

SHAMSHER PRAKASH FOUNDATION

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GIST OF GITA

1. Why do you worry for nothing? Why are you scared of anyone for nothing?
2. Who can kill you? The soul is immortal, never subject to birth and death.
3. Whatever has happened was good. Whatever is happening is good. Whatever will happen, will also be good.
4. Don't regret the past. Don't worry about the future. Live in the present.
5. What did you lose that you are crying about. What did you bring that you lost. What did you create that is now destroyed?
6. You did not bring anything, whatever you have, you got here. Whatever you gave, you gave here. Whatever you got you got from god. Whatever you gave, you gave to god. You came here empty handed and left empty handed.
7. Whatever you have today was someone else's yesterday and day after tomorrow it will be someone else's. You feel happy because you think it's yours. This happiness is what causes your sadness.
8. Change is the law of the world and nature. That change is the cause of life and birth and you name it death. At one moment a man becomes the master of billions. In the next moment he is penniless.
9. Make your mind free of these petty ideas-such as this is mine, this is yours, this is lowest, this is highest.
10. If you do that you will belong to everyone and everyone will be yours. This physical body does not belong to you and you don't belong to this body. The body is raised from five elements (fire, water, air, earth and sky) and finally will reduce to them.
11. The soul is eternal then who are you. Dedicate yourself to god. He is the best aid to you. Who knows him as the best aid, he becomes free of fear, worry and sadness. Oh man what ever you do, offer it to god.
12. This way you will enjoy the bliss of a liberated soul in life.

MAY GOD BLESS YOU!