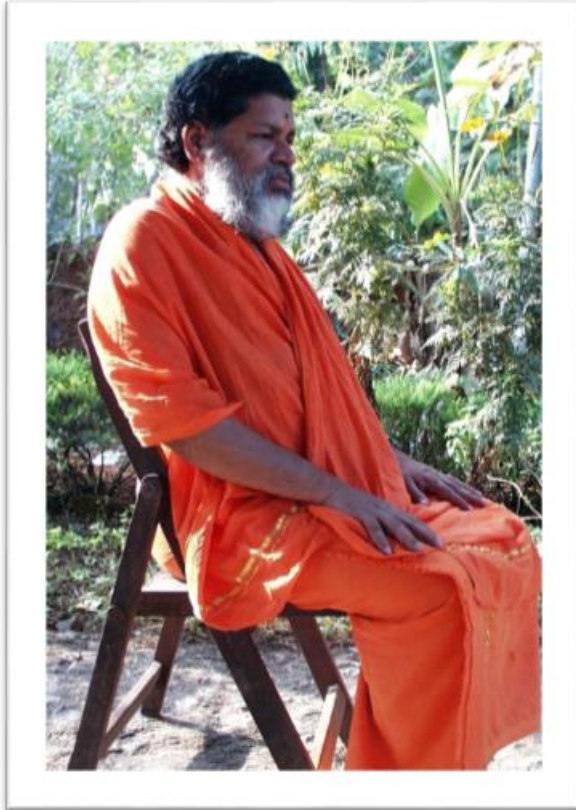


SELF-REALISATION

SWAMI BODHANANDA

1994



. . . The entire thrust of the Bhagavad Gita is not to give a psychological or material explanation for things. The entire thrust of the Gita is to lift the individual and solve his existential and spiritual problems. And once your spiritual problem is solved, once you discover that you are inwardly strong--"In my being I am strong"-- then what ever be the nature of the challenge you will emerge stronger and diviner.

The world there after will not become a problem, but an opprotunity for you. Is it not?

The more you crush a piece of sandal wood, the more fragrance emanates from it. In the same way when you discover that you are inwardly strong, the world becomes an opportunity for you. The more you are crushed the more your fragrance emanates all around, the more your divinity manifests all around. And then you will not curse the world.

You will stand in utter reverence to the world, because the world has given you an opportunity to discover and unfold your depth. Then you become a thankful person to God and to the world that is created for you. Unfortunately, since we don't know the technique of living, this art of living, the world has become a veritable prison for us.

Hence throughout the Bhagavad Gita Bhagavan concentrates upon Arjuna's self-awareness, his own self, his Being. . .

(Selection from a lecture given by Swami Bodhananda in the year 1994)

Swami Bodhananda is Chairman, Sambodh Foundation, India; The Sambodh Society Inc. USA; and Bodhananda Research Foundation for Management & Leadership Studies. He is the Inspiration and Guiding Force for all Sambodh institutions.