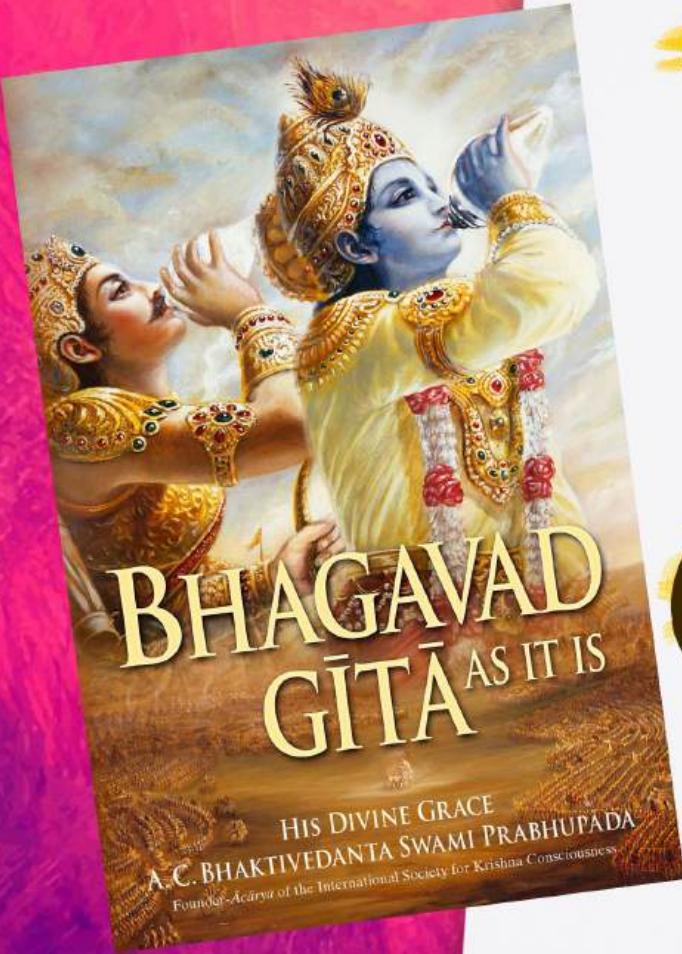




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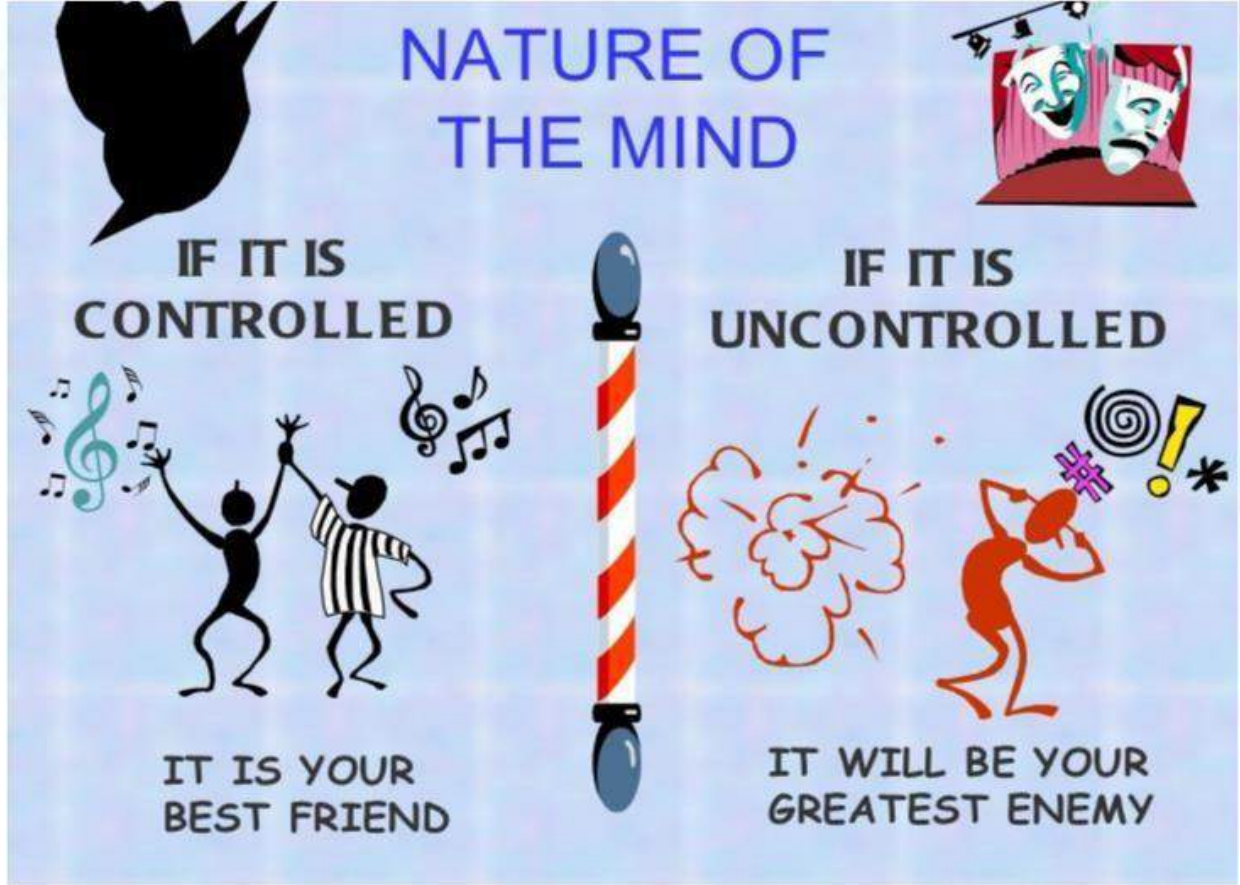
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How to use this Booklet -

1. For solving all the Questions, you need to refer 'Bhagavad Gita - As It is'.
For e.g. - BG 3.42 refers to 42nd verse of 3rd chapter of 'Bhagavad Gita - As It is'.
2. Those question which does not have Bhagavad Gita reference are from the content mentioned in book only.
2. Unless specified for all multiple type choice questions there is only one correct choice.

CONTROLLING THE MIND



बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।
अनात्मनस्तु शत्रुत्वे वतेतात्मैव शत्रुवत् ॥

For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy. - BG 6.6

From stress to heart attack, from depression to suicide, from petty quarrels to wars, the culprit behind all problems is the uncontrolled mind.

Let's THINK About It

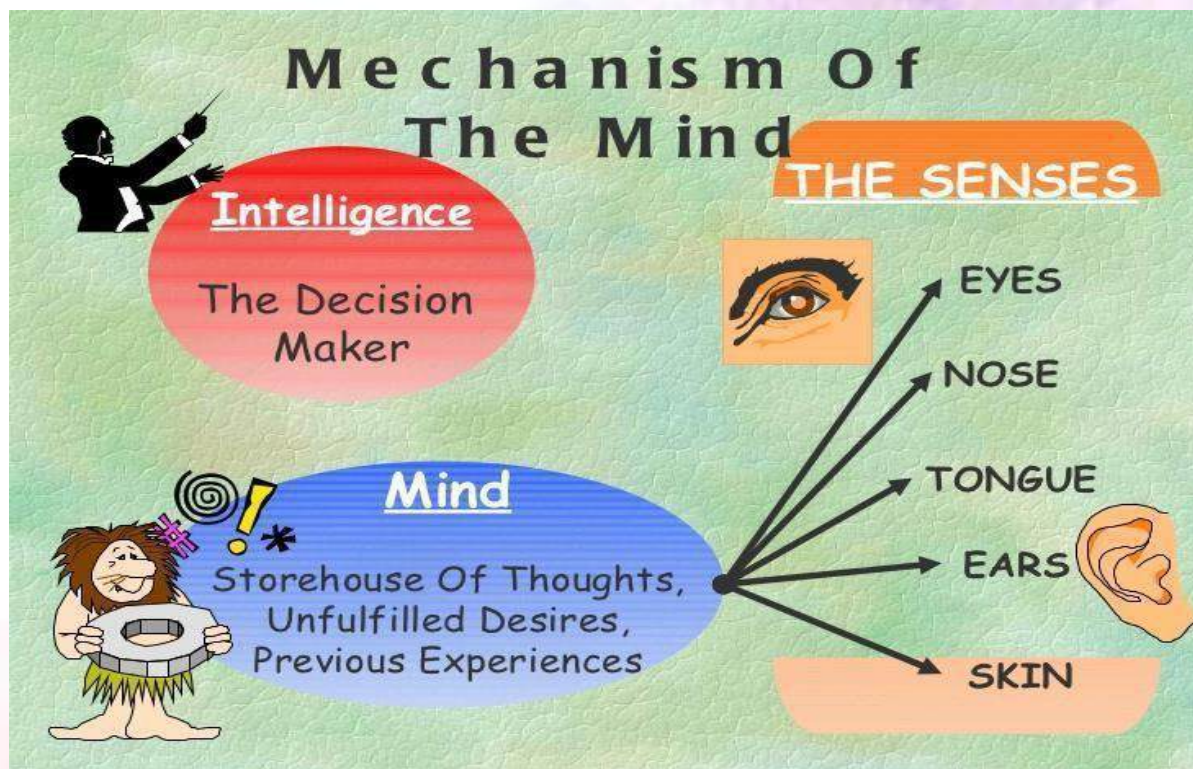
1. Have you faced any problem due to the uncontrolled mind? Discuss it with your friend.
2. "An empty mind is devil's workshop." Discuss

Let's Read and Learn

Let's start the chapter with a small exercise. Close your eyes and think of someone who you are fond of.

Generally, people who are self-controlled, polite are respected everywhere while mean, rude and people with uncontrolled mind are not liked by anyone, does anyone want to be disliked? Wouldn't you want to be liked by everyone? If you have controlled mind everyone will respect you.

There is no overnight shortcut to control the mind: if it were so easy. Modern man would not talk so much about mind control. To control the mind perfectly. One needs to learn and understand the working of body, senses, mind and intelligence.



INTELLIGENCE

Intelligence is the decision-maker. It is supposed to discriminate between good and bad and give proper direction and guidance to the mind, to know what to do and what not to do.

MIND

The mind is very subtle and is the storehouse of thoughts. Unfulfilled desires and previous experiences. The functioning of the mind is thinking, feeling and willing.

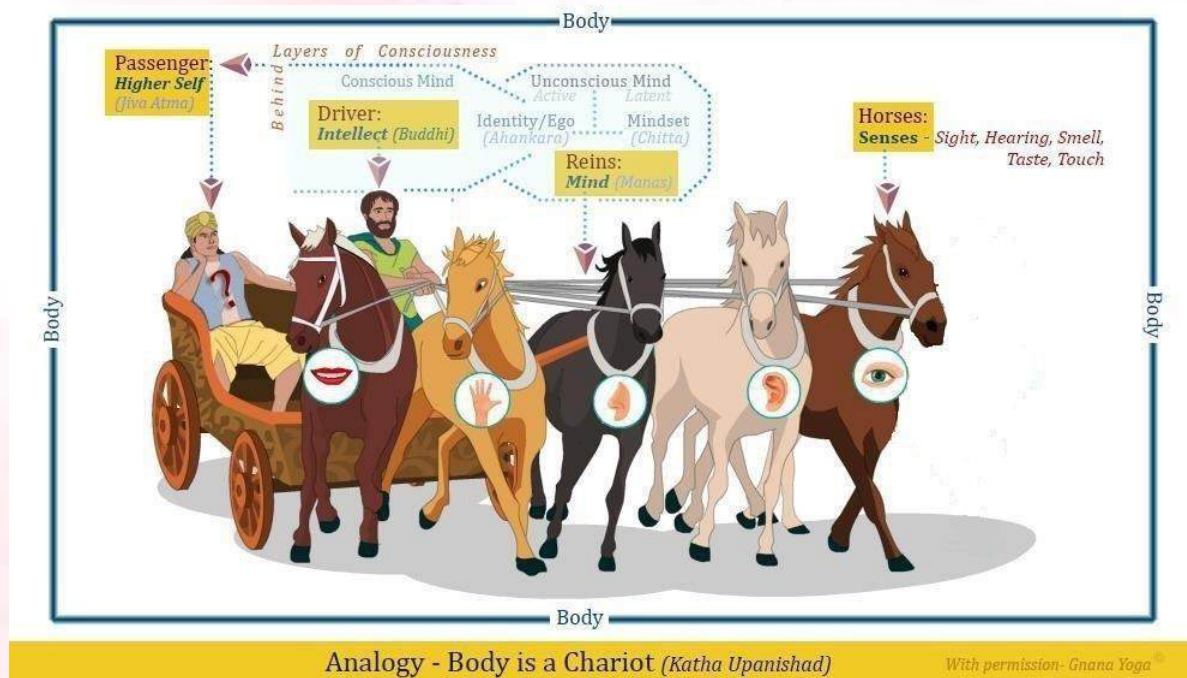
SENSES

We use senses to get information about the world around us. There are five knowledge acquiring senses - the eyes, nose, ears, tongue, and skin and the body acts with the help of five working senses namely voice, legs, hand, anus and genitals. Everything we perceive in the world falls into one of the five categories of sense objects- form, smell, sound, taste and touch.

Now, let us study an example to understand it better. When you are walking along the road and you see an ice-cream, first your eyes (senses) are attracted by the ice cream. This information is passed on the mind. The mind has previous experience of sweet taste of ice cream and input of seeing an ice cream. The mind consults the intelligence and the intelligence dictates to your hands and legs to go to the shop and buy the ice-cream. In this way, the coordination takes place between the senses, mind and intelligence.

THE CHARIOT OF THE BODY: AN ANALOGY

The Analogy mentioned here will help us to understand how the gross body, mind, intelligence and the soul works.



If horses are uncontrolled, it will take Chariot in the wrong direction; similarly, if the senses are uncontrolled and wild, the body will be led in the wrong direction. If however, the intelligence (driver) is strong and resolute, then he can exercise tight control on the mind (the reins), and thus restrain and discipline the senses (horses)

इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।

मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥ ४२ ॥

Therefore, we learn that the working senses are superior to dull matter; mind is higher than the senses; intelligence is still higher than the mind, and he [the soul] is even higher than the intelligence. - BG 3.42

NATURE OF THE MIND

The very subtle mind plays a major role in causing misery to us. The mind is sometimes compared to a monkey that jumps from one branch to another. The mind never stays stable on one object. It has the nature of thinking about one object and to think of another at the next movement.

The mind is not satisfied no matter how many of its desires you try to fulfil. Even the great personalities like Arjuna frankly admitted that mind is very difficult to control.

In Bhagavad Gita 6.34. Arjuna says -

The mind is restless, turbulent, obstinate and very strong, O Kṛṣṇa, and to subdue it, I think, is more difficult than controlling the wind.

Arjuna was such an expert warrior that he thought it could have been possible for him to control the wind with weapons, but in the battle against the mind, he felt he had no hope.

CONSEQUENCES OF UNCONTROLLED MIND

The uncontrolled mind makes a person miserable throughout his life. There is no peace and happiness in accumulation of wealth, or possessing bodily beauty, or in display of strength. The real secret of happiness is a controlled mind, which is gradually achieved through a God conscious way of life.

HOW TO CONTROL THE MIND

If the mind is controlled, the senses will not trouble us. The intelligence of a person must be strong, so that the mind is under its control, and then the senses are automatically subdued. The driver of the chariot must be stout, strong and expert in holding the reins tightly so that the horses are in check. The intelligence must be strengthened by hearing instructions from the superior books of knowledge like Gita. Good Spiritual instructions are the food for intelligence. They nourish the intelligence and purify the mind. When the intelligence (driver in chariot) is strong then he will be able to control the mind (reins of the chariot) tightly, and the soul (passenger) will have a peaceful journey. But as long as the intelligence is weaker than the mind, there is no possibility of any peace or happiness in our life.

FEW EASY WAYS TO CONTROL MIND

1. Keeping good company

We naturally pick up the qualities of those with whom we associate. For example, If one associates with drunkards, one may also become a drunkard and if one associates with thieves, one may also learn to steal. By the same principle, if one associates with God, one can also become Godly. In this modern age, practically everyone is to some extent a victim of bad association, but by the mercy of the Lord, one can immediately come to the platform of the most elevated association, association with the purest. Most exalted person—God Himself—simply by taking His name. Thus, one can become free from all impurities and thus becomes fully joyful.

2. Mantra meditation for peace of mind

It recommended the holy scriptures of all religions to chant the holy names of God. By chanting one can overcome bad habits like drinking, smoking, gambling and excessive TV watching. It also reduces stress, normalizes blood pressure, and liberates one from the cycle of birth and death. We can associate with God just by taking his name. Since God is omnipotent, He is present in his name and so when we utter his name, He is immediately with us. This association is extraordinarily beneficial

“Chanting the holy names of the Supreme Lord helped me give up bad habits. It changed my vision of things.” — Anne Schaufuss (Dutch Model) (Details about Meditation is in Chapter 8 of this booklet)

3. Do not allow the senses to wander away in any direction they want. Withdraw them from wrong engagements.
4. Engage the senses and the mind in topics of God.
5. Understand the meaning of life by reading thought-provoking books like Bhagavad-Gita, values of life etc.
6. Purify the senses by hearing and singing devotional songs, like the one you have during morning assembly prayers in the school.
7. Go to holy places: visiting temples, tirth-sthal, or any house of God.

STORY THE GHOST AND THE POLE

One man learnt black magic and summoned a ghost by mantras and rituals. He managed to keep full control over the ghost, which obediently carried out all his commands. One by one he got his jobs done by it. But there was one problem. The moment the ghost finished one job he had to be given another. If for a moment he remained free he would prepare to attack his master saying, "Give one more work or I'll devour you!"



It was alright for a few days there was enough work to do, but then it became exceedingly difficult to keep the ghost busy. The man grew worried and began fearing his own life. "Oh God, he thought, what shall I do? If I do not find enough work. I am a dead man. How can I find work upon work every day?"

His body took great toll and thinned in the growing tension. He himself was busy in search of new work for the ghost. Everything seemed to have gone wrong. Just then, in the middle of his trouble, he met a genuine saint. The saint showed him a way out. The man happily obeyed him and ordered the ghost. "Go and bring me the tallest bamboo from the jungle of Gir". Instantly, the ghost left and accomplished the given task. Next he said, "Erect the pole in the centre of the courtyard by driving it deep into the ground". This too was done quickly. "Now what?" the ghost demanded. "Now, climb up and down this pole until I call you for something else", the man ordered. Yes, it certainly kept the ghost busy. There was no end to it. Then the man relaxed. Whenever he needed a hand at farming, harvesting or watering or building, he called the ghost and then sent it back to the pole.

MORAL OF THE STORY

Our mind is just like that ghost – if it is free, it brings us great harm. or if we keep it busy with studies and God-conscious activities, we too can control the mind for healthy and peaceful living.

(God conscious activity means doing selfless service to God in temple, church, or mosque and it begins by chanting His names.)

Let's Answer

1. There is a saying, "Empty mind is a devil's workshop." It means
 - i. Better to have no thought at all in mind
 - ii. Mind should be filled with positive things
 - iii. Mind is a workshop of devils
 - iv. None of these

2. Fill in the blanks with either of these two words- (AN UNCONTROLLED OR CONTROLLED).

If our mind follows the senses and not the intelligence then it is _____ mind. If we (soul) follow our senses then we have _____ mind.

If we follow the dictation of Super soul (God) then our mind is perfectly _____.

If we follow our mind which is controlled by the senses then we have _____ mind.

If our senses run after the sense objects then we have _____ mind.



Story: Swabhava kripna was a poor Brahmin who lived alone in a small village. He had no friends or relatives, and used to beg for alms for his living. He was also a miser, and kept whatever little food he received as alms in an earthen pot that he hung beside his bed. He kept a watch on the pot, and ate from the pot only when he was very hungry. One day, he received a large quantity of rice gruel (porridge). He filled his pot with the rice gruel, and ate the remaining. He was so happy to have his pot

full; he could not take his eyes off the pot as he lay awake in his bed. After a long time, he thought in his mind about the pot full of rice gruel. He

thought that there was a famine in his village. He sold his pot full of rice gruel for hundred silver coins.

With this money he bought a pair of goats. His goats gave kids in months and he traded all goats for some buffaloes and cows.

Soon, even the buffaloes and cows gave kids, and they gave a lot of milk. He started trading milk and milk products like butter

and curd in the market. This way, he became a very rich and popular man. He kept thinking that he then

bought some horses and a large rectangular house with four buildings. He became popular, and another wealthy Brahmin was so impressed that he offered

his beautiful daughter for marriage. Soon after, they got married in a lavish ceremony.

Soon after, they got married in a lavish ceremony.



His wife gave birth to a son, who was named Soma Sharma. But his son was very naughty. He would play and make noise all day. One day, the Brahmin asked him to stop but he would not listen. Even his mother could not hear him shout as she was busy with her chores. Swabhava kripna became very angry, he kicked his wife.



As he was thinking, he kicked in air and his leg hit his earthen pot. The pot broke and all the rice gruel spilt down. This woke him up.

At once, he realized that he had been day-dreaming. He also realized that all the rice gruel he had saved and was happily dreaming about was lost. He was shattered.

3. Why mind is the most active part of the body? (BG 3.42)

- i. Mind has capability of multi-tasking
- ii. Mind is the store house of all past memories
- iii. Mind is active, then even though the body may be silent and at rest, the mind will act—as it does during dreaming
- iv. All of the above

4. Why Arjuna says that mind is most difficult to control? (BG 6.34)

- i. Mind is very complex and it is difficult to understand how it works
- ii. For the mind is restless, turbulent, obstinate and very strong,
- iii. As sky is limitless, capacity of mind is limitless
- iv. None of the above

5. As the brahmin's mind is not in control, he has to serve the dictations of (BG 6.7)

- i. Seniors like father, teacher
- ii. Lust, anger, greed
- iii. Psycho-physical nature
- iv. All of these

Once, a young man goes out of the village in search of a Guru who would teach him yoga. After wandering around in many places, finally he accepted one of the many yogis. He ate only roots, dry leaves and flowers. He slept on bare floor. He used to stand on one leg with hands up for 6 hours every day. After many years he returned to his village and saw his mind was racing to eat different foodstuffs and he started thinking what went wrong in his practice that in only few minutes he went crazy.

6. What according to Bhagavad Gita 4.26, 6.25, 6.34 are the effective methods of controlling the mind? More than one choices may be correct.

- i. Abstaining from sense gratification
- ii. Controlled by conviction, meditation, and cessation from the senses
- iii. Breathing exercises and yogic postures are the best way to stable the mind.
- iv. Easiest way to control the mind, as suggested by Lord Caitanya, is chanting "Hare Krsna," the great mantra for deliverance, in all humility.

“Raghnath ate his dinner and went for a walk with his father just one day before the exam. In the park, he saw an ice cream parlor and took a delicious one. As soon as he finished relishing his ice cream, he saw a stall selling his favorite veggie burger. He pushed his father to have one. His father denied but he started crying, yelling and became disturbed. After coming back home, he was still thinking of burger. He was not able to perform in the exam next day because of being disturbed.”

7. Why Raghnath became angry at his father. Referring to Bhagavad Gita 2.62, choose the right option

- i. Anxiety and nervousness because of exam pressure
- ii. Children are crazy after their likings
- iii. Too much greed is the cause of anger
- iv. Too much contemplation on the sense objects

8. Why Raghnath’s mind became the cause of his bondage? (BG 6.5)

- i. Absorbed in sense objects
- ii. Mind is overloaded with work
- iii. Mind has too many goals to accomplish
- iv. None of the above

9. When is our mind the cause of our liberation? (BG 6.5)

- i. When mind has no thoughts
- ii. Mind is neglectful of the surroundings
- iii. Detached from the sense objects
- iv. Mind is in harmony with nature

10. There is a saying, “Empty mind is a devil’s workshop.”

Therefore, according to Bhagavad Gita 6.18. The senses and the mind require _____ . Simply _____ is not practical.

- i. Engagements, abnegation
- ii. Recreation, relaxation
- iii. Encouragement, Repression
- iv. None of the above

11. Controlled mind voluntarily follows (BG 6.7)

- i. Superiors
- ii. Supreme personality of Godhead
- iii. Life and its mission
- iv. All of these

12. Why mind plays a vital role in our life? (BG 3.40)

- i. It is the thought processing unit of the body
- ii. It is the memory of our entire system
- iii. It is the centre of all the activities of the senses
- iv. All of the above

13. For what purpose the mind should be trained for? (BG 6.5)

- i. Achieving success in life, and helping in the advancement of civilization
- ii. Developing strong mental abilities to tackle the problems of life
- iii. Mind does not require training; life is itself its best teacher
- iv. the mind should be trained so that it will not be attracted by the glitter of material nature

14. How can one strengthen one's mind? (BG 3.42)

- i. By using the intelligence
- ii. By using the soul
- iii. By using the senses
- iv. By help of psychiatrists

15. Mention the order of superiority for the following: (BG 3.42)

Mind, senses, dull matter, soul, intelligence

_____ > _____ > _____ > _____ > _____

ART OF TOLERANCE

मात्रास्पशास्तु कौन्तेय शीतोष्णसुखदुःखदाः । आगमापाजयनोऽजनत्यास्तांन्द्रस्तजतक्षस्व भारत ॥ १४ ॥

The non-permanent appearance of happiness and distress, and their disappearance in due course, are like the appearance and disappearance of winter and summer seasons. They arise from sense perception and one must learn to tolerate them without being disturbed. (BG 2.14)

Let's THINK About It

1. Have you ever got provoked by difficult situation, how did you tackle it?
2. Is there any way you can permanently avoid distress in your life? Discuss.

Let's READ and Learn

It is easy to complain about anything, but it is extremely difficult to tolerate and even more difficult to appreciate. If our mother makes some nice dish for us to eat, if we find that it is having a little more salt or little less, what is our first reaction to it? If our first reaction is to criticize then we are not tolerant. But if our first reaction is to think how to appreciate the efforts of our mother and try to thank her for her love and care; then it means that we are tolerant.



Complaining shows that you are not grateful. When we complain without tolerating we are becoming insensitive to other's efforts. Gratitude means to always remember what one has done for you till the end of your life and be thankful to him for kind that act.

Examples of tolerance in our day-to-day life:

- Cooking in the kitchen even during the hot summer.
- Swallowing very bitter pills to cure a disease.
- Getting up early in the morning and going to school after taking a bath.
- Old age

When you understand that inconvenience is the part of life in this world – it is unavoidable, you do not pay too much attention to it. This way you can focus on doing your real duties. Besides, any situation of happiness and distress does not stay forever, it comes and goes. This also helps us to remain undisturbed and to nicely discharge our duties as prescribed in the Vedic scriptures. One such duty, for a student, is to respect and obey our parents and teachers.



Taking bath regularly even when it is chilly cold is an example of tolerance in our day-to-day life.

MAINTAINING A BALANCE STATE OF MIND IN LIFE

Being elated during happiness and being depressed during sadness are both indications that we are thinking that we are the doer of our actions. For example, if we stand first in the class in our examination, we think that we have succeeded due to our efforts, and if we fail, we think that I answered everything but still I failed and then we blame our teachers and the person who corrected it. In both cases we think that we are controlling.

But a person who is stable understands that neither our success is only due to our effort and also our failure is also not only due to someone else's mistake. But he understands that there are higher powers and also our own *karma* which is the cause of either our failure or our success.

If we get success, we should thank God and if we get failure then we should not blame God or anyone else for our failure. In both cases accept it as God's special arrangement to show us His love and mercy for our overall development and improvement.

LEARNING THE ART OF TOLERANCE

- **MOTHER EARTH**

The earth is very tolerant. The earth is constantly abused. Deep oil-drilling, atomic explosions, pollution, and so on, do not help the earth in any way. Yet, mother earth, tolerating such abuse, continues to provide food and shelter to every living being, generation after generation.



The earth's lush forests are cut again and again, creating huge wastelands. Sometimes the earth's surface is soaked by the blood of soldiers fighting one another in a war. Yet, despite all these disturbances, mother earth continues to provide the necessities of every living being. One may thus learn from mother earth how to tolerate.

- **LORD JESUS CHRIST**

When Lord Jesus Christ was on the crucifix after being beaten, tortured, and blasphemed, just before he entered into state of trance, his last prayer was, “Father, forgive them, for they do not know what they are doing.”



Jesus Christ taught his followers that unless you forgive those who hurt you, God will not forgive you. In forgiving, we are forgiven. Even in the midst of his terrible suffering, the heart of Jesus was focused on others rather than himself. The nature of his love is unconditional and divine.



THE STORY OF KING RANTIDEVA

Long time ago, there was a king named Rantideva. He had just completed a long fast for the welfare of the people of his kingdom. The fast had been very severe and he was on the verge of death. A large quantity of food was brought before him to eat. Just then a priest appeared and said, "O Rantideva, I am very hungry. Please give me food." The King decided to feed the priest to his satisfaction first. Then, before he could begin to eat, a peasant appeared before him and said, "O King, I am very hungry, please give me food." Rantideva fed the labourer. Again, before he could eat, a person came with a pack of dogs and said, "Rantideva my dogs are hungry; give them food and water." Rantideva fed the dogs. All that was left was a little water. If he didn't drink that water immediately, he would die; it was life or death. When he was about to drink that water, a low-class person appeared before him and said, "I am very thirsty; would you give me some water?"



Would you call this a provoking situation?

Rantideva with folded palms prayed, "My dear Lord, I do not pray to You for the mystic powers, nor for freedom from repeated birth and death in the material world. I want only to stay on this earth among all the living creatures and suffer all their pains for them. In that way they may be freed from all distress." With tears of gratitude in his eyes, he gave the water to that man. This is greatness; this is tolerance.



Though he was nearly dead from hunger and thirst King. Rantideva shared his food and drink with beggars.

All of a sudden, the priest and all of those personalities who had come to beg from Rantideva. Appeared before him and they all transformed into celestial beings. They gave him nice food and spoke. “We appeared before you in that way because we wanted to show the world what is a great person.”

MORAL OF THE STORY

A person's greatness is proportional to the ability of a person to tolerate provoking situations

GREAT IS THE PERSON WHO CAN TOLERATE

People admire those who are great. But what is greatness? Is it greatness to:

- Have a lot of money?
- Be famous?
- Be a good singer?
- Be a good dancer?
- Have a beautiful body?
- Be strong?
- Be heroic?
- Have a masculine body?

Some of the most degraded people in the world are millionaires and billionaires. It is found that it is the wealthy who fund terrorism. Is it great to be wealthy like them? Similar faults exist with all of the other attributes mentioned above. According to the Vedic scriptures, greatness is proportionate to the ability or a person to tolerate provoking situations. And among all situations that disturb us, none provoke as much as our own senses. Therefore, it is said,

**शक्नोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् ।
कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥ २३ ॥**

Before giving up this present body, if one is able to tolerate the urges of the material senses and check the force of desire and anger, he is well situated and is happy in this world. BG 5.23

The urges of our senses and our mind are the enemies that exist within us. They are also listed as six in number: lust, anger, greed, pride, illusion and envy. A person who can tolerate these is certainly very great.

Why lust, anger, greed, pride, envy and illusion are our enemies?



People driven by these enemies are dropping bombs, murdering innocent people, crashing planes, causing terror, death, fear and sorrow.

Unless we kill these enemies from within our hearts, these catastrophes will take place again and again.









AN EFFECTIVE REMEDY

It is rightly said that, "Hate the sin, not the sinner." A saintly person will hate the disease but love the diseased. We are all spiritual. We're all part of God. We're all brothers and sisters. If your sister has a disease, do you hate your sister or you hate the disease? If the disease is there, you hate the disease but you feel compassion, which is a symptom of love for your sister. There are people acting in very crazy, violent, and unethical ways, but deep within their heart is the *atma*, the soul, which is pure, which is part of God, which is our brother and sister, so we show our love and compassion for them. That is the knowledge of the truth.

These 6 enemies must be the object of our hatred because they bring us to this world of forgetfulness of God and keep us here, they prevent us from knowing God as our eternal master, guide, friend, and lover. Only when we transform that lust back into love for God then only, we can realize that we are His eternal servants and that our real happiness lies in serving Him.

According to the five-thousand-year-old Vedic scriptures, the chanting of the holy names of God cleanses the heart of lust, anger, greed, envy, illusion and pride. Thus, the original consciousness of the soul is uncovered and one's dormant love for God is automatically revived. This is possible because God and His holy name are non-different.

	<p>A: Association of Sainly person</p> <p>B: (Books) Vedic Scripture</p> <p>C: Chanting the Holy Names of God</p>		
Love for lust		Respect for pride	
			
Tolerance for greed	Compassion for anger	Reality for illusion	Humility for envy

TEN ADVANTAGES OF BEING TOLERANT

A tolerant person:

- a) Always enjoys greater inner peace
- b) Will be healthier (it has been medically proved that a positive and calm attitude helps one to keep better health)
- c) Will have divine qualities, like compassion for other living beings
- d) Sets a good example for others
- e) Will diffuse any tense situation
- f) Will be patient and respectful—have virtues that makes one a better person
- g) Lives with dignity
- h) Is dear to everyone and the Supreme Lord
- i) Has the ability to tolerate provoking situation
- j) He is able to do all of the above because he derives pleasure in glorifying the Lord

Let's ANSWER

1) A person who can tolerate the 6 enemies which reside within us is certainly very great. Name these 6 enemies?

2) What is the ABCD formula to overcome our 6 enemies?

3) Jesus Christ presented a vivid example of tolerance. He was on the crucifix after being beaten and tortured, still at that time he taught his followers that -

- i. Never underestimate your enemies
- ii. In forgiving, we are forgiven
- iii. As you sow, so shall you reap
- iv. None of the above

4) From the glorious life of King Rantidev, we learn that - A person's _____ is proportionate to the ability of a person to tolerate _____ situations. Please fill in the blanks.

- i. Strength, all
- ii. Intelligence, variety
- iii. Capacity, difficult
- iv. Greatness, provoking

SCORPION AND THE PERSON



After bathing in the Ganges, a person saw that a scorpion was drowning in the river. He lifted it and Scorpion stung his fingers and fell in the river. He lifted to rescue it again but he was stung again and it fell. This went on several times. An on looker was puzzled and asked him, “why are you rescuing this vile creature which is stinging you repeatedly as a reward for your kindness”?

The Person, lifted the Scorpion once more and replied when this creature can't forsake its nature, why should I change my nature and principle!" Thus saying, he threw the scorpion in a dry place.

5) What quality is exhibited by the person here? (BG 10.4, 10.5)

- i. Ksama
- ii. Damah
- iii. Asammoha
- iv. Tapah

6) Depending upon the quality he possesses, which social order the person belongs to? (BG 18.42-46)

- i. Mercantile class (Vaisya)
- ii. Administrative class (Kshatriya)
- iii. Labour class (Sudra)
- iv. Intellectual class (Brahmana)

WHO IS THE GREATEST?

Once, in times long gone by, the great sages of Bharat Varsha were gathered together and were eager to determine who, out of the Trimurti Brahma, Vishnu and Shiva, is the Supreme. Even after careful consideration and discussion, they were unable to come to a conclusion in this regard. It was then unanimously decided by the brahmanas present there that the Sage Bhrigu should be entrusted with the task of going to each one of them, to test and determine the Supreme personality amongst the three. Abiding by the desire of all the present personalities, Bhrigu set out on his quest to determine the Supreme Personality of Godhead.



He first decided to go to the abode of Lord Brahma, who happened to be the father of the sage. Upon reaching Brahmaloaka, Bhrigu entered the assembly of Lord Brahma and purposefully ignored paying respects to Brahma, which, being against the proper etiquette for one visiting an eminent personality as the creator of the material world and his father, was a big sign of disrespect and this greatly angered Lord Brahma, his anger being clearly visible on his face, with his eyes becoming red and his nostrils flaring in anger. Understanding him not to be the highest personality of Godhead, for he was offended by a mere disrespect committed in the mind, Bhrigu proceeded to test Lord Shiva. Upon arriving in Kailash, Bhrigu started verbally offending Mahadev by calling him bad names and disapproving of him. Hearing these insulting words from his brother, as both being the sons of Brahma are therefore brothers, Lord Shiva rushed at him with his trident in hand, enraged by his words, but he was checked by his consort devi Parvati. Thereafter, Bhrigu Muni came to the ocean of milk, where Lord Vishnu was resting upon Shesha Naag, while being served attentively by the Goddess of fortune. Seeing that Lord Vishnu had not gotten up to welcome him, he kicked his chest hard, thus insulting him physically. Being thus hit by the sage, Lord Vishnu came out of his Yoga nidra, transcendental sleep, and understanding everything that had happened, Lord Vishnu respectfully bowed down to the sage and started massaging the sage's feet, feeling greatly concerned and asking whether his foot was not hurt due to his hard chest. Lord Vishnu was concerned that the soft feet of the Brahmana would be hurt by having kicked his hard chest, which is as strong as a thunderbolt. Seeing the humility of Lord Vishnu and his respect towards the Brahmanas, Bhrigu Muni was convinced of the exalted position of Lord Vishnu as the Supreme Personality of Godhead. Hearing about the greatness of Lord Vishnu, all the sages agreed upon the supremacy of Lord Vishnu and offered obeisances to him, accepting him to be the Supreme Personality of Godhead.

7) Lord Vishnu here exhibits the quality of tolerance, what is tolerance according to Bhagavad Gita 13.8-12?

- i. One should control one's emotions and feelings.
- ii. One should be ready to bear all sorts of pains in life.
- iii. One should be practiced to bear insult and dishonour from others.
- iv. One should neglect whatever happens in one's life.

8) Mention at least five forces that one should learn to tolerate? Which are the forces which Lord Brahma and Siva were not able to tolerate? (BG 5.23)

9) If one is able to tolerate the urges of material senses, he is well situated and is happy in this world. Please mention in Column B which kind of urge is cited in column A (BG 5.23)

Column A	Column B
Watching obscene movies	
Eating more than required	
Started shouting at father when he asked his son to stop playing and start studying.	
Start whispering with classmate in middle of ongoing lecture in college.	
Drinking a cold drink despite of doctor restricted due to cough.	
Playing video games, cricket, etc with friends for long hours despite of having an exam tomorrow.	

10) Why is it necessary to develop tolerance? (BG 13.8-12)

- i. People by nature are envious of other, therefore one need to learn how to deal with them
- ii. This material nature is so constituted that there will be impediments at every step.
- iii. As the age progresses, one might have to face many more pandemics like Covid-19.
- iv. It is always good to develop good qualities.

11) Why should one not be disturbed and tolerate happiness and distress? Check all that applies: (BG 2.14-15)

- i. they arise from sense perception
- ii. to perform the prescribed rules and regulations of religious principles in any condition raises one to the platform of knowledge
- iii. to increase the mode of passion and ignorance in the person.
- iv. by knowledge and devotion only one can liberate oneself from the clutches of illusion

LIVING ON MOTHER NATURE'S GIFTS

अन्नाद्भवन्ति भूतानि पर्जन्यादन्नसम्भवः ।
यज्ञाद्भवति पर्जन्यो यज्ञः कर्मसमुद्भवः ॥ १४ ॥

All living bodies subsist on food grains, which are produced from rains. Rains are produced by performance of yajña [sacrifice], and yajña is born of prescribed duties. (BG 3.14)

Let's THINK About IT

1. What are the benefits that we derive from nature but cannot be artificially made?
2. The industrial revolution has brought dissatisfaction, conflict and pollution. Discuss.
3. About 13 million hectares of forests are destroyed every year. (This is roughly the size of Tamil Nadu.) Such cutting down of trees has in turn destroyed our sources of water. Discuss.

Let's READ and Learn

HUMAN SOCIETY SHOULD DEPEND ON NATURAL GIFTS

According to Scriptures, one is considered to be a rich man by his stock of grains and number of cows. With only these two things, cows and grains, humanity can solve its eating and economic problems. All other things are simply artificial-

-- things that are not needed. Sometimes these are sinful and degrading, or at the very least, waste our valuable time.





Man can remain well fed on grains, fruits, milk, vegetables and herbs. Then what is the need of running a slaughterhouse to kill poor animals? A man need not kill an animal if he has sufficient gains and vegetables to eat.

Rivers and rain provide water to drink and fertilize the fields; the sun ripens the grains; the hills provide minerals, and the oceans jewels; the cows of course give milk.

With sufficient grains, minerals, jewels, water and milk, etc., what then is the need for any industrial enterprise? They cost so much, need a lot of labour, and they pollute the water and the land.

God gives the grains and the fruits of the earth for food; and for righteous men truly there is no other lawful sustenance for the body.

Without the help of even one factory, God provides all of our needs through nature so that we may save time for self-realization and attain success in our human form of body.



I AM GOD

The natural gift such as grains and vegetables, fruits, rivers, the hills of jewels and minerals, and the seas full of pearls are supplied by the order of the supreme, and as He desires, material nature produces them in abundance or restricts them at times. The natural law is that the human being may take advantage of these Godly gifts by nature and satisfactorily flourish on them without thinking themselves as the supreme controller or God.

Human Being should not think himself as the Supreme Controller or God

All these natural gifts are dependent on the mercy of the Lord. What we need, therefore, is to be obedient to the laws of the Lord and achieve the perfection of human life by serving Him.

Man has to simply manage nicely the facilities given by God. Agricultural enterprises can be managed for the proper growth of vegetables and grains. Abundant supplies of milk, yogurt and ghee can be arranged through living with and protecting the cow. Similarly, Honey and other resources can be arranged by protection of the forests.



A demoniac, Godless civilization, on the other hand, neglects this natural way of life. The emphasis on skyscrapers and automobiles, always rushing up and down the highways, is superfluous to the actual needs of man.

**आत्ममाता गुरोः पत्नी ब्राह्मणी राजपत्निका ।
धेनुर्धात्री तथा पृथ्वी सप्तैताः मातरः स्मृताः ॥**

*ātma-mātā guroḥ patnī brāhmaṇī rāja-patnikā
dhenur dhātrī tathā pṛthvī saptaitā mātaraḥ smṛtāḥ*

These mothers are the original mother, the wife of the teacher or spiritual master, the wife of a brāhmaṇa, the king's wife, the cow, the nurse and the earth.

RESPECTING OUR MOTHER COW

As our mother lovingly provides all necessities for life to her children, similarly in Vedic tradition, mother cow and mother nature provide all necessities to human society. Human society reciprocates the services of mother cow by protecting, serving, worshiping, adoring and glorifying her. The bull is the symbol of religion; he is like the father, helps to produce the grains by ploughing the fields.



Our mother provides milk for a year or two, mother cow gives milk for the whole life



Milk



Used for drinking



Making Yogurt



Yogurt



Used for eating



Making Butter and Buttermilk



Butter



Used for eating



Making Ghee



Ghee



Used for eating



Can keep it for years

A TRUE STORY: A COW THAT GAVE MORE THAN JUST MILK

This is a story of a fearless and friendly cow from a village in Gujarat, India. This story was in a news release on May 13, 2003.

The state wildlife department learned about a leopard that had been daily visiting a cow in the Antoli village, in the Vadodara district, for the last eight months. Of this, the wildlife warden, Mr. Vyas, said, "It was unbelievable, the leopard would approach the cow and the fearless cow would lick the leopard on its head and neck. The cow had fed the leopard with her milk and that is how the leopard had grown up. The cow and the leopard had formed a beautiful bond.

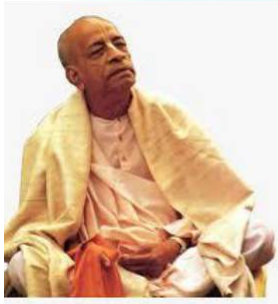


The forest department had been trying to capture the beast for some time but gave up this effort after learning about its friendship with the cow. The leopard would also not harm any other animal or human in the village. This benefitted the villagers as other animals would not eat or damage their crop for fear of the leopard---so much so, the villager's crop yield went up by 30 percent during that year.

Unfortunately, modern civilization encourages man to kill the cows---cows that are the source of yogurt, milk, and ghee. They cut down all the useful trees---such useful trees supply honey and fruits. They open factories to manufacture nuts, bolts, automobiles and process wine, instead of engaging in agriculture. How then can the people be happy?

MORAL OF THE STORY

Cow is the mother of all living entities



No one can eat nuts and bolts. And thus man simply suffers one ailment after another, for the lack of proper nutrition. Their bodies become old before their time. A bad odour emanates from their bodies because of eating animal flesh or decayed food. This is not civilization.

– Srila Prabhupada

SAVE OUR NATURE

Some of the important ways to live in harmony with Mother Nature are also easy:

- i. Spread the message and benefits of a God-conscious life by distributing the Holy Scriptures. This will enable everyone to live in harmony with the laws of nature.
- ii. Plant more trees. Choose an open area or ground near your home or school to plant trees. Encourage your friends and classmates to join you.

Some of the benefits of a trees are:

- i. Clean air: they provide oxygen;
- ii. They help to conserve energy;
- iii. To retain water in the ground;
- iv. Prevent soil erosion;
- v. Reduce air and water pollution;
- vi. Provide food and shelter;
- vii. Provide a habitat for birds and animals;
- viii. Provide fuel;
- ix. Provide wood for furniture.



- iii. Walk more, drive less. Choose to walk short distances, instead of using your vehicle every time. Walking is also one of the cheapest and easiest ways to stay fit. Both cycling and walking are good. You'll also reduce the air pollution that would have come when using a vehicle and save fuel and money.

Maintain your vehicles in good condition. This also reduces air pollution.

- iv. Save water. Water is an essential natural resource. The simplest way to save water is to turn off water taps after use, and use only as much as is necessary. Do not dump garbage down a storm drain. Do not pollute rivers by dumping garbage, sewage or other waste material in them.
- v. Save energy. Make sure the electrical appliances are not left on when they are not needed or when leaving the room. Make a point to switch off any television, music system or computer that is not being used.
- vi. Avoid the use of plastics. Unlike paper, glass or wood, plastics do not degrade easily. A plastic water bottle left out today would be in the same condition even after fifty years! Filling valuable land with plastic materials simply clogs natural water resources, doing much harm.
- vii. Reduce noise pollution. Listen to TV and music at a low volume; try to avoid burning crackers and playing with loud toys. Speak politely in a low volume.
- viii. Never abuse animals or any other living entity as all are children of God, with an equal right to live. Balance in nature can be maintained only if we respect all life forms.
- ix. Create awareness about the urgent need to increase the population of food grains through farms and village communities.



Now-a-days, people have given up the agricultural activities to come to cities, working in factories to produce motor, tyre, tube, nuts and bolts. So, are they inviting any trouble in the future?

All over the world there is enough space for producing food grains. And if all the available space is used to produce food grain, more than ten times the present population of the whole world can be maintained. There is no question of scarcity because God has created everything complete. This has been arranged for every species of life. Otherwise, how have all the different species of life managed to exist till now?

There is no defect in the creation of God. Yet, defects or difficulties are found among humans because of disobedience to the orders of God. For example, many countries engage much energy and natural resources in the making of wars materials. War is of course a great defect and difficulty for everyone. When food grains are sufficiently produced, both animals and human beings can be nourished and maintained without difficulty. This is nature's or God's arrangement.

NATURE: THE BEST TEACHER



THE EARTH

The earth is constantly harassed by deep oil drilling, atomic explosions, pollution, deforestation, wars, etc. Despite all these disturbances, the earth continues to provide all necessities of the living beings.



THE TREES

The trees give us fruits and flowers, cooling shade, medicines, etc. Even when a tree is cut down it does not protest but continues to give service to others in the forms of firewood.



THE HONEYBEE

The bee goes from flower to flower, taking just a small sample of what it needs. However, if the bee becomes greedy, enjoying too much honey, it risks being trapped when the sun sets and the flower's petals close.



THE MOUNTAINS

The mountains give sustenance to various forms of life such as trees, grass, birds, animals and many more. It also provides waterfalls and rivers which supports life.



THE PYTHON

The python lies quietly for longer periods without food. It does not search desperately, like other wild animals, but rather waits for its prey to come within range. If nothing appears, it can tolerate hunger.



THE OCEAN

In the rainy season, the ocean has increased water flow from rivers, but it does not raise its level. And in dry season the ocean's level does not diminish. Its level is steady in both conditions.

Let's ANSWER

1) There is no defect in the creation of God. Yet, defects are found in humans. For example, many countries engage lot of energy and natural resources in making of war materials. War is of course a great defect and difficulty for everyone.

What is the reason for these defects?

- i. disobedience to the orders of God.
- ii. Scarcity of natural resources.
- iii. Lack of Technological development
- iv. Cut throat competition and lack of cooperation.

2) “As in everything, nature is the best instructor” - Adolf Hitler. Below are few lessons which mother nature teaches us, match the following based on your understanding: -

Earth is constantly harassed by drilling, atomic explosions, pollution, deforestation etc despite these disturbances it provides all the necessities of living entities.	Greed leads to destruction
Trees give fruits, flowers and cooling shade. Even if cut they continue to provide service in the form of firewood.	Balanced state of mind
In rainy season, ocean receives increased water from the rivers but still the level of ocean never increases. And in dry season Ocean’s level does not diminish. It always remains steady.	Compassion
Honey bee goes to flower to flower and just takes a sample of what it needs. However, if it is greedy and takes more honey, it risks its life by being trapped in the flower when the sun sets and the petals close.	Tolerance

- 3) Without the help of even one factory, God provides all of our needs through nature. Go saves so much of our time, so that we can:
- i. focus more on our studies & get good marks.
 - ii. spend quality time with our parents & relatives.
 - iii. strive for self-realization and attain success of human life.
 - iv. None of the above.
- 4) All the natural gifts we receive are dependent on the mercy of the Lord. What would be the best way of expressing our gratitude towards the Lord?
- i. Every morning say “thank you” to the Lord.
 - ii. obedient to the laws of the Lord.
 - iii. Lord is like our father, so with him, the formality is not needed.
 - iv. None of the above.
- 5) Science says that human body needs animal fat for proper growth. What is the best source of obtaining the animal fat? (BG 17.10)
- i. Eggs
 - ii. Fish oil
 - iii. Milk
 - iv. Meat

HUMANITY’S DEPENDENCE ON NATURE

The extent of humanity’s dependence on nature is best illustrated through the medium that is valued the most in modern society - money. In the science magazine *Nature*, issue dated 15 May, 1997, researchers from the University of Maryland presented the world with a “bill to nature” for \$16 trillion to \$54 trillion US dollars per annum for the natural resources and raw materials that humanity takes from nature: food, water, air, lumber, rocks, metals, jewels, oil and so forth. Our cosmic bill to the sun is far more staggering. American scientist Dr. Edwin Kessler has calculated that, if we had to pay 5 cents per kilowatt-hour (a relatively cheap price) for the energy provided by the sun every day over the state of Oklahoma (which covers an area of about 200 thousand km²), the cost would be around \$60 billion per day!

Please answer the following questions based on Bhagavad Gita: -

- 6) For what purpose is the nature providing us with so many resources free of cost, without our paying the bill? Check all the options which are correct. (BG 3.12, 3.14)
- i. For enjoying life to the fullest extent
 - ii. To keep ourselves fit and healthy
 - iii. For achieving the ultimate goal of life
 - iv. To help in industrialization

7) What is the way of paying the bill to nature and avoiding being a thief? (BG 3.12,3.14)

- i. By donating in an organization which preserves the natural resources
- ii. By participating in government drives like cleaning the holy rivers etc.
- iii. By judiciously utilizing the resources and exploiting them
- iv. By not forgetting the purpose of life
- v. All of the above

8) Fill in the blanks (BG 3.14)-

The field production is due to _____ from the sky, and such rains are controlled by _____ like Indra, sun, moon, etc., and they are all _____. The Lord can be satisfied by _____; therefore, one who cannot perform them will find himself in _____ that is the law of nature.

9) Please select all the statements that are correct. Multiple choices may be correct (BG 3.12, 3.14) -

- i. We should be dependent on the production of field rather than the production of big factories
- ii. We are not completely but partially dependent on the production of field.
- iii. Both vegetarians and non-vegetarians are dependent on the production of field.
- iv. Raw materials for manufacturing enterprises can also be produced in factories.

10) What is the cause of our unhappiness? (BG 3.12, 3.14)

- i. As this material world has limitations, limited resources are the biggest cause of our unhappiness
- ii. Cut throat competition for the resources between people, societies and nations.
- iii. Leaders of the society have not allocated the resources properly among the people.
- iv. People are breaking the laws of nature. Therefore they are punished by the laws of material nature.
- v. People are stealing the resources of nature for their selfish interest and a society of thieves can't be happy.

WHO MADE IT?



Sir Isaac Newton had a friend who, like himself was a scientist. Newton was a Christian and loved the Lord Jesus Christ. However, his friend was not a Christian. He didn't even believe that there was a God! Newton had spoken to his friend many times about how God had created a wonderful universe. Each time, though, his friend would shake his head saying, "No," and reply that the universe "just happened."

Newton had finished the design of a scale model of our solar system. A very skilled craftsman then built it from Newton's plans. In the centre was a large ball made of brass which represented the sun. Revolving around this sun were smaller balls attached to spokes of different lengths.

These balls represented the planets, and the spokes placed them at the proper distances from the sun. All of these balls, representing Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune, were in their proper order. (Today we know that the planet Pluto is also in our solar system, but Newton did not know this.) These balls were all geared together so that when a crank on the front was turned, they all moved in their orbits around the sun.

One day Newton was in his study reading when his friend came to visit him. His friend saw the model and instantly recognized what it was. As he slowly cranked the model he studied it closely. He said to Newton, "This is tremendous! Who made it?"

"Nobody," Newton answered without looking up from his book.

His friend turned to him with a confused look and said, "You must not have heard me. I asked, 'Who made this wonderful model?'"

Looking up, Newton said with a perfectly straight face, "Nobody made it. Those balls and gears just appeared and put themselves together!"

His friend, now quite upset, said, "You must think I'm a fool! Of course somebody made this! He's a genius, and I'd like to meet him!"

Newton set his book aside and slowly walked across the room to his friend. As they stood in front of the model, Newton explained to his friend, "This model is just a poor imitation of our wonderful universe. You know the laws and the precise order which govern our universe. I can't seem to convince you that this model, this toy, does not have a designer or a maker. However, you have said many times that the solar system, which this model represents, 'just happened.' Now tell me, is that the logical conclusion of a scientist?". Newton's friend quickly understood how foolish he had been. He realized that there had to be a Master Designer and Creator for everything!

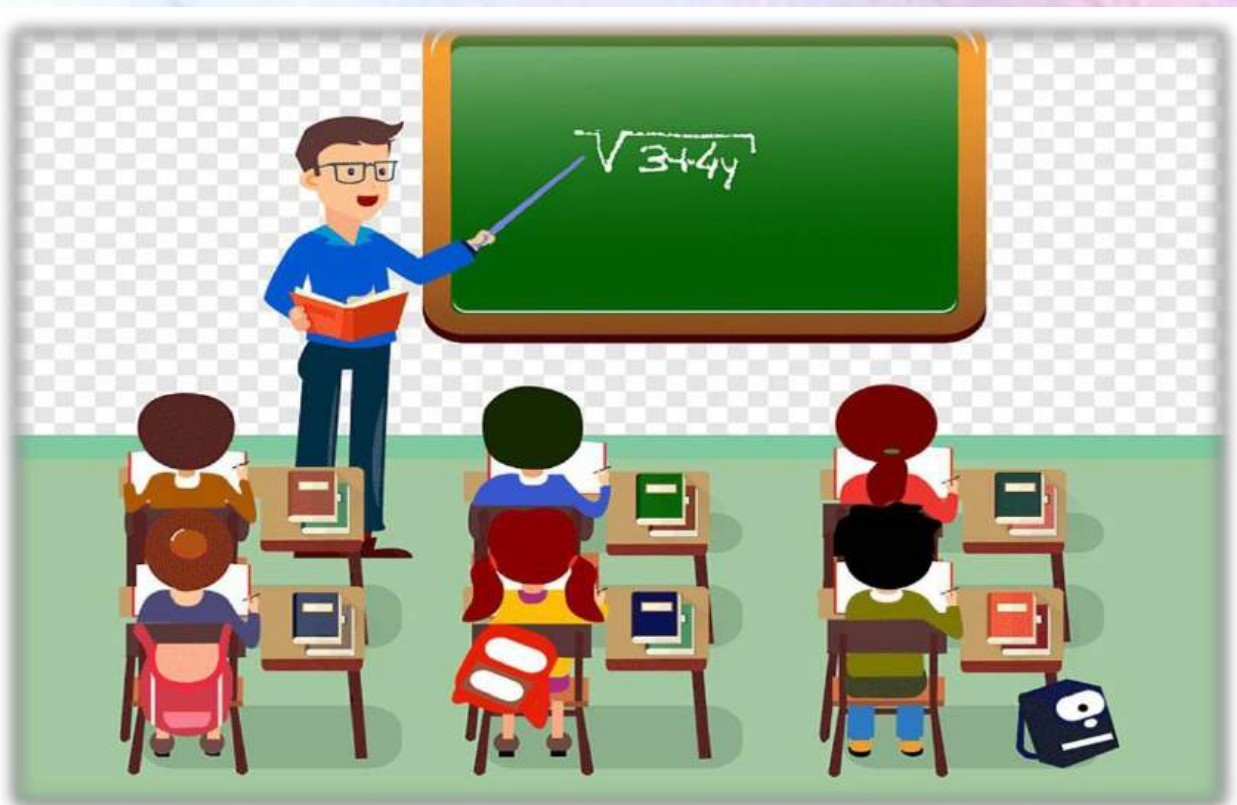
11) According to Bhagavad Gita 9.10 and 10.8, who is the master designer and controller of this material universe?

- i. Demigods - Lord Siva, Lord Brahma
- ii. Supreme Lord Krishna
- iii. Material energy of the Lord
- iv. All of the above

12) Which Sanskrit terms prove the above fact: (BG 9.10)

- i. *mayādhyakṣeṇa prakṛtiḥ*
- ii. *sūyate sa-carācaram*
- iii. *hetunānena kaunteya*
- iv. *jagad viparivartate*

POSITIVE ATTITUDE



योगस्थः कुरु कमाजि सङ्गं त्यक्त्वा धनञ्जय।
जसद्भ्यजसद्भ्योः समो भूत्वा समत्वं योग उच्यते॥

Perform your duty equipoised, O Arjuna, abandoning all attachment to success or failure. Such equanimity is called yoga - BG 2.48

An optimist sees an opportunity in every problem and a pessimist see a problem in every opportunity.

The difference between can and cannot are only three letters - three letters that determine your life's direction.

Let's THINK About it

1. To which category do you belong - optimist or pessimist? Discuss.
2. What is need of Positive attitude, discuss with your friends.

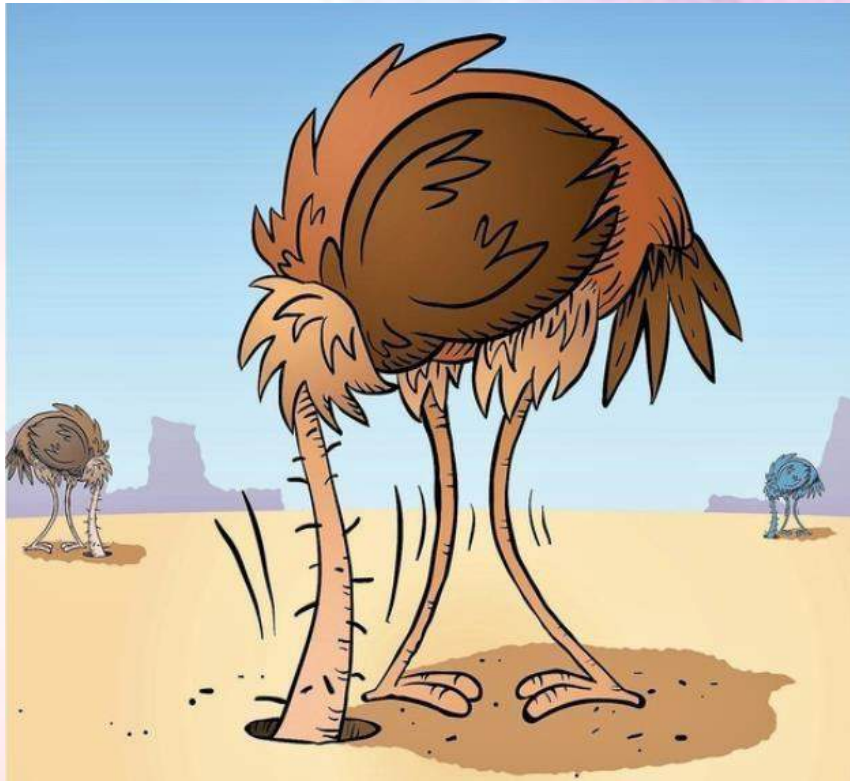
Let's READ About It

The people with positive attitude never lose hope in difficult situations and strive to overcome them. Such people finally taste sweet success. Most of the successful people are successful due to their positive attitude and complete faith in the goodness of God.

DO NOT RUN AWAY FROM DIFFICULTIES:

It is very interesting how the ostriches deal with the crises. When the lion comes to eat the ostrich, the ostrich runs and when he sees the lion coming up behind him, he digs a hole in the ground, puts his head in the ground, and thinks, "Now I am safe."

But the fact is the lion is about to eat the ostrich. Sticking its head in a hole in the ground is not going to change the situation.



When people in the world today are in difficulty and do not want to tackle problems constructively, but somehow or other escape them, they take shelter of gossip, drugs and bad association. This is just like the ostrich Sticking its head in a hole to "escape" the lion.

In the battlefield of Kurukshetra, Arjun was faced with a severe crisis but he turned towards the supreme Lord Krishna and hence the Bhagavad Gita was spoken. Krishna taught Arjun to see the opportunity in every situation and work accordingly. We should do our work for the welfare of others in a spirit of compassion, and to develop our loving relationship with God.



The most powerful positive attitude is to serve in all situations with complete faith in God.

THE POWER OF POSITIVE ATTITUDE:

A sparrow had such strong determination, her challenge was beyond our imagination. The ocean tide took her eggs. She challenged the ocean with swag.



She asked the eggs to be returned, taking water in her tiny beak, she tried to dry up the ocean.

Watching his sister struggle, Garuda came to help, terrified, the ocean returned the eggs without even a yelp. The sparrow conquered the ocean with a positive attitude, her determination deserves a salute.



**व्यवसायात्मिका बुद्धिरेकेह कुरूनन्दन ।
बहुशाखा ह्यनन्ताश्च बुद्ध्याऽव्यवसायिनाम् ॥ ४१ ॥**

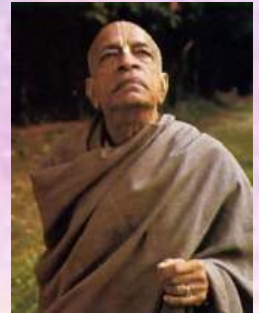
Those who are on this path are resolute in purpose, and their aim is one. O beloved child of the Kurus, the intelligence of those who are irresolute is many-branched.

(BG 2.41)

Let's see some wonderful examples of the positive thinkers who had complete faith in the Supreme lord.

SRILA PRABHUPADA:

In 1965, at the age of seventy, with just Rs. 40 in his pocket, Srila Prabhupada left India for the first time to fulfil the order of his spiritual master. During his voyage at sea, he suffered two severe heart attacks but he didn't lose courage. He founded the International Society for Krishna Consciousness and established 108 Krishna temples in six continents. He accepted 5000 disciples from various nationalities, races and religious backgrounds. He wrote approximately 70 books on the science of God, sleeping only a few hours a day. Srila Prabhupada also circled globe fourteen times, visited 24 countries.



CHHATRAPATI SHIVAJI:

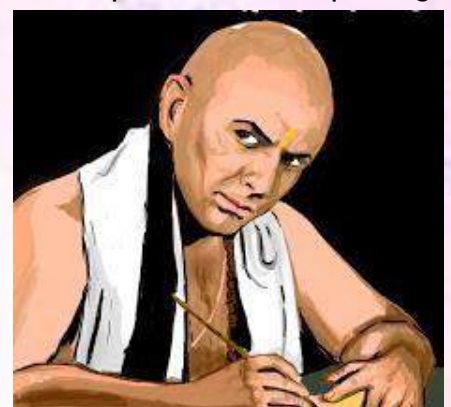


Chhatrapati Shivaji Maharaj, born on February 19, 1630, at Shivneri Fort, was a renowned Maratha warrior and founder of the Maratha Empire in western India. He was the son of Shahaji Bhosale and Jijabai. Shivaji demonstrated exceptional leadership from a young age, capturing his first fort at 16. His military genius lay in guerrilla warfare and establishing a strong navy, safeguarding the Konkan coast.

His promotion of Marathi and Sanskrit over Persian helped revive regional culture. Shivaji's policies reflected progressive views on women's rights and religious tolerance, ensuring respect and protection for all communities.

CHANAKYA PANDIT: Chanakya, also known as Kautilya or Vishnugupta, was a brilliant ancient Indian philosopher, economist, and royal advisor, born around 350 BCE. He is renowned for his role in the establishment of the Maurya Empire and his pivotal work, the *Arthashastra*, a treatise on statecraft, economics, and military strategy. Chanakya's intellect and strategic acumen were instrumental in the rise of Chandragupta Maurya, whom he mentored to overthrow the Nanda dynasty and unify India. His teachings emphasized pragmatic and ethical governance, economic prosperity, and the importance of espionage and diplomacy.

Despite facing personal adversities, Chanakya's unwavering dedication to his vision of a powerful and unified India left a profound impact on Indian history. His wisdom and strategies continue to be revered, embodying the essence of resilience, intelligence, and visionary leadership. Chanakya remains a timeless symbol of astute statecraft and enduring wisdom.



Let's ANSWER

1. Shown below is a Photograph of a musical group. In 1962, they presented their music to all the leading record companies but were rejected by all of them. The name of the musical band was "The Beatles" the most famous music band in the history of the western world.



What according to you must have helped them to become successful?
Tick as many options as you like.

- Strong faith in God
 - Negative thoughts
 - Courage
 - Jealousy
 - Focus
 - Positive attitude
 - Fear
 - Determination
2. In Mahabharata, what did Arjun do when faced with severe perplexity and depression?
 - i. He turned towards God (Lord Krishna) and learned to see the positive aspects in every situation.
 - ii. He ran away from the battlefield.
 3. Which of the following are appropriate qualities for having a positive attitude (BG13.8-12)
 - i. Humility
 - ii. Pride
 - iii. Shrewd
 - iv. Forgiving
 - v. Spiritual knowledge

4. Which of the following are the reasons for Arjuna's negative attitude in doing his duty? (BG1.31)
 - i. Attachment to material happiness
 - ii. Fear of being killed
 - iii. Fear of defeat by Kauravas
 - iv. Desire to go to the forest
5. What is the mental attitude of a Krsna conscious person when dealing with difficulties in life? (BG 2.56)
 - i. Thinks that miseries are by my karma and they are reduced by God.
 - ii. Find out the cause of difficulty and deal an eye for an eye.
 - iii. Feel morose and cry.
 - iv. none
6. To develop a practical positive mental attitude what should be our response to pain and pleasure? (BG 2.14)
 - i. There is no pain in this world.
 - ii. This is what is life - Kabhi Khushi Kabhi Gam.
 - iii. I am an eternal spirit and these superficial pleasures and pain should be tolerated.
 - iv. We should not think about these things, they make a person useless.
7. What is the response of Krishna to Arjuna's negative attitude in fighting? (BG 2.11)
 - i. He encourages Arjuna not to fight and just be happy.
 - ii. He asks him to just fight and don't think about feelings.
 - iii. He chastises Arjuna and shows him how learned people should not feel bad and lament; and encourages him to fight.
 - iv. none
8. In BG 2.1, where Arjuna is depressed, in purport, it is said Krishna can dissipate lamentation of an ignorant man. What needs to be done for that?
 - i. Work without attachment and be fixed in the science of the real self.
 - ii. Eat, drink and be merry.
 - iii. Ignorance is bliss. No need to dispel it.
 - iv. none

"So much wealth do I have today, and I will gain more according to my schemes. So much is mine now, and it will increase in the future, more and more. He is my enemy, and I have killed him, and my other enemies will also be killed. I am the lord of everything. I am the enjoyer. I am perfect, powerful and happy. I am the richest man, surrounded by aristocratic relatives. There is none so powerful and happy as I am. I shall perform sacrifices, I shall give some charity, and thus I shall rejoice." With reference to the above statements please answer the following.

9. Who might have spoken these words? (BG 16.15)
 - i. Krishna
 - ii. Arjuna
 - iii. DemiGod
 - iv. Demon
10. Which of the following are associated with such a mentality as expressed in the above statements? (BG 16.8,16.10)
 - i. Lust and anger
 - ii. Unlimited anxiety
 - iii. Godlessness
 - iv. All the above
11. Which of the following are consequences of such a mentality? (BG 16.16)
 - i. Positive attitude
 - ii. Hellish destination
 - iii. Success
 - iv. Happiness
12. A pure devotee is never disturbed in any circumstance. What if he has an enemy? (BG12.13-14)
 - i. He does tit for tat and then becomes happy.
 - ii. He does not become an enemy of his enemy and tolerates.
 - iii. This is an exception. Otherwise, he is not disturbed.
 - iv. This is not possible that a pure devotee has an enemy.

13. What is the result of thinking of material enjoyment, i.e. sense gratification on one's mental attitude? (BG 17.16)
- i. Satisfaction.
 - ii. Mind control.
 - iii. Positive attitude.
 - iv. Dissatisfaction.
14. How can one develop a positive mental attitude and other good qualities? (BG 1.28)
- i. By unflinching devotional service, reading Bhagavad Gita.
 - ii. They are good for discussing but not practical.
 - iii. There is no need for a positive mental attitude.
 - iv. They are practical for those who are born with these qualities, not for others.

LEARNING TO SEE GOOD IN OTHERS

अद्वेषा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ १३ ॥

One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress. (BG 12.13)

- *Proud people see smallness in others and greatness in themselves, where great souls see greatness in others and smallness in themselves*

Let's THINK About it

- 1) Why we need to see good in others?
- 2) "A great person naturally sees the fault in himself or herself and is not willing to see any fault in others." Discuss

Let's READ and Learn

HAVE THE RIGHT PERCEPTION

Every situation in our life presents an opportunity. One person says, "Look at this buds bush. It is full of thorns." he keeps on complaining about the thorns on the rose buds. Another person rejoices, "Look at this thorn bush. It has a rose." They are seeing the same thing but according to their consciousness or attitudes.

If you wear yellow-coloured glasses, everything you will look yellow. If you wear green coloured glass, everything you will see as green and if you wear clear glasses, you will see everything as it is. So according to our level of consciousness, we have certain attitudes. What attitude we choose to adapt to a situation is what will determine our consciousness and our whole perception of the world.

The fool said, "I have ruined my past."

The wise man said, "But you can now make your present different."

Optimistic *Pessimistic*



One can see a glass as half-full, or as half-empty. It is a matter of how you look at things. One way of seeing brings enthusiasm, the other way discouragement.

THE HONEYBEE AND THE FLY

The honeybee flies from one flower to the next, drinking only the sweetness and the essence of the nectar of that flower disturbing the flower in the slightest, and then going to the next flower and drinking the nectar there. So, we have much to learn from the honeybee; it is teaching us the art of seeing good in others.



A honeybee looks for flowers even in a place full of garbage. Not paying attention to all the filth around, the honeybee rushes to even a small flower amidst the garbage and sucks the nectar from it. The qualification of a true gentleman (saintly person) is that he or she has given up the propensity to find fault in other.

However bad, evil, or crooked a man or woman may be in these worlds, a saintly person can always find something good in them. He magnifies that good quality hundreds and thousands of times, and simply flies over anything that does not provide him nectar. Just like the honeybee.

We are living in an age where people are very quick to criticize, to find faults, to gossip, to relish rumours of others' defects. If you look for the nectar, you will find the nectar. If you look for the faults, the flaws, the disgusting matter, then that is all you will see. For example, the moon is shining beautifully every night emanating volumes and volumes of cooling, soothing rays. Only a fool will look at the moon and condemn it for having so many spots. The honeybee is not concerned with the spots. The honeybee is only looking for the nectar.

So, a saintly person should always look for the good in others. Even if there is just a tiny little spark of good in another, the saintly person wants to fan that spark and make it grow until it blazes and devours all the bad qualities.

We can learn something from the fly too. In this world, we can learn our lessons from both the good and bad. The fly is not interested in the flower.



If your body is very healthy and you have one cut that is infected, the fly will zoom right in to eat your infectious pus. It doesn't care about your healthy Parts. It's simply looking for the pus. This is the life of the fly. How many flies do you see drinking the nectar from flowers, and how many bees do we find eating the pus? So, one whose mentality is like that of a fly is always looking for the pus in others, always quick to find faults, to criticize, to condemn, to discuss obnoxious rumours.

A great saint in past, Krishna Dasa Kaviraj Gosvami, tells us that by the mercy of God a lame man can climb mountain, a blind man can see the start, and a dumb man can recite beautiful poetry. So in the same way, the Lord can take away any ability (knowledge, intelligence, etc.) that might make us proud and prone to criticizing others.

LORD KRISHNA CONFIRMS THIS FACT IN

**सर्वस्य चाहं हृदि सन्निविष्टो मत्तः स्मृतिर्ज्ञानमपोहनं च ।
वेदैश्च सर्वैरहमेव वेद्यो वेदान्तकृद्वेदविदेव चाहम् ॥ १५ ॥**

I am seated in everyone's heart, and from Me come remembrance, knowledge and forgetfulness. (BG 15.15)

The next time we feel the urge to say something negative about someone, we should stop and ask ourselves three questions-

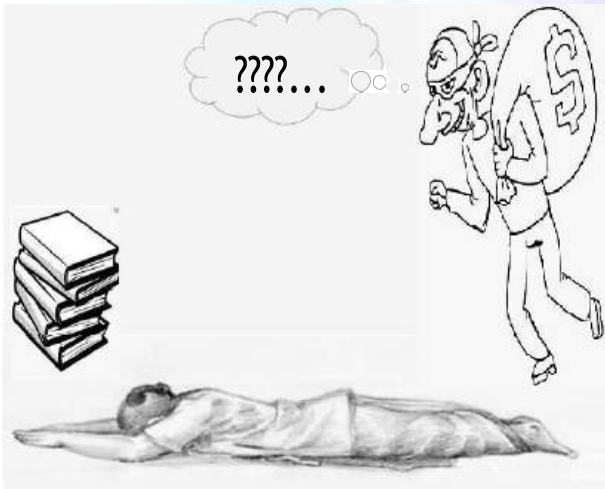
1. Do I have the authority to find faults or give feedback?
2. Do I have the right motive for saying this?
3. Is it the right time, place, and circumstance to criticize?

Often our answers to these questions will convince us to be silent. If we abstain ourselves from fault-finding, we will develop many divine qualities.

KNOWING A SAINT

One night a great saint was resting under a tree. By his side were a bundle of books and prayer beads. A thief came by, "Who is that fellow lying there on the road?" He questioned, looking at the saint.

Observing closely, he mumbled to himself "Hmm. He must be a thief! He must have robbed some house in the neighbouring village and run all the way here. Now he's sleeping because he is exhausted. The police may arrive at any moment to capture him. I better run away before they come." Saying this he fled away.



A while later, a man who was a drunkard came

staggering along and saw the saint. He drooled, "well, well, well! Who is this gentleman camping here in the middle of the night?" "Ahaa," he said, "My friend, I think you have had a sip too much. Drunk, you have fallen into this ditch. I can walk far more steadily than you and I am not going to topple down here like you!" and he too went away carefully balancing himself.

Soon, a sage came in that way. Seeing the great saint resting, he thought to himself, "Who is this? His face looks so peaceful and his hands are joined in prayers. Surely, this is some noble saint, resting after a day of service to the lord."

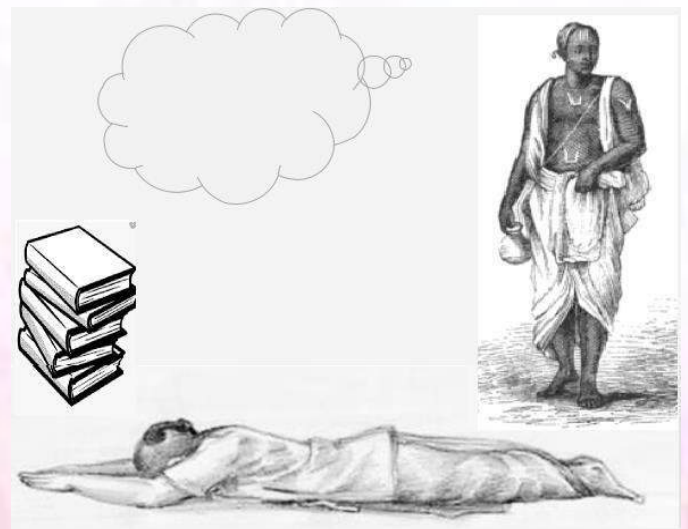
The sage began to massage the saint's feet gently and praised the great saint by saying, "You lie under this tree. But your heart is pure and full of love for God. You are indeed a great saint!" What a great Soul you are!!!

The saint opened his eyes and said, "We seeing others what we are ourselves."

MORAL OF THE STORY

What you are is what you see; or in other words, "We see in others what we are ourselves." Only a saint can identify another saint. Common people often misunderstand a saintly person.

Our judgment about others should not be based on our imperfect senses; everything should be seen through the eyes of scriptures as scriptures are the words of

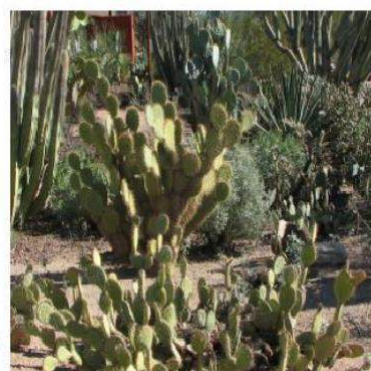
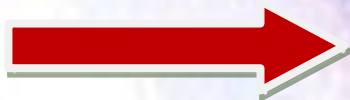


God. Every living being as a spirit soul is the eternal servant of God. The closer we come to our original identity as the eternal servant of God, the more we show humility and freedom from seeing the faults in others. And further, we fall from our original identity, the more we feel superior to others, seeing faults in them and not in ourselves.

As we move towards ignorance and away from goodness tendency to criticize increases.



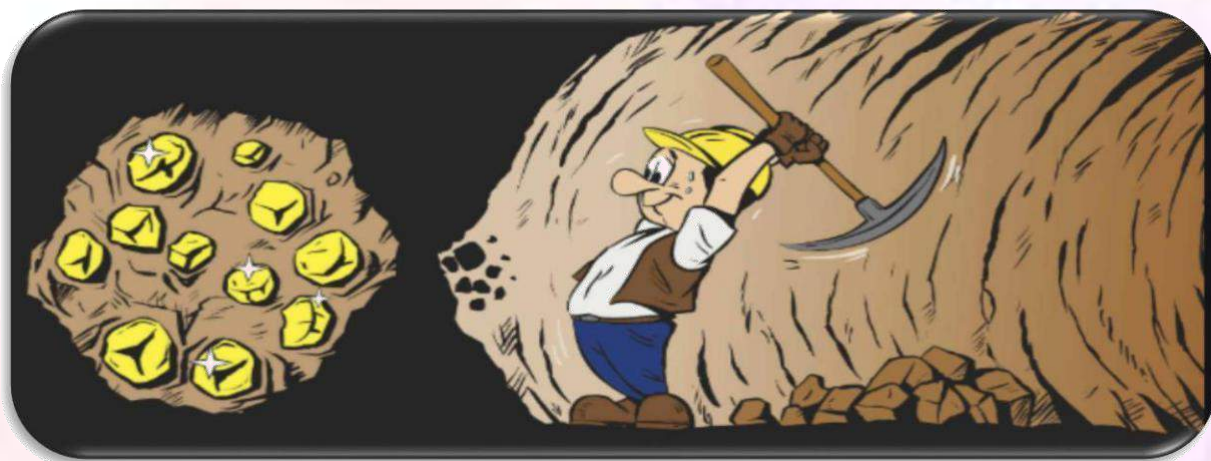
GOODNESS



IGNORANCE

LEARNING TO SEE THE BRIGHTER SIDE OF THINGS

One famous millionaire in the west, Mr Andrew Carnegie, one of the largest manufacturers in the USA, had at one time 43 millionaires working for him. Someone asked him how he dealt with people. He replied. "Dealing with people is like digging gold: When you go digging for an ounce of gold, you have to move tons of dirt to get an ounce of gold. But when you go digging, you don't go looking for the dirt, you go looking for the gold? There is something positive in every person and every situation.



When we find faults in people and situations, we empower the weakness and ignore the strength, increase our stress, and lose the opportunity that presents itself.

Learn to see the brighter side of the things and magnify them

CULTIVATING RESPECTS

Respect is essential because it fosters positive relationships, builds trust, and promotes a healthy and inclusive environment. When people feel respected, they are more likely to collaborate, communicate effectively, and contribute positively.

a) Some tips to cultivate Respect to family members:

- Touching feet of elders and showing compassion to youngsters.
- Valuing their opinions and feelings.
- Helping with household chores and responsibilities.
- Showing appreciation and gratitude for their support and care.
- Communicating openly and honestly.

b) Benefits of respecting family members?

Respecting family members strengthens our relationships, creates a supportive home environment, and encourages mutual respect. It also teaches students the importance of empathy, responsibility, and cooperation.

c) Some tips to cultivate Respect to Teachers:

- Arriving on time for classes and being prepared.
- Paying attention and participating actively in lessons.
- Following classroom rules and instructions.
- Showing courtesy and wishing or greeting Teachers
- Expressing gratitude for their efforts and feedback.

d) Benefits of respecting teachers?

Respecting teachers is important because they play a crucial role in a student's education and personal growth. Teachers provide knowledge, guidance, and support, helping students achieve their academic and personal goals.

e) Some tips to show Respect to Outsiders:

- Being polite and courteous in public settings.
- Offering help to those in need.
- Observing social etiquette, such as saying "please" and "thank you."
- Respecting public property and spaces.
- Being mindful of cultural differences and showing tolerance.

**देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।
ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥ १४ ॥**

Austerity of the body consists in worship of the Supreme Lord, the brāhmaṇas, the spiritual master, and superiors like the father and mother, and in cleanliness, simplicity, celibacy and nonviolence. (BG 17.14)

Let's Answer

1. When one becomes envious, one sees even positive as negative. Sisupala was the cousin brother of Krishna, who is the fountainhead of all good qualities. He always saw negative in Krishna. How Sisupala showed his enviousness in the assembly of Kurus? (BG 7.25)

.....
.....
.....

2. To boost up his military power, Duryodhana saw Kuru's army unconquerable. What positive points did he appreciate? (BG 1.9-10) (multiple answers may be there)

- i. Protected by most experienced Bhismadeva
- ii. Strength of armed forces is immeasurable
- iii. Heroes ready to lay down their lives
- iv. The wicked mind of Sakuni was with them

3. In the presence of all, Bhismadeva was profusely praised by Duryodhana for his valour. Later, Duryodhana felt that other commanders may have taken (BG 1.11)

- i. In a positive way as Bhismadeva was the eldest among them
- ii. Negatively as others are considered less important
- iii. In a casual way as Duryodhana has a habit of boasting
- iv. In an inspiring way to fight like Bhismadeva

4. Optimistic one sees the whole world to be supporting him. A lover also observes the presence of his beloved everywhere. Similarly,

A sage sees..... and thereby has equal vision towards a cow, an elephant, a dog and a dog eater. (BG 5.18)

- i. Differences in naming but all are animals. A dog eater is a social animal
- ii. Everyone has a relationship with Supreme who is present in everyone's heart
- iii. Bodies as the main substance which are production of different modes.
- iv. The mentality of all living entities.

5. According to the law of karma, a man takes his birth in a high family, or becomes rich, or very well educated, or very beautiful because of good work in the past. The demoniac think that all these things are accidental and due to the strength of one's ability. They do not sense any arrangement behind all the varieties of people, beauty and education. Anyone who comes into with such a demoniac man is his enemy. This enmity becomes deeper - between..... , between.....and at last between This leads to constant war and strife. (BG 16.16)

6. One who is wearing green glass, see the whole world as green. Similarly, when one has higher consciousness, his way of looking at different situation changes as shown in BG 2.14
 - i. Women hesitate to cook in hot month of May and June
 - ii. Man, who abides by scriptures doses not take cold bath in winter
 - iii. Kshatriya fight for religiousness even if he has to fight with his family
 - iv. None of these.

7. Arjuna, being a devotee of Lord, always saw well in others. What positive points he told for not fighting the battle? (multiple answers can be correct) (BG 1.37-40)
 - i. He could not accept the rival's challenge as he was afraid of defeat
 - ii. He was afraid to incur sin
 - iii. Family traditions would be lost
 - iv. It will lead to rising of irreligion

8. Who can see and hear things in right position? (BG 14.11)
 - i. One who is situated in mode of goodness
 - ii. One who is situated in mode of passion
 - iii. One who is situated in mode of ignorance
 - iv. None of these

9. A person in this world is infected with four defects. With these imperfections, one cannot deliver perfect information. Thereby, one's perception of a situation can be faulty. What are these defects? (BG middle of introduction)

.....

10. Which kind of devotee is very dear to Lord Krishna? (BG 12.13-14)

- i. One who is not envious
- ii. One who is fixed in Devotional service
- iii. One who is a kind friend to all
- iv. All of the above

Dronacharya asked Maharaja Yudhisthira to go out into the kingdom and return after finding someone less qualified than himself. And he asked Duryodhana to search the kingdom for someone better than himself. When wicked Duryodhana returned, he told Dronacharya that he could not find anyone better than himself. The saintly Yudhisthira, on the other hand, returned unable to find anyone inferior to himself.

11. What quality did Yudhisthira Maharaja show? (BG 16.1)

- i. Aversion to fault finding
- ii. Tolerance
- iii. Forgiveness
- iv. Non-violence

12. What quality did Duryodhana show? (BG 16.4)

- i. Arrogance
- ii. Pride
- iii. Anger
- iv. Simplicity

13. To develop a higher level of consciousness like a yogi, one should (Multiple correct answers can be there)- BG 6.17

- i. Sleeping more than six hours to reduce our ignorance
- ii. Eat pure food like vegetables, milk to increase our goodness
- iii. Give up meat-eating, intoxication as they accrue bad karma
- iv. All of these

THREE GATES TO HELL

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः ।

कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत् ॥ २१ ॥

There are three gates leading to this hell - lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul (BG 16.21)

NATURE OF GREED IS TO TAKE

THE NATURE OF LOVE IS TO GIVE

God has given enough in the world for every man's need but not enough for a single man's greed.

Let's READ About It

Most people in the world are suffering because their minds and hearts are filled with greed, anger, envy, pride etc. Wanting more and more causes our hearts to be filled with burning greed. Greed will never let us be satisfied. By sharing our things with others, we show our love for them and this makes us happy.

There are many children who are greedy. They want to have more and more. Some are greedy for cakes, some for toys, money, and crayons pencils. Our enemy "greed" exists within us and is the cause of dissatisfaction and anxiety in our lives.

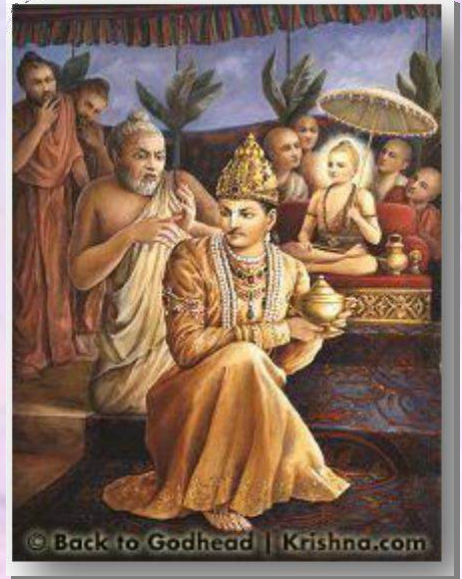
If we learn to lead a life of satisfaction with the gifts that God has given us. Then we will always be happy. Let us learn the 'ABC' formula to cure hearts from the disease of greed, anger, envy, pride, etc.

- Association of God loving persons
- Books – Holy Scriptures
- Chanting the holy names Of God

Let's ANSWER

Lord Vamandev had the form of a dwarf brahmana. He went to Bali Maharaj to beg some charity. Bali Maharaj was famous for giving charity. Upon seeing Vamanadev, Bali Maharaj was very pleased and attracted to him. He was ready to give whatever Vamanadev would ask. However, Vamanadev asked only three steps of land, measuring to the size of his small feet.

Upon hearing this request, Bali Maharaj said to him - "O son of a brahmana! you are a small boy, and so, your intelligence seems to be insufficient. I am the ruler of the entire universe and I can give you a complete island, if you want. But still you ask only three steps of land from me. Upon meeting the universal ruler, such a demand seems to be childish."



However, Vamanadev replied - "O king! **a greedy person can never be satisfied**, even if he gets the riches of the entire universe. If I were not satisfied with three paces of land, then surely I would not be satisfied even with possessing a complete island. Even if I possessed one island, I would hope to get others. One should be satisfied with whatever he achieves by his previous destiny, for discontent can never bring happiness. Therefore, O King! I ask only three paces of land from you. By such a gift I shall be very pleased, for the way of happiness is to be fully satisfied to receive that which is absolutely needed.

1. Write down the quality exhibited by Bali Maharaj. Give sanskrit equivalent also. (Refer BG 18.43)

i. _____

2. Write down the qualities exhibited by Vamana dev. Give sanskrit equivalents also. (Refer BG 16.1-3, BG 10.4-5, BG 17.16)

i. _____

ii. _____

iii. _____

3. From the mode of goodness, real knowledge develops; from the _____, **greed** develops; and from the _____, develop foolishness, madness and illusion. (BG 14.17)

4. If one wants happiness at all, his money will not help him; he has to elevate himself to _____ by _____. (BG 14.17)

5. The ABCD formula cures our hearts of the disease of greed, anger, envy and pride. Fill in the blanks by expanding the ABCD formula

- i. _____
- ii. _____
- iii. _____
- iv. _____

6. As discussed above in the ABCD formula, identify its respective component in the following Sanskrit phrases. Mark 'A', 'B', 'C' in the box.

	bodhayantaḥ parasparam, kathayantaśca mām nityam (Refer BG 10.9)
	adhyeṣyate ca ya imaṁ, dharmyam saṁvādam āvayoḥ (Refer BG 18.70)
	yaj-jihvāgre vartate nāma tubhyam (Refer BG 6.44)
	svādhyāyābhyasanam (Refer BG 17.15)
	yajñānāmjapa-yajño 'smi (Refer BG 10.25)
	tat-tat-karma-pravartanāt, saṅga-tyāgāt satovṛtteḥ (Refer BG 6.24)

7. What are the three doors to hell? (BG 16.21)

- i. Lust, Anger, Desire
- ii. Lust, Arrogance, Greed
- iii. Lust, Anger, Greed
- iv. All of the above

8. Which of the following is called as the "All-devouring sinful enemy of this world" by Lord Sri Krishna? (BG 3.37)

- i. Anger
- ii. Pride
- iii. Lust
- iv. Envy



If unwanted desires are not fulfilled results in

If unwanted desires are fulfilled results in



ANGER - Losing control over oneself.



GREED - Hankering more and more.

Holding anger is like drinking poison and expecting the other person to die
- Budha

Three gates lead to hell - Lust, Anger and Greed.
- Bhagavad Gita

Lust, anger and greed are the real enemies of one's life. Lust can never be satisfied, and therefore it is followed by her younger brother anger. The anger stays in the heart and is manifested through various senses like the eyes, hands and legs. When a man is angry, he expresses such anger through red hot eyes, kicking with his leg or fist and breathing heavily.

People driven by these enemies are dropping bombs, torturing, murdering innocent people, crashing planes into buildings, causing death and sorrow. Similarly, children who are controlled by anger and greed are not obedient to their teachers and parents, use abusive language, feel sad and waste their valuable time, thus spoiling their future.



Schools are now provided with CCTVs, panic buttons, weapon scanning devices, cameras etc. because we are following the dictations of these enemies within our hearts.

REMEDY

Anger should be controlled and used only for a higher purpose in the service of the Lord. For example, sometimes a teacher will assume an angry face or gesture to instruct a student. The teacher teaches with kind words, encouragement and occasionally, using chastisement and a show of anger. But this anger is controlled.

There is a need to control anger through devotion and spiritual practice. Anger, when misused, can lead to destructive behaviour, but when directed appropriately, it can be a powerful force for good.

In the Bhagavad-gita (2.63), Lord Krishna explains that anger arises from unfulfilled desires and leads to delusion and loss of intelligence.

So, transform anger by engaging in devotional service and remembering Krishna. For instance, one is advised chanting the Hare Krishna mantra to calm the mind and purify the heart.

An illustrative example from Vedic literature is the story of Lord Hanuman. When Hanuman used his anger to burn Lanka, it was not out of personal desire but as a means to serve Lord Rama and uphold dharma. By meditating on Lord and adhering to devotional practices, one can transform anger into a positive and purposeful force.



A poignant story illustrating “Controlling Lust” is that of Haridas Thakur, a great devotee. Haridas was known for his unwavering devotion and daily chanting of the holy names. To test his dedication, a low-class characterless woman was sent to seduce him. Haridas, however, remained absorbed in his chanting and paid no heed to her advances. He compassionately advised her to also chant the holy names of Krishna. Over time, she became a devotee, renouncing her past life.



Let's Answer

9. What is the secret of success for sense control. (BG 2.62)

- i. higher taste for spiritual enjoyment
- ii. artificial repression
- iii. welcomes all material enjoyment
- iv. none of these

10. Name two unalloyed devotee of Lord Krishna who applied secret of success mentioned above. (BG 2.62)

11. What happens immediately when one becomes angry (BG 2.63)

- i. Intelligence is lost
- ii. Bewilderment of memory
- iii. Words and actions are displeasing to others
- iv. Complete delusion arises

12. How demoniac people behave is described in verse Bhagavad Gita-16.4. Pick the odd one out.

- i. boast about his advancement in material science
- ii. humble in possessing great education
- iii. desirous of being worshipped by others
- iv. arrogant of their wealth

13. What is the basis of the method prescribed for purification (BG 16.21)
- i. Give up anger
 - ii. Cultivating knowledge
 - iii. Following different rules and regulations
 - iv. None of these
14. Anger is a product of (BG 16.1-3)
- i. Goodness
 - ii. Passion
 - iii. Ignorance
 - iv. None of these
15. Was Arjuna and Hanuman anger appreciated by the Supreme? And why (BG 3.37)
- i. Yes, anger becomes spiritualized when employed in service of Supreme.
 - ii. No, anger becomes spiritualized when employed in service of Supreme.
 - iii. Yes, service attitude is transformed into the propensity for sense enjoyment
 - iv. No, service attitude is transformed into the propensity for sense enjoyment.
16. How a Krishna conscious person acts in provoking situations (BG 2.56)
- i. Does not become angry
 - ii. Depends upon the mercy of the Lord
 - iii. Neither become attached or detached to anything
 - iv. All of these
17. In the Vedic literature, the ways of action and reaction are prescribed to enable one (BG 16.22)
- i. to follow unregulated principles in life
 - ii. to come to stage of purification
 - iii. to escalate our anger
 - iv. to accept the dictation of the mind

18. What is the result of anger on one's self as well as people around us (BG 16.18) (multiple answers may be correct)

- i. Commits violence on one's own body and on the other
- ii. He does not care for the supreme control of Krishna
- iii. Plans to cut down his enemy to curb his sensual activities
- iv. All of these

Once, an angry kid sketched a painting. His mother asked him to explain what he has painted. He said, "it's about those kids that always act so smart. They flash their expensive clothing and phones and make me look like a loser. It's about the teacher who keeps saying to me that I don't perform well enough. It's about dad who always keeps reminding me of how well he used to do when he was at my age." His mother replied, "Hmmm.....please calm down. Now think and think of the special quality that Lord Krishna has given to you. Think about those incidences when these personalities have brought even a delta positive change in your life. Think about their contribution and, you shall find a difference.

19. What was the mood depicted in that painting (BG 16.1-3)

- i. akrodha
- ii. ahimsa
- iii. abhayam
- iv. none of these

20. Refer to the pastime of Durvasa and Ambarisa in BG 2.61. Just like Durvasa, kid's anger was in whose power?

- i. other kids
- ii. Teacher
- iii. Dad
- iv. Himself

21. Arjuna was grateful to persons such as Bhisma and Drona. The boy was not grateful.

- i. Teacher
- ii. Father
- iii. Krishna
- iv. All of them

CLEANLINESS

शमो दमस्तपः शौचं क्षान्तिरार्जवमेव च ।
ज्ञानं विज्ञानमास्तिक्यं ब्रह्मकर्म स्वभावजम् ॥ ४२ ॥

Peacefulness, self-control, austerity, purity (Cleanliness), tolerance, honesty, knowledge, wisdom and religiousness - these are the natural qualities by which the brahmana's work. (BG 18.42)

- *Cleanliness is necessary both for the mind and for the body.*
- *Real cleanliness is internal and external.*

Let's THINK About It

1. How do you feel when you find your classroom is dirty and messy?
2. How do you feel after cleaning and tidying the classroom?
3. Is it easier to study in a clean and tidy classroom or an unclean one? Why?

Let's READ and Learn

DIFFERENT ASPECTS OF CLEANLINESS

PERSONAL CLEANLINESS

Personal cleanliness has many benefits. Some of the general benefits are:

- A person with clean habits will be fit and healthy.
- Everywhere around us are germs, dirt, and bacteria which can cause infections
- Having clean habits will prevent you from becoming infected. You will also not pass any infection to those around you.
- Prevention from infection is easier and less costly than becoming infected and suffering from the infection and having to spend much money to treat it.

Therefore, it is important to have a lifestyle based on good habits of cleanliness. Some such habits to adopt are:

a) Brushing teeth - Brushing teeth after every meal prevents the build-up of plaque, which causes cavities in the teeth and also causes bad breath



b) Bathing - Bathing washes away sweat and germs that reside in it from your body and stops bad body odour to make you feel and look better.

c) Washing hands - our hands touch many items every moment of the day, items which may have germs and bacteria, regular washing of hands will keep you free from these.

Therefore, always wash your hands:

- After using the toilet
- Before eating
- After eating
- Before serving yourself more food.
- After touching your shoes
- After putting a finger in your nose

CLEAN DIET

Food that we eat can also be unclean or harmful to the body when eaten. Therefore, you also need a clean diet. A vegetarian diet, free from any type of flesh of animals, fish, or eggs, prevents many harmful bacteria from entering your body. Meat is by nature contaminated and full of harmful bacteria because as soon as an animal dies or is killed, its flesh starts to rapidly deteriorate. Such foods also have a bad effect on our consciousness and pollute our minds.

On the other hand, foods such as milk and products made from milk, grains, fruits, and vegetables "increase the duration of our life, purify our existence, and promote strength, health, happiness, and satisfaction."

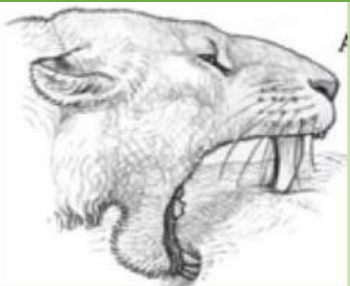

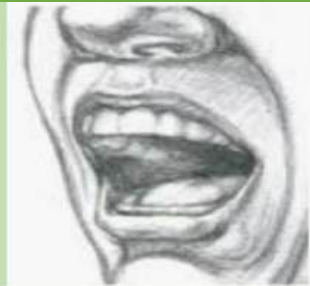














Is our body designed to consume meat???????

Study the physical differences between carnivores (animals that eat meat by nature) and herbivores (animals that are plant eaters by nature). Select them as either carnivore or herbivore.



Let us compare our body with a carnivore as well herbivore.

Comparison	CARNIVORE	HERBIVORE	HUMAN BEINGS
Jaw Motion	 <p>Minimal side-to-side motion</p>	 <p>Good side-to-side motion</p>	 <p>Good side-to-side motion</p>
Teeth	 <p>Sharp and pointed teeth to tear flesh</p>	 <p>Broad and flat</p>	 <p>Broad and flat</p>

Comparison	CARNIVORE	HERBIVORE	HUMAN BEINGS
Saliva	 <p>Acidic saliva</p>	 <p>Alkaline saliva</p>	 <p>Alkaline saliva</p>
Nails	 <p>Sharp claws</p>	 <p>Flattened nails</p>	 <p>Flattened nails</p>
Perspiration	 <p>No skin pores perspire through the tongue to cool the body</p>	 <p>perspires through millions of skin pores</p>	 <p>perspires through millions of skin pores</p>

The human body's design resembles other herbivores, not carnivores. Herbivores and carnivore's anatomy and physiology are distinct from one another. One's body is designed to eat and digest vegetables and fruits; the other's is designed to eat and digest the flesh of other animals, herbivore like a deer is different from a carnivore like a tiger. Tiger can tear into flesh and blood and consume it, the other cannot.

It is also a mistaken idea that a vegetarian diet makes you weak. An elephant is a herbivore and yet no one can say it is not strong. There is also the consideration of *karma*, the law that governs what results we get from the choices we make. Food is not made in any factory, by humans: food grains, vegetables, fruits, and milk are all obtained by the grace of the Supreme Lord. It is the duty of the human being to understand and appreciate this kindness of the Lord. By the law of *karma*, the person who does not give thanks to God for the food he eats incur a sinful reaction. On the other hand, food first offered to the Supreme Lord in sacrifice and then eaten purifies us of many sinful reactions.

There are other items that can pollute our bodies and minds: drugs, cigarettes, and alcohol. All of these are called intoxicants that means they are toxic or poisonous to our bodies. And they also affect our minds in a negative way, clouding it and making us addicted to them. Staying away from drugs, alcohol and cigarettes will keep our body and mind clean.

□ CLEANLINESS OF SPEECH

Just by opening your mouth, you can hurt or please others. It is rightly said. "A wound inflicted by speech is more painful than a wound inflicted by the sword."

Austerity of speech consists in speaking words that are truthful, pleasing, beneficial, and not agitating to others, and also in regularly reciting Vedic literature.

"Clean speech" means speaking in a way that does not disturb or offend others. Two forms of unclean speech are: **Gossip and Fault finding**

a). Gossip

Gossip means to suggest or continue a rumour about someone that is not correct in every way, and maybe hurtful to that person. Gossip will usually exaggerate the worst in a person and minimize the good in them.

Gossip also includes any talk about another that is personal and private to them that is not the business of anyone else. The more gossip is repeated the less accurate it usually becomes. Gossip can be a malicious way to damage the reputation of another or a way to exclude or embarrass them



Ways to stop or avoid gossip:

- a. Don't start it:
- b. Don't show interest in, don't hear, another gossip.
- c. Don't spread it, if you have heard it.
- d. If you must talk about it, speak about the spiritual and moral principles that apply to the topic, instead of making it personal to any individual.
- e. Leave the place where gossip is going on.

b). Fault Finding

Fault-finding is to emphasize and exaggerate the faults, the bad qualities of a person than his good qualities. It is even more dangerous than gossip because it is meant to hurt the person being talked about. "The best of men is he who sees his own faults and does not see the faults of others."



THE NATURE OF A FLY AND A BEE

The fly is interested in dirty, smelly garbage while the bee is interested in the sweet nectar from the flowers, so one should be like a bee, looking for good in others and not like a fly looking for bad in others.

- STORY

EXCELLENT JUDGEMENT

Once an old sage sat meditating under a tree. He was blind. A man came up and said: "Hey! Old fellow, did you hear anyone going this way?" The sage replied, "No. my dear, I did not hear anyone." After a while, another man went up to the old sage and asked, "Old man, did you hear anyone passing this way?" The sage replied, "O! Yes, just now a man went by asking the same question. The man went away. After some time, another man came and asked, "My dear Sage, how are you? Did you hear anyone passing this way? The old sage replied, "Yes, my Lord. A soldier went first and then your chief minister. Both of them asked the same question." The King was surprised and asked, "O! Wonderful, but how do you know I am a king and that the other two were a soldier and a chief minister?" The sage answered, "My lord, I knew them by their manner of speaking. The first man spoke very rudely. The second man was a little more polite, but Your Lordship was the politest." The King went away astonished at the sage's excellent judgment.

MORAL OF THE STORY

You are judged by the way you speak

□ INTERNAL CLEANLINESS

Internal cleanliness comes from a clean mind and a clean heart. A clean mind means to not have thoughts that pollute the mind. Just like there is bodily dirt, there is mental dirt. After a bath, the body feels fresh and clean, similarly, a clean mind's thoughts are clean and pure, and it can understand the true nature of things and will operate in such a way that all the thoughts and intentions are pleasing to God. We possess the power to control our mind by making wise choices.

Mobiles, movies, television, books, and the Internet offer many bad choices as well as good. Choosing television shows with bad language or violence or those promoting immoral behaviour is not the choice for a clean mind.

An unclean mind is selfish indolent, angry and lusty, and negatively influences our behaviour. The first step for a clean mind is to keep it clean from such influences.

Selflessness, purity, and Godliness are among the positive influences on the mind. Such influences are cultivated through a God-centred life. This comes from association with Godly people and by having spiritual personal habits, such as scriptural study and chanting of God's holy names. This is taught by all the holy scriptures of the world and is easily experienced by just trying it.

No one can cleanse the accumulated mental dust without glorifying the Supreme Lord. A Godless civilization cannot cleanse the mind because it has no idea of God, and for this simple reason people under such a civilization cannot have good qualifications, however, they may be materially equipped.

DO YOURSELF

Take an empty clear glass cup or jar with an inch or two of oil inside (the darker colour of oil, the better). Place the cup in a saucer or bowl, for it to catch the overflow as shown in the figure. Now, pour clear water in the cup; the oil, being lighter than water, will rise to the top. As you continue pouring water, the oil will overflow out of the cup into the saucer, leaving only clear water in the cup.

Explain how this example will apply to the different kinds of unclean, impure thoughts in our minds. If thinking of God can be compared to clear water, what will happen to the bad thoughts in our mind if you add more and more thoughts of God in your mind?

[Hint: The cup/jar represents your heart or mind; the oil, dirty thoughts and bad desires; clean water is the loud chanting of the names of God]

Let's ANSWER

- 1) Based on the lesson, answer the following questions -
Why we should take a vegetarian diet?

Why we should not take a non-vegetarian diet?

- 2) How was sage able to figure out the identities of the King, minister and soldier although he was blind?

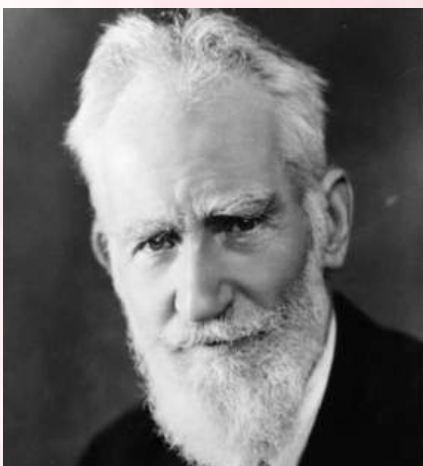
- i. Sage knew all the members before
- ii. Our dress reveals our identity
- iii. Our speech reveals our identity
- iv. By their standard of cleanliness

- 3) Select the odd one out -

- i. Herbivores have broad and flat teeth and they form alkaline saliva.
- ii. Herbivores have good side to side jaw motion.
- iii. Carnivores have sharp and pointed teeth and they form alkaline saliva.
- iv. Carnivores perspire through the tongue to cool their bodies.

- 4) As a cup containing oil can be cleaned by putting clear water. Similarly, our mind can be cleaned by -

- i. Help of psychiatrist
- ii. Chanting the names of God
- iii. deep breathing exercises
- iv. sound sleep.



George Bernard Shaw, an Irish comic dramatist, literary critic, and winner of the Nobel Prize for Literature in 1925 said -
“Better keep yourself clean and bright; you are the window through which you must see the world.”

- 5) What according to Bhagavad Gita 13.8-12 is an effective way to clean ourselves internally to achieve this end?

- i. Deep breathing exercises
- ii. Thinking about the Lord and chanting His names
- iii. Sonic therapy (Therapy based on sound vibrations)
- iv. Recreational activities

- 6) What is the result of internal cleanliness? (13.8-12)
- i. Positive thinking
 - ii. Peace and harmony
 - iii. Cleans the dust of the past karma from the mind
 - iv. None of the above
- 7) There are two types of cleanliness external and internal. Categorize activities given below according to the type of cleanliness. (BG 13.8-12)
- i. Checking your intentions
 - ii. Taking bath
 - iii. Washing your clothes
 - iv. Cleaning mind's thoughts
 - v. Brushing your teeth

Practicing good habits is one of crucial aspect of successful people. One of the good habits is to eat clean and hygienic food. Few successful personalities like Virat Kohli (famous cricket star), and Akshay Kumar (famous Bollywood actor) both accept only vegetarian food. There are many others who are clean in their eating habits and they are healthier, and free from diseases compared to others who are unclean in their habits.

Based on Bhagavad Gita 17.8-10, please answer the following questions:

- 8) What is the purpose of food? Check all that applies, there may be more than one correct answer. (BG 17.10)
- i. Purify mind
 - ii. For higher taste
 - iii. To satisfy hunger
 - iv. Aid bodily strength
 - v. Increase the duration of life
- 9) Categorize the foods below based on the mode (goodness/ passion/ ignorance) they belong to? (BG 17.8-10):
- | | |
|----------------|-------------------|
| i. Peas | vii. Too hot food |
| ii. Dhal | viii. Spicy food |
| iii. Fish | ix. Hot dog |
| iv. Eggs | x. Sugar rice |
| v. Whole wheat | xi. Fruits |
| vi. Milk | xii. Vegetables |

Foods in mode of goodness - _____

Foods in mode of passion - _____

Foods in mode of ignorance - _____

10) Which food is the best of all, that is antiseptic, eatable and palatable for all persons?
(BG 17.10)

- i. Food containing preservatives
- ii. Food items which are boiled and then used
- iii. Food items which are offered to the Lord with love and devotion
- iv. Food that contains balanced proportions of all herbs and spices.

Once there was of a merchant in a village named Amravati. He was appointed by government to sell the articles at subsidized rates. He used to hoard the grains, and later sell them at high prices. He made a huge profit by such practice.

- 11) According to Bhagavad Gita 16.3, the merchant of Amravati is unclean because -
- i. government officials should not make big profit.
 - ii. of his unfair dealings in black marketing.
 - iii. Grain merchants have to generally work in unclean atmosphere
 - iv. All of the above

Swachh Bharat Mission (SBM) or Clean India Mission was a country-wide campaign that started in the year 2014 intending to eliminate open defecation and improve solid waste management (SWM) in urban and rural areas in India. They made various rule and regulation which people should follow.

- 12) Based on Bhagavad Gita 16.7 match the following:

Sohan never followed the norms of Swachha Bharat Mission	Human Behaviour
A Society of scriptural rules and regulations	Aryans, advanced spiritualist
Rules and regulations should guide	Civilized
Rohan followed each and every detail of the SBM norms	Demoniac mentality

- 13) In the Vedic times, people slept early (by 9pm) and woke up early in the morning before sunrise and they lived very healthy lives. Now we see people are affected by so many diseases. How Lord advise us to change our lifestyle? (BG 6.17)
- i. Become regulated in recreation
 - ii. Become regulated in sleep - go to bed early and rise early
 - iii. Become regulated in eating - eat specific quantity at fixed times
 - iv. All of the above

WOODCUTTER AND THE AXE



Once upon a time, there was a poor woodcutter. His name was Shyam das. Every day he would go into the forest and chop from morning till evening. He would sell the firewood in the market and in this way he earned his living. His most prized possession was his old iron axe.

One day while he was chopping a branch of a tree near a river, his axe accidentally slipped out of his hand and fell into the water. The poor Shyam das didn't know swimming. The axe was his only means of livelihood. He did not know what to do. He sat on the bank of the river and began to cry.

"Why are you crying my good man?" asked a voice suddenly. He looked up in surprise. And there was a fairy in white arising out of the water. "Do not be frightened. I am the Katyayini, Goddess of this river. Why do you weep so?" asked Katyayini gently.

"I am a poor woodcutter. I was chopping that tree when my axe fell into the river. Without it I cannot earn my living", replied Shyam das.

"Is that all? Don't worry, I shall get your axe for you", said Katyayini and disappeared into the water. Soon she reappeared with a golden axe in her hand. Is this your axe?" she asked him.

"No, no, that is not mine", he replied.

Katyayini went into the water and came out again. This time she was holding a silver axe in her hand. "Is this yours?"

The Shyam das shook his head. For the third time Katyayini disappeared into the river and she had the iron axe in her hand when she reappeared. Shyam das jumped up with joy. "That is mine. That is mine", he shouted.

"O Shyam das you have pleased me by your honesty. As a reward you shall have the silver and the golden axe too along with your iron one", said Katyayini and the woodcutter returned home happily.

As the woodcutter neared his house, Anartha, his neighbour a well- to-do merchant saw him and asked him how he had come into such good fortune. Shyam das related all that had happened. Anartha was a greedy man. He too wanted a silver and golden axe.

The next morning, he set out for the forest with an old rusty axe. Following Shyam das's direction Anartha reached near the river. He climbed up the tree and pretended to chop at the branch. After a while, Anartha purposely dropped his axe into the river below. Then he climbed down, sat on the bank of the river and began to cry loudly.

Just as Shyam das told him, a fairy in white appeared and asked him why he was crying. Anartha told her that he had lost his axe in the river. Katyayini told him not to worry and disappeared into the water. She came out soon holding his iron axe and she asked Anartha, "Is this yours?"

"No that is not mine," lied Anartha. Katyayini went in again and brought out a silver axe. Anartha wanted the golden axe so he said that the silver one did not belong to him. Katyayini disappeared into the river for the third time and brought out a golden axe. At once Anartha cried out "That is mine, that is mine. Give it to me".

Katyayini spoke in anger. "You are a greedy and dishonest man. You shall be punished for lying about your axe. Henceforth you will be a penniless man". So saying Katyayini disappeared into the river. Anartha returned his home sadly.

14) Which austerities of speech and mind Shyam das performed whereas Anartha was unable to perform? Give the Sanskrit terms of the austerities as well. (BG 17.15-16)

- 1) Austerity of Speech - _____
- 2) Austerity of Mind - _____

15) Cleanliness means not only in mind and body but in one's _____ also. (BG 16.4)

- i. Words
- ii. Thoughts
- iii. Skills
- iv. Dealings

MEDITATION

मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।
मामेवैष्यसि युक्तवैवमात्मानं मत्परायणः ॥ ३४ ॥

Engage your mind always in thinking of Me, become My devotee, offer obeisances to Me and worship Me. Being completely absorbed in Me, surely you will come to Me. (BG 9.34)

- *Without seeking God's help, it is impossible to stay away from evil*
- *Meditation connects us to God*

Let's THINK About It

1. Do we need God in our lives? Discuss.
2. Think of a moment, when you were very disturbed mentally. How often you get such experiences.

Let's READ and Learn

WHAT IS MEDITATION?

Meditation is a mental exercise that involves relaxation, focus, and awareness. Meditation is to the mind what physical exercise is to the body. The practice is usually done individually, in a still seated position, and with eyes closed.

WHY TO MEDITATE?

Bhagavad-gita explains, meditation clears away a person's ignorance and unhealthy habits naturally, without harmful repressions, by, allowing him to experience a higher pleasure. For example, people smoke cigarettes and indulge in alcohol and drugs because they derive a certain pleasure from them. However, during the practice of meditation, the meditator gradually experiences greater and greater degrees of an internal pleasure that supplants his desire for unhealthy substances. This same principle works to remedy harmful psychological reactions like anxiety, stress, or unwarranted anger.

Meditation permits the individual to contact the healthy psychological tendencies already existing within himself. This experience of health is so intrinsically rewarding that the meditator naturally begins to gravitate towards these healthy tendencies in everyday life.

FEW OF THE BENEFITS OF MEDITATION ESPECIALLY FOR STUDENTS



1. Enhanced focus

In just a generation or two, things have changed so much that our attention spans can't keep up. Between social media and technological gadgets, people are constantly surfing the internet, interacting via social media and playing video games indoors instead of reading a book, taking a walk or playing sports. Those who keep their noses in their devices often find it difficult to focus and remain attentive. Meditation teaches them that it's possible to direct their attention at one thing at a time, and that it actually feels great not to be distracted.

2. Fostering compassion and self-esteem

Due to pressures and circumstances beyond their control (and sometimes beyond anyone's control), people may sometimes feel like they're not able to pass muster. This can be tough sometimes, especially when someone is bullied or badly teased by others. The good news is that meditation can bolster feelings of security, empathy and inner stability, and this, in turn, builds compassion, joy and self-esteem.

3. Boosting confidence

By meditation one gains self-awareness and become more confident. The confidence develops naturally from their meditation practice that they don't have to react to all of their thoughts and emotions - they can choose which ones merit their attention and response. Confident people are better equipped to deal with unfamiliar situations. They become better problem solvers and develop a deeper appreciation of life.

4. Building empathy and happiness

Meditation experts say that the more you give to those around you, the more you gain. Meditation helps them learn how to share their love with other children. They become more patient, listen more readily to others and empathize with them.

DIFFERENT TYPES OF MEDITATION

In Bhagavad Gita, Lord Krsna says that meditation is a means to connect to the Supreme.

In the 6th chapter, He mentions various ways in which one can perform meditation:

1. Physical / Breathing Exercise (**Hatha Yoga**) - This system of meditation includes various bodily postures and breathing exercises to relax our mind and senses. There are 3 kinds of breathing exercises - inhaling the breath is called puraka, sustaining within it is called kumbhaka and finally exhaling it is called as recaka.
2. Mental Exercise (**Dhyana Yoga**) - This process includes not just controlling the mind but rather focusing it on the inner self.
3. Devotional meditation (**Bhakti yoga**) - And of all mediators, the one with great faith who always abides by the Supreme Lord and constantly thinks of Him within himself, and renders transcendental loving service to Him—he is the most intimately united with Him in yoga and is the highest of all.

ANALYSIS: EASIEST AND MOST EFFECTIVE MEDITATION



Arjuna, one amongst the five sons of Kunti, is an expert archer. He is an *atimaharathi*, one who can fight single handedly with thousands of warriors at a time. His strength is immeasurable. Once to protect Khandava forest from fire, he fought with Indra, who was not showering rain, and defeated him. He even pleased Lord Siva by giving a good fight

to him and was blessed with pasupata astra. At the time of Draupadi's marriage ceremony, kings from all over the globe had assembled to contend for the princess. None of them were able to hit the eye of the fish with the arrow, only Arjuna was able to accomplish this task.

Although Arjuna was so talented, and had fully controlled his senses and the mind. Still Arjuna says to Krishna in Bhagavad Gita, that the process of Hath yoga and Dhyana yoga are very difficult to perform. Arjuna gives the following reasons -

- a. Mind is very restless, turbulent and obstinate. It is more difficult to control the mind than even the wind.
- b. These meditation processes require peaceful solitary places for their performance. To find such places is very difficult.

- c. These techniques require high standards of cleanliness for obtaining results. The performer, place and surroundings all should be clean. In this age everything is polluted and therefore it is difficult to reach high standards of cleanliness.
- d. Also, such techniques require one to be highly regulated in one's eating, sleeping, recreation, and endeavours. It is very difficult to adhere to regulations in life.

**चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् ।
तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥ ३४ ॥**

For the mind is restless, turbulent, obstinate and very strong, O Krsna, and to subdue it, I think, is more difficult than controlling the wind. (BG 6.34)

Krishna accepts all the arguments given by Arjuna, and finally tells him that which meditation is the most easy and effective in this age. Krishna says -

**योगिनामपि सर्वेषां मद्भतेनान्तरात्मना ।
श्रद्धावान्भजते यो मां स मे युक्ततमो मतः ॥ ४७ ॥**

And of all yogis, the one with great faith who always abides in Me, thinks of Me within himself, and renders transcendental loving service to Me—he is the most intimately united with Me in yoga and is the highest of all. That is My opinion. (BG 6.47)

यज्ञानां जपयज्ञोऽस्मि

Of sacrifices (processes of meditation) I am the chanting of the holy names [japa] (BG 10.25)

In Kali Santaran Upanisad it is stated that -

**हरे राम हरे राम राम राम हरे हरे।
हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे।
इति षोडशकं नाम्नां कलिकल्मषनाशनम्।
नातः परतरोपायः सर्ववेदेषु दृश्यते ।**

“After searching through all the Vedic literature, one cannot find a method of religion more sublime for this age than the chanting of Hare Krishna *Maha Mantra*.”

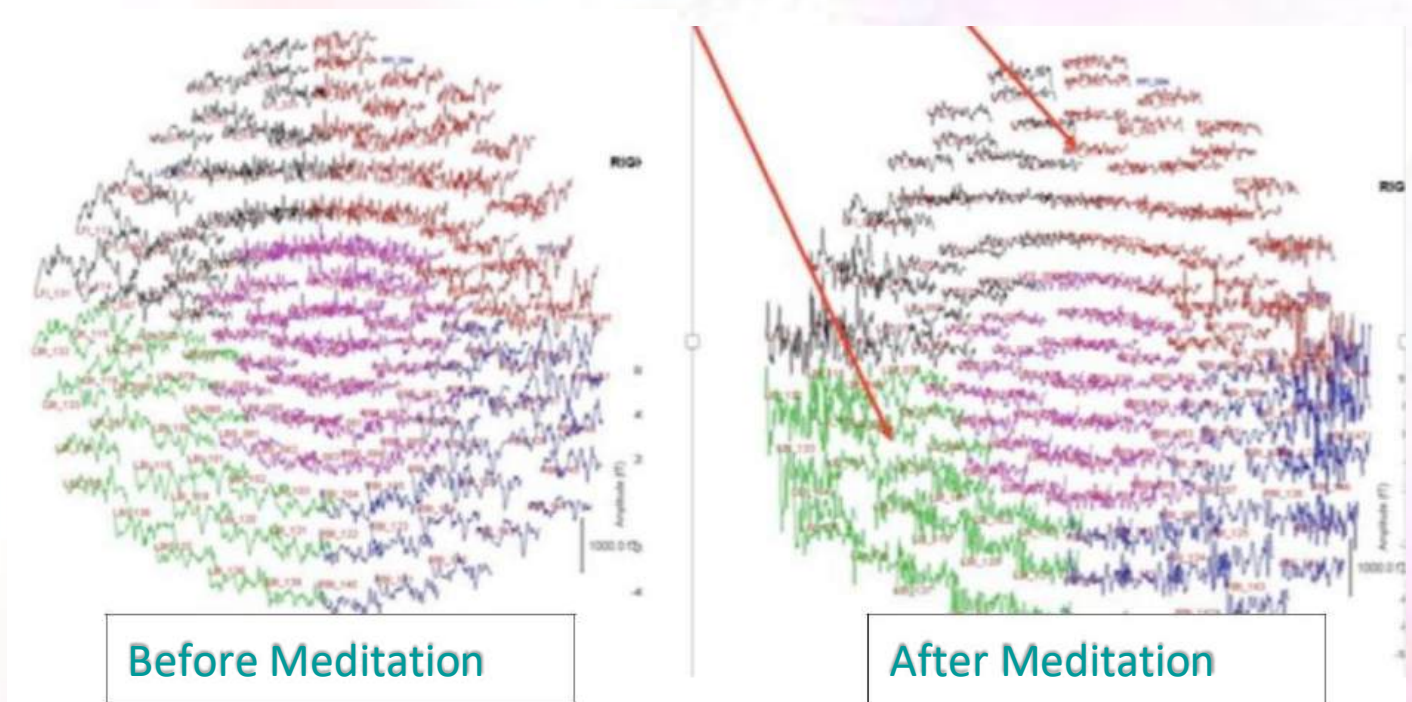
A SCIENTIFIC STUDY

Dr. Viveck Baluja, a neurologist at Henry Ford Hospital in Detroit, has begun a study on the effects of the Hare Krishna Maha-Mantra on the brain that has already yielded exciting findings and impressed hospital staff.

First, the subject's brainwaves were observed while in a peaceful, resting state. Next, the brainwaves were remeasured after the subject chanted four rounds of the Pancha Tattva mantra, followed by half an hour of the Hare Krishna Maha-Mantra. Then the difference was recorded.

The findings were incredible.

“The data showed that the brain is not actually restful in the so-called resting state,” Dr. Viveck says. “Your brain continues to constantly give you information. After chanting, however, the data showed almost no cortical activation, or brain activity. This is very interesting, because it shows that you've actually been able to calm down the brain.”



Who provides farmers seeds and land?
Who gives intelligence for sowing to be planned?
For seeds who provide ample rains?
And who provides the fire for cooking our grains?
Who designed these bodies that eat and digest food?
Who made our lives so blessed, so good?
Everything is possible only by God's grace,
So we should not forget him in any case.

1. From above poem, we learn that **God is the source of everything that is there**. Please mark the Sanskrit equivalent of this term. (BG 10.8, BG 18.46)

- i. ahaṁ sarvasya prabhavo, mattaḥ sarvaṁ pravartate
- ii. janmädy asya yataù
- iii. both a and b
- iv. none

An Atheist Professor of Philosophy was speaking to his Class on the Problem Science has with GOD, the ALMIGHTY. He asked one of his students to stand and then,

Professor : So, you Believe in GOD ?

Student : Absolutely, sir.

Professor : Science says you have 5 Senses you use to Identify and Observe the World around you. Tell me, son. Have you ever Seen GOD?

Student : No, sir.

Professor : Tell us if you have ever heard your GOD?

Student : No, sir.

Professor : Have you ever Felt your GOD, tasted your GOD, Smelt your GOD?
Have you ever had any Sensory Perception of GOD for that matter?

Student : No, sir. I'm afraid I haven't.

Professor : Yet you still Believe in HIM?

Student : Yes.

Professor : According to Empirical, Testable, Demonstrable Protocol,
Science says your GOD doesn't exist. What do you say to that, son?

Student : Nothing. I only have my Faith.

Professor : Yes, Faith. And that is the Problem Science has.

(Here, the Student begins to shoot back the Professor.)

Student : Is there anyone in the Class who has ever seen the Professor's Brain?

Student : Is there anyone here who has ever heard the Professor's Brain, Felt it, touched or Smelt it? No one appears to have done so. So, according to the Established Rules of Empirical, Stable, Demonstrable Protocol, Science says that You have No Brain, sir. With all due respect, sir, how do we then Trust your Lectures, sir?

Professor : I guess you'll have to take them on Faith, son.

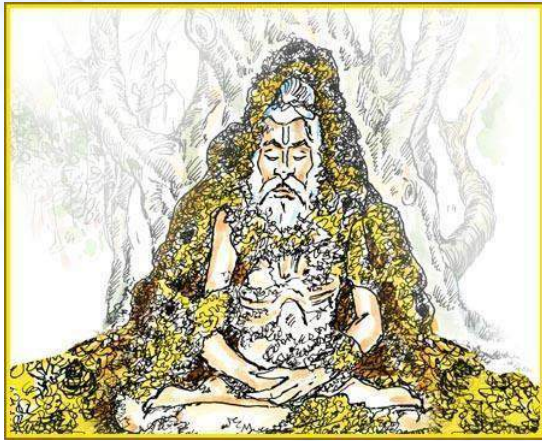
Student : That is it sir . . . Exactly! The Link between Man & GOD is FAITH.
That is all that Keeps Things Alive and Moving.

Akshay is a faithful boy who believes in God. He daily prays to God after getting up in the morning and before going to bed in the night. He is very gentle, respectful and helpful. He is very good in studies and all his family members, friends and teachers admire him for his good qualities.

2. What makes Akshay so praiseworthy? (BG 1.28, BG 2.41)

- a. Because Akshay is a devotee of God, his actions satisfy everyone.
- b. As Akshay daily prays to God with faith and devotion, he has developed good qualities that attract everyone.
- c. Both a and b
- d. None

Thousands of years ago, a man named Ratnakar lived in the forests. Ratnakar was a cruel hunter and a fearless thief. Everyone was afraid of Ratnakar! When he walked in the forest, even the birds would fly to their nests, and the animals would look for a place to hide.



One day, Ratnakar was hiding by the side of a forest pathway, waiting for a victim. Along came the great sage Narad Muni, who was walking peacefully, admiring the beauty of the forest and singing kirtans in praise of God. Ratnakar jumped out in front of him and

demanded, "Hand over all you have or else die!"

With love flowing from his eyes, Narad Muni said smilingly, "My dear man, all that I have are these rags I wear. If you want them, you may take them!" Narad Muni's fearlessness surprised Ratnakar.

Narad Muni explained to Ratnakar how stealing and killing animals was very sinful. Understanding this, Ratnakar fell to Narad Muni's feet and asked for forgiveness. Narad Muni taught him to recite the Holy name of lord Rama. Ratnakar sat down in the forest and continued chanting with closed eyes. ***His concentration was so deep that he remained in meditation for years.*** In fact, he sat there so long in meditation that an anthill grew all around and above him!

One day Narad Muni came that way and carefully cleared away the anthill. With a kind smile, Narad Muni declared Ratnakar a sage, "As you are now reborn from a 'Val-mika' (ant-hill), from now you'll be known as Valmiki". With tears of joy in his eyes, the sage Valmiki began his new life. He became such a great sage that he was chosen to compose the great epic Ramayana, story of lord Sri Rama!

3. Write down at least five qualities that appropriately describe the character of Narada Muni. Give their Sanskrit equivalents as well. (Refer BG 16.1-3)

1. _____
2. _____
3. _____
4. _____
5. _____

4. Write down the quality that appropriately describes the character of Ratnakar, before he met Narada Muni. Give its Sanskrit equivalents as well. (Refer BG 16.4)

1. _____

5. Write down at least five qualities that appropriately describe the character of Ratnakar, after he met Narada Muni. Give their Sanskrit equivalents as well. (Refer BG 16.1-3)

1. _____

2. _____

3. _____

4. _____

5. _____

6. How did cruel Ratnakar transform into peaceful sage Valmiki? (BG 9.31)

- i. Because he fell at Narada Muni's feet and begged for forgiveness
- ii. Because of the formation of anthill around him
- iii. Because he constantly remembered the supreme lord by non-stop chanting of his holy names
- iv. Because he gave up hunting and plundering

7. Mark the incorrect. (BG 8.5 and 8.8)

- i. One's memory of Krsna is revived by chanting the Mahā-Mantra: Hare Krsna Hare Krsna Krsna Krsna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare
- ii. This practice of chanting and hearing the sound vibration of the Supreme Lord is mystic meditation and is very easy to practice
- iii. This mystic meditation purifies the person and helps him attain the supreme lord
- iv. There is no need to force the mind to think of Krsna. One can easily do it at the time of death.

8. What is the formula to attain peace? (BG 5.29)

- i. To understand that lord Krsna is the beneficiary in all human activities and to act accordingly.
- ii. Renouncing all material attachments
- iii. To Engage in social welfare activities
- iv. To punish the miscreants without delay

9. What practical ways, can we learn from the life of Ambarish Maharaj, by which one can become *mat-para*? Match the columns.(BG 2.61)

Hands	seeing the form of the Lord
Ears	traveling to the holy place where His temple is situated
Mind	offering obeisances unto the Lord
Eyes	touching the body of the devotee
Words	fulfilling the desires of the Lord
Nostrils	tasting the Tulasi leaves offered to Him
Tongue	Meditating on the lotus feet of Lord Krsna
Head	hearing the pastimes of the Lord
Desires	describing the abode of the Lord
Body	smelling the fragrance of the flowers offered to the lotus feet of the Lord
Legs	cleansing the temple of the Lord

10. Who becomes fearless? (BG 1.19)

- i. One who takes shelter of Supreme Personality of Godhead, Lord Krsna
- ii. One who is very powerful
- iii. One who is very influential
- iv. One who is very clever

11. What do we learn from the story of sparrow? (BG 6.24)

- i. Nothing is impossible if one is determined
- ii. God helps those who help themselves
- iii. To achieve success in big endeavours, one needs God's help
- iv. If one works with determination, God has to give the result

12. Pick the odd one out. (BG 7.15-16)

- i. the distressed
- ii. the desirer of wealth
- iii. the inquisitive
- iv. the atheist

13. Which of the following describe the character of a mahatma? Mark the correct (BG 9.14)

- i. Always chants the glories of lord Krsna
- ii. Endeavours with great determination
- iii. Bows to Krsna; perpetually worship him with devotion
- iv. All are correct



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