

THE BHAGAVAD GITA AS A GUIDE OF HEALTHY AND TENSION FREE LIFE

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ABSTRACT

For thousands of years, the Bhagavad Gita has sparked a spiritual revolution that is still burning. Being an ancient sacred text of India, it is regarded universally as the prime source of spiritual knowledge and inspiration for the humankind. **Objectives:** examine the fruitfulness of the Bhagavad Gita in daily life. **Methods:** This study is descriptive type and empirical in nature based on secondary sources. **Results and Discussion:** We should concentrate on the work at hand rather than the results, because we can only fully control on our actions, whilst the outcomes are a permutation of many various factors. A spiritually developed individual can comprehend both the joy and the suffering of others, says Lord Krishna to Arjuna. So, putting one's thinking in line with spiritual mastery requires sympathy. We encounter a wide variety of people in our daily lives; each of them has their own joys and tragedies. **Findings:** The Gita's shlokas can be used to help us to solve a variety of difficulties that arise in daily life and teaches us the reality of existence. **Conclusion:** The Bhagavad Gita exhorts us to live our lives with integrity, honesty, kindness, and strength. We can discover and fulfill our mission in life in this way. We can apply the wisdom of the Bhagavad Gita to face our own challenges and decisions with courage and honesty, and learn to live life truly and fully, just as Lord Krishna exhorts Arjuna to put aside all doubts and believe in his ultimate Self.

Keywords: Bhagavad Gita, Spiritual Knowledge, Enlightenment, Superstition

I. INTRODUCTION

The Bhagavad Gita is a secret gift of Lord Krishna (Supreme God) for the well being of the whole mankind in the world. If one does not believe it, he can prove it only by going through a little portion regularly and attentively only for three days. He can see its miracle and understand that it is much more than this, it is a guide book to lead an enjoyable and blissful life or it is a user's manual to lead a meaningful human life. It is the last source of learning to lead our healthy and tension free life honestly and spiritually. Its application in our daily life is above of our expectation. Five thousand years ago, the science of the Bhagavad Gita was spoken directly by Lord Krishna, the Supreme Personality of Godhead to His disciple Arjuna. It stands supreme in its doctrines as the principles of religion were enunciated by God Himself. The Bhagavad Gita, an ancient sacred text of India is regarded universally as the prime source of spiritual knowledge and inspiration for the humankind. Its seven hundred verses provide a definitive guide to the science of self-realization. No other book reveals the truth in such a lucid style and profound way, like the Bhagavad Gita does. While the Gita is many centuries old, the logic and knowledge inherent in its every word make it a timeless guide. Understanding its ageless guiding principles can help us gain a deep insight into the how's and why's of everyday life. So, there are several benefits of reading the Bhagavad Gita in our daily life. We must also make students aware of the importance of the Bhagavad Gita. It can encourage the habit of self-inquiry and guide them towards adopting a pragmatic approach to life. Its 700 verses are structured into several ancient Indian poetic meters, with the principal being the shloka (Anushtubh chanda). It has 18 chapters in total. Each shloka consists of a couplet, thus the entire text consists of 1,400 lines. Each shloka has two quarter verses with exactly eight syllables.

What is the Bhagavad Gita?: Lord Krishna imparted this knowledge to Arjuna in the battle field of Kurukshetra, when the Arjuna was in a distressful condition. Upon receiving this knowledge he returned to his happy and stable position. All of us undergo difficult situations in life and often become overwhelmed by those situations not knowing where to find a solution. The Bhagavad Gita guides us out of such delusions and reestablishes us in our original position of eternity, knowledge and bliss. If we follow the instructions as given by Lord Krishna, we can attain the same blissful state as Arjuna got.

The Bhagavad Gita for the whole mankind: There is a common misconception among many people that the Bhagavad Gita and Mahabharata belong to only the practicing of the Hindu religion. The messages contained in the Bhagavad Gita are universally applicable to all, irrespective of their country or religion. It is not a religious scripture pertaining to a certain section of society. The Bhagavad Gita teaches us the right way to lead our life. The very purpose of the Bhagavad Gita is to deliver mankind from the sufferings of this world. Every man is in difficulty in so many ways, as Arjuna was in having to fight in the Battle of Kurukshetra. The Bhagavad Gita is the essence of all Vedic knowledge and one of the most important Upanishads in Vedic literature. If one reads the Bhagavad Gita regularly and attentively, he can surpass every problem of life.

II. HOW RELEVANT IS IT IN MODERN TIMES?

The author observes that as much as the days go ahead, the people is living under frustration, tension, different diseases, mentally and physically, lack of brotherhood, lack of practicing religious culture, lack of love to nature and creature, lack of ethical and moral values. Everyone wants to be happy and everyone is constantly searching for happiness. Whether a child or an old man, an Indian or an American, Hindu or Christian, man or woman, everyone is looking for happiness. But unfortunately, for the want of real knowledge of happiness they are searching everywhere and getting frustrated. Under these circumstances, the regular study of the Bhagavad Gita attentively for 10-15 minutes can show the actual path how to lead a happy life. Our life will be changed if we apply the lessons of Gita in real and practical life. The Bhagavad Gita can be read to gain a better understanding of life, but it truly transforms when put into practice. Everyone desires a lot of money in today's world, whether in a good or bad way. The level of greed is constantly rising. Additionally, they occasionally try to make money illegally through murder and robbery. Greediness grows more and more day by day. They are unafraid to carry out this action. It advises us to control our cravings in daily life. At present, we can see how hazardous nature is to society. This is the primary cause of the rise in many societal ills.

The Bhagavad Gita shows us where that happiness is. Just like when we purchase a new machine, a user's manual comes with it. The manual teaches us how to make the best use of that machine and derive the maximum function out of it. For the want of proper knowledge we may invent our own ways of using it but finally we will become frustrated. So, the Bhagavad Gita is manual given by the Supreme Lord Krishna which guides us in making the best use of this human life to derive real happiness from it. In the modern times when people are more confused and misdirected, it becomes more relevant for the individual as well as the society at large in bringing back the stability and happiness in life. Now we search how to use the Bhagavad Gita in our everyday life to reap greater rewards.

Objectives: The objective of the study is to examine the fruitfulness of the Bhagavad Gita in daily life.

III. METHODS AND MATERIALS

This study is descriptive and empirical by nature based on secondary sources which include primarily the Bhagavad Gita, other books, articles, websites and web-based journals published over different times.

Analysis: The materials collected from different sources have been scrutinized, verified and set up systematically under appropriate heading in such a way as to hold requisite proof, presentation and conclusion.

IV. RESULTS AND DISCUSSION

As per the Bhagavad Gita and other Hindu scriptures, every soul emanates from God and after death, it goes back to God. The Hindu believes this mythology. Every word of the Bhagavad Gita is proved true and many developments have occurred on its basis. Here, we try to explain, how many times a soul takes birth on the earth and finally gets united with God.

$$\text{Here, } PP_s = \frac{MV}{T} - \frac{MU}{T} = M \left(\frac{V}{T} - \frac{U}{T} \right) = M \frac{V-U}{T} = ML \text{ where, } L = \frac{V-U}{T}$$

$$\text{Therefore, } PP_s = ML \text{-----(1)}$$

Here, PP_s = Spiritual Power of a Soul over successive births.
 M = Soul in a particular birth existing in human body.

$\frac{MV}{T}$ = Soul with final virtuousness immediately before death for this particular life.

$\frac{MU}{T}$ = Soul with Initial virtuousness immediately after birth for this particular life.

U = Initial virtuousness. V = Final virtuousness.
 T = Duration of life.

$L = \frac{V-U}{T} = \text{Accelerator of Soul.}$

L may be positive or negative depending upon the nature of works done during this particular life time (T) by a Soul depending $V > U$ or $V < U$.

ML = Strength of a Soul after a particular life time (Energy gained of a Soul after a particular life time).

Hence, PP_s i.e., Spiritual Power of a Soul over successive births depends upon nature of works during life times of a particular soul. That is, noble works during a particular life time accelerate the journey of a Soul to the next phase of lives towards Heaven.

Explanations

(i) For First Birth of a Soul: At initial stage or at first life, a Soul created by God takes birth with zero virtuousness ($\frac{MU}{T} = 0$) on the earth. During his life time on the earth, it may earn some power of virtuousness through its noble works or non-spiritual power gained through his ignoble works.

Therefore, $PP_s = M_1 \frac{V}{T} = M_1 L_1$. Where $L_1 = \frac{V}{T}$ [Since $U = 0$ at the first phase of birth].

(ii) For Multiple (Successive) Births of a Soul: The position of PPs depends on four conditions on the basis of the values of Accelerator of a Soul.

$$PPs = M_1L_1 + M_2L_2 + M_3L_3 + \dots + M_nL_n = \sum_{i=1}^n M_iL_i = TPPs \dots \dots (2)$$

where n = number of births (life time). TPPs= Total Spiritual Power of a Soul. After attaining a fixed power (energy) of TPPs, the Soul can approach the Supreme Abode.

The Soul has to go under four conditions:

- i. The Soul can approach the Supreme Abode after achieving the fixed power (energy) necessary for approaching the Supreme Abode after a finite time period for his noble actions over his successive births by gaining $L > 0$.
- ii. The Soul can approach the Hell for ignoble works over his successive births having $L < 0$.
- iii. The Soul can take successive births for infinite time period to attain the fixed power to approach for the Supreme Abode having $L > 0, L < 0$ or $L = 0$.
- iv. The Soul can take successive births to attain the fixed power necessary for approaching the Supreme Abode after a finite time period such that $L > 0$ while $L =$ fixed rate i.e., PPs gets enhanced over successive births at a fixed rate (L).

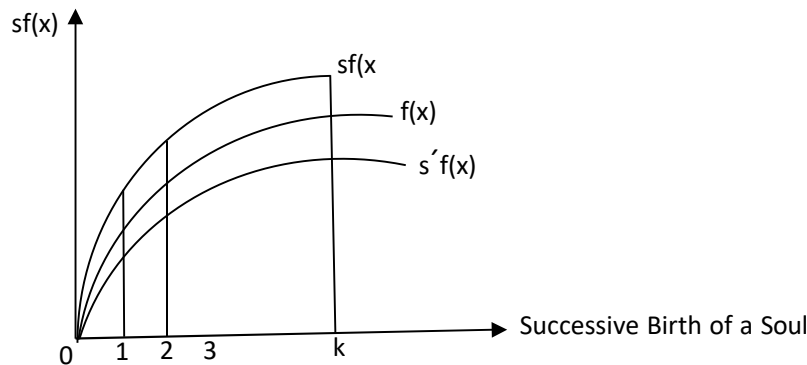
Now we can discuss the above four conditions in detail.

1. If $M_1L_1 < M_2L_2 < M_3L_3 < \dots < M_nL_n$ indicates that $\lim_{n \rightarrow k} \sum_{i=1}^n M_iL_i \rightarrow TPPs^H \rightarrow$
 Supreme Abode, as $n \rightarrow k$

Where, n = number of successive births, k = finite number of births, and $TPPs^H =$ Highest Total Spiritual Power of Soul.

Explanation: In this case, a soul after taking earthly physical shape is performing noble works in every successive birth in such a way that the strength of the Soul for successive birth is higher than its preceding birth, where $L > 0$ always. His PPs is enhancing over successive births getting more energetic and active life enabling him to do more yeoman’s service for the benefit of the society. After achieving the highest fixed spiritual power i.e., energy (TPPs) necessary for approaching the Supreme Abode, the Soul will be united with God.

Let x be the continuous phase of a soul on the earth, then f(x) be its continuous Karma function corresponding to any phase. If s be any fixed part of good Karma function, then sf(x) be the monotonically transformed function with respect to f(x) and here, M_iL_i be represented (for any value of x) by sf(x). Therefore, $sf(x) - f(x) =$ any positive value, which represents the effects of Karma enjoyed by the soul on the earth in any phase of life. PPs approaches to Muksha after attaining a fixed value of karma function.



At the first expression of life at initial phase, $sf(x) = 0$. However, the successive stream of lives of that soul, $sf(x)$ will be different. Consider the k^{th} expression of life phase,

This indicates that the soul has attained the maximum level of $M_k L_k$ at k

$$\text{Where } \frac{dsf(x)}{dx} > 0, \quad \frac{dsf(x)}{dx} = 0, \quad \text{and} \quad \frac{d^2sf(x)}{dx^2} < 0$$

$$\therefore \int_1^k sf(x) dx = L \quad \text{max}$$

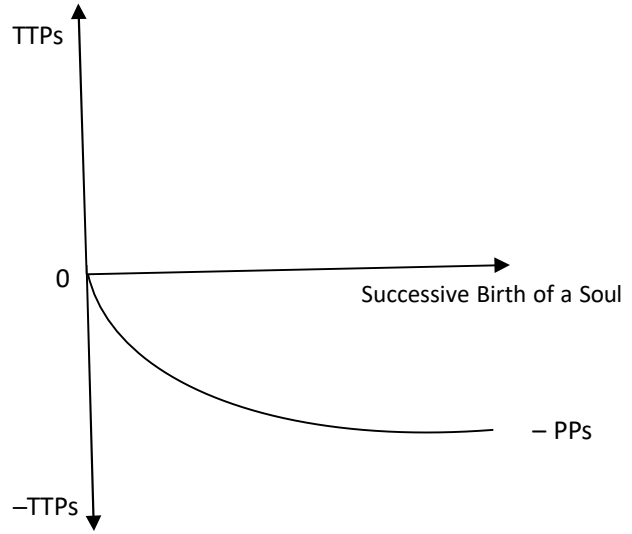
Thus, this particular soul attains Moksha at $x = k^{th}$ expression of life phase.

2. If $M_1 L_1 > M_2 L_2 > M_3 L_3 > \dots > M_n L_n$ indicates that $\lim_{n \rightarrow k} \sum_{i=1}^n M_i L_i \rightarrow TPPs^L \rightarrow 0 \rightarrow \text{Hell}$

where, n = number of successive births, k = finite number of successive births, $TPPs^L$ = Lowest Spiritual Power. In this case, the concerned Soul is performing ignoble works over every successive births. Here, PPs, the spiritual power of the soul declines over successive births. Consequently, the soul concerned diverts away farther and farther from the Supreme Abode. The value of TPPs tends to Zero and under this situation the Soul is usually known as the journey to Hell.

Explanation: It is reverse of the first condition. A soul after taking earthly physical shape on the earth is doing ignoble works over successive births where $L < 0$ always. His PPs is decreasing over successive births getting a frustrated life and doing bad work creating the problem for the society. After crossing a particular limit of evil works over a number of successive births, say k^{th} birth, the soul will

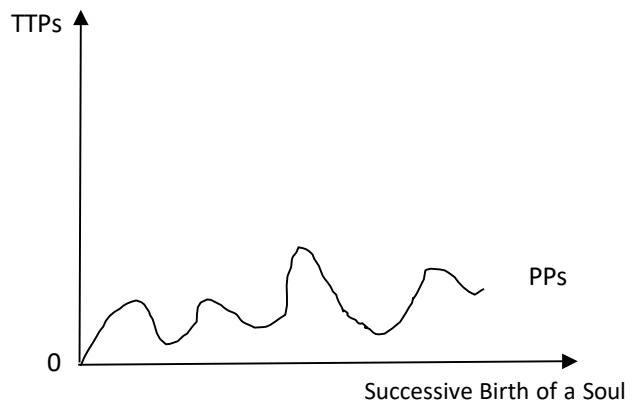
approach the Hell. Suppose the negative Strength of a Soul is $-M_kL_k$ after k^{th} birth and its PPs is also negative.



3. If $M_1L_1 > M_2L_2 < M_3L_3 > M_4L_4 \dots \dots \dots M_nL_n$ indicates that $\lim_{n \rightarrow k} \sum_{i=1}^n M_iL_i \rightarrow TTPs^H \rightarrow \text{Undefined}$ as $n \rightarrow k$, and $k \rightarrow \infty$.

where, n = number of successive births, k = infinite number successive of births. Here, PPs earned by the concerned Soul is greater than or lesser than that of next birth or balanced each other i.e., PPs may be sometime positive or sometime negative or sometime zero or sometime balance each other over his successive births. In this case TTPs is undefined for its successive births. The Soul is approaching towards infinite number of successive births.

Explanation: A soul after taking earthly physical shape on earth is doing noble or ignoble works during his successive births. As a result for consecutive lives, the Soul will get $M_1L_1 > M_2L_2$ or $M_1L_1 < M_2L_2$ and so on. Again in particular birth, $ML = 0$ or even negative or positive. To reach the particular limit of PPs, the soul will take infinite number of births in different earthly physical shapes until he gets united with God.



4. If $M_1L_1 = M_2L_2 = M_3L_3 = \dots = M_nL_n = ML$ indicates that $\lim_{n \rightarrow k} \sum_{i=1}^n M_iL_i \rightarrow kML \rightarrow TPP_s^H$

$$\therefore \sum_{i=1}^n M_iL_i = nML$$

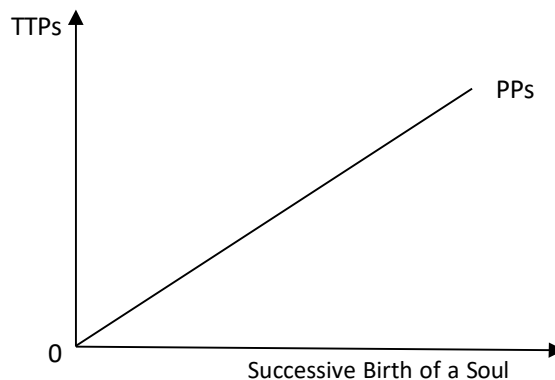
where $n \rightarrow k$ and $k \rightarrow$ finite number of births and $k > 0$.

Note: $M_1L_1 = M_2L_2 = M_3L_3 = \dots = M_nL_n = ML$

where, $M_1L_1 = ML, M_2L_2 = ML, M_3L_3 = ML, \dots, M_nL_n = ML$
 Total = $ML \times n = nML$

In this case, the concerned Soul is performing noble works for every successive birth earning a constant spiritual power for each successive birth. PPs get enhanced over successive births at a fixed rate (L). TPP_s will attain or cross the highest spiritual power after finite number of successive births and the Soul is approaching towards the Supreme Abode.

Explanation: A soul, after taking physical shape on the earth, is doing more or less noble works over each life time. His PPs is increasing at a constant rate over successive births getting more energetic active life for rendering yeoman’s service for the benefit of the society. After achieving a highest spiritual power through finite number of births, he will approach the supreme abode i.e., be united with God. But it may be a rare case.



In the above expressions of successive births phases are assumed to be discontinuous and discrete. However, in the ‘Sanatan’ philosophy, life of a creature is considered to be a continuous process from its emergence from God to its final destination (God). This implies that life delineates a continuous journey from beginning (Brahma) to the end (Brahma). Now if life is continuous, then the *Karma* function of a creature is also a continuous function. But the physical shape of a soul in the earth depends upon its karma function (f(x)). The physical shape may be in any type, say cow, goat, hen or insect, etc.

What is Soul?

Change of body by the atomic individual soul is an accepted fact. Even the modern scientists who do not believe in the existence of the soul, but at the same time cannot explain the source of energy from the heart; have to accept continuous changes of body which appear from childhood to boyhood and from boyhood to youth and again from youth to old age. From old age, the change is transferred to another body. All kinds of weapons: swords, flame weapons, rain weapons, tornado weapons, etc. are unable to kill the spirit soul. The soul comes from God and ultimately returns to God.

वासंिस जीणांिन यथा
विहाय नवांिन गृ ांित
नरोऽपराणि । तथा
शरीराणि विहाय जीणां-
ांिन संयांित नवांिन देही ॥2.22 ॥

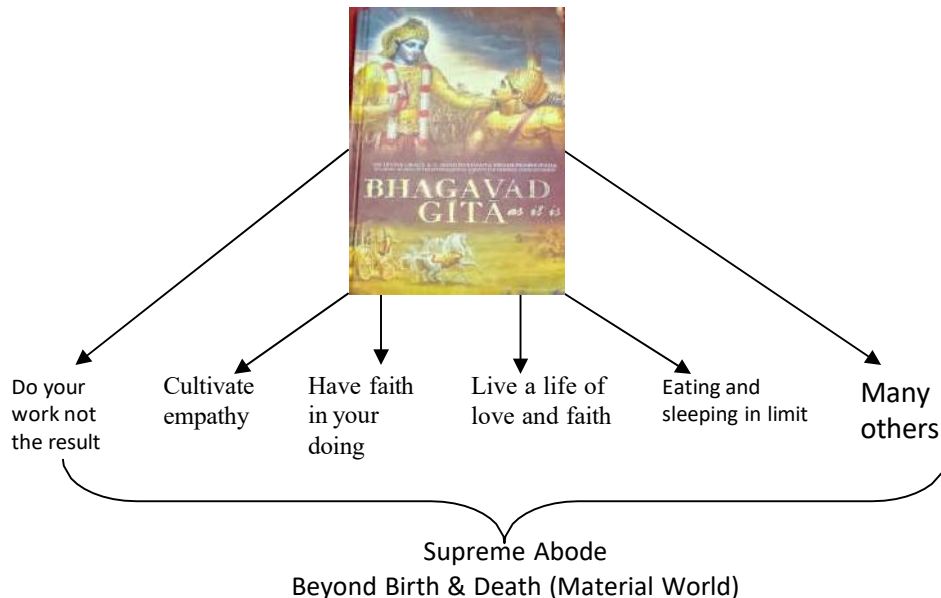
vāsāmsi jirṇāni yathā vihāya
navani grhnati naro 'parāni
tathā sarīrāṇi vihāya jirṇany
anyani samyāti navāni dehi ॥2.22 ॥

नैनं िछ ि श™ाणि नैनं दहित पावकः ।
न चैनं ेदय ापो न शोषयित मा तः ॥ 2:23 ॥
nainam chindanti sastrani nainam dahati pāvakaḥ
na cainam kledayanty apo na śoṣayati mārutaḥ ॥ 2:23 ॥

Translation: As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones. The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind.

Way for Approaching to God

Although the Bhagavad Gita was spoken in the thick of a fight, it is full of useful advice for problems encountered every day. The difficulties, Arjuna encountered during the Battle of Kurukshetra, served as a model for how we humans navigate daily moral and ethical conflicts. Here there are several ways, the Bhagavad Gita's lessons might help us live happier, more compassionate, and more productive lives. We are discussing below a few lessons of the Bhagavad Gita. **Every lesson is based on Shloka, but to make more comprehensive for the reader, we use very less Shlokas.**



1. We should focus on our own work, not on the results:

कर्म वेवाधिकारं मा फलेषु कदाचन ।
 मा कर्मफलहेतुभ्रमा ते स ोऽ कर्मणि ॥
 2:47 ॥ “karmanye vadhi karaste,
 Ma phalesu kadachana,
 Ma karma-phala-hetur bhur,
 Ma te sango stave karmani” ॥2:47

Translation: You have right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty.

The Bhagavad Gita's most well-known maxim is that we should concentrate on the work at hand rather than the results, because we can only fully control on our actions, whilst the outcomes are a permutation of many various factors. By integrating this idea into our daily lives, we become more productive people if we spend all of our energy into the task at hand without worrying about the results.

2. Cultivate empathy: The Bhagavad Gita's central theme is love. One might believe that the Bhagavad Gita primarily emphasizes the virtues of responsibility and action since Lord Krishna presented it on a battlefield. However, the Gita is actually a commentary on all of life. Karma Yoga is the summons from Lord Krishna to Arjun to carry out his job, while Bhakti Yoga is the essence of the teachings of love and devotion from the Lord. A spiritually developed individual can comprehend both the joy and the suffering of others, says Lord Krishna to Arjuna. So, putting one's thinking in line with spiritual mastery requires sympathy. We encounter a wide variety of people in our daily lives; each of them has their own joys and tragedies. Empathy for others puts us on the path to spiritual enlightenment and also lessens the suffering of those around us.

3. Do not give it to gratification:

“ye hi samsparsha-ja bhoga
 Duhkha-yonaya eva te”

It means that the causes of all misery are actually the pleasures that result from the interaction of the senses with their objects. The practice of sense gratification, or acting solely to satisfy one's senses, keeps us from achieving our objectives. It disrupts our concentration, squanders our energy, and prevents us from reaching our greatest potential. By putting this Bhagavad Gita principle into practice, we can improve the quality and productivity of everyday living.

4. Inculcate objectivity even in everyday simple situations: Objectivity is the most important thing we have acquired from the Bhagavad Gita. That implies that we should constantly stand up for what is right and should not take decisions by being emotional. We all encounter these circumstances frequently when making decisions based on emotion rather than objectivity. Start practicing objectivity in real world situations now.

5. Live a life of love, compassion, and faith: Lord Krishna frequently emphasized the value of faith, love, and compassion in life. In the Bhagavad Gita, He further described it. We can apply these concepts to our everyday life as well. Spread love in all of us does everywhere we go in life. We try to live a kind and practical life every day.

6. Have faith in the process whatever we Do: Instead of focusing on rewards, we should have faith in the path of our karma (action) and believe in it. Take simple steps in daily life. Even if we are taking small actions in daily life, do it with faith. It will give us 100% and we should not worry about the results.

8. Believe in the procedure anything you do: Focus on the route rather than the rewards. Believe in your action and the way of action. Have trust in both. Take simple steps in everyday actions. Even if you are taking small actions in daily life, do it with faith. Give your 100% and do not worry about the results.

9. Recognize that change is inevitable and practice being adaptable in daily life: Change, according to Lord Krishna, is unavoidable. We must all accept change and be prepared to accept and adjust it. As a result, prepare for some adjustments in your everyday life. Instead than dwelling on the past, adjust to the circumstances of the present. This will make your life easy.

10. Spend Daily at Least Five Minutes in Meditation: Lord Krishna spoke on the value of meditation in the Bhagavad Gita. Your mind becomes calm through meditation and you get 100% energy in doing your productive errorless works.

11. Make an effort to comprehend your eating and sleeping habits and, if necessary, alter them: Gita has discussed every step of everyday life for all age groups, suppose how much to eat; what type of people eat what kind of food; how long to sleep; how various eating habits affect our body. Easy availability of food everywhere and at affordable prices resulted in change of food habits of the public and consequently to obesity. On the other hand, some people, especially youngsters, eat too little in order to maintain a slim figure. That leads to eating disorders, resulting in major health problems. Lord Krishna provides a solution to this problem. He advises that one should be moderate in one's eating and sleeping; neither too much nor too little. Likewise, Gita provides answers to everyday problems leading to universal welfare. It helps us to lead a healthy, purposeful and meaningful life.

12. Examine your characteristics that aren't doing you any favours: Humans have a variety of traits, some of which are detrimental to our survival, for example, having egotism. So, just evaluate your strengths and make a few minor adjustments to improve and add purpose to your life.

13. Identify the types of fears you have and let them all go: You learn from the Bhagavad Gita that you don't have to live in terror. And above all, you should not worry about the future and should only pay attention to your karma (activity). As a result, you can read affirmations every day to think positively and face your concerns. You can also do scary things on a daily basis. You'll be able to face your worries.

14. Make equality a priority in everyday life: You will discover when you read the Bhagavad Gita that it also contains messages on spirituality. And one should realize that we are all on an equal footing. Each of us is a soul with a physical body and a life. So, in daily life, accept equality and appreciate all other people.

15. Make a connection with nature, people and the whole universe: Feel a sense of unity with nature, people and the whole universe. We should have a sense of unity because we are all formed of the same components. You should feel connected. You can daily spend some time in the nature and also have good relationships with people at office, home and in your friend circle.

16. Pay Attention to Causes and Effects, Rather of blaming the present situation: Everything that occurs in our lives is a result of our past actions, as Lord Krishna so wonderfully emphasized. Therefore, we need to be aware of the truth about the world and our lives today. Instead of blaming your current situation, make sure your karma is going in the right path. Analyze and comprehend your present life as well.

17. How to teach children to adopt a different perspective: Based on our experiences, we learn to think in a certain way. Gradually, we begin to believe that only our beliefs are correct and that everybody who holds a different opinion is mistaken. So, teach your child learn that it is necessary to understand the feelings of others, but it is not mandatory to agree with their opinions. Encourage him to consider other people's perspectives when analyzing circumstances.

18. Recognize that change is a natural law: The Bhagavad Gita asserts that everything has to change. We are aware that everything around us, including our body, feelings, emotions, and perceptions, is always changing. However, when someone tells us that we need to change, we either resent the suggestion or vehemently reject it. An individual must learn to adapt to new circumstances, innovate to find better solutions, and look for new chances if they are to succeed. In order to benefit from new experiences, be willing to take little risks even while you enjoy the feeling of being in familiar surroundings. Similarly, nothing in this world is permanent, including success and failure, as best demonstrated by the example of day changing into night and then back into day again.

19. Practice forgiveness and tolerance: Tolerance enables us to resist using force even when provoked and to confront the challenges of life with calm. We are able to absolve wrong doing and get rid of resentment with the aid of forgiveness. Both of these traits are essential for fostering relationships, growing empathy and love, and overcoming controversial ideas. These two principles served as the cornerstone of the bond between the *Pandava* brothers. There are countless tales and instances that demonstrate forgiveness and tolerance. Share some of these tales with your youngsters. Make them read about people who have demonstrated tolerance and forgiveness in the real world.

20. Work for the welfare of the globe: The majority of the job we do is done purely for our own profit. We hardly ever consider how our actions might influence others. This way of thinking causes us to act selfishly and isolates us from others around us. However, selflessness enables us to comprehend that we are all members of the same family (*Vasudhaiva Kutumbakam*). Our acts ought to improve the planet and strengthen our relationships with people around us.

21. Manage your anger and be fearless: Anger impairs our ability to think, confusion and disorder result. It reduces our mental acuity and keeps us from achieving our objectives. The painful experience causes us to think negatively and drives us to do damaging things. In the Mahabharata, Duryodhana's anger stopped him from acting rationally, which led to him starting a war with his cousins. One of the basic feelings that every living thing experiences is fear. Fear develops in people when they lack knowledge and are unable to control their emotions as a result. Therefore, persevere in

your quest for knowledge and understanding. Because of this, you'll be able to understand the unknown and get over your fear and hesitation.

वीतरागभय ोधा म या मामुपाि ताः ।
बहवो ऽनतपसा पूता मऽवमागताः ॥
4:10 ॥

vita-raga-bhaya-krodha man-mayā māmu pāsritāḥ
bahavo jana-tapasā pūtā mad-bhavama gataḥ: ॥ 4:10

Translation: Being freed from attachment, fear and anger, being fully absorbed in Me and taking refuge in Me, many, many persons in the past became purified by knowledge of Me and thus they all attained transcendental love for Me.

It is very difficult for a person who is too materially affected to understand the nature of the Supreme Absolute Truth. In the materialistic concept, the body is perishable, full of ignorance and completely miserable. Some people are too materially attached and therefore do not give attention to spiritual life, some of them want to merge into the supreme spiritual cause, and some of them disbelieve in everything, being angry at all sorts of spiritual speculation out of hopelessness. This last class of men takes to the shelter of some kind of intoxication, and their sentimental hallucinations are sometimes accepted as spiritual vision. One has to get rid of all three stages of attachment to the material world: negligence of spiritual life, fear of a spiritual personal identity, and the conception of void that arises from frustration in life. To get free from these three stages of the material concept of life, one has to take complete shelter of the Lord, guided by the bonafide spiritual master, and follow the disciplines and regulative principles of devotional life. The last stage of the devotional life is called bhava, or transcendental love of Godhead.

By execution of devotional service under the guidance of the spiritual master, one becomes free from all material attachment, attains steadiness in self-realization, and acquires a taste for hearing about the Absolute Personality of Godhead, Lord Kṛṣṇa. By the slow process of devotional service, under the guidance of the bonafide spiritual master, one can attain the highest stage, being freed from all material attachment, from the fearfulness of one's individual spiritual personality, and from the frustrations that result in void philosophy. Then one can ultimately attain to the abode of the Supreme Lord.

22. Try to worship in devotional service and being self-realization: The desire to enjoy the fruitful results of work is so deep that it is very difficult even for the great sages to control such desires despite of great endeavors. A devotee of the Lord is constantly engaged in devotional service in Krishna consciousness, perfect in self-realization, very quickly attains liberation in the Supreme. Owing to his complete knowledge in self-realization, he always remains in trance.

काम ोधिवमु४ानां यतीनां यतचेतसाम् ।
अिभतो िनवा'णं वत'ते िविदता नाम् ॥
5:26 ॥

kama-krodha-vimuktānam yatinam yata-cetasam
abhito brahma-nirvanam vartate viditāmanām: ॥5:26

Translation: Those who are free from anger and all material desires, who are self-realized, self-disciplined and constantly endeavoring for perfection, are assured of liberation in the Supreme in the very near future.

23. Perfection of Renunciation: There are many purification processes for advancing a human being to spiritual life. The Lord says here that any sacrifice which is meant for human welfare should never be given up. All prescribed sacrifices are meant for achieving the Supreme Lord. Charity is for the purification of the heart. If charity is given to perfect persons, as described previously, it leads one to advanced spiritual life.

ययदानतपःकम' न वा ि काय'मेव तत् ।
ययो दानं तप ैव पावनािन मनीषणाम्
॥18:5॥

yajña-dana-tapaḥ-karma na tyājyam kāryam eva tat
yajño dānam tapas caiva pāvanāni manīṣiṇām ॥ 18.5

Translation: Acts of sacrifice, charity and penance are not to be given up; they must be performed. Indeed, sacrifice, charity and penance purify even the great souls.

V. FINDINGS

The Bhagavad Gita's relevance to daily life

- The Bhagavad Gita introduces us to the depth of our tradition and culture.
- The Bhagavad Gita's shlokas can be used to help us to solve a variety of difficulties that arise in daily life.
- The Bhagavad Gita teaches us the reality of existence and aids in our liberation from superstition and erroneous notions.
- The Bhagavad Gita's teachings alleviate our uncertainties and bolster our self-assurance and self-confidence.
- The Gita's teachings advise us to ponder carefully before acting.
- The Bhagavad Gita's shlokas explain our responsibilities as human beings.
- Understanding the value of self-control and how to exercise it is made easier by reading the Bhagavad Gita.
- The Bhagavad Gita's teachings explain how to engage in *nishkam karma*, or action without desire.
- The Bhagavad Gita teaches us to avoid materialism and vices.
- The Bhagavad Gita helps us see life from a different angle.

VI. OPINIONS OF SOME GREAT MEN

There are many opinions of many great men about the Bhagavad Gita. Very few are shown here. For thousands of years, the Bhagavad Gita has sparked a spiritual revolution that is still burning. Several well-known spiritual figures and thinkers, such as Shankaracharya, Ramanuja, Madhvacharya, Bhaskara, and Abhinavagupta, authored their own comments on the Bhagavad Gita. Other contemporary authors have also offered their own interpretations, including Jeaneane Fowler, Ithamar Theodor, and Robert Zaehner.

Albert Einstein stated, “We owe a lot to the ancient Indians, who taught us how to count, without which no worthwhile scientific discoveries could have been made.” He also said, “Whenever I found difficulties in experiments, I referred Vedas for insights”. He added that “When I read the Srimad Bhagavata Gita and reflect about how God created this universe, everything else appears superfluous”. [4]

According to Indian author **Khushwant Singh**, the philosophical core of the Bhagavad Gita is stoicism, which means adopting an attitude of being unconcerned with pleasure and discomfort as well as the fluctuations of fate. We must learn to let go of our attachment to categories and things if we are to live truly joyful lives. Being preoccupied one's successes and failures leads to suffering. Stoicism sets us free from the shackles of pain and suffering.

Mahatma Gandhi expressed his love for the Bhagavad Gita with these words, 'I find solace in the Bhagavad Gita that I miss it even in the Sermon on the Mount. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Bhagavad Gita. I find a verse here and a verse there and I immediately begin to smile in the midst of overwhelming tragedies – and my life has been full of external tragedies – and if they have left no visible, no indelible scar on me, I owe it all to the teaching of the Bhagavad Gita.' Mahatma Gandhi used to read the Bhagavad Gita and draw inspiration from this sacred text.

The Bhagavad Gita has been inspiring personalities, not only prominent Indians like Mahatma Gandhi, Sarvepalli Radhakrishnan and **A. P. J. Abdul Kalam** but also the likes of Albert Einstein, Aldous Huxley, Henry David Thoreau, J. Robert Oppenheimer, Ralph Waldo Emerson, Carl Jung, Herman Hesse and Bülent Ecevit. It continues to inspire millions more.

Present Prime Minister of India, **Narendra Modi** has strongly pitched the Bhagavad Gita as "India's biggest gift to the world". Modi gifted The Bhagavad Gita to the then President of the United States of America, Mr. Barack Obama in 2014 during his U.S. visit. He stated, 'I don't have anything better than the Bhagavad Gita to give and nor does the World has anything better to receive.'

Tulsi Gabbard, United States Representative: The Bhagavad Gita is the "perfect textbook" for those who are striving to be "servant leaders" and its message is relevant for all days and ages. It is as relevant today as it has always been and as it always will be... regardless of your age, where you come from, what language you speak, what gender... I have gradually been able to understand my true identity ... Who I really am, my spiritual essence, my purpose in life..."

Robert Oppenheimer, American physicist, and director of the infamous Manhattan Project read the Bhagavad Gita in the original form, citing it as one of the most influential books to shape his philosophy of life. Oppenheimer later recalled that, while witnessing the explosion of the Trinity nuclear test, he thought of verses from the Bhagavad Gita, 'If the radiance of a thousand suns were to burst at once into the sky that would be like the splendor of the mighty one.'

Ralph Waldo Emerson, American Essayist, Lecturer, and Poet said: "I owed a magnificent day to the Bhagavad Gita. It was the first of books; it was as if an empire spoke to us, nothing small or unworthy, but large, serene, consistent, the voice of an old intelligence which in another age and climate had pondered and thus disposed of the same questions which exercise us."

ISKCON, Bangalore suggests you not to go by the words alone of any great personalities, instead try it for yourself. Experience the nectar milked, ready to be fed, directly by the Lord Himself. As in the 18.66 verse of the Bhagavad Gita, Lord Krishna states, "Give up all varieties of religiousness, and just surrender unto me; and in return I shall protect you from all sinful reactions. Therefore, you have nothing to fear." The Bhagavad Gita needs to be read to get the true essence of human life. But the real question is, Will you?

Teaching of the Bhagavad Gita: The Bhagavad Gita has become compulsory for every student joining Seton Hall University in New Jersey, USA. This is a core course for all students, whatever be the discipline. America is becoming increasingly more spiritual as predicted by Swami Vivekananda over 120 years ago. Some professional institutions in India and the Kurukshetra University have started a unique academic course on Bhagavad Gita, which would enable students to lead a stress-free life. The Government of India should include the Bhagavad Gita as compulsory paper in syllabi in all educational institutions from school to university.

VII. CONCLUSION

There are many such things in our daily life where we have to think about what we should do or not and so many problems in our lives and how these are tackled with the help of Gita. Then we remember those verses of the practical application of the Bhagavad Gita in our daily life *which* shows us the way of fight from these problems and find out better solution. The only aim of human beings is to achieve bliss essence then he can fully free from all types of misdeeds and he always gets fearless from everything. The reason is that he gets full of *paramatama*. The more people who walk towards God, the more they will believe in God and will become fearless from problems. People get automatically the thought that they are part of the great '*paramatama*'.

The Bhagavad Gita exhorts us to live our lives with integrity, honesty, kindness, and strength. We can discover and fulfill our mission in life in this way. We can apply the wisdom of the Bhagavad Gita to face our own challenges and decisions with courage and honesty, and learn to live life truly and fully, just as Lord Krishna exhorts Arjuna to put aside all doubts and believe in his ultimate Self.

Commitment: No fund has been received from any source.

Dedication: I have dedicated this article in the name of Lord Sri Krishna, who governs the universe and enlightens the whole world through His science.

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