

ॐ Life Skills through the Geeta ॐ

Geeta Conference, Geeta Ashram MN. August 4-6, 2023

Geeta Conference Theme

Life Lessons from the Bhagavad Geeta for Self Discovery into a Happier Human Being; Overcoming Anger, Ego and Attachment by Serving Others



Life Management

- What is Geeta? And How to Overcome Difficulties in Life
- Purpose of Life and How to Overcome Grief
- What is Karma? And the Connection with Destiny
- How to Get Peace of Mind? Prayers, Meditation, and Mindfulness
- Qualities of a Perfect Person
- Keys to Happiness: Victory over Six Enemies!

Dear Delegates & Conference Invitees,

Jai Shree Krishna, Jai Gurudev.

Thank You! And welcome to the 6th Geeta Conference at Geeta Ashram Minnesota hosted in Minneapolis, MN on Aug 4, 5, and 6 at the Geeta Ashram of Minnesota (established 1975).

We look forward to the conversation, learning and collaboration between all the attendees and speakers.

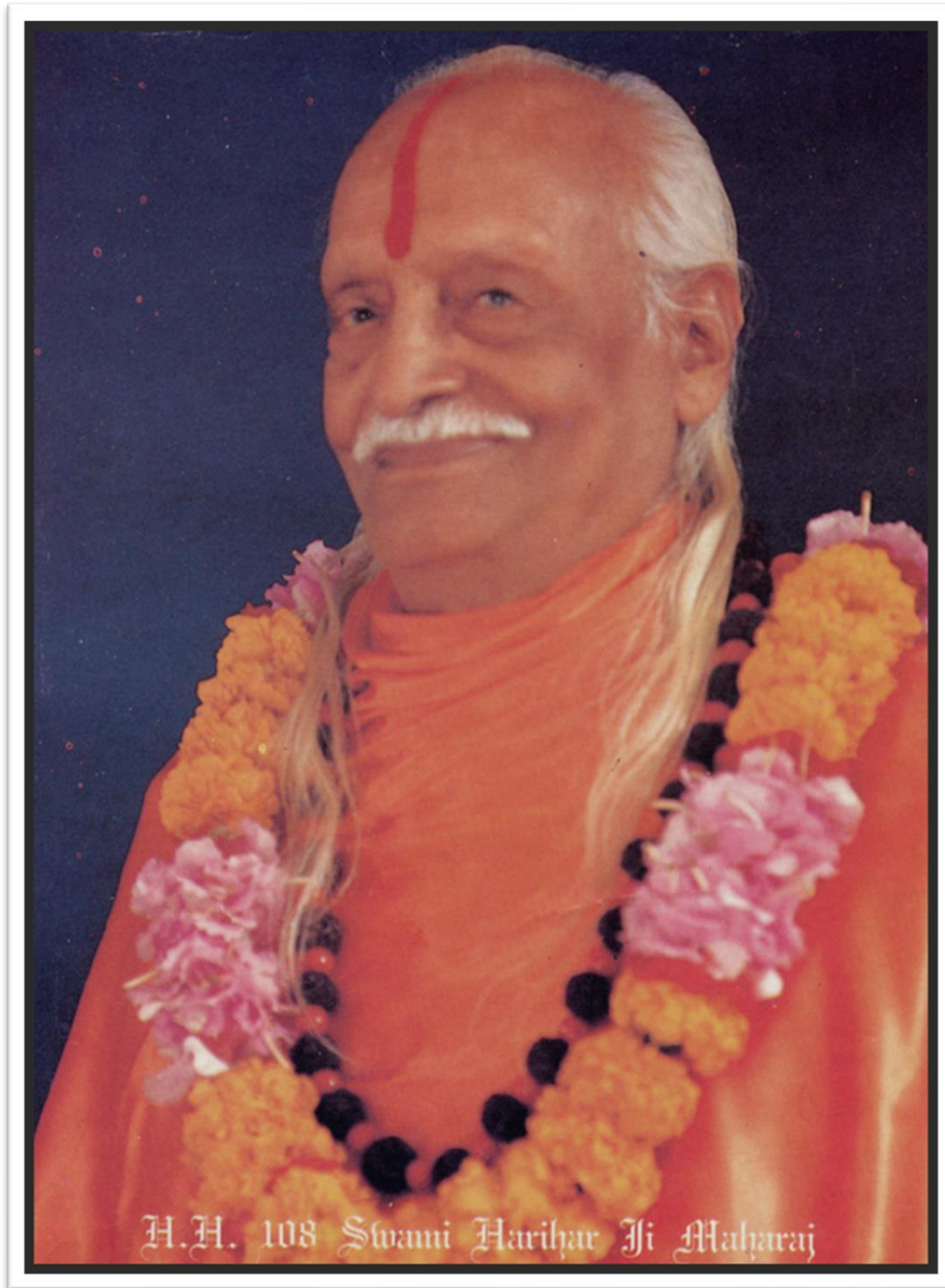
Special thanks to our Delegates for sharing their thoughts – some having traveled thousands of miles to be with us, including Swami Guruma Geeteshwari (Spiritual head of Geeta Ashrams Worldwide), Satya Kalra (Bay Area, CA), Narinder & Mani Kapoor (New York), Bhanwar Joshi (Chicago) , Pradip Seernani (Houston) Raju Karamchandani, (Los Angeles, CA) and Arvind & Mala Bhatnagar (Los Angeles, CA).

Very Special Thanks to Conference Super Team– Arun Sharma, Ashok Sharma, Sapna and Vikas Puri, Harish and Hiroo Mandan, Komal and Vivek Kamran, Kumud Kamran, Ullas Kamath, Hari Prasad, and all the volunteers for putting hours of effort.

Thanks to the esteemed Speakers –Swami Bhoomananda ji from Cochin, India, and Roopa Pai ji from Bangalore, India. And yes, our US speakers – Swami Guruma Geeteshwari ji, Narinder Kapoor ji, Ashok Sharma ji, Dr. Ved Sharma ji, Bhanwar Joshi ji, Chandra Prakash ji, Pradeep Seernani ji, Pandit Dinesh ji, and Vivek Kamran ji. Special Thanks to Jeeyar Educational Trust, Srivani T. Kandalam, for supporting the event with youth talent on the Bhagavad Geeta.

Best Regards,

Vivek Kamran, General Secretary, Geeta Ashram-MN, Dr. Ved Sharma, President, Geeta Ashram-MN, Dr. Hari Prasad & Sapna Puri-Co Chairs for the Geeta Conference, Bhanwar Joshi, General Secretary, Geeta Ashram-Chicago, and Sr. VP of Geeta Dham, Narinder Kapoor, Geeta Ashram-New York, Pradip Seernani, Geeta Ashram Houston, Dr Satya Kalra, Geeta Ashram San Francisco.



His Holiness Shri 108 Swami Harihar Ji Maharaj

The teachings of the Geeta are universal and eternal. Scientific and technological advancement alone does not complete one's evolution. Spiritual awareness and awakening as imparted in the Geeta elevate one's perception and guide the devotee to see the existence as one. Anyone who lives the divine teachings of the Geeta gives up his mortal self and attains liberation.

Schedule, August 4th to 6th

Friday, Aug 04

Time	Event	Event by
5:30pm	Registration on-going	Organizers Harish and Hiroo Mandan, Geeta Ashram MN
6:00-8:00pm	Children's Talent Competition Age 3-6 Coloring Age 7-12 Quiz/ Art Age 13-17 Essay	Organizers Kumud Kamran Ashok Sharma Hiroo and Harish Mandan
6:30-6:55pm	Bhajans and Kirtans	Pandit Dinesh Ji, Geeta Ashram MN
6:55-7:20 pm	Welcome Address Share Experiences with Gurudev Ji	Vivek Kamran Ji, General Secretary, Geeta Ashram MN
7:20-7:50pm	Pravachan	Swami Guruma Geeteshwari Ji, Geeta Ashram Delhi
7:50-8:00pm	Recognition awards	Awards presented by Swami Guruma Geeteshwari Ji
8:00pm	Dinner	Sponsored by Sonia and Sunil Puri, Geeta Ashram MN

Saturday, Aug 05

7:45am	Registration on-going	Organizers Harish and Hiroo Mandan, Geeta Ashram MN
7:45-8:30 am	Breakfast	Sponsored by Kapoor Family, Geeta Ashram NY
8:30-8:45 am	Inauguration and Diya Ceremony	Swami Guruma Geeteshwari Ji Pandit Dinesh Ji In presence of devotees: Hari Prasad, Vivek Kamran, Ramesh Wahi, Pandit Ji, Bhudhan Lall, Sanjai Misra, Narinder Kapoor, Bhanwar Joshi, Satya Kalra
8:45-8:55 am	Welcome Address	Dr Ved Sharma Ji President, Geeta Ashram MN
9:00-9:15 am	Featured Speaker 1 Introduction To Shrimad Bhagavad Geeta-Why Geeta Matters?	Dr. Ashok Sharma Ji, Author of Several books for Adults and Youngsters. His booklet, "Shrimad Bhagavad Geeta- Simplified" offers an excellent practical way to understand God and your inner self and is one of the simplest books on Bhagavad Geeta. "The Inevitable separation" and "The Irrelevant You" are other books authored by him.

9:15-9:30 am	Featured Speaker 2 Victory over Six Enemies- Guess Which Ones?	Narinder Kapoor Ji, President, Geeta Ashram NY. Sanskrit Scholar par excellence, Speaker at many New York organizations. Practical approach to Geeta with hands-on approach to solutions.
9:30-10:15 am	Featured Speaker 3 (via Zoom) Bhagavad Geeta to manage Anger, Desire, and Ego	Swami Bhoomananda Ji, Founder of Center for Inner Resource Development USA and India. Poojya Swamiji's unique message to the world - pursue self-transformation through contemplation on the Truth. Sole mission is to make Bhagavad Geeta the universal message for winning every viewer's heart and to inspire their mind and invigorate their life.
10:15-10:30 am	Geeta Ashram Mission and Conference Details Welcome Chief Guest	Vivek Kamran Ji, Gen Secretary of Geeta Ashram MN and a Trustee of Geeta Dham, India. Public Speaker at local churches and organizations. Author, "Geeta, Solution to Your Problems" and Guru Dev Magic ...how to find Peace! Geeta is the Best Management Tool for Self-Transformation that is his total belief.
10:30-10:45 am	Tea Break	Sponsored by Shashi and Ashok Sharma Family, Geeta Ashram MN
10:45-11:00 am	Featured Speaker 4 Jewels from the Bhagavad Geeta to control Anger, Desire and Ego.	Swami Guruma Geeteshwari Ji, Spiritual Head of Geeta Ashrams worldwide. Geeta Scholar par excellence. Learned scholar serving the community through her practical teachings for putting the wisdom of Geeta into daily practice. She has devotees all over the world.
11:00 - 11:50 am	Featured Speaker 5 (via Zoom) Tips for managing Anger, Desire and Ego from The Bhagavad Geeta.	Ms. Roopa Pai Ji, Computer engineer turned popular children's author whose bestsellers include The Gita For Children and The Vedas & Upanishads For Children. Her latest book, The Yoga Sutras For Children How to win everything - by losing something (kama -desire and krodha-Anger) Geeta Ashram message Geeta Conference
12:00-12:15 pm	Featured Speaker 6 Purpose of Life and how to overcome Grief?	Bhanwar Joshi Ji, General Secretary of Geeta Ashram Chicago and Trustee (Sr. VP) of Geeta Dham. Extremely Knowledgeable on Bhagavad Geeta. Conducts Weekly Discourses on Bhagavad Geeta and its lessons.
12:15 - 1:15 pm	Lunch	Sponsored by Sanjai and Sanchita Misra Family, Geeta Ashram MN
1:15-2:15 pm	Geeta Workshop Tools for Solving Day-to-day Problems with a Daily Planner	Dr. Satya Kalra Ji, Amazon Top seller of Bhagavad Geeta and motivational and spiritual booklets – My Questions and God's Answers, 100 Mantras, Yoga Beyond Asana, Life Coach for Women's Leadership, Self-Transformation, Path to Anandam, Lasting Forever, and more.
2:15-2:30 pm	Featured Speaker 7 Prayer and Mindful Meditation	Chandra Prakash Ji, regular speaker at Geeta Ashram MN. Shares Practical aspects of Life and Lessons in a fun way – a delightful speaker
2:30 pm-2:45 pm	Featured Speaker 8 What is Karma - Connection with Destiny	Dr. Ved Sharma Ji, Professor of Economics, Minnesota State University, Mankato. President, Geeta Ashram, MN. Sanskrit Scholar, Extensive knowledge of Vedas, Speaker at Geeta Ashram and at public events. Complete practical mastery of the Geeta.
2:45-3:00 pm	Featured Speaker 9	Pradip Seernani Ji, President, Geeta Ashram Houston. Geeta Dham Trustee. Highly dedicated to Geeta Ashrams Globally. The Seernani family is key

	Role of Mentor/Guru for Day-to-Day Problem Solving	supporter of Geeta Dham and other Geeta Ashrams. Ardent supporter of Gurudev's mission.
3:15-3:30 pm	Featured Speaker 10 Geeta's way for controlling Anger, Ego, and Attachment	Pandit Dinesh Ji, Head Priest, Geeta Ashram, MN. Dinesh Ji has extensive Knowledge of the Bhagavad Geeta, Vedas and Upanishads. He has formal education in Astrology and Scriptures from Rishikesh, India
3:30-3:50 pm	Tea and Snacks	Sponsored by Harish and Hiroo Mandan, Geeta Ashram MN
3:50-4:20 pm	Panel Discussion for Younger Folks. Lessons learnt and Management Skills through Bhagavad Geeta - Avadhanam	Srivani T Kandalam,(Jeeyar Educational Trust /Sumedha Group MN) Dr. Satya Kalra Ji, Dr. Ved Sharma Ji, Bhanvar Joshi Ji, Narinder Kapoor Ji
4:20-4:35 pm	Vote of Thanks and Takeaway Points - Geeta is a solution for all problems and a Guide to become a Perfect Person	Vivek Kamran Ji, Gen Secretary of Geeta Ashram MN and a Trustee of Geeta Dham, India. Public Speaker at local churches and organizations. Author, "Geeta, Solution to Your Problems" and Guru Dev Magic ...how to find Peace! Geeta is the Best Management Tool for Self-Transformation that is his total belief.
4:35-5:15 pm	Childrens Skit Avadhanam	Organizer: Srivani T Kandalam, Jeeyar Educational Trust Sumedha Group
5:15 - 5:30 pm	Recognition Awards for Children's Talent Competition, Team Appreciation and Thanks	Award presenter Swami Guruma Geeteshwari Ji
6 :00- 7:00 pm	Dinner/Social event	Sponsored by Komal and Vivek Kamran, Geeta Ashram MN
Sunday, Aug 06		
9:00- 10:00 am	Breakfast	Sponsored by Narinder Kapoor Family, Geeta Ashram NY
10:00 - 12:00 Noon	Geeta Havan and Aarti	Officiated by: Swami Guruma Geeteshwari Ji Pandit Dinesh Ji Performed by: Havan Sponsors and Devotees
12:00- 12:15 pm	Pravachan	Guruma Geeteshwari Ji
12:15- 12:25 pm	Vote of Thanks	By Pandit Dinesh Ji & Vivek Kamran, Geeta Ashram MN
12:30 pm	Lunch	Sponsored by: Kumud Kamran, Geeta Ashram MN

WHY GEETA?

Ashok Sharma

The universe is a miracle, created by the miraculous power of God. Our planet Earth is a miracle, one amongst trillions that have life. Every life form, howsoever small it may be, is a miracle in itself. Every aspect of our life is a Miracle. Every thought, every action that we take, involves millions of cellular coordination, some still unrecognized. We must thank our Creator for this wonderful life and connect with Him through *Bhakti Yoga* (prayer and Meditation). This is one of the most profound messages of Shrimad Bhagavad Geeta.

As the name indicates, Geeta is a collection of the *Geets* (words) of Shri Bhagavad (the God) written thousands of years ago. It is perhaps the most scientific spiritual scripture known to humankind today.

Geeta has been referenced by scientists like Albert Einstein and Louis de Broglie in many of their writings. Prof. Broglie, was a 19th century French scientist, who made groundbreaking contributions to Quantum Mechanics and theorized that matter has wave properties. Sounds familiar: it is like us having an ATMIK (spiritual) element associated with us. De Broglie was awarded Nobel prize for his discovery.

The 700 shlokas of Geeta offer the discourse that took place approximately 5000 years ago, between Lord Sri Krishna and the greatest warrior of that time Arjuna, in the battlefield of Kurukshetra when Arjuna refused to fight the war that was unjustly raged on his family by his cousin Duryodhana, the prince of Hastinapur, a state in north India.

Arjuna, like many of us, was overwhelmed by illusions, grief and attractions and aversions of life and confused about his duties, goals and purpose of life. He was fighting a battle in his mind like all of us do each day of our life.

At the end of the discourse Arjuna was a completely transformed man and fought the battle without scarifying his principles, passion, love, humility and devotion to his elders and gurus and came out as a big winner.

Despite the fact that Geeta is an ancient Indian scripture, it surprisingly makes no reference to Hinduism, and the word religion (Dharma) in Geeta is used only to describe the moral responsibilities of a person.

Even the word Spiritualism, used in Geeta refers to the understanding of 'Self', the divine element called *Atman* or the Spirit that illuminates our body. *Atman* being a part of *Parmatma*, the *Parambrahaman*, the supreme God, Himself is immortal, according to Geeta, and takes new forms after our death till it returns back to its source one day. The *Parambrahaman*, is formless, omnipresent, omniscient and beyond any description. Read Chapter 9, 10 and 11 of Shrimad Bhagavad Geeta, if you want to understand the true nature of God or watch the images of universe taken by the Hubble telescope, if you want to watch God in action. These are the same imageries that you find in chapter 11 of Geeta, when God reveals his true form to Arjuna.

Geeta's emphasis on *Sakar Bhakti* (worshipping a deity) assumes a practical approach as meditating on a formless God is difficult. "But know that I am formless when you meditate on a formed deity and that I am present in every material, every human being, every animal and insect, when you meditate on my formless form", advocates God in Geeta. You will see no difference in Lord Buddha, Rama, Krishna and Jesus Christ, once you understand this message.

Geeta is the encyclopedia of life, a spiritual text with a universal message that has no contradictions. There are five major principles for living a fruitful life that are repeatedly stressed in Geeta. These are:

The importance of *karmas*: "As you sow, so shall you reap", in this life or next life, as *karmas* never completely vanish. Selfless *Karmas* leads to peace, harmony and happiness in life. By eliminating focus on the fruits of *Karmas*, one can reduce the frustration and anger that come from failures.

Meditation (*Bhakti*, devotion) allows you to connect with your inner-self for guidance. The answers to most of your problems lie within you. It keeps you humble and stress free.

Samata: Life is turbulent. Change is the only truth. Equality (*Samata*) allows us to bear the effects of changes in life: Heat and cold, honor and dishonor, love and hate, good and bad, friends and foes, pleasure and pain, all will happen, but none will last forever. Treat them equal, preaches Geeta in almost all of its chapters.

Adopt the Middle Path. Stay clear of Extremes. Observe 'Fasts' but do not starve yourself. Sleep but do not become lazy. Love your children but do not spoil them. Worship but do not spend all your time in it. Work but do not become workaholic. Enjoy life but do not get addicted to pleasures. This is the middle path that Geeta preaches which was later adopted by Lord Buddha. Gautam Buddha called it 'Majjhimapatipada' sutra. And finally,

The three virtues (*Gun*as) of life, the Sattvic, Rajasic and Tamasic that define everything that exists in our life; the intellect, knowledge, happiness, devotion, charity, prayers, self-discipline, faith and even food. Sattvic refers to purity, honesty, kindness and simplicity. Rajasic refers to wants, materialism, fame, ego, money power etc. Tamasic refers to impurity, ignorance, dullness, darkness, lethargy and belief in supernatural powers. Just as light and darkness cannot exist together, the dominance of one *Guna* makes the other two insignificant and inconsequential in your life.

"Live a Sattvic life; acquire Sattvic knowledge, perform Sattvic charity and eat Sattvic food", preaches Geeta.

Once you go on this path, your ego, anger, grief, frustration will all disappear, and you will have an everlasting peace of mind.

Ashok K Sharma, PhD

Ashok Sharma, is a scientist by profession. He has been associated with Geeta Ashram of Minnesota since its inception in 1980's.

Dr. Sharma has published numerous scientific papers and authored many US patents. In addition, he has published three self help books and a simplified treatise of Shrimad Bhagavad Geeta. Most of his writings are a blend of Science and Theology. His booklet, "Bhagavad Geeta Simplified - excellent practical ways to understand God and Yourself ". One of the simplest versions of Bhagavad Geeta. Also author of Inevitable Separation. The Irrelevant You. Dr. Sharma is listed in all major Who's Who in the world.



Keys to Happiness – Victory over Six Major Enemies

Narinder Kapoor

Srimad Bhagavad Geeta emanated from the Lotus Lips of Bhagwan Sri Krishnaji in the battle field of Kurukshetra (in Punjab) – India) approximately 5000 years ago.

There are 700 verses divided into 18 chapters. There are three school of thoughts:

1. Yoga of Action - Chapter 1 to Chapter 6
2. Yoga of Devotion – Chapter 7 to Chapter 12
3. Yoga of Knowledge – Chapter 13 to Chapter 18

When the Creator created this phenomenal creation, He drafted the Rules (Dharma) which must be followed and obeyed in their entirety. People who obey those rules (Dharma) are called DEVTA and people who don't obey those rules are called Rakshash.

It is our choice. We have the freedom to choose. If we choose to become Devta then we have to respect and follow Dharma. However, if we choose not to follow Dharma then we will become Rakshash.

Now the question under consideration is: How to be Happy in this world? In other words, “the keys to happiness”. People think that there are six major enemies which must be conquered in order to attain happiness. These are:

Lust - Desire (Kama)

Krodha - (Anger)

Lobha - (Greed)

Moha - (Attachment)

Mada - (Ego – Arrogance)

Matsarya - (Partiality)

According to the profound wisdom of Srimad Bhagavad Geeta, all the above six negative characteristics are the name of Same Energy. It starts with Ego. Once one is Ego-centric the whole vicious circle starts. After Ego comes Anger. After anger comes Attachment. And then comes Desire. It is followed by Greed. A greedy individual always believes in the concept of Partiality. He is always prejudiced.

Now let us go back to our original question. Keys to Happiness. Through the periscope of Srimad Bhagavad we are living in a world of Duality. In this phenomenal world everything has an opposite. We are living in a world of opposites. For example:

- Pleasure and Pain
- Happiness and Sadness
- Victory and Defeat

If we are seeking Happiness, then we must be ready to be Sad. If we are seeking victory, then we must be ready to be defeated. Pleasure will follow Pain. Sukh will follow Dukh. This is called Bhava Sagar of duality. It is ever changing. It is ever painful.

Instead of looking for Happiness we should be thinking as how to become Peaceful. Once you are Peaceful you are already Happy. So let us rephrase our original question. The question should be HOW TO BECOME PEACEFUL.

Becoming Peaceful is an inner journey. To travel inside of your body where Peace resides you must have VISA. The qualification to get Visa is to create Satvic State of Mind. Once your mode of mind is Satvic you automatically become:

- Peaceful
- Empathetic
- Compassionate
- Selflessness

This is the subtle knowledge of Srimad Bhagavad Geeta. Once you become Peaceful you become Divine. Your food habits change. Your Speech becomes positive and uplifting. Your thoughts become Universal. Your sensitivity reacts at optimum level. You feel the presence of Bhagwan Sri Krishna in your own heart. Your body becomes a Temple. All around you see the presence of Almighty Bhagwan Krishna. You are always in a state of Bless. The rainbow of PEACE becomes visible in its seven colors (Violet, Indigo, Blue, Green, Yellow and Red) in the horizon of your Mind. A peaceful person is the most qualitative and productive individual. As a matter of fact he becomes Bhagat (devotee of Bhagwan Sri Krishanji).

Narinder Kapoor is an initiated disciple of Swami Hariharji Maharaj, and Vice-President of Geeta Ashram, New York. Srimad Bhagavad Geeta is his passion and mission. He is an accomplished speaker in the art of meditation, motivation and inspiration. He has been sharing the wisdom of the Srimad Bhagavad Geeta to the various strata of American society by visiting universities, colleges, high schools, churches and temples of different denominations.



WHY I BELIEVE THE GEETA IS A GREAT GUIDE FOR THE YOUNG

Swami Bhoomananda Ji

In 2015, my editor suggested I try my hand at a retelling of the Bhagavad Geeta. I was aghast. I saw myself as a writer for children whose stories were full of fun, adventure, and action, not a re-teller of preachy scriptures. Despite never having engaged seriously with the Geeta, I believed the text was too abstract, too esoteric, too religious, and probably somewhat irrelevant in the modern age. I also believed, like many others around me, that the Geeta was for those who had experienced the vicissitudes of life and were now in their sunset years; it certainly, I believed, did not have much in it that was relevant for children.

But my editor, bless her heart, would not let it go. In the end, I decided it was fair that I read the text once, with some commitment, before I made my decision. What I discovered blew my mind.

I discovered that far from being religious, the Geeta was a book of liberal, secular, inclusive wisdom, a self-help book for life, delivered as a conversation between two best friends, the warrior prince Arjuna and his mentor Krishna. Its luminous ideas on self-belief, rightness of action, success, happiness, and doing one's work with no expectation of reward, but simply as an offering to the universe, are as relevant to children as to adults, as meaningful to Indians as to people of other cultures, and as true to the age it was composed in as to the 21st century.

What's more, its recommendations were practical, not idealistic, and entirely non-judgmental. There are no saints or sinners in the world, says Krishna in the Geeta. Instead, there are people who make decisions that are mindful, detached from personal loss and gain, and in tune with their own natures, and people who make decisions that are guided by emotions like selfishness, greed, love, anger, hate, and fear, and the opinions of other people. The first group does not see one group of people as 'mine,' and another group as 'not mine' – they see themselves as part of everything else in the universe, and everything else as a part of themselves. The second group is always slicing and dicing the world into I, Me, Mine on one side and the Other on the other, anxiously holding on to what is 'Mine' and fearing, and therefore, hating, everything that is the Other.

In the increasingly polarized world that young, confused Arjunas inhabit today, the importance of the Geeta's compassionate guidance, which urges them to make friends with their own Krishna, the wise best friend who lives inside each of them and trust him to guide their chariots through the battlefield of life, as another Arjuna did so many millennia ago, cannot be overstated.

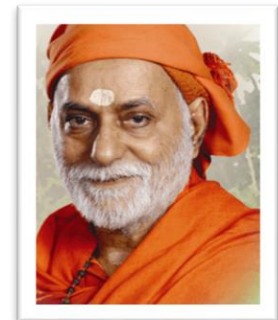
For Kurukshetra is not just a faraway battlefield in Haryana, it is the world itself. Each day, we go out into this world to fight – and hopefully win – our war against ourselves. In each moment we spend in our personal Kurukshetra, we think thoughts, speak words and do actions that affect our inner and outer worlds; in each moment, we make choices that make us god-like, human or demonic. The Geeta tells us simply to reach for the divine in ourselves in each moment – and not simply settle for being human. Choose in every moment, the Geeta tells us, to be Krishna. Just like Arjuna did in his moment of deepest despair, pause, turn to your own higher self, your best friend, to find clarity – never mind what the rest of the world thinks – and only then choose your action.

That's wonderful – and non-preachy – advice for every young Arjuna, don't you think?

Aviation and inspiration. He has been sharing the wisdom of the Srimad Bhagavad Geeta to the various strata of American society by visiting universities, colleges, high schools, churches and temples of different denominations.

Swami Bhoomananda Ji

Poojya Swamiji is the Founder Saint of Narayanashrama Tapovanam and Centres for Inner Resources Development (CIRD). Swamiji belongs to the Tirtha lineage instituted by Shankaracharya, and received Brahma vidyā initiation from Baba Gangadhara Paramahansa of Dakshinkhanda (West Bengal). After a period of intense sādhanā he embraced sannyasa at the age of 23.



Poojya Swamiji's unique message to the world:

- The focus of Bhakti-yoga is not God but devotee's own mind and behavior, which have to be embellished with devotional qualities.
- The meaning of Karma-yoga is not getting engaged in more and more activities, but to cultivate the yoga-orientation of the mind.

The purpose of Jnana-yoga is not just to gain spiritual knowledge but to pursue self-transformation through contemplation on the Truth

Inner Peace of Mind
Swami Guruma Geeteshwari

How to achieve inner Peace of Mind? This is a common question, which arises in the mind of every sector. In this world of Terror and Turmoil, it seems an impossible task, but Geeta solves our problem by giving knowledge in Karma Yog, Bhakti Yog and Gyan Yog, and gives us the solution to achieve true peace of mind.

Very often conferences and seminar are conducted on this subject. It is a greatest achievement for a seeker/devotee/gyani.

In Geeta first six chapters are about the Yoga of action where in chapter two verse seventy-one.

**vihaya kaman yah sarvan pumansh charati nihsprihah
nirmamo nirahankarah sa shantim adhigachchhati (2/71)**

Bhagwan talks about the seeker who has fully conquered his senses attains the supreme bliss. A seeker who has no worldly desires and also devoid of necessities of life and who is free from attachment and Ego attains "Inner Peace" for which the human body is bestowed upon him.

In this 12th chapter 12th verse Bhagwan says

**shreyo hi jnanam abhyasaj jnanad dhyanam vishishyate
dhyanat karma-phala-tyagach chhantir anantaram**

Knowledge is better than practice, DHYAN is better than knowledge and better still is renunciation of fruit of action, and Supreme Peace immediately follows.

And in 9th chapter Bhagwan says

**api chet su-duracharo bhajate mam ananya-bhak
sadhur eva sa mantavyah samyag vyavasito hi sah**

Even if the most sinful sinner worships me with exclusive devotion, should be considered as Saint, for he has rightly resolved to be my devotee. For such a most sinful devotee also, the merciful God bestows upon him His "Kripa"- His Blessing.

**kshipram bhavati dharmatma shashvach-chhantim nigachchhati
kaunteya pratijanihi na me bhaktah pranashyati**

Speedily, he becomes virtuous and secures lasting Peace. O'Kaunteya you take a vow that my devotee is never perished. When the wildest sinner, changes his egoism and becomes Lord's devotee, and he does not hate worldly desires he is fully attached with God, and he realise lasting peace. Lastly, by attaining Gyan Yog a striver, abandons the egoism, force, arrogance, desire and anger, he becomes tranquil in mind, and he attain Peace of Mind.

**ahankaram balam darpam kamam krodham parigraham
vimuchya nirmamah shanto brahma-bhuyaya kalpate (18/53)
brahma-bhutih prasannatma na shochati na kankshati
samah sarveshu bhuteshu madbhaktim labhate param (18/54)**

Bhagwan says, having become one with Brahm and being tranquil in mind, he neither grieves nor desires, and regards all beings as alike, he acquires supreme devotion for me. The Brahm realised calm and cheerful seeker does not grieve over any loss nor does he have any worldly desires. He sees Brahm residing in all beings and has a unique attraction towards God ultimately attaining supreme devotion.

The Real Renunciation consists in renouncing fruits of worldly actions, as well as spritual actionsSo the “Tyag” is main factor to achieve the supreme bliss. Which is called the “Inner Peace of Mind”. May we all try to embebe the teachings of Bhagavad Geeta in our lives with the Divine Blissings of Revered Gurudev.

Hari Om Tat Sat!

Swami Guruma Geeteshwari

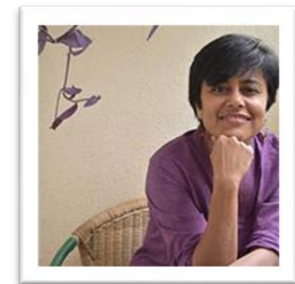
She met His Holiness, Shri 108 Swami Harihar Ji Maharaj, while living in Liberia in 1975. She served as General Secretary of Geeta Ashram of Liberia between 1981 and 1990. She studied the Srimad Bhagavad Geeta at the feet of Gurudev and was awarded *Geeta Ratna* at the International Geeta Conference in Delhi in 1991 for her complete recitation and perfect memorization of the Srimad Bhagavad Geeta. Further, in 1999, Gurudev conferred upon her the Honorable Title of *Geeta Bhaskar* on the basis of her having written books and manuscripts on Mother Geeta. Her practical knowledge of the Geeta is amazing and connects beautifully with all. She has dedicated herself to propagate the teachings of Gurudev in India and abroad and to strengthen the linkage between the Geeta Ashrams. Guruma is the Spiritual head of All Geeta Ashram’s Worldwide.



Roopa Pai

Roopa Pai is one of India s best-known writers for children. This Bangalore-based author is a computer engineer by qualification, but chose several years ago to pursue a writing career instead. She has written more than 25 books for children, ranging from picture books to chapter books and fiction to non-fiction, on themes as varied as sci-fi fantasy, popular science, maths, history, economics, Indian philosophy, life skills, and most recently, medicine. Many of her books are bestsellers and are enjoyed as much by adults as by children.

Her best-known books include the 8-part Taranauts, Indiaâ€™s first fantasy-adventure series for children in English, Ready! 99 Must-Have Skills For The World-Conquering Teenager (And Almost- Teenager), the award-winning national bestseller The Gita For Children, listed by Amazon India as one of “100 Indian Books To Read In A Lifetime”™, and its “prequels”™ The Vedas And Upanishads For Children. Her TEDx talk “Decoding The Gita, India”™s Book Of Answers™ has received over 1.5 million views to date. When she is not writing, Roopa can be found leading groups of children and young people on history and heritage walks across her beloved Karnataka, as part of her job as director of a company she co-founded, Bangalore Walks



Purpose of Life

Bhanwar Joshi

Let us examine THE PURPOSE OF LIFE as a novice. Life is simply a “*jeev-atma*” coming back in the form of a body. Whether it is human (male or female) or any other live existence. Let's concentrate on human lives which we all are. What we see today, the entire world has been in existence before also. In Bhagwat-Geeta it is clearly mentioned, “Arjun, you and I have been together in your previous lives. I remember every existence, but you do not remember due to *yog-maya*. Here I bring the concept and word “*Vasanas*”. It is the sum total of all the karmic account (good karma, bad karma, *yagyarth karma etc.*) That we have been accumulating in the past many lives. In this life our habits, our thinking, our choices are all based on our *vasanas*. So, *vasanas* could be defined as automatic, mechanical or habitual ways we have of responding to situations. They are embossed pattern of behavior. They could be thought of as our unpaid bills in life, our debts, our accounts payable which becomes the cause of many grief in this lives. *Vasanas* are our main obstacles to our well-being and happiness in life.

Let me take you to verse 60 of Chapter 18.

स्वभावजेन कौन्तेय निबद्धः स्वेन कर्मणा |
कर्तुं नेच्छसि यन्मोहात्करिष्यस्यवशोऽपि तत् || 60||

O Arjun, that action which out of delusion you do not wish to do, you will be driven to do it by your own inclination, born of your own material nature.

So, we are all driven by the force of the nature we are born with. And remember it is clearly mentioned earlier in chapter 3, “Karma Yog” that we are free to act and have no right to the fruit of our action. Now the problem begins with this freedom. Due to *Vasanas* we are naturally inclined by our intent nature to be under the sway of ' *Kam, Krodh, Lobh, Moh and Mad*’. These five enemies of mankind are inherent in all of us in one degree or the other. And remember, It was also elaborated earlier in chapter 2, 62-63 by Shri Krishna,

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते |
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते || 62||
क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः |
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति || 63||

While contemplating on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire arises anger. And, Anger leads to clouding of judgment, which results in bewilderment of memory. When memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined.

Lord Krishna has clearly mentioned answering Arjun's question in Chapter 3-36,37.

अर्जुन उवाच |
अथ केन प्रयुक्तोऽयं पापं चरति पूरुषः |
अनिच्छन्नपि वार्ष्णेय बलादिव नियोजितः || 36||

श्रीभगवानुवाच ।
काम एष क्रोध एष रजोगुणसमुद्भवः ॥
महाशनो महापाप्मा विद्ध्येनमिह वैरिणम् ॥ 37॥

Arjun asked: Why is a person impelled to commit sinful acts, even unwillingly, as if by force, O descendent of Vrishni (Krishna)?

Shri Krishna, The Supreme Lord said: It is lust alone, which is born of contact with the mode of passion, and later transformed into anger. Know this as the sinful, all-devouring enemy in the world.

Now, we are in the area of Grief. Above 5 enemies have been creating Grief after Grief for the man kind. This clearly explains the source of Grief and Bhagwat-Geeta very simply and easily helps us to overcome it. One simple way to explain it is to become Krishna's devotee and see Krishna in everything. So, learn to respect every human (creature) as a part of Krishna as Krishna alone resides in the heart of all. Remember **Chapter 15-15**.

सर्वस्य चाहं हृदि सन्निविष्टो मत्तः स्मृतिर्ज्ञानमपोहनं च ।
वेदैश्च सर्वैरहमेव वेद्यो वेदान्तकृद्वेदविदेव चाहम् ॥ 15॥

I am seated in the hearts of all living beings, and from Me come memory, knowledge, as well as forgetfulness. I alone am to be known by all the Vedas, am the author of the Vedant, and the knower of the meaning of the Vedas. This verse has been elaborated by our Gurudev many times as a source to overcome the grief. And once the grief is overcome, I will take the readers to straight to the last verse of Bhagwat Geeta,

यत्र योगेश्वरः कृष्णो यत्र पार्थो धनुर्धरः ।
तत्र श्रीर्विजयो भूतिध्रुवा नीतिर्मतिर्मम ॥ 78॥

Wherever there is Shree Krishna, the Lord of all Yog, and wherever there is Arjun, the supreme archer, there will also certainly be unending opulence, victory, prosperity, and righteousness. Of this, I am certain.

This was clearly stated by Sanjay who was watching, with the divine vision given by his Guru, the war of Mahabharat (our war as well) with all kinds of positivity and complete **absence of Grief**,

I hope and pray this short note will encourage the participants' deep interest in diving in the ocean of Bhagwat-Geeta

JAI SHRI KRISHNA ... JAI GURUDEV

Bhanwar Joshi is currently General Secretary of Geeta Ashram of Chicago. He has served General Secretary of Geeta Ashram Minneapolis in the past. He is also, Sr. Vice President and Trustee of Geeta Dham. Mr. Joshi was initiated by Gurudev 108 Swami Harihar Ji Maharaj in 1979. All of his family including grandchildren are also initiated by Gurudev 108 Swami Harihar Ji Maharaj.



Geeta Offers All!

विषाद से प्रसाद दिलाती है गीता
कर्मों के फल को हटाती है, कर्ता से अकर्ता बनाती है गीता । कर्तव्य के पथ पर चलना सिखाती है
प्रेम करना सिखाती है

नफरत के जहर को मिटाती है गीता ।
शैतान से इन्सान और इन्सान से भगवान बनाती है गीता ।
जीना ओर मरणा दोनो सिखाती है गीता ।

जनम मरण के भवर मुक्त कराती है
जीवात्मा से महात्मा, महात्मा से परमात्मा बनाती है गीता ।

संकट मे जीना सिखाती है
गोद मै बिठाती है, तुफान से बचाती है,
जीवन की कशती को पार लगाती है गीता ।

अहंकार को मन से हटाती है
भक्ति की धारा बहाती है, शान्ती से जीना सिखाती है गीता । करूणामयी त्यागमयी आनन्दमयी बनाती है गीता ।
जीवन को उपर उठाती है गीता ।
आत्म दर्शन कराती है, खुद अपने से अपने को मिलाती है गीता । नर से नारायण बनाती है गीता ।
अविद्या को मन से हटाती है
स्मृति जगाती है, सन्देह मिटाती है ज्ञान का दर्शन कराती है गीता । अर्जुन बनाती है, कृष्ण से मिलाती है, सत चित आनन्द की
अनुभूति कराती है गीता । जीवन मे गीता, गीता मे जीवन, जीवन को गीतामय बनाती है गीता । गीता गीता सुने, गीता गीता पढे,
गीता गीता करे यहि सिखाती है गीता । अपने भक्तो को अमर बनाती है गीता ।

औम शान्ती शान्ती शान्तीही
जय श्री कृष्ण!!!

Bhagavad Geeta, Your Secret Key to Self-Transformation

Satya Kalra

The Bhagavad Geeta is a step-by-step spiritual guide for self-awareness, self-purification, self-transformation, and Self-Realization-Moksha.

The Bhagavad Geeta teaches self-awareness, self-purification, self-transformation, and self-unfoldment, so one becomes a better person, fulfills one's responsibilities, contributes to society, enjoys life to the fullest and attains Liberation - Moksha (God-Realization and Self-Realization).

Geeta's teachings transformed Arjuna, from "I will not fight the battle" to "I will do as you advise." (2.09, 18.73). It took Arjuna, very gradually, from vishad, confusion and dejection, to Liberation. He became aware of his Dharma, his duty as a warrior that his responsibility as a Kshatriya is to protect the society and then, he fought the war. The teachings of Lord Krishna fully transformed him and finally, he said, "My doubts are dispelled, I have regained the memory of Self-Knowledge and will do as you have advised."

In 1990, I was facing many challenges in every area of my life, business, family, and health. I felt as if my life were falling apart! I felt totally lost, depressed, and confused until I met H.H. Swami Harihar Ji Maharaj who advised me to read the Geeta.

The Geeta has a profound effect on my life. It has fully transformed me and completely changed my thinking process and the direction of my life. I have become calmer, happier, more self-confident and more focused. It has not only helped me cope with difficult situations but also made me learn from each situation and move forward in life. The greatest reward I got, I must confess, is that I have started feeling self-satisfied, feelings that I had never experienced before, even after achieving all the goals I had set for myself.

All 18 chapters of the Geeta represent a different spiritual path that teaches us how to self-transform, self-awaken, and unite ourselves with the Supreme.

While the Geeta teaches everything, we need to know about self-transformation, we have to admit that true change is not an easy road. However, do not be discouraged because self-transformation is a slow and steady process. (Geeta 6.24,25). Thus have patience and continue to practice... (Geeta 12.9,10,11)

Satya Kalra, popularly known for the Anandam Lifestyle (Blissful Living) is a 12 times bestselling author, happiness and self-transformational coach, meditation expert, spiritual guide and International speaker. She is the former founder, co-founder and CEO of Biotech companies, and founder and president of a non-profit organization, Path to Anandam (Blissful Life). Over 35 years, she has been teaching how to attain eternal happiness and peace within and reach unlimited potential by raising the conscious level by union of the Body, Mind and Soul through Science and spirituality, and the teachings of the Bhagavad Geeta. Satya has coached and trained thousands of people worldwide on radio and TV, at Universities and organizations, including entrepreneurs, CEOs, managers and families.



Prayer and Mindful Meditation

Chandra Prakash

The Bhagavad Geeta is the most profound, practical, and lucid scripture. It is universal in its exposition of man's mystic movement towards God. The Bhagavad Geeta presents a dynamic picture of spiritual life. It does not advocate a passive withdrawal from the world in search of peace of perfection. Rather, it beckons the soul of the person to fight the battle of life heroically in order to attain victory in the form of self-realization, which is the ultimate goal. The goal is one; the method of attaining it varies with the different temperament of human beings. Both the goals and methods employed for reaching it are called "Yoga," meaning "to join" – to join us to our reality, which is God. There are various such Yogas or methods of reunion, but the chief ones are:

- Karma Yoga – the realization of divinity through selfless service and duty.
- Bhakti Yoga – the realization of divinity through devotion and love of God.
- Raja Yoga – the realization of divinity through control of mind.
- Jnana Yoga – the realization of divinity through knowledge.

Follow the path that suits your temperaments. Follow your bliss and fear not, and you will attain your goal of self-realization.

The most powerful mantra of the Bhagavad Geeta is Chapter 2, Verse 47, where God tells Arjuna "you have the right to work, but never to the fruit of work. You should never engage in action for the sake of rewards, nor should you long for inaction."

In general, people are accustomed to living with desire, and if this desire is not there, life seems empty. It seems impossible to live without any expectations before you, and yet at the same time the Geeta hammers that you should have no desire and no expectations. This contradiction creates a lot of confusion and requires a subtle study of the Bhagavad Geeta.

As we continue our studies, it will become clear that the contradiction is not there. What the Geeta wants us to do is not to become attached to the fruit of action. When you desire something, you have already decided in your mind "that is what I'm going to get, and when I get it, how happy I'm going to be." This attachment to the fruit is what causes difficulty.

The world of expectation is fraught with misery. The idea that your expectations should be fulfilled the way you expected is irrational. How can a world, which cannot be understood by one human mind, be regulated by one person's interest. Therefore, you must understand the predicament of human expectation. It is natural to expect – if you do not expect, life will be empty. But along with the expectations, there must be a sense of surrender to God, knowing that after all it is the divine plan that is more befitting for you than your own plan. So, in practical life, you expect and work wholeheartedly for what you expect, but what you do not want to do is become attached to the fruit of action.

Lord Krishna gives analysis of how actions are performed. Five factors are involved in the performance of any action. Thus, if you develop an analytical understanding, you will not give importance to your ego. What are those five factors?

- *Adhishthana* ("the field")
- *Karta* ("the actor" or "the doer")
- *Karna* ("various tools")
- *Cheshtha* ("the action, the effort")
- *Daiva* ("Providence")

The Bhagavad Geeta's View on Meditation

In Chapter 6 of the Bhagavad Geeta, Lord Krishna describes the practice of meditation. Those who aspire to the state of yoga should seek the Self in inner solitude through meditation. With body and mind controlled, they should constantly practice one-pointedness free from expectations and attachment to material possessions.

The aim of meditation is not merely to enhance concentration and focus, but also to purify the mind by meditating upon God. Meditation upon God is done by putting the feeling mind and the discriminating intellect both on God. Meditation is meant for integrating and bringing fulfillment into our day-to-day life and activities. Very simply, the Bhagavad Geeta teaches that mind must be made one-pointed through the practice of meditation. This is the basic technique.

Arjuna asks the question, “How can the mind, which is so restless, attain lasting peace? The mind is restless, turbulent, and violent. Trying to control the mind is like trying to control wind.” To which the Lord said, “it is true, the mind is restless and difficult to control, but it can be conquered through regular practice and detachment. Those who lack self-control will find it hard to progress in meditation, but those who are earnest in the practice of meditation and self-restraint will attain the goal.”

The Bhagavad Geeta’s View on Mindfulness

Have you ever wondered where our good and enjoyable times go as we rush through life? Do you find that you are spending a great deal of your time thinking about the future or past, while the present slips by? Is your mind racing, thinking ahead, worrying, judging, and feeling anxious or overwhelmed? Do you often put yourself on autopilot?

Mindfulness is a strategy to keep your attention in the present moment. Mindfulness supports living each and every moment to the fullest. It is an attitude about life as well as a relaxation technique.

Mindfulness is a means of observing and accepting what is occurring at the time or at the moment. Accepting that life as it is right now with all positives and negatives often leads to increased confidence, calmer moods, and enhanced coping skills. Mindfulness is awareness of the moment, which is something that can be used at any time and place, such as working, talking, playing, and eating. Tuning into the present moment is what mindfulness is all about.

Chandra Prakash is an authority on religion. His knowledge of the Vedas, the ancient Indian Scriptures composed between 1500 and 700 BC, have always astonished audiences. He and his wife, Shashi, have been members of the Geeta Ashram Community for the past 37 years.



Karma and Karma Yoga:

The Path to Self-Discovery for the Modern Times

Dr. Ved P. Sharma

Karmas are simply acts, actions, deeds we perform, choices we make and decisions we take. We do these Karmas through the mediums of body, mind, and speech. To become karmas, the actions must be taken knowingly and willfully. The actions may be good or bad. Good actions produce merit (punya) and lead to favorable results. Bad actions harming others create demerits that lead to bad results. Human beings are eligible to perform actions but have no control over the results. (BG 2,47). But all actions will inevitably produce results, good or bad for the doer. The results of actions may or may not be visible to the doer and may fructify over one or many births.

All dharmic philosophies that have roots in India, Hinduism, Sikhism, Buddhism and Jainism believe in the law of karma and the inevitability of consequences following karmas.

Only humans can perform Karmas. So, the humans are said to be born in Karma Yoni. Animals or other life forms are born merely to exhaust the karmas of their past lives; their birth is called Bhoga Yoni.

The concept of destiny really does not belong to Bhagavad Geeta or the Vedas. We often hear people say, "It is all God's will." If someone commits a crime, say breaks into someone's house, vandalizes everything, steals things, and gets caught. Can this person blame his actions on God, that it was all God's will? That obviously will not work. In Bhagavad Geeta Shri Krishna is seen repeated exhorting and cajoling Arjuna to get up and do his duty. Arjun could not blame his behavior on God's will.

Humans perform actions to achieve happiness. They do things that they think will bring them happiness and avert those that bring or cause unhappiness. (Rag and Dwesh). Sometime, people do seem to get happiness and fulfilment from their actions. But this is temporary and short lived. Wants are fulfilled only for a brief period of time. Senses get jaded soon they and want more and more material things all the time. The spiral is endless.

Bhagavan Shri Krishna offers humanity a way out of this vicious circle? In fact, he offers three paths. (Shrimad Bhagavata 11.20.6)

1. Gyan Yoga or path of Knowledge
2. Karma Yoga or path of Action, and
3. Bhakti Yoga or path of Devotion.

Karma Yoga, the second path given above is the subject of our inquiry here today. It might look like Karma Yoga is simple to understand. Some commentators state that karma yoga is the most difficult of the paths to explain and understand. Krishna himself says in chapter 4 verse 17:

गहना कर्मणो गतिः "...mysterious are the ways of karma".

Often, we confuse karma yoga with just hard work. Let us say someone is driven and ambitious, works 100-hour weeks, wants to earn tons of wealth, gives to charities but wants his name at the top of donors' list. This person for sure is not a Karma Yogi.

It may be easier to explain the concept of Karma Yoga if we follow the sequence in which it was explained to Arjun by Bhagwan Krishna.

Arjun's Vishad Yoga of chapter 1 continues in chapter 2 where, in verse 7, he confesses that he is confused about his duty and is overwhelmed by anxiety and faint heartedness. He falls at Krishna's feet and asks for his advice and

instructions. And then, without waiting for Shri Krishna's response, tells him in verse 9, "Govind, I shall not fight," In a way, this is where Bhagavad Geeta starts. It ends with verse 73, chapter 18 when Arjun declares: O infallible one, by your grace my illusion is dispelled, and I know again as to who I am. I am now established in myself and am free from doubts. I shall act to do your bidding.

**नष्टो मोहः स्मृतिर्लब्धा त्वत्प्रसादान्मयाच्युत |
स्थितोऽस्मि गतसन्देहः करिष्ये वचनं तव || BG: 18,73**

In between these two verses Bhagavan Shri Krishna gives Arjun the loftiest of spiritual knowledge and shows him the most secret of secret paths. He teaches him not just the three yoga's mentioned above, but many others. At the end of each chapter, we are reminded that Bhagavad Geeta is Knowledge of the Brahm (Brahm Vidya) and scripture of Yoga (Yoga Shastra). This is because only by realizing that he is not the physical body, but a part of Brahma will his delusions be gone and he will act without Raga and Dwesha, which is the will of God. All the disciplines taught by Shri Krishna are designed to make Arjun discover himself.

In his infinite compassion, Bhagavan Shri Krishna has made the same knowledge accessible to us so that we too can discover who we really are. The Geeta is the roadmap to Discovery of the Self, of Self-Realization, Atma Darshan, Atma Gyan, Enlightenment, Mukti, and Ishwar Prapti. It leads to a realization, here in this very life, that we are an element of the Divine, that we are not different from the Divine, that in essence we are not subject to death and birth.

Let us come back to our subject, Karma Yoga. My treatment will be brief. After Arjun confesses to his dependency, and states he will not fight, Shri Krishna starts to work on him.

From verse 11 to 38 in chapter 2, Bhagavan teaches him lesson in Gyan Yoga. Then verse 39 to 53 deal with karma yoga. The introduction of karma yoga in verse 39 is profoundly important. Chapter 3 is devoted exclusively to Karma Yoga and chapter 4 and 5 also deal with this subject as do other chapters too. But here I want you to look at this shloka just to make the point that Karma Yoga is not the same thing as Karma.

एषा तेऽभिहिता साङ्ख्ये बुद्धिर्योगे त्विमां शृणु , बुद्ध्या युक्तो यया पार्थ कर्मबन्धं प्रहास्यसि BG 2,39

Hitherto, I have explained to you Sāṅkhya Yoga. Now listen, as I reveal Buddhi Yoga, or the Yoga of Intellect. When you work with such understanding, you will be freed from the bondage of karma.

Bhagavan starts with Karma Yoga by calling it Buddhi Yoga. Why? Usual human behavior is driven by motives of Raga and Dwesha. Raga is compulsive attraction to something and Dwesh is compulsive revulsion to something. This compulsiveness is the source of bondage to the Karma. You are being compelled to do something or avoid something not because these acts contribute to your highest good. Look at just one more verse, number 49 in chapter 3. The verse also shows that Bhagavan's calling Karma Yoga as Buddhi Yoga is not a coincidence. In verse 49, he is again giving it the name Buddhi Yoga.

दूरेण ह्यवरं कर्म बुद्धियोगाद्धनञ्जय, बुद्धौ शरणमन्विच्छ कृपणाः फलहेतवः BG 3,49

Reward-seeking actions are far inferior to Buddhi yoga (Karma Yoga). Seek refuge in Buddhi yoga. Wretched are those who seek fruits of actions.

As we enter chapter 3, titled Karma Yoga, Arjun's confusion and apathy continues and he shows no stirrings towards performing his duty. Instead, thinking that Bhagavan Krishna is extolling Gyan Yoga more than Karma Yoga he tries to sneak a way out. He asks Shri Krishna that if he thinks Gyan is superior to Karma, then why is he (Krishna) urging him to do the dreadful act of fighting and killing.

तत्किं कर्मणि घोरे मां नियोजयसि केशव BG 3, 1

The next statement (BG 3,2) from Arjun is amusing.

Krishna nips Arjun's attempt at fleeing the battlefield in the bud. The next six verses show Krishna explaining that Arjun is not thinking of the right path, that one always has to act, that refraining from actions does not absolve

people from fruits of actions, that by not acting you cannot attain perfection. Krishna calls a person who outwardly restrains senses from action but mentally continues to think of objects of senses a 'hypocrite.' He exhorts that men should perform their assigned duty, keeping sense under control and remaining un-attached. Krishna declares a general principle in verse 8, i.e., 'action is always superior to inaction'.

So far, Shri Krishna's teachings in this chapter are usual, not too far out of the ordinary. Now comes verse 9 in the chapter which is a complete game changer.

**यज्ञार्थात्कर्मणोऽन्यत्र लोकोऽयं कर्मबन्धनः
तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर BG 3, 9**

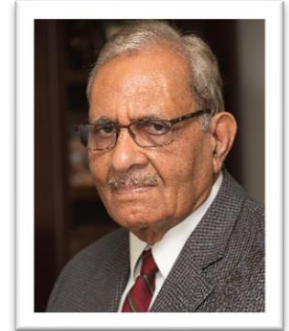
In this world the only actions that do not lead to bondage are the ones that are performed for the sake of sacrifice (yajna). All other actions are binding. Therefore, perform your actions for the sake of yajna only, without being attached to the results of your actions.

**ब्रह्मभूतः प्रसन्नात्मा न शोचति न काङ्क्षति
समः सर्वेषु भूतेषु मद्भक्तिं लभते पराम् 18, 54**

When following Karma yoga and other sadhanas, you become one with Brahma, when you become Brahma, only then you attain my supreme devotion. in this and subsequent verses in chapter 18, Bhagavan obliterates the distinctions among Gyan Yoga, Karma Yoga and Bhakti Yoga.

Jai Shri Krishna.

Ved Sharma joined Economics Faculty at Minnesota State University, Mankato in 1976. A coincidence brought Swami Hari Har Ji Maharaj to Ved and Santosh Sharma's house in Mankato on June 7, 1987. That first meeting with the 89-year old saint cast a spell of enlightenment on Ved Sharma and he became Swamiji's initiate for life. On his Guru's command, he accepted to serve as the President of Geeta Ashram of Minnesota. In that capacity he has worked with the committed devotees of Geeta Ashram, who have worked selflessly for promoting Ashram's mission and have become his lifelong friends.



Everyone needs GPS

Pradip Seernani

GPS: Global Positioning System is important when you are physically lost or need help to get from point A to point B with ease. A Ship lost in the ocean needs a lighthouse to prevent the ship hitting any rocks. However, when you need spiritual guidance to understand the true nature of your existence you need a different type of GPS: Guru Positioning of Spirituality.

Many feel they do not need a Guru to guide them. Some feel that Gurus are nothing more than normal humans. The wise know that butter is in milk (which cannot be seen or touched), the only way to acquire it is through churning the milk so that the butter can be extracted. Similarly, the churning of your soul under the guidance of the Guru can make one realize the Supreme. Once the essence of the Supreme is felt then one can appreciate the creation of the creator even in the smallest of small living beings and objects.

Sages have laid down the importance of Guru in order to attain salvation for centuries. My experience of being blessed by a Guru has been magical.

Two simple sayings of my Guru basically give you a completion in all aspects of life: -

1. 'karm hi karan hain, karan hi karm hein' : Theory of Cause and Effect. In a cause-and-effect relationship, **an action or event (which is the cause) produces an outcome or result (which is the effect)**.
2. 'Bhagavad Geeta Bhakti purvak yagarth karm karne ka gyan deti hain' The Bhagavad Geeta through devotion gives you the knowledge to perform Selfless Karma.

This saying basically encompasses the three important principles of living in today's world. Devotion, Karma and Knowledge.

What can be more enlightening than this? No universities teach you this. No PhD programs in this world have a course in this knowledge.

A Guru can reveal the many treasures hidden in the Geeta. Just as the GPS can get you to your destination. A Guru acts as the GPS we all need to get to our destination spiritually.

Pradip Seernani is a devout follower of Swami Harihar ji Maharaj, having come in touch with Maharaj Ji during his early teens in India. After many years of separation Pradip reconnected with Gurudev in 1989 at Geeta Ashram, Minnesota. From then on, he has taken the journey of learning, understanding and practicing the Geeta. Pradip and his family have been instrumental in holding two Geeta Conferences for the Young Adults/Millennials; first at the University of Houston in 2018 and the second at the Columbia University in New York City in 2022. He continues to pursue his goal of bringing the tools in the Geeta to the young Adults/Millennials so that they can be better leaders in society and better humans for mankind.



Pandit Dinesh ji

Pandit Dinesh ji, Head Priest, Geeta Ashram MN. Dinesh Ji has extensive Knowledge of Bhagavad Geeta, Vedas and Upanishads. He has formal education in Astrology and Scriptures from Rishikesh, India.



Geeta is a Solution for All Your Problems Anger, Attachment and Ego Management

Vivek Kamran

Swami Hari Har ji Maharaj. Founder of Geeta Ashrams Worldwide in his talks in USA (Chicago, Houston, Minneapolis etc) shared the 700 diamonds in Bhagavad Geeta in very practical manner .Some of those are captured in his exact words and literal translations during the time 1990-1997 ..My Thanks to Joshi ji, Peter ji and Ashok Ji and my team in giving it due diligence

Swami Ji has in some of his lecture covered: Who is True Devotee of God, How to Find Peace within Yourself, Geeta is a Solution for Anger and Desire Management, Yagna/Gyan and Meditation. My attempt is to make a Practical Take away and put to use Gurudev's Magic

गीता एक ऐसा ग्रंथ है जिसके पास हर समस्या का हल है, और यह भी बता देती है कि मैं कौन हूँ? क्या हूँ? इतने दिन में कहाँ रहूँगा? इसके बाद मैं कहाँ जाऊँगा? आज मैं जिनको अपना कहता हूँ क्या यह कल भी मेरे रहेंगे? क्या मेरे आने से पहले ये सब मेरे थे? या जाने के बाद मेरे रहेंगे? गीता हमको अच्छी तरह से समझाती है,

Geeta is such a book which has solutions to every problem, and also explains Who am I? What am I? Where will I be these days? Where will I go after this? Those whom I call mine today, will they be mine tomorrow also? Were they all mine before I came? Or will you be mine after leaving? Geeta explains us all very well all aspects of life

The one who has 'desires' in his mind cannot get peace. The unfulfilled desires give rise to your biggest enemy, 'the anger'. And if you have anger, you cannot get peace. But the 'anger' says that do not worry, if you cannot fulfill this desire then have another one and this time it will be fulfilled and so on. Therefore, if you give up the desire then 'anger' will not come and you will have peace of Mind. This is how you can attain peace?

जिसके मन में कामना है उसको शांति नहीं मिलती, तो एकमात्र उपाय है, भगवान ने कहा पहले काम पैदा होता है, इस काम का त्याग कर दिया तो क्रोध भी नहीं आएगा, क्रोध तभी आता है जब कामना को ठेस पहुंचती है,

आपके मन में कोई कामना है उसको अगर ठेस पहुंचती है तो उसी समय सबका दुश्मन क्रोध आपके पास आ जाता है, और तुम्हारा क्रोध कहता है चिंता मत करो तुम्हारी यह कामना बिगड़ गई दूसरी मैं देता हूँ इसे करो तुम्हारी कामना जरूर पूरी होगी |

Anger' is human's biggest shortcoming and enemy, but God says it is not just your shortcoming, it is a door to hell. If you haven't seen hell, just look at the face of an angry man. The angry man, itself is the door to hell.

क्रोध दोष है लेकिन भगवान ने कहा वह दोष नहीं है नरक का दरवाजा है, अगर आपने नरक नहीं देखा तो कोई परवाह नहीं है किसी को क्रोध आता है उसका मुंह देख लो वह आदमी नरक का दरवाजा है ।

भगवान ने कहा है जो कामनाओं को रखने वाला है, उसको शांति कभी मिलेगी ही नहीं, और काम को जिसने जीत लिया तो शांति उसके पीछे-पीछे दौड़ेगी, अगर आप अपने काम को ठीक कर ले तो कर्म ठीक हो जाएगा और कर्म अगर ठीक हो गया तो जो कुछ आपकी चिंता है सब ठीक हो जाएगी

God says that the one who keeps many desires will never get peace. But if one conquers the desires, the peace will follow him/her. If you get your desires under control then your karma will get right and everything that worries you will go away.

भगवान ने कह दिया काम को जिसने जीत लिया वह शांति प्राप्त करता है कामनाओं का भंडार जिसके सिर पर है उसे कभी शांति नहीं मिलेगी । गीता के 9 अध्याय में भगवान ने राज विद्या में कहा कि-

Thus, the one who has conquered the desires, will have abundance peace in life. But the one, who has a store full of desires in his head will never get peace.

Geeta is a Solution for Anger & Desire Management Chapter 3/18

कामना और क्रोध क्या हैं?

अथ केन प्रयुक्तः अयं पापं चरति पुरुषः । अनिच्छन् अपि वार्ष्णेय बलात् इव नियोजितः ॥ 3\36

अर्जुन ने पूछा भगवान से कि हे प्रभु! हमें यह बताओ बहुत सारे बुरे कार्य हैं और हम वो करना नहीं चाहते परंतु कोई जबरदस्ती हमसे यह कार्य करवा रहा है ।

यह कौन है, जो हमसे नहीं करने वाले काम भी करवा देता है हमारी इच्छा नहीं है कि हम पाप करें फिर भी हमसे करवा देता है?

What is Desire and Anger

Arjun asked God, O Lord! Tell us that there are many bad things and we don't want to do that but someone is forcing us to do this work, who is this?

The one who makes us do things that we don't want to do, we don't want to sin, yet makes us do them?

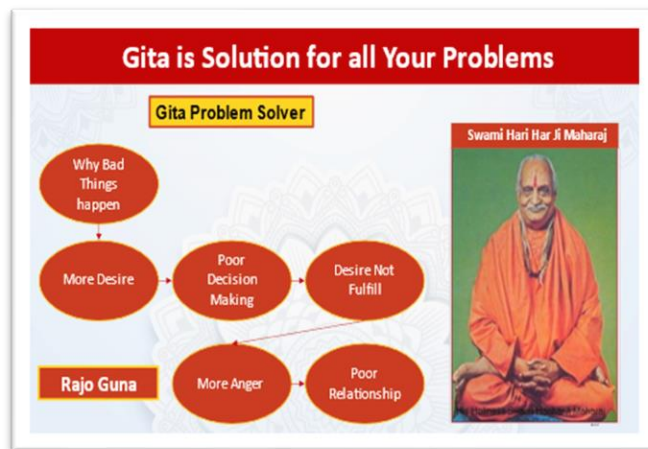
भगवान ने तत्काल इसका उत्तर दिया और कहा वह कामना है । यह कामना ही क्रोध है, उसके बाद अर्जुन ने कहा हे मधुसूदन ! यह आए कहां से और इनकी उत्पत्ति कैसे हुई?

तो भगवान ने कहा यह रजोगुण से उत्पन्न होता है।

और कहा की यह कामना और क्रोध जिसके अंदर भी आता है उसका नाश कर देता है ।

The Lord immediately replied to this and said that desire is desire and that desire is anger. After that Arjuna said, O Madhusudan! Where did they come from and how did they originate? So God said that it arises from Rajoguna. And said that this desire and anger destroys whoever comes inside.

That's why keep desire under your control, desire is the root of anger, break this root of anger, then the tree of desire will not remain.



अहङ्कारं बलं दर्पं कामं क्रोधं परिग्रहम् । विमुच्य निर्ममः शान्तो ब्रह्मभूयाय कल्पते 53

On who has given up egoism, force, arrogance, desire, anger, possessions, free from mineness, and serene, is fit for becoming the eternal essence.

Yagna/Gyan/Tap Never Let Go these three 'Must Do'

यज्ञ दान तपः कर्म न त्याज्यं कार्यमेव तत् । यज्ञो दानं तपश्चैव पावनानि मनीषिणाम् ॥18\5

इसमें तीन काम जो है, उनको कभी नहीं त्यागना चाहिए, यज्ञ, दान और तप ये तीनों कर्म ज्ञानी पुरुषों को भी पवित्र करते हैं, इसलिए इनका कभी त्याग नहीं करना चाहिए, भगवान् ने अपना निश्चित मत सुनाया । भगवान् ने अर्जुन से कहा यज्ञ से बड़ा है दान, और दान से बड़ा है तप । फिर अर्जुन ने पूछा तप क्या है? फिर भगवान् कहते हैं ।

In fact, these three Karmas; Yagna (worshiping), Dana (charity) and Tapa (austerity, Control) should never be relinquished. These three karmas can purify even the wisest of wise. And so they should never be given up. Lord Krishna further states that 'Yagna' is better than Dana and Tapa is even better, and so, they should never be abandoned.

Key To Happiness

ब्रह्मभूतः प्रसन्नात्मा न शोचति न काङ्क्षति । समः सर्वेषु भूतेषु मद्भक्तिं लभते पराम् ॥ 54 ॥

One situated in the transcendental Brahman realization becomes mentally serene, neither grieving nor desiring. Being equitably disposed toward all living beings, such a yogi attains supreme devotion unto Me.



Discover my non-local self Tat Tvam Asi I see others in myself and myself in others. Imagine that everybody is a reflection of yourself, and imagine that you see what others see. Imagine when you look at the universe that you're looking at your mirror. Namaste – the spirit in me honors the spirit in you. Imagine what you can feel that others feel.

Master your inner dialogue – Sat Chit Anand

My inner dialogue reflects the fire of my soul. Imagine that you are centered and totally had peace. Imagine that all beings are equal. Imagine that you're focused on the journey and not the destination. Imagine that you're detached from the outcome. Imagine that you love everybody and everything.

Who is Perfect person Geeta Ch. 12 Daily Checklist -Yes /No QUIZ Rank Yourself -A.-B-C -F -I

- 1- No Jealousy to anyone - ईर्ष्या द्वेष न करो
- 2- A friend to anyone try to help everybody - सब का भला करो
- 3- Person of kindness gratitude and humility - मन से दयालु हो
- 4- No attachment and no what right or wrong - ममता नहीं हो
- 5- No ego and no pride - अहंकार-घमंड नहीं हो
- 6- Same in Happiness and sadness in tough times - सुख दुख में एक हो
- 7- Do not take revenge with other animal instinct - बदला मत लो किसी से
- 8- Thank God for everything - ऊपर वाले की दया मनो हर समय
- 9- Peace of mind is more than money - सच्चे धन से संतोष मिलेगा
- 10- Think about helping other, Seva is a must - दूसरे का भला हो
- 11- Do not be in control of the senses all the time - इंद्रियों की गुलामी नहीं करो
- 12- Put your mind and intellect on me, I don't ask for your dollars
or your money. - मन और बुद्धि मेरे में लगा दो

Formula for Happiness Anger/Attachment / Desire /Ego Connection ($A^2 \times E = D$) Peace of Mind

Vivek Kamran is one of the pioneers of Geeta Ashram, Minnesota. He met Swami Hari in 1967 and took initiation. Convinced Guru Dev to come to USA 1972 Has served as Secretary of Geeta Ashram MN since 2000 and lead efforts for Geeta Ashram's Mission – including Fundraising at Diwali Festivals, etc., New Mandir project in 2014, and Hosting Geeta Conferences – dedicated to spreading the divine message of the Shrimad Bhagavad Geeta.

Vivek Is Trustee for Geeta Dham in Jodhpur India. Vivek and Komal have dedicated their time and efforts for the cause of Guru, Geeta and Gopal by Sponsoring Kids at Geeta Dham. Vivek and Komal pioneered Geeta Ashram Zoom for MN and USA on 5 days per week for the Covid Years Vivek has for the Conference come out with 2 Booklets on Gurudev Pravachans. Geeta is a solution to All Problems, and Gurudev Magic How to find Peace. These are in Memory of His role Model Kunal ji and Tara and Shree Kamran



BIG THANK YOU!

VOLUNTEERS & HELPERS

<p><u>Food Team</u> Neha Chandra Sangeeta Chopra Parul Goyat Priya Gupta Nivedita Jalan Deepa Jaswal Tina Nelson Sonia Puri Sunil Puri Angeli Sawhney Kashvi Sharma Pooja Sharma Preeti Shetty Thanishka Shetty Sunita Singh</p> <p><u>Food Organizers</u> Komal Kamran Kumud Kamran Hiroo Mandan Sapna Puri Sunita Singh</p>	<p><u>Judges</u> Ullas Kamath Kumud Kamran Narinder Kapoor Harish Mandan Hiroo Mandan Vikas Puri Pradip Seernani Ashok Sharma</p> <p><u>Logistics Team</u> Harish Mandan Hiroo Mandan</p> <p><u>Masters of Ceremony</u> Shambhavi Gupta Hari Prasad</p>	<p><u>Tech Team</u> Ravi Gupta Vivek Kamran Ravinder Gupta Vikas Puri Arun Sharma Ishan Sharma Saket Sharma Vamshi</p> <p><u>Ushers</u> Aanish Puri Sevaan Puri Surinder Akash Vashista</p>
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Please excuse inadvertent omissions of any names

Shaantaakaaram

Shaantaakaaram, bhujaga shayanam | Padma-naabham suresham.
Vishvaadhaaram, gagana sadrisham | Megha varanam shubhaangam
Lakshmi kaantam, kamala nayanam | Yogibhir dhyaanan-gaamyam
Vande Vishum bhava bhaya haram | sarva lokaika naatham

Hanuman Chaalisa

Shri guru charan saraj raj, Nij manu mukur sudhare
Barnau raghubar bimal jasu, Jo dhayak phal chare
Budhihien tanu jaanke, Sumerao pavan-kumar
Bal budhi vidhya dehu mohe, Harhu kales bikar
Jai Hanumaan gyaana gunsaagar | Jai kapeesa teehu loka ujaagar
Raam doot atulit baldhaamaa | anjani putra pavan sut naamaa
Mahaveer bikram baj rangi | kumati-nivaar sumati kay sangi
Kanchan-baran-biraja-soove-saa | Kaanan kundal kunchit keshaa
Haath bajre aur dvajaa viraaje | kandhay moonje jane-hu sajai
Shankar suvan kesari-nandan | tej prataap mahaa jag bandan
Vidyaavaan guni ati chaatur | ram kaaj kari-be-ko aatur
Prabhu charitra sunit-peko rasiyaa | ram lakhan sita man basiya
Sukhshma-roop dhari siya-hi dikhaavaa | vikat roop-dhari lank jaraavaa
Bheem roop dhari-asur sanhaare | ram chandra ke kaaj sanvaare
Laaye sa-jivan lakhan jee-yaaye | sri-raghuveer harashi ura-laaye
Raghupati keenhi bahut badhaayi | tummama-priya bharati sam-bhaai
Sahas badan tumharo jase-gaave | as-kahi shripati kanth lagaave
Sanekaa-dik brahmaadi munishaa | naarad saarad sahit ahee-saa
Yam kuber dig-paal jahaante | kabi kobidh kah-isake kahaate
Tum-upkaar sugreeva-hi keenhaa | ram milaaye raajpad deenhaa
Tuhmaro mantra vi-bhishan maanaa | lankeshvar bhaye sab jag-jaanaa
Yug sahastra jojan par-bhaanu | leelyo taahi madhur-phal jaanu
Prabhu mudri-kaa-meli-mukh maahi | jala-dilaangi gaye achraj-naahi
Durgam kaaje- jagatke jete | sugame-anugraha tumaray tete
Ram-duaare tum rakh-vaare | hotna aagyaa binu pai-saaray
Sab-sukh lahe tumhaari sarnaa | tum rakshak kaahu-ko darnaa
aapan tej sam-haaro aapay | teeno lok haank-te kaanpe
Bhoot pitaa-chi-nikat nahi aavey | mahaabir jab naam sunaave
Naasai-rog hare sab peera | japata-nirantar hanumata beeraa
Sankat say hanumaan chudaave | man-krame bachan dhyaan jo-laave
Sab pare ram tapasvi raajaa | tin-kay kaaj sakal-tum saajaa
Aur manorath jo koi laave | sohi-amit jeevan-phal paavey
Chaaron jug par-taap tumhaaraa | hai pari-sidhe jagat ujiyaa-raa

Saadhu sant ke tum rakhvaare | asur nikandan ram dulaaray
Ashthe-siddi nau-nidhi ke-daataa | asbar deen jaanaki maataa
Ram rasaayan tumhare paasaa | sadaa raho raghupati ke daasaa
Tumharey bhajan ramko bhaavai | janam janam-ke dukha bisraave
Anta kaal raghuvar purjaayee | Jahaan janam haribhakt kahaaa-yeey
Aur devataa chitana-dharahi | Hanumat-seiyi sarva-sukh karaaye
Sankat katay mitaye sabpeera | jo sumirai hanumat balbeeraa
Jai Jai Jai hanumaan gosaai | Kripa karahu gurudeva kinaain
Jo satbaar paath kare-koyi | choota-hi bandhi mahaa-sukh hoyee
Jo yaha padhey hanumaan chalisaa | hoye-sidhi saakhi gaurie-saa
Tulsi-daas sadaa hari cheraa | kee-jai naath ridaya-maha dey-raa

Pavan tanaya sankat haran, mangal murati roop
Ram lakhan sita sahit, hridaya basahu sur bhoop

Shri Krishna Aarti

Shri Krishna Chanda, Ananda Kanda | Mukunda Girwar dhaara-nam
Yashu-nanda Gopi, Chanda-kaathu | Panda bhava-bhaya haaranam.
Nava-kanja lochana, tilaka-rochana | Jagata kewala kaara-nam
Jagdeesha yoga nideesha-vandun | Muneesha veda-uchaara-nam
Mridhu adhara-dhara, murali manohara | Taana-gyaana prachaara-nam
Bal-baahu atul-ananta-avichala | Aadhi-purusha akaara-nam
Karoona-nidhaana sujaana-sundara | Sulabha-santan taara-nam
Sukha dhaama-daataa, naama-shyaama | Nikaama-vaama vihaara-nam

Guru Vandanaa

Akhanda mandalaa-karam | vyaaptam yena charaa-charam
Tat-padam darshitam yena | tasmai shri Guruve nama-ha
Dhyaana moolam Gurur moorti | poojaa moolam Gurur padam
Mantra moolam Gurur vaakyam | moksha moolam Gurur kripaa-ha

Shri Guru charana saroj raj | vandata me kar-jor
Vighna mitte pragate vibho | hoye vimal matti-mor
bandan charana sarojGuru | mud-man-gal agaar
Jehi sevati nar-hot hai | bhava saagar se paar

Guru ke sumiran mantra se | naashat vighna anant
tat-te sarva-rambha-me | dhyaavat hai sab sant
Gurur Brahma Gurur Vishnu | Guru devo maheshvaara-ha
Gurur saakshaat para-brahma | tasmai Shri Guruve namah

Srimad Bhagavad Geeta – Chapter 12

*Vasudeva sutam devam
Kans chanur mardanam
Devaki parmanandam
Krsnam vande jagatgurum*

*arjuna uvaca
evam satata-yukta ye
bhaktas tvam paryupasate
ye capy aksaram avyaktam
tesam ke yoga-vittamah [1]*

*sri-bhagavan uvaca
mayy avesya mano ye mam
nitya-yukta upasate
sraddhaya parayopetas
te me yuktatama matah [2]*

*ye tv aksaram anirdesyam
avyaktam paryupasate
sarvatra-gam acintyam ca
kuta-stham acalam dhruvam [3]*

*sanniyamyendriya-gramam
sarvatra sama-buddhayah
te prapnuvanti mam eva
sarva-bhuta-hite ratah [4]*

*kleso 'dhikataras tesam
avyaktasakta-cetasam
avyakta hi gatir dukkham
dehavadbhir avapyate [5]*

*ye tu sarvani karmani
mayi sanniyasya mat-parah
ananyenaiva yogena
mam dhyayanta upasate [6]*

*tesam aham samuddharta
mrtyu-samsara-sagarat
bhavami na cirat partha
mayy avesita-cetasam [7]*

*athaitad apy asakto 'si
kartum mad-yogam asritah
sarva-karma-phala-tyagam
tatah kuru yatatmavan [11]*

*sreyo hi jnanam abhyasaj
jnanad dhyanam visisyate
dhyanat karma-phala-tyagas
tyagac chantir anantaram [12]*

*Advesta sarva-bhutanam
maitrah karuna eva ca
nirmamo nirahankarah
sama-duhkha-sukhah ksami [13]*

*santustah satatam yogi
yatatma drdha-niscayah
mayy arpita-mano-buddhir
yo mad-bhaktah sa me priyah [14]*

*yasman nodvijate loko
lokan nodvijate ca yah
harsamarsa-bhayodvegair
mukto yah sa ca me priyah [15]*

*anapeksah sucir daksa
udasino gata-vyathah
sarvarambha-parityagi
yo mad-bhaktah sa me priyah [16]*

*yo na hrsyati na dvesti
na socati na kanksati
subhasubha-parityagi
bhaktiman yah sa me priyah [17]*

samah satrau ca mitre ca

*mayy eva mana adhatsva
mayi buddhim nivesaya
nivasisyasi mayy eva
ata urdhvam na samsayah [8]*

*atha cittam samadhatum
na saknosi mayi sthiram
abhyasa-yogena tato
mam icchaptum dhananjaya [9]*

*abhyase 'py asamartho 'si
mat-karma-paramo bhava
mad-artham api karmani
kurvan siddhim avapsyasi [10]*

*tatha manapamanayoh
sitosna-sukha-duhkhesu
samah sanga-vivarjitah [18]*

*tulya-ninda-stutir mauni
santusto yena kenacit
aniketah sthira-matir
bhaktiman me priyo narah [19]*

*ye tu dharmamrtam idam
yathoktam paryupasate
sraddadhana mat-parama
bhaktas te 'tiva me priyah [20]*

Srimad Bhagavad Geeta Aarti

Jaya Bhagavad Geete | (maiya) jaya Bhagavad Geete
hari-heeya kamala vihaa-rini | sundara supa-neete

Karma su-marma prakaa-shini | kaamaa sakti haraa [2]
tatva gyaana vikaa-shini | vidhyaa bhrama paraa

Nish-chala bhakti vidhaa-yini | nirmala mala haari [2]
sharana raha-sya pradhaa-yini | sabha vidhi sukha-kaari

Raaga dwesha vidhaa-rini | kaarini modha sadhaa [2]
bhava bhaya haarini taarini | parmaa-nanda pra-dhaa

Aasura bhaava vinaa-shini | naa-shini tama rajani [2]
daivee sada-guna daa-yini | hari rasikaa sajanee

Sama-taa tyaaga sikhaa-vini | hari mukha ki baanee [2]
shakala shaastra-ki swaa-mini | shru-tiyon ki raani

Dayaa Sudhaa Varsaa-vani | maatu krupaah keeje [2]
hari-pada prema daana kar | apno kar leeje

Jaya Bhagavad Geete | (maiya) jaya Bhagavad Geete
hari-heeya kamala vihaa-rini | sundara supa-neete

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*Best compliments From
Shashi and Chandra Prakash and family*

न जायते म्रियते वा कदाचि
नायं भूत्वा भविता वा न भूयः
अजो नित्यः शाश्वतोऽयं पुराणो
न हन्यते हन्यमाने शरीरे ॥ 20॥

The soul is neither born, nor does it ever die; nor having once existed, does it ever cease to be. The soul is without birth, eternal, immortal, and ageless. It is not destroyed when the body is destroyed.

- Bhagavad Geeta: Chapter 2, Verse 20

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Wright, Shakti Chhaya Wright, Karan Chhabra ,
Neetu Prasad Chhabra , Rihaan Krishan Chhabra and
Dr.Sanjana Prasad*

मय्यावेश्य मनो ये मां नित्ययुक्ता उपासते ।
श्रद्धया परयोपेतास्ते मे युक्ततमा मताः ॥ 2॥

The Lord said: Those who fix their minds on Me and always engage in My devotion with steadfast faith, I consider them to be the best yogis.

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Best wishes Tina, Roman, Mila, Luna and Foxy

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श्रद्धया परयोपेतास्ते मे युक्ततमा मताः ॥ 2॥

The Blessed Lord said: With mind established in Me,
ever steadfast in their devotion, endowed with the highest faith,
those who worship Me, they are in my opinion, the best of yogis.
- Bhagavad Geeta: Chapter 12, Verse 2

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सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तुते ॥

She is the most auspicious one and the one who bestows auspiciousness upon all of the world. She is pure and holy. She protects those who surrender to her and is also called the Mother of the three worlds and is Gauri, daughter of mountain king. We bow down to Mother Durga again and again. We worship her.

Best compliments from Plymouth Kumon and Taneja family

K U M O N

या देवी सर्वभुतेषु क्षान्तिरूपेण संस्थिता ।
या देवी सर्वभुतेषु शक्तिरूपेण संस्थिता ।
या देवी सर्वभुतेषु मातृरूपेण संस्थिता ।
या देवी सर्वभुतेषु बुद्धिरूपेण संस्थिता ।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः ॥

The goddess who is omnipresent as the personification of universal mother
The goddess who is omnipresent as the embodiment of power
The goddess who is omnipresent as the symbol of peace
Oh Goddess (Devi) who resides everywhere in all living beings as intelligence and beauty,
I bow to her, I bow to her, I bow to her again & again.

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*Best wishes from GuruMa Giteshawarii ji, Spiritual Head and treasurer
Raman Tognatta ji President Bhanwar Joshi, Sr. Vice President Anil Ambo,
Hon. Secretary Chandru Binwani, Vice President*



**Vision, Mission, Values, Aims & Objectives of GEETA DHAM & GEETA
ASHRAMS Set by His Holiness 1008 Swami Harihar Ji Maharaj**

VISION

The Geeta Dham Trust shall serve as the Beacon Light for the spiritually starved humanity all over the world through its worldwide network of Geeta Ashrams

MISSION

To promote universal brotherhood & spiritual fraternity, contentment & happiness without distinction of caste, color, country or religion

SANGATHAN – Teamwork & Discipline

- To focus on one's own duties & responsibilities, while engaging in performance with excellence
- To serve in the team, selflessly.
- To take care of others, as an expression of one's service to God.

SATKAR – Fairness, Respect for Individuals & Welfare of all

- To recognize that God resides in everyone's heart.
- To lead and act with respect & compassion.
- To eschew envy and to not be critical of others.

SEVA BHAAV – Service with Devotion

- To serve humanity and accumulate true wealth as the best purifier of one's conscience.
- To be selfless, not only in our actions but also in our desires.

AIMS and OBJECTIVES:

1. To promote, propagate and inculcate spiritual discipline, its scientific understanding & its benefits through discourse and discussions.
2. To support educational institutes, scriptural research institutes, health and medical centers, orphanages, homes for the elderly and other charitable endeavors for the betterment of society at large.
3. To recognize and support deserving employees, devotees, other individuals and Institutions by way of grant of allowances, scholarships and stipends

Best wishes from Geeta Ashram of New York

Best wishes from Kapoor Family – Mani Kapoor, Narinder Kapoor, Dr Sachin Kapoor, Dr Ami Kapoor, Dr Sandeep Kapoor, Dr Monica Kapoor, Brij Kapoor, Devin Kapoor, Myan Kapoor.



Best Wishes Geeta Ashram - Chicago

Best compliments From
Mr Bohra President Geeta Ashram Chicago,
Mr Joshi Senior Vice President Geeta Dham,
Dr. Bansi Sharma, General Secretary Sohan Joshi,
Officer Rajani Patwari



सर्वस्य चाहं हृदि सन्निविष्टो
मत्तः स्मृतिर्ज्ञानमपोहनं च ।
वेदैश्च सर्वैरहमेव वेद्यो
वेदान्तकृद्वेदविदेव चाहम् ॥ 15॥

I am seated in the hearts of all living beings, and from Me come memory, knowledge, as well as forgetfulness. I alone am to be known by all the Vedas, am the author of the Vedant, and the knower of the meaning of the Vedas. - Bhagavad Geeta: Chapter 15, Verse 15

Best wishes from EVANSVILLE

Best wishes from Drs. Sunaina & Sumir Bhateja and family



वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥1॥

I offer my obeisance's to Lord Kṛṣṇa, the beloved son of Vasudeva, who killed the great demons Kaṁsa and Cāṇūra, who is the source of great joy to Mother Devakī; and who is indeed a world teacher and spiritual master of the universe.

Best wishes from Veena Chadha family

*Our best wishes for a joyous,
Devine and successful conference.*



यथाकाशस्थितो नित्यं वायुः सर्वत्रगो महान् ।
तथा सर्वाणि भूतानि मत्स्थानीत्युपधारय ॥ 6॥

Know that as the mighty wind blowing everywhere rests always in the sky, likewise all living beings always rest in Me.

- Bhagavad Geeta: Chapter 9, Verse 6

In the service of Guru, Geeta and Gopal

In loving memory of Late Kunal C. Kamran, a true devotee who served the Ashram with unconditional love and devotion.



अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम् ।
अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय ॥ १॥

If you are unable to fix your mind steadily on Me, O Arjun, then practice remembering Me with devotion while constantly restraining the mind from worldly affairs.

- Bhagavad Geeta: Chapter 12, Verse 9

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नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः॥

No weapon can cut the soul into pieces, nor can it be burned by fire, nor moistened by water,
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अद्वेषा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ 13॥
सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः ।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥ 14॥

Those devotees are very dear to Me who are free from malice toward all living beings, who are friendly, and compassionate. They are free from attachment to possessions and egotism, equipoised in happiness and distress, and ever-forgiving. They are ever-content, steadily united with Me in devotion, self-controlled, of firm resolve, and dedicated to Me in mind and intellect.

Best Compliments from Sanjai and Sanchita Misra



श्रीभगवानुवाच ।
कालोऽस्मि लोकक्षयकृत्प्रवृद्धो
लोकान्समाहर्तुमिह प्रवृत्तः ।
ऋतेऽपि त्वां न भविष्यन्ति सर्वे
येऽवस्थिताः प्रत्यनीकेषु योधाः ॥ 32॥

The Supreme Lord said: I am mighty Time, the source of destruction that comes forth to annihilate the worlds. Even without your participation, the warriors arrayed in the opposing army shall cease to exist.

- Bhagavad Geeta: Chapter 11, Verse 32

Best Compliments from Arvind and Mala Bhatnagar



स्थाने हृषीकेश तव प्रकीर्त्या जगत्प्रहृष्यत्यनुरज्यते च ।
रक्षांसि भीतानि दिशो द्रवन्ति सर्वे नमस्यन्ति च सिद्धसङ्घाः ॥

Arjuna said, "O Antaryamin (Inner Controller)! It is most appropriate that the world is filled with great joy by singing the glories of Your name, attributes, and divine influence. Even the devotees are experiencing profound love, while the fearful demons are fleeing in all directions, and all the assemblies of celestial beings are offering their salutations.

सर्वस्य चाहं हृदि सन्निविष्टो मत्तः स्मृतिर्ज्ञानमपोहनं च ।
वेदैश्च सर्वैरहमेव वेद्यो वेदान्तकृद्वेदविदेव चाहम् ॥15॥

I reside in the hearts of all living beings, and it is from me that memory, knowledge, and forgetfulness arise. I alone am the one to be known through all the Vedas; I am the author of the Vedanta and the knower of the meaning of the Vedas.

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Attachment by Serving Others



अहङ्कारं बलं दर्पं कामं क्रोधं परिग्रहम् ।

विमुच्य निर्ममः शान्तो ब्रह्मभूयाय कल्पते ॥ १८-५३ ॥

Having abandoned egoism, power, arrogance, desire, anger and aggrandisement,
and freed from the notion of mine, and so peaceful — he is fit to become
BRAHMAN

ब्रह्मभूतः प्रसन्नात्मा न शोचति न काङ्क्षति ।

समः सर्वेषु भूतेषु मद्भक्तिं लभते पराम् ॥ १८-५४ ॥

Becoming BRAHMAN, serene in the Self, he neither grieves nor desires; the same to all
beings, he obtains a supreme devotion towards Me.