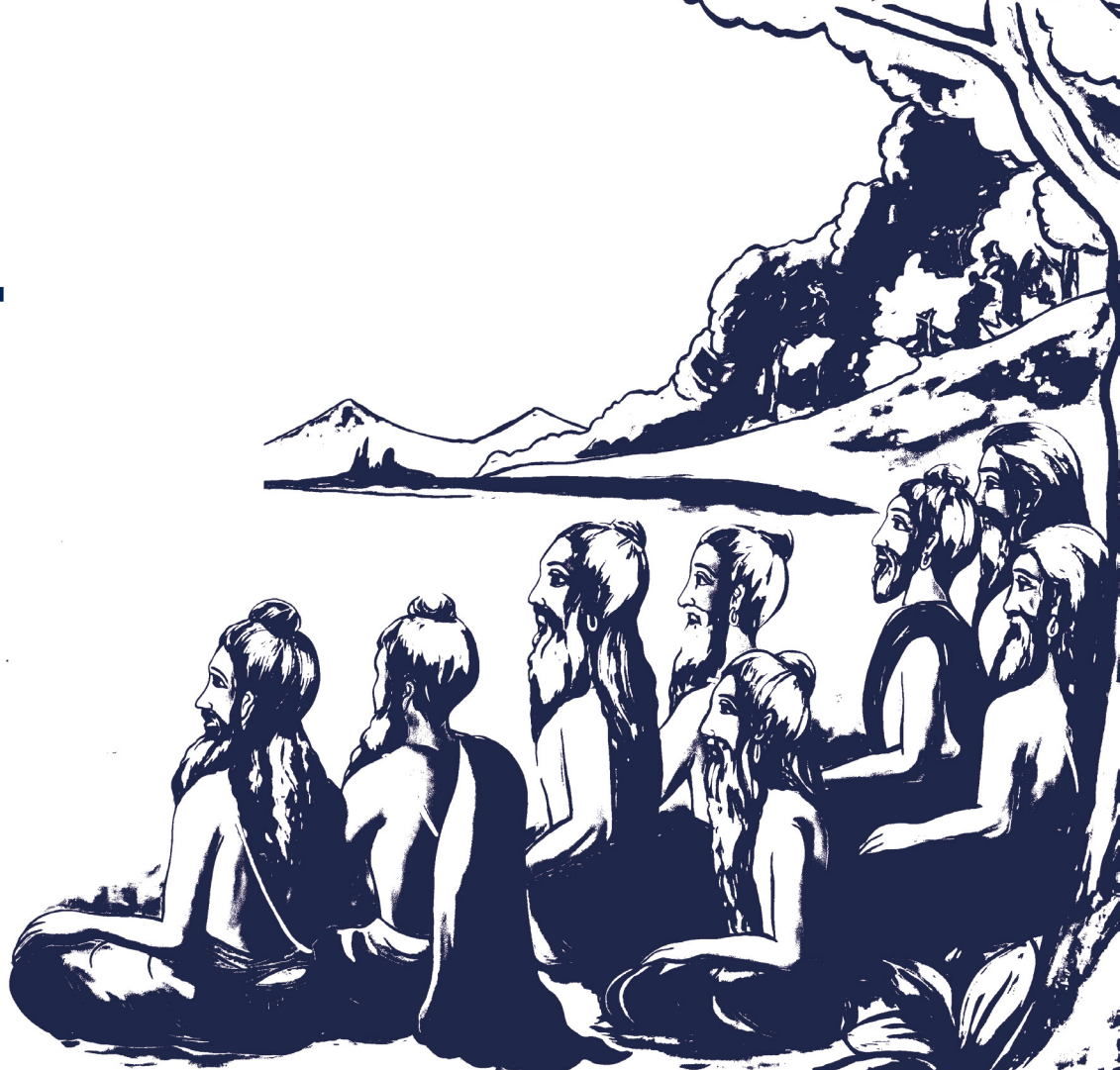


KNOWLEDGE



SELF- DEVELOPMENT



BhaktiMarga
JUST LOVE

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TRANSFORMATION BEGINS WITH SELF-AWARENESS

**kārpaṇya doṣopahata svabhāvaḥ pṛcchāmi tvām dharma
samūḍha cetasaḥ yacchreyaḥ syān niścitaṁ brūhi tan me śiṣyas te
śādhi mām tvām prapannam**

With my heart overcome by weakness and my mind confused about my duty, I urge you to tell me clearly what is good for me. I am your disciple and I take refuge in you. Please teach me.

Bhagavad Gītā, 2.7

WHAT IS THE CAUSE OF OUR MISTAKES?

Arjuna says:

But what is it, Kṛṣṇa, that causes one to stray even against one's own will, as if compelled by some force?

Lord Kṛṣṇa says:

It is the desire born of the guṇa of rajas and the resulting anger. That is the all-devouring, sinful enemy of the world.

Bhagavad Gītā, 3.36-37

HOW DOES THIS HAPPEN?

When one deliberates upon sense-objects, attachment to them arises; from attachment comes desire, from desire arises anger. From anger arises delusion; from delusion, there is loss of memory; from loss of memory the destruction of discrimination occurs; and with the destruction of discrimination, one is lost.

Bhagavad Gītā, 2.63

DETACHMENT AND SELFLESSNESS

**saktāḥ karmaṇy-avidvāṁso yathā kurvanti bhārata
kuryād-vidvāṁs-tathāsaktāś-cikīrṣu loka-saṅgraham**

Arjuna, just as the ignorant act with attachment to their work, so should the wise act without any attachment, thinking only for the welfare of the world.

Bhagavad Gītā, 3.25

CONTROL OF THE MIND IS THE KEY

**bandhur-ātmā'tmanas tasya yenātmaivātmanā jitaḥ
anātmanastu śatrutve vartetātmaiva śatruvat**

The mind is a friend to one who has mastered it. But for one whose mind is uncontrolled, it becomes the worst of enemies.

Bhagavad Gītā, 6.6

THE SOURCE OF ALL GOOD QUALITIES

**bandhur-ātmā'tmanas tasya yenātmaivātmanā jitaḥ
anātmanastu śatrutve vartetātmaiva śatruvat**

Intelligence, knowledge, non-delusion, forbearance, truth, restraint, self-control, pleasure and pain, exaltation and depression, fear and fearlessness; Non-violence, equanimity, cheerfulness, austerity, beneficence, fame and infamy – these different qualities arise from Me alone.

Bhagavad Gītā, 10.4-5

KR̥ṢṆA'S GIFT

**teṣāṃ satata-yuktānāṃ bhajatāṃ prīti-pūrvakam
dadāmi buddhi-yogaṃ taṃ yena mām-upayānti te**

*To those who are constantly engaged with Me, and
who worship Me with intense Love, I give them the
Realisation by which they can come to Me.*

Bhagavad Gītā, 10.10

SUMMARY

- Accepting the need to change is the first step
- At our lowest moments, we must surrender to true wisdom
- The cause of our downfalls is desire
- An uncontrolled mind and senses are the starting point of all wrong actions
- The wise learn to act in a sense of detachment
- Our minds are either our best friends or worst enemies

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