



The Gita Way- Secret Recipe to achieve the purpose of life

Shweta Chandra , Santosh Srivastava

[Download now](#)

[Read Online ➔](#)

The Gita Way- Secret Recipe to achieve the purpose of life

Shweta Chandra , Santosh Srivastava

The Gita Way- Secret Recipe to achieve the purpose of life Shweta Chandra , Santosh Srivastava

'The Gita Way' is an irreligious take on the tenets of the Bhagavad Gita. Without delving into either mythological or God-centric discourse, the book attempts to understand and explain various insights from the Gita through, in the author's words, derived theory and application. The Gita Way attempts to shed light on matters of self-realisation, and identifying and following the path to achieve the purpose of life.

Within the framework of Vedic philosophy represented by Gita, this book explores:

How to discover the swa-bhava, the inherent natural strength of our real-self?

Is my profession aligned with my swa-bhava? What is my purpose of life?

What is the real meaning of moksha, the liberation? How the realization of individual purpose leads us to attain supreme purpose we are born to achieve?

Using the principles of Gita, this book presents innovative findings on theory of prarabdha, the luck or destiny, role of knowledge and karma, continuous improvement, yoga of universal harmony and yoga of devotion. To highlight few, in chapter combined discipline of knowledge and karma, authors introduce most important part of their research—Centring. Centring summarizes power of combined application of yoga of knowledge and karma along with simplified theory of spirit and supreme spirit. Chapter Vision of Universal Form and Yoga of Liberation simplifies the meaning of moksha, the state of liberation by linking it to the attainment of supreme purpose of life. Chapters on Yoga of Devotion and Continuous improvement focus on recipe of staying on the unique path of achieving individual goal.

Unlike other books on Bhagavad Gita, the Gita Way is not a chapter wise discourse. Instead it presents deduced concepts in first place supported with relevant reference from the whole Gita. For example, in the first chapter of the Gita Way, you may get a reference of last chapter of Gita relevant to the topic of discussion.

Contents:

1. INTRODUCTION TO 'THE GITA WAY' 11

Development of 'The Gita Way' 17

2. DEVELOPING A SENSE OF PURPOSE IN LIFE 25

Goal 28

Finding Unique Strength and Developing It 32

Joy of the Self-Hobby vs Profession 35

How to Set a Goal? 39

Doubt in any form is the Biggest Enemy

to Self-realisation 45

The Story of Barbarika: Why was Barbarika Sacrificed? 47

3. YOGA OF KNOWLEDGE 51

Knowledge of Self 54

Elements of Self 56

Consciousness of Self-Identity 57

Intellect 60

Primordial Matter 62
Source of Perception and Action,
One Mind and Five Senses 63
Physical Body and Fitness 63
False Goals such as Desire, Aversion and Pleasure 64
Required Qualities in Self 64
How Does One Achieve ‘Absolute Knowledge’? 67
Lack of Knowledge is Ignorance which creates Fear 71

4. KARMA YOGA 74

Prescribed Act and Prohibited Act 76
Yoga and the Attributes of a Yogi 79
How does One Achieve Equipoise? 80
Desire-Entrap 84
Hierarchy of Control 86
Theory of Prarabdha or Destiny 88
Butterfly Effect 90
Hurdles in the Path of Karma-Yoga 93
Vikarma 95
Law of Growth 96
Ultimate Dispassion: Nishkam Karma 97
How to stay on the Path of Karma-Yoga? 99

5. COMBINED DISCIPLINE OF KNOWLEDGE AND KARMA 101

Self-Realisation 102
Wisdom 104
Sacrifice 108
Centring and Power of Real-Self 112
Power of Real-self 113
Centring 116
Yoga of Self-Control 119

6. YOGA OF DEVOTION 121

The Cycle of Liberation 123
How does devotion come to us? 127
Devotion to Tame the Mind 129
Relevance of Devotion to the Theory of Prarabdha 130
Symptoms of Lack of Devotion 134

7. VISION OF THE UNIVERSAL FORM 136

Universal Form of Goal 140
Concept of Self 147
Redirecting the Purpose of Desire 150

8. CONTINUOUS IMPROVEMENT ON THREE MODES OF NATURE 152

Inner Purification by Knowing Sattva, Rajas and Tamas 159
Sattva 159
Rajas 161
Tamas 164

The Gita Way of Continuous Improvement 165

Elimination of Waste 166

9. YOGA OF LIBERATION 170

How is Sattva linked with the Supreme Goal? 173

How does one attain sattva? 174

Non-violence in thoughts and Action. 175

Absence of Pride 175

Internal and External Purity 176

Steadfastness of Mind 176

Control of Body, Mind and Senses 176

Sincerity 177

Forbearance 177

Uprightness of Speech and Mind 177

Devout Service to the Preceptor 177

Austerity of Mind 178

Sattvika Intellect 178

Sattvika Sacrifice 179

Leadership by Creating Order Around 180

Yoga of Liberation 182

The Gita Way- Secret Recipe to achieve the purpose of life Details

Date : Published April 2016 by General Press

ISBN : 9789380914879

Author : Shweta Chandra , Santosh Srivastava

Format : Paperback 192 pages

Genre : Spirituality, Religion, Hinduism, Philosophy, Fantasy, Mythology, Cultural, India, Asian Literature, Indian Literature, Nonfiction



[Download The Gita Way- Secret Recipe to achieve the purpose of life Shweta Chandra , Santosh Srivastava](#)



[Read Online The Gita Way- Secret Recipe to achieve the purpose of life Shweta Chandra , Santosh Srivastava](#)

Download and Read Free Online The Gita Way- Secret Recipe to achieve the purpose of life Shweta Chandra , Santosh Srivastava

From Reader Review The Gita Way- Secret Recipe to achieve the purpose of life for online ebook

Suraj Patil says

long story short: Don't read if you already appreciate Gita. This book is for those who have never read the original Gita.

After reading certain good books by Indian authors about Mahabharata, I thought this book would be as good. But it is not. For starters, Bhagwad Gita in it's original form is in no way a religious text, it is a purely philosophical work so there is no need for a non religious interpretation of Gita. Just stay clear of the religious translations of the epic. If you have read the Gita then there is absolutely no need to read this at all. Just a massive waste of time. But if you read Gita, don't read the translation which glorifies a single deity, such translation I'd going to be a bad one.

Divya says

The author has taken the essential teachings of gita and explained them in simple terms...excellent for starters and for one to keep coming back to.

Akshita says

One of the best read of recent time,its awesome ,really something new and creative writing, Must read in today's fast pace life.....

All the best for this new writer.....

Divya says

Need for every one to read this Gita.

Manoj Saha says

Good technical and non-religious explanation - a very good effort to explain the Gita Way.

Divya Swamy says

Heard a lot about the Gita and its teachings but was always skeptical to start reading it. This particular book

makes so much sense from the first ten pages that you are hooked. I read and then re read it again to see how all the teachings applied to real life.

Tamanna says

I found this book extremely motivational. It provides solutions to everyday problems and guides a way in right direction. We can relate our daily life situations with Gita. Author has done wonderful job by explaining concept of “self-realisation” and making us understand purpose in life in Gita way. This book has given me real insights on goal-setting, developing strength and finding the right way to make the right decisions. Wonderful book, must read. Highly recommended.

Falgun says

This is one of the best book I've come across in a long time. That's saying a lot given what it has to compete with and given the times we live in, there can't be a better time for this book to get published. This book is just awesome. It has some really spiritual parables to which we can easily correlate to. One of the best parts about this book is that just when you think it couldn't get any more entertaining or profound, it surprises you by being even more of both. Overall a great work and presentation by the Authors. Highly recommended to all.

Divya says

Overall, this is a great first book to comprehend the involved Hindu philosophy narrated in the Bhagavad Gita.

Urvashi Tandon says

A very new and kind approach to Gita. I am glad that for the first time we aren't being religion-centric. I recommend it to all!

Divya says

The author may have intended to address a wide range of audience, some of whom may not be familiar with the basic tenets of Hindu philosophy.

Divya says

I always liked the idea of performing and staying in present and then attaining nirvana, rather than leaving

your role and responsibilities to reach the goal. The Gita explains just that.

Divya says

I refer to Bhagwad Gita whenever I am confused. I find this book holds true & teaches what can't be learnt through text books.

Divya says

I have not read any other version of the Bhagavad Gita. I picked up the current book on recommendation from my professor at IIM Bangalore. The author explains the deep philosophy of the Gita in lucid language.

Mjdrean says

Oh that I could practice this with regularity. It makes so much sense.
