

## Gita Saram

1. Always listen to the essence of the Gita. It makes the mind blossom. Alleviate desire and anger. Blessed by this message, remain in bliss.
2. Arjuna, besotted with grief, spoke like one deluded. To destroy his dilemma, this song of God, the Gita, sprang forth.
3. Know that Sankhya is Truth. Follow the path of surrender. Soul is eternal and all-pervasive. It is changeless and indestructible.
4. Avoid anticipating the fruits of action. Do what you must do. Being desire-free brings Liberation. Attachment to action acts against you.
5. Know right action from wrong action. None lives with no action. Know that Knowledge is supreme. Abandon ego. Know that body is not you.
6. Everything is the same. See things that way. Ever be even-minded. Have no affinity. Have no aversion. Accept whatever comes. That is Yoga.
7. You are your own friend. You are your own foe. You have no enemy other than yourself. Be good in behavior. Avoid too much food, sleep, and fun.
8. Nature has eight forms; earth, water, fire, air, space, mind, intellect, and ego. Prakriti, ignorance, is not the Soul. The Supreme Self sustains Creation.
9. In the last breath, meditate on Purusha, to attain Liberation. He is imperishable. Spend lifetime in contemplation. Wasting time, wastes life.

10. Surrender everything to Brahman, the Supreme Spirit. Offer with pure devotion, a leaf, fruit, flower, or water. God accepts it with love and joy.

11. See God in affluence, magnificence, radiance, and intelligence. Satva Guna is godly, never touched by jealousy, greed, or hatred.

12. God manifests as Time, the Destroyer, devouring everything. Those of pure devotion alone see Him in this Cosmic Form.

13. Devotion and love for the divine, uplift the devotee. Instill such love. Immerse the heart in unwavering devotion devoid of desire and hate.

14. Know the Kshetra and the Kshetrajna, the body and its indweller. Revel in the Soul, the resident, not the body, the mere shelter.

15. Satva, Rajas and Tamas, the three Gunas are the culprits, binding the soul to the body. They act, not you. Go beyond them, and live in bliss.

16. Destroy the tree of Delusion. It manifests as the world. Chop it, and uproot it, with the axe of dispassion. Seek the abode the sages aspire for. This, the Vedas teach.

17. World has two types, godly and the ungodly. Those with godly nature are happy. They get liberated. Those with a devilish nature suffer and go to hell.

18. Pure and Satvic sacrifice, charity, and penance, nobly done, yield good results. The same actions, done wickedly, lacking purity, deny rewards.

19. Leaving all Dharmas, surrender to the Almighty. Doing so, you attain Liberation, the highest Truth, Consciousness, and Bliss eternal.