imperishable. By emphasizing this wisdom and fulfilling one's duty, either of these two approaches can alleviate anxiety and grief.

3

Benefits are attained by diligently performing one's duties for the benefit of others, without any selfish motive.

4

There are two ways to get free from the bondage of karma: to understand the essence of karma and to perform karma selflessly and to experience the knowledge of the essence.

5

A person should not become happy or sad when favorable or unfavorable circumstances arise because a person who becomes happy or sad cannot rise above the world and experience ultimate bliss.

6

By any means, equality must be achieved in the conscience; without equality, man cannot become completely free from all vices.

7

The best way is to accept that everything is God.

8

The soul's fate depends on its final thoughts. Therefore, a person should always remember God and perform his duties so that he remembers God at the time of death.

9

All human beings are entitled to attain God, irrespective of their caste, creed, religion, country, dress, etc.

10

Wherever in the world one sees uniqueness, speciality, beauty, importance, scholarship etc., one should consider it to be God's and think of God only.

11

By considering this world as the form of God, every human being can see the great form of God.

12

The devotee who surrenders himself to God along with his body, senses, mind, and intellect is dear to God.

13

In this world, only one divine element is worth knowing; by knowing it, one attains immortality.

14

To be free from the bondage of the world, it is necessary to transcend these three gunas - Satva, Raja and Tama. Through exclusive devotion, a person transcends these three gunas.

15

The fundamental basis of this world and the most elevated Supreme Being is only one God and one should worship Him with exclusive devotion.

16

It is because of bad qualities and bad conduct that a human being goes to 84 lakhs of births and hells and experiences suffering. Therefore, to get free from the cycle of birth and death, it is necessary to give up bad qualities and bad conduct.

17

Whatever auspicious work a person does with devotion, he should begin it by remembering God and uttering His name.

18

The essence of all scriptures is the Vedas, the essence of the Vedas is the Upanishads, the essence of the Upanishads is the Gita and the essence of the Gita is surrender to God. The one who surrenders to God with exclusive devotion, God frees him from all sins.