



## THE BHAGAVAD GITA: NAVIGATING THE PATH TO ENLIGHTENMENT

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### **Abstract**

*Shrimad Bhagavad Gita is a universal and mystical song, sung by Lord Sri Krishna himself for the welfare of humanity. It transcends the boundaries of India and is a source of inspiration for the entire human race. The Gita glorifies civilization, cultures, and paths, and is a religious text that inspires human welfare. It is not tied to any particular religion but a universal source of guidance. This invaluable heritage describes human duties in great detail and is the confluence of Karma, Dharma, and Yoga. The divinity of the Gita is self-evident and the Vedic key to life. The message of the Gita is to establish balance in all aspects of life, including physical, psychological, personal, family, social, and other aspects. Shrimad Bhagavad Gita is not only a pride of India but a universal inspiration for the welfare of all humanity also.*

**Keywords.** *Depression, Shrimad Bhagavad Gita, Upanishad, Vedanta, Karma Yoga, Jnana Yoga, Vibhuti Yoga.*

### **Introduction**

In 5159 BC, Lord Sri Krishna imparted the divine proclamation of the Bhagavad Gita on the sacred path of Kurukshetra to promote human welfare. During the Mahabharata, when conflict and war raged on all sides, Lord Sri Krishna served as Arjuna's charioteer for 18 days. To set the stage, Lord Sri Krishna positioned Arjuna's chariot between the two armies, and upon seeing his relatives, Arjuna experienced despair and grief. It was at this time that Lord Sri Krishna offered Arjuna the nectar of the Gita. The Bhagavad Gita is more than a religious scripture; it is the greatest school of value-based life. It provides the same values and maternal love that a mother gives her child, and offers new inspiration and energy. The Gita demonstrates how to address life's challenges. It is the sole authoritative scripture that provides guidance on how to live life in the right way, particularly in difficult circumstances. The teachings of Gita hold the same relevance today as they did during the time of the Mahabharata when Arjuna was plagued with doubt. Even incorporating a single verse from the Gita can result in invaluable changes to our lives.

The Bhagavad Gita is a dialogue between two friends that transcends language and culture. Just as friends can understand each other's unspoken thoughts, the understanding of the Bhagavad Gita can help us comprehend the deeper meaning of life in the same way. It symbolizes the union of the self and the supreme soul. For every individual, the Shrimad Bhagavad Gita holds different meanings in different situations. It is a comprehensive scripture that mirrors the entirety of life. The Lord holds reins and a whip for the soul, both of which are essential. Reins towards the supreme soul are necessary to control the soul, which is like a horse, and a whip in the form of intellect is essential to prevent the soul from being uncontrolled. The true essence of Shrimad Bhagavad Gita is the knowledge of the self and the supreme soul. It is a journey from despair to joy that instills awareness of existence and liberation. The Gita has the power to elevate man to the divine. The various techniques described in Shrimad Bhagavad Gita promote human welfare.



The Bhagavad Gita is a sacred text of Hinduism that teaches the importance of fulfilling one's duty. Today, the primary cause of concern for youth is the outcome of their actions. The Gita advocates that one should perform one's duty without any attachment to the outcome. Instead of focusing on the outcome, one should concentrate on the action itself. This message is still pertinent today and can help to overcome one's modern-day problems and attain inner peace.

Unfortunately, Contemporary citizens tend to focus on their rights while neglecting their responsibilities. It is crucial to prioritize our duties and strive to accomplish our goals. When a nation's youth is determined to achieve their objectives, nothing can halt that country's progress. Success is not a solitary achievement, but a series of accomplishments. The Bhagavad Gita has served as a source of inspiration for India's leaders during its struggle for independence, including Bal Gangadhar Tilak, Vinayak Damodar Savarkar, Mahatma Gandhi, and Vinoba Bhave. Gandhi himself drew from this great text to resolve every problem. During Nelson Mandela's 25-year imprisonment, he regarded the Bhagavad Gita as his true companion. Countless soldiers were also motivated by this text during India's fight for independence.

When an event occurs, it becomes history, but some events become a source of inspiration and are called legends. Among them, Shrimad Bhagavad Gita is also a mystical ancient treasure. When power is corrupted by arrogance, traditions are ridiculed, and actions contrary to culture occur, then comes the creation of Mahabharata. In the Shrimad Bhagavad Gita, to get Arjuna out of disappointment, depression, and inaction, the Geeta teachings were given by Shri Krishna in the form of a guru. Shrimad Bhagavad Gita is an inspiration for the entire life. Shrimad Bhagavad Gita even impresses people sitting at the pinnacle of power. When there is a loss of religion on Earth and sins increase, then for the establishment of religion, Lord Shri Krishna takes an incarnation in some form or the other. Our life is surrounded by crisis, and the teaching of the Gita was given to Arjuna by Lord Shri Krishna to make him a medium to live an ideal life outside of these crisis. The truth is not just outside the person but also within. The soul never dies; it just changes form because the soul is immortal. The Shrimad Bhagavad Gita is the true companion and support of life in all scriptures. The root cause of human suffering is unlimited desires and expectations. When a person does not get the results according to his desires and expectations, he falls into depression.

The Shrimad Bhagavad Gita is a sacred text that takes us on a journey of inner exploration. It contains an elaborate explanation of divine and demonic wealth, and studying it can inspire us to walk on the path of self-realization. The Gita emphasizes the importance of performing actions according to our dharma, which is our individual duty or purpose in life. The name "Shrimad Bhagavad Gita" itself symbolizes a journey from negativity to positivity. It highlights that the only way to develop this understanding within ourselves is through self-study. The knowledge contained in the Gita is not only spiritual but also scientific and practical. It inspires us to become superhumans by breaking the cycle of the modern era and to live life in a righteous manner. It is the breath of life, and its teachings are more meaningful than any other government or worldly authority. Through its teachings, we learn how to navigate the ups and downs of life and strive towards achieving inner peace and happiness.

The Shrimad Bhagavad Gita is a scripture that explores the confluence of various aspects of life, including jeevan shanti and ashanti, purusharth and paramarth, yoga and karma yoga, and nivritti and pravritti. In the modern era, karma yoga is considered the basis and karma is the religion. To illuminate one's life, the Gita provides mystical mantras, including jnana yoga, karma yoga, atmasanyam yoga,



vibhuti yoga, sanyasi yoga, and darshan yoga. The primary goal of the Shrimad Bhagavad Gita is to help individuals realize the self in practice. This scripture inspires a person to detach from their physical body and understand themselves on a deeper level. It teaches that the non-transcendental nature of the Supreme Being includes land, water, air, sky, earth, mind, intelligence, and ego, while the soul is the transcendental nature of the Supreme Being. The connection between the soul and the Supreme Being is referred to as yoga.

According to the Gita, special individuals should receive energy from the soul, make decisions with intelligence, make plans with the mind, and implement their plans with the senses. The teachings of the Gita go beyond just spiritual development and include stress management, anger management, time management, and business management, which are applicable to every aspect of life. The Gita also emphasizes that all actions should be performed by considering the equal and unequal circumstances as a mercy of Lord Krishna. The message given by Lord Krishna to Arjuna was not divided into social traditions and was not intended for any specific group, religion, or community, but for the entire human race. In essence, the Shrimad Bhagavad Gita provides a comprehensive guide to living a meaningful life by exploring various aspects of human existence and offering practical advice on how to navigate them.

In current circumstances, every sutra of this great text is useful. In today's context, the world is experiencing the manifestations of war, unrest, and instability, which are reminiscent of the situations depicted in the Mahabharata. The solution to all these problems is only found in one scripture, the Shrimad Bhagavad Gita. Shrimad Bhagavad Gita is a glorious text for all of humanity. It is a divine and incomparable text that provides the only formula to remove stress, pressure, and depression from the mind. The complete key to the development of world harmony is the Shrimad Bhagavad Gita. The Gita is the essence of the Mahabharata. In this unparalleled text, there is the ability not only to unite the entire nation but also the entire world. Where Lord Yogeshwar Shri Krishna and Archer Arjuna are present, there is victory. In today's context, Lord Yogeshwar Shri Krishna is a symbol of positive thinking and Archer Arjuna is a symbol of a healthy body. In other words, the union of a healthy body and positive thinking paves the way for success. Shrimad Bhagavad Gita is a book of victory. It is a wonderful combination of yoga and Vedanta.

Shrimad Bhagavad Gita is a wonderful, extraordinary, and popular book of India, based on the principle of "Yoga Karmasu Kausalam". It is a yoga scripture that is inspiring human welfare in the form of life inspiration. It gives the message of leaving cowardice and embracing bravery and advancing in the field of action. The Bhagavad Gita, a part of the Upanishads, is considered to be the mother of all Upanishads, and Lord Shri Krishna himself has adopted them. It is a complete book that includes the essence of all Vedas and is the only solution to the problems of today's physical and practical life. The book inspires selfless action by abandoning laziness and inaction. It is a book that awakens hope in despair and provides a message on how to face the dilemmas and challenges of life. Shrimad Bhagavad Gita is a book that inspires a person to maintain balance in all situations, that is, to be a person of stable consciousness. It is not just a scripture of any particular religion, nor is it only a book for human beings, but rather invaluable nectar for all living beings. The Bhagavad Gita conveys a message of love and compassion for all living beings and is the thread of world peace and the foundation of the cultures and



Philosophies of all nations. The influence of the Bhagavad Gita on all philosophies has been recognized throughout the world. This priceless heritage of India has been translated into more than 75 languages. Discussions on the Bhagavad Gita are taking place in all the top universities in the world. This divine scripture has the ability to preserve the values of life for new generations.

The book teaches us to face the confusion between duty and non-duty and guides us towards self-realization. The Gita inspires us to perform selfless actions according to our dharma and to maintain a balance between our material and spiritual goals. The Gita is not just a book of knowledge but a practical guide for every aspect of life, including stress management, anger management, time management, and business management. It is a book that provides a message of hope, love, and compassion for all living beings. It is a practical guide for every aspect of life and a priceless heritage of India that has influenced the cultures and philosophies of all nations.

### Conclusion

Shrimad Bhagavad Gita is a unique and extraordinary scripture that stands apart from all other religious texts. It is an authoritative source of wisdom that provides guidance for all aspects of life, including business, military life, household life, and renunciation. The voice of God is heard through the Gita, and its knowledge is not just ordinary knowledge, but the king of all knowledge.

One of the main teachings of the Gita is the importance of karma in life. It emphasizes the need to establish balance among the various aspects of life and provides a method for doing so. The entire essence of life is within this great scripture, which helps to free us from illusion and to face reality. Moreover, Shrimad Bhagavad Gita is not just a religious text but a complete school of life. By studying it, we can find the right path to live our lives and combine intellectual and spiritual knowledge to achieve success and fulfillment. This is particularly important in today's era, where practical guidance is essential. The Gita also contains teachings related to human ethics and codes of conduct, which are essential for the welfare of humanity. We can free ourselves from ignorance and establish a better world for ourselves and future generations by studying this scripture. In short, Shrimad Bhagavad Gita is the essence of all scriptures, providing us practical guidance and spiritual wisdom to navigate the complexities of modern life. Its study is need of the present world for the welfare of humanity and the preservation of our values and traditions for future generations.

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