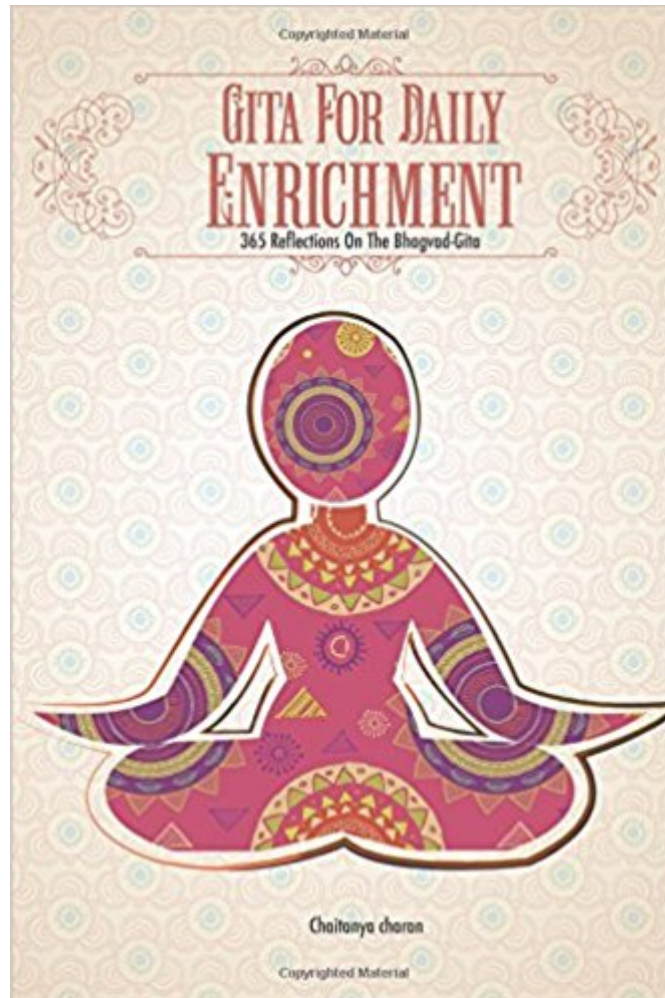




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# Gita For Daily Enrichment



## Synopsis

Gita for Daily Enrichment provides condensed nuggets of insight gleaned from the Vedic wisdom-tradition and re-presented in an idiom and style that resonates with contemporary needs, interests and concerns. The Vedic (Indian) wisdom-tradition has provided some of the loftiest philosophical insights in the world, yet most contemporary people – both Indians and non-Indians – find it difficult to see the relevance of those insights to their daily lives and contexts. This difficulty is caused not by the irrelevance of those insights, but by their inaccessibility: they are generally written in Sanskrit, often using words that have multiple meanings embedded in them. Moreover, they frequently presume familiarity with the subtle nuances of the thought systems within which they developed. Making the totality of Vedic thought accessible to the modern mind requires comprehensive research and exhaustive writing, a massive task upon which many scholars worldwide are working vigorously. Even if this thought becomes accessible, not many people have the time or, more importantly, the interest to access this giant body of wisdom. Gita-Daily makes the humble attempt to stimulate interest in Vedic thought by mining and bringing forth small nuggets of wisdom that the contemporary mind can find accessible, relevant and illuminating. Within the Vedic tradition, I have chosen to focus on the Bhagavad-gita because it is simultaneously profoundly philosophical, unendingly inspirational and eminently practical. Over the last 15 years I have studied the Gita dozens of times and have spoken on it hundreds of times. I have also taught the full Gita as a systematic course several times and have written scores of articles on it. Despite this repeated contact with the Gita, I am even now amazed by its unfading freshness: contemplation on its verses brings rejuvenation, illumination and determination. I feel deeply indebted to the Bhagavad-gita for the sanity, clarity, gravity, tenacity and velocity that it has brought to my life. As an expression of my gratitude to the Gita, I feel impelled to do whatever I can to make its inspiration available as much as possible. But I also realize that most people in today's culture will not have the time or the facility to carry out an intensive or extensive study of the Gita. So the Gita-daily is my humble attempt to repay my debt to the Gita by making its wisdom comprehensible and accessible through daily nuggets of contemplation on one or more of its verses. As I am focussing on the inspirational potency of the Gita and not on its semantic intricacies, I generally don't quote either the Sanskrit verse or its English translation verbatim, but present the relevant import of the verse, rendered according to the theme under discussion. Nonetheless, I have provided the translation of these verses at the bottom of each article. To ensure that these articles don't become too technical or academic, I also don't quote too frequently from the various Gita commentaries by erudite and saintly

teachers. I hope that you find Gita-Daily helpful in your spiritual journey in coming closer to the Gita and to its speaker, Lord Krishna, who is forever waiting for us in our own hearts.

## Book Information

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## Customer Reviews

Chaitanya Charan is a monk and spiritual author. He has done his Electronics & Telecommunications Engineering from the Government College of Engineering, Pune. He secured 2350 out of 2400 in the GRE exam, bagging the top rank in Maharashtra. He is a member of ISKCON's topmost intellectual body, the Shastric Advisory Council, and is the associate-editor of ISKCON's global magazine, Back to Godhead. He travels all over the world giving talks on spiritual subjects. He is the author of the world's only Gita-daily feature, wherein he writes daily a 300-word inspirational reflection on a verse from the Bhagavad-Gita. Till now he has written over 1200 Gita meditations that are posted on [www.gitadaily.com](http://www.gitadaily.com) and are read through daily feeds by thousands from all over the world. His articles have been published in many national newspapers including Indian Express, Economic Times and Times of India in the Speaking Tree column. His writings in English have been translated into several foreign languages including German, Chinese and Romanian and several Indian languages including Kannada, Telugu, Bengali, Hindi and Marathi. He is the author of seventeen books: ENERGY & Your Sutra for Positive Thinking; Science and Spirituality; The Spiritual Scientist series, volumes 1 and 2; Recession & Adversity or Opportunity?; Why do we need a temple?; Frequently Unanswered Questions; Idol Worship or Ideal Worship?; The Gita for Daily Enrichment; Oh My God! Re-answering the Questions; My Little Bhakti Companion; Timeless

Insights on Today's Issues; 10 Leadership Sutras from Bhagavad-gita, GK for PK!

Prabhupada: The Moments that Made the Movement, The Eye to See the I, and Belong.

The Bhagavad-gita is widely celebrated as a wonderful scripture. Although only 700 or so verses long, it can be hard to apply to our modern life. Why would a book, which is a conversation between Krishna and Arjuna on the Battlefield of Kurukshetra, be relevant today? The Bhagavad-gita is unique in that there are no "thou shalt not" prohibitions, nor are there any "thou shalt" commandments. Krishna shows different paths, and the results of each path. We have the free will to make our own choices (but we must live with the consequences). At the end, Krishna tells Arjuna, "Do what you wish to do". There are many, many translations and commentaries on the Gita. Do a search of "Bhagavad-gita" in 's search box, and it comes up with over 6,000 results. But you must be careful with which version to choose. There are versions from yogis, from swamis, from monists, from Theosophists, from scholars. There are books for beginners, for children, for businessmen, and even a book, "The Bhagavad Gita as a Psychedelic Guide". Many of the books try to keep it in a poetic format. But this makes a difficult-to-understand book even harder to understand, in my opinion. Others try to obfuscate the subject matter, with flowery language, to portray a mystical, "deep" edge. Most of these books translate the Gita with a humanist slant, some with atheistic overtones. This book, however, is from the esteemed Bhagavata (theistic devotional) school, coming in direct line from the incomparable Sri Caitanya (1486-1534). This book shows you, in nice, "bite sized" essays, how to apply this timeless wisdom to your daily life. Each essay is based off of a single verse. I read one every morning, then try to recall the essay throughout the day. This book makes the Bhagavad-gita relevant and accessible to everyone. I highly, highly recommend it.

This is an incredible book!

Eye opener

GOOD READ

Legible, first class presentation of an ancient wisdom text. Chaitanya Caran understands the subtleties of the human condition, and communicates with wit, immediacy, and conciseness. His aphorisms are the perfect panacea for the ADD culture we are surrounded by. Gita for Daily Enrichment has been written with a rare combination of penetrating intellect and compassion. For

spiritual seekers this book is an unmistakeable time saver. Revel in your daily dosage.

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