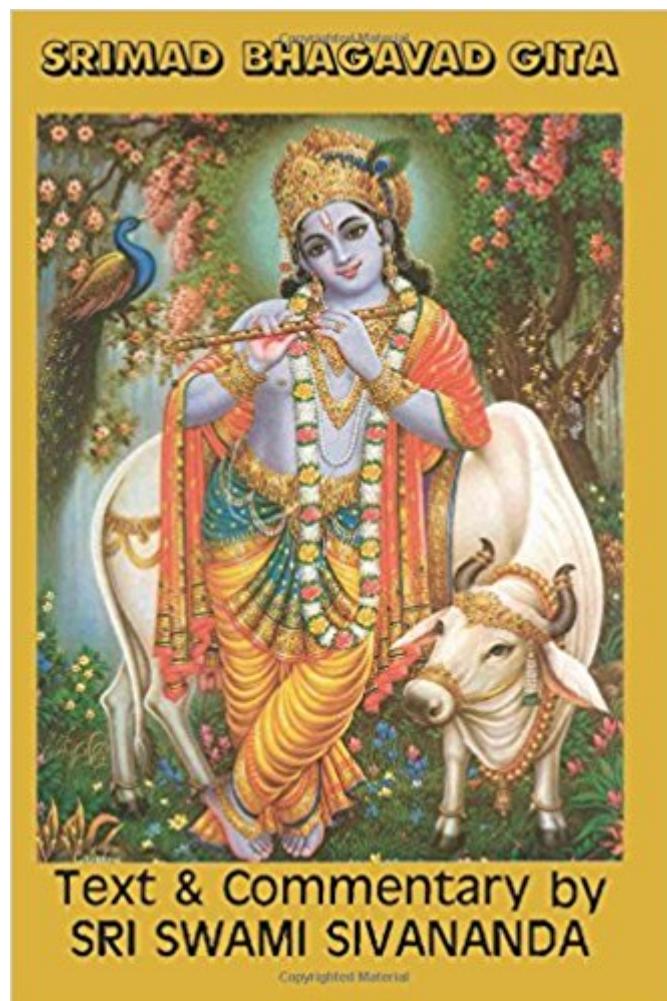


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# Srimad Bhagavad Gita



## Synopsis

The Bhagavad Gita is one of the great scriptures today, which guides the life and thought of people all over the world. It is believed to have been written by Lord Krishna. The Bhagavad Gita, also more simply known as Gita, is a 700-verse Hindu scripture that is part of the ancient Hindu epic, the Mahabharata, but is frequently treated as a freestanding text, and in particular, as an Upanishad in its own right, one of the several books that comprise the more general Vedic tradition. It is revealed scripture in the views of Hindus, the scripture for Hindus represents the words and message of god, the book is considered among the most important texts in the history of literature and philosophy. The teacher of the Bhagavad Gita is Lord Krishna, who is revered by Hindus as a manifestation of God (Parabrahman) Himself, and is referred to within as Bhagavan, the Divine One. The context of the Gita is a conversation between Lord Krishna and the Pandava prince Arjuna taking place in the middle of the battlefield before the start of the Kurukshetra War with armies on both sides ready to battle. Responding to Arjuna's confusion and moral dilemma about fighting his own cousins who command a tyranny imposed on a disputed empire, Lord Krishna explains to Arjuna his duties as a warrior and prince, and elaborates on different Yogic and Vedantic philosophies, and explains different ways in which the soul can reach the supreme being with examples and analogies. This has led to the Gita often being described as a concise guide to Hindu theology and also as a practical, self-contained guide to life. During the discourse, Lord Krishna reveals His identity as the Supreme Being Himself (Svayam Bhagavan), blessing Arjuna with an awe-inspiring vision of His divine universal form.

## Book Information

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## Customer Reviews

Swami Sivananda Saraswati was born on September 8, 1887. He was a Hindu spiritual teacher and a proponent of Yoga and Vedanta. Sivananda was born Kuppuswami in Pattamadai, in the Tirunelveli district of Tamil Nadu. He studied medicine and served in Malaya as a physician for several years before taking up monasticism. He lived most of the later part of his life near Muni Ki Reti, Rishikesh. He is the founder of The Divine Life Society (1936), Yoga-Vedanta Forest Academy (1948) and author of over 200 books on yoga, vedanta and a variety of other subjects. He established Sivananda Ashram, the location of the headquarters of The Divine Life Society (DLS), on the bank of the Ganges at Shivanandanagar, at a distance of 3 kilometres from Rishikesh. Sivananda Yoga, the yoga form propagated by him, are now spread in many parts of the world through Sivananda Yoga Vedanta Centres, but these centers are not affiliated with Swami Sivananda's original ashrams which are run by the Divine Life Society. Swami Sivananda died on 14 July 1963 in his Kutir on the bank of the Ganges, in Shivanandanagar.

I used to read this book at my yoga philosophy classes and I really enjoyed the commentary. It is nice to read up on different topics here and there. I highly recommend this book to anyone who wants to understand yoga philosophy on a higher level.

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