

Gita in Everyday Life

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The subject chosen for the seminar is most appropriate, considering the turmoil which the world today is wrapped in. Man today, has lost all direction towards the actual goal in life and he has instead diverted all his energy towards achieving materialistic goals.

What is an everyday life? An everyday life, in the cycle of an ordinary human being consists of awakening in the morning, going through his daily abulation, having a hasty breakfast and rushing off to his worldly duties, for some a quick bow at the altar of Him that controls his destiny. While the poor being rushes about performing all these actions, the Master above smiles and ponders over the ignorance and stupidity of that creation of His. That is the every morning scene of a man.

Man enjoys himself to the spokes of a turning wheel which goes round and round, seeking ways and means of fulfilling his daily requirements. At the end of the day a tired body sits down and gazes at the ceiling above and wanders in despair if another day wasted in this short sojourn on this planet. At such a time, the soul cries out for some peace and happiness.

Man promises to do something for the soul and immediately finds peace and is able to sleep soundly. The next morning after a restful sleep he again begins the usual cycle having forgotten his promise the night before.

Such is the daily life of an everyday person. Man is in pursuit of his worldly pleasure. He works hard to rise up the social ladder of society. The rise to him is progress. Progress to man is achieving that which he does not already possess. Progress and success in daily life is measured by his worldly possessions. These possessions all help sensual pleasures.

The Gita in Chapter 5 says that pleasures that are born of sense contacts are verily the source of pain.

The Gita with its 700 verses is a poetic flow of supreme knowledge. It is not preached as a pastime for persons tired out by living a worldly life, in pursuit of selfish motives, but gives philosophical advice on how one should live one's worldly life.

The Gita is addressed to a fighter. There is an Arjuna in each and every one of us. We are all fighters but when we are faced with a challenge, passion, disillusion and indiscrimination clouds our mind and we are entangled in the webs of emotion and thus are unable to execute the right actions.

Challenges are in front of us. We are supposed to protect the weak and oppressed, uphold justice and righteousness, but our attachments deter us from this path.

The Gita teaches us detachment. In Chapter 2 verse 16, the Lord says that the unreal has no existence and the real never ceases to be.

In the same Chapter verse 44, the Lord says that those who are attached to pleasures and prosperity cannot have determined intellect, which leads to concentration on God. To achieve true happiness and to fulfil the ultimate aims of the Creator, one has to overcome the element of attachment, the ongoing fight of mine and thine. The ways and means to achieve this is well given in the Gita.

One has only to identify the problem and take a dip into the depths of the Gita to find the solution. As Mahatma Gandhi said, "The Gita is a Universal Mother; she turns away nobody. Her door is open to anyone who knocks. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Gita." The Gita is not a historical discourse. It is a description not of a war between two cousins but between two natures within us – **The Good and the Evil**.

Passion, greed, jealousy and hatred are all traits of human nature. These cause pain. One has to rise above these to obtain real happiness. Through an enlightened teacher one can find, in the Gita, the ways to overcome these demonical traits.

The central message of the Gita is ACTION. Action with the renunciation of its fruits is the ultimate message prescribed in the Gita. Imbibing this Knowledge into our daily life, will make life more meaningful and rewarding.

We live and live every day, knowing the ultimate yet not accepting it. A question was put to King Yudhistra, "What is the greatest wonder of the world?" The King replied, "The creatures of the world are going to abide of death every day, yet those remaining alive continue to desire to live on forever. What greater wonder can there be than this?"

Friends, a verse from the Gita inserted here and there in the spokes of the worldly wheel, will make life more meaningful and bring us closer to the path of God Realization.