

THE SCIENCES IN THE SHRIMAD-BHAGAVAD-GITA



Contents

1.	What is the Bhagavad-Gita?	3
2.	What are The Essential Teachings of the Bhagavad-Gita?	3
3.	The Science of God	3
4.	The Science of the Living Entity	5
5.	The Science of Spiritual Life	7
6.	The Science of Material Life	12
7.	The Science of Material Nature	15

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The Bhagavad-Gita As It Is verses are courtesy of BBTI, www.krishna.com

1. What is the Bhagavad-Gita?

- ॐ The Song of God
- ॐ The Word of God in Person
- ॐ Directly spoken by God (Lord Krishna)
- ॐ The conversation between man (Arjuna) and God
- ॐ 18 Chapters, 700 Verses
- ॐ Last spoken 5000 years ago on planet Earth
- ॐ Not a one-off scripture, like the other scriptures
- ॐ Spoken thousands of times in this and other universes

"This knowledge is the king of education, the most secret of all secrets. It is the purest knowledge, and because it gives direct perception of the self by realization, it is the perfection of religion. It is everlasting, and it is joyfully performed." (Lord Krishna, Bhagavad-Gita 9.2)

2. What are The Essential Teachings of the Bhagavad-Gita?

- ॐ God is one and He is known by different names
- ॐ The living entity is the eternal soul and not the temporary body
- ॐ All souls are 100% equal. All are eternal, full of knowledge, and full of bliss
- ॐ All souls are equally very dear to God
- ॐ Life is an intelligent design, nothing happens by chance (Karma)
- ॐ No violence towards any living being (animals, humans, trees)
- ॐ No intoxications (alcohol, drugs, tobacco), and gambling
- ॐ No relationship outside marriage
- ॐ No hatred, lying, deception, stealing, and cursing
- ॐ No eternal damnation for any soul
- ॐ Perform activities without expectations
- ॐ Give up lust, greed, and anger
- ॐ Live a simple life by being satisfied with what you have and not make demands on others
- ॐ Be grateful to God and others for all you have, even if minimal
- ॐ Appreciate what others have done for you, even if they gave you just one grain of rice

3. The Science of God

God is Omnipresent, meaning He is present everywhere.

"I am everywhere..." (Lord Krishna, Bhagavad-Gita 9.5)

God is Omnipotent, meaning He is the greatest.

"With a single fragment of Myself I pervade and support this entire universe..." (Lord Krishna, Bhagavad-Gita 10.42)

God is Omniscient, meaning He knows the past, present, and the future of everyone.

"O Arjuna, as the Supreme Personality of Godhead, I know everything that has happened in the past, all that is happening in the present, and all things that are yet to come." (Lord Krishna, Bhagavad-Gita 7.26)

God Is Equal to Everyone

"I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am also a friend to him." (Lord Krishna, Bhagavad-Gita 9.29)

God Is the Well-wisher of Everyone

“A person in full consciousness of Me, knowing Me to be the ultimate beneficiary of all sacrifices and austerities, the Supreme Lord of all planets and demigods, and the benefactor and well-wisher of all living entities, attains peace from the pangs of material miseries.” (Lord Krishna, Bhagavad-Gita 5.29)

God is Most Opulent

“O mighty conqueror of enemies, there is no end to My divine manifestations. What I have spoken to you is but a mere indication of My infinite opulences.” (Lord Krishna, Bhagavad-Gita 10.40)

God is the Supreme Creator

“The whole cosmic order is under Me. Under My will it is automatically manifested again and again, and under My will it is annihilated at the end.” (Lord Krishna, Bhagavad-Gita 9.8)

“I am the source of all spiritual and material worlds. Everything emanates from Me. The wise who perfectly know this engage in My devotional service and worship Me with all their hearts.” (Lord Krishna, Bhagavad-Gita 10.8)

“Furthermore, O Arjuna, I am the generating seed of all existences. There is no being – moving or nonmoving – that can exist without Me.” (Lord Krishna, Bhagavad-Gita 10.39)

God is the Origin of Creation

“My Self is the very source of creation...” (Lord Krishna, Bhagavad-Gita 9.5)

God is the Supreme Controller

“I give heat, and I withhold and send forth the rain.” (Lord Krishna, Bhagavad-Gita 9.19)

God is the Supreme Maintainer

“I enter into each planet, and by My energy they stay in orbit.” (Lord Krishna, Bhagavad-Gita 15.13)

God Commands Treating Everyone Equally

“A person is considered still further advanced when he regards honest well-wishers, affectionate benefactors, the neutral, mediators, the envious, friends and enemies, the pious and the sinners all with an equal mind.” (Lord Krishna, Bhagavad-Gita 6.9)

“One who is equal to friends and enemies, who is equipoised in honor and dishonor, heat and cold, happiness and distress, fame and infamy, who is always free from contaminating association, always silent and satisfied with anything, who doesn't care for any residence, who is fixed in knowledge and who is engaged in devotional service – such a person is very dear to Me.” (Lord Krishna, Bhagavad-Gita 12.18-19)

God is the Witness of Everything We Do

“I am the goal, the sustainer, the master, the witness, the abode, the refuge and the most dear friend. I am the creation and the annihilation, the basis of everything, the resting place and the eternal seed.” (Lord Krishna, Bhagavad-Gita 9.18)

God Appears

Lord Krishna appears once every 8.64 billion years in His original form, and millions of times in other transcendental forms.

“Although I am unborn and My transcendental body never deteriorates, and although I am the Lord of all living entities, I still appear in every millennium in My original transcendental form.” (Lord Krishna, Bhagavad-Gita 4.6)

4. The Science of the Living Entity

The Living entity is the eternal Soul and not the temporary Body

We are a spiritual being in a material body. We (the soul) are eternal, and the body in which the soul resides is temporary.

"That which pervades the entire body you should know to be indestructible. No one is able to destroy that imperishable soul." (Lord Krishna, Bhagavad-Gita 2.17)

The Law of Conservation of Energy Supports the Bhagavad-Gita Science of the Soul Knowledge

Energy cannot be created nor destroyed but it can be transferred from one object to another. We (the soul) are the energy and the body are the form. When our current form (the body) is destroyed, we move into another form (another body).



Energy (the soul) cannot be destroyed, but it can be transferred from one body to another

"Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. As the embodied soul continuously passes, in this body, from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change." (Lord Krishna, Bhagavad-Gita 2.12-2.13)

"The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind." (Lord Krishna, Bhagavad-Gita 2.23)

We are All Eternal

When a person dies, we say 'he passed away', but the body is right in front of us. This implies there are 2 entities, the 'body' and the 'he'. The 'he' is the soul, the real person. This is the first teaching from the Bhagavad-Gita, the real 'he' is the soul and not the body. The body is temporary but the 'he' is eternal. Where has he (the soul) passed away to? Another body.



Death is not the end. It's the beginning of a new Life.

"One who has taken his birth is sure to die, and after death one is sure to take birth again. Therefore, in the unavoidable discharge of your duty, you should not lament." (Lord Krishna, Bhagavad-Gita 2.27)

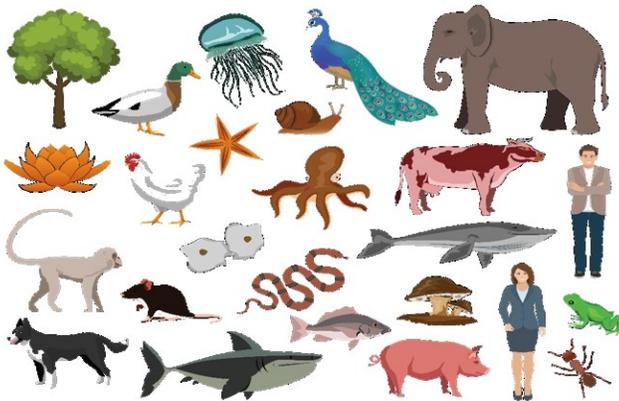
"As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones." (Lord Krishna, Bhagavad-Gita 2.22)

The Qualities of the Soul

Anyone can see that the material bodies of living beings (humans, plants, and animals) are physically different, temporary, situated in different conditions, circumstances, and locations. Within each body of living beings, there is the soul, which are all equal and eternal.

- We are the soul and not the body
- All living beings (humans, plants, and animals) have a soul
- All souls are equal, one soul is neither inferior nor superior to another
- The soul is not Brahmin, nor Ksatriya, nor Vaisya, nor Sudra
- The soul is not high caste, nor low caste
- All souls are eternal, full of knowledge, and completely blissful
- Every soul has an eternal companion relationship with God
- Every soul is a family member of God
- Every soul is accompanied by the Super Soul (God) in the heart. He is the witness, permitter, and the well-wisher
- Every soul gets liberation eventually, there is no eternal damnation
- The soul cannot be destroyed by any weapon, burned, blown, nor moistened
- The soul is neither male nor female
- The soul is neither black nor white
- The soul is not Indian, nor American, nor African
- The soul is not Hindu, nor Christian, nor Muslim
- The soul is neither diseased nor healthy
- One soul is neither richer nor poorer than another
- The soul is not old, nor young, and does not age
- The soul has no weight and cannot be seen with the eye
- The soul is situated in the heart of all living beings
- The size of every soul is 1/10,000th of the tip of the hair

Number of Species of Living Beings



"jalaja nava lakshani, sthavara laksha-vimshati, krimayo rudra-sankhyakah, pakshinam dasha-lakshanam, trinshal-lakshani pashavah, chatur lakshani manavah" (Padma Purana)

Jalaja (Water based life forms) - 0.9 million

Sthavara (plants and trees) - 2.0 million

Krimayo (Reptiles) - 1.1 million

Pakshinam (Birds) - 1.0 million

Pashavah (animals) - 3.0 million

Manavah (human-like) - 0.4 million

Total 8.4 million species of living beings.

A soul occupies a Body exactly based on its Desires and Deserves

The living entity (soul) is placed in a particular body, universe, planet, country, City, street, house, room, and the womb of a particular mother - exactly according to his past deeds. Life is an intelligent design; nothing happens by chance.

"The living entity in the material world carries his different conceptions of life from one body to another, as the air carries aromas. Thus, he takes one kind of body and again quits it to take another." (Lord Krishna, Bhagavad-Gita 15.8)

"The living entity in material nature thus follows the ways of life, enjoying the three modes of nature. This is due to his association with that material nature. Thus, he meets with good and evil among various species." (Lord Krishna, Bhagavad-Gita 13.22)

5. The Science of Spiritual Life

Devotional Service (Bhakti)

A pious person will be inclined to be open minded and will enquire on various spiritual subject matters.

Bhakti means to utilize one's time, energy, and resources for God. As spiritual beings, we should engage in what is of eternal benefit for the real us (the soul). This is bhakti or devotional service unto God.

There are 4 elements to Bhakti.

1. Being Conscious of Lord Krishna

Always thinking of Lord Krishna.

"Therefore, Arjuna, you should always think of Me in the form of Krsna.." (Lord Krishna, Bhagavad-Gita 8.7)

"Engage your mind always in thinking of Me..." (Lord Krishna, Bhagavad-Gita 9.34)

"Always think of Me..." (Lord Krishna, Bhagavad-Gita 18.65)

How can we think of Krishna?

There are many ways to think of Krishna and not just one way.

A01. Fix the mind unto Krishna all day. This can be achieved by living a secluded life in a remote place and meditating all day on Krishna. This is most difficult and not possible for most people.

"Just fix your mind upon Me, the Supreme Personality of Godhead, and engage all your intelligence in Me. Thus, you will live in Me always, without a doubt." (Lord Krishna, 12.8)

A02. If the above is not possible, then one can live as a single person in a Temple, doing service all day, through the principles of bhakti-yoga. These principles being to rise early in the morning, chant the Vedic mantras, do Deity service, cook foodstuffs and offer to Deity, take parsadam, distribute parsadam, read the Vedic scriptures, following principles of truthfulness, mercy, no intoxications, no meat, no relationships, no gambling, no materialistic actions, and no sense gratification.

"My dear Arjuna, O winner of wealth, if you cannot fix your mind upon Me without deviation, then follow the regulated principles of bhakti-yoga. In this way you will develop a desire to attain to Me." (Lord Krishna, Bhagavad-Gita 12.9)

A03. If the principles of bhakti-yoga as described above are too difficult, then one can work for Krishna. Thus, one can earn money by working in a job or engaging in business and giving donations in the service of Krishna, which can be to Temples and/or those who are engaged in preaching service.

"If you cannot practice the regulations of bhakti-yoga, then just try to work for Me, because by working for Me you will come to the perfect stage." (Lord Krishna, Bhagavad-Gita 12.10)

A04. For various reasons a person may not be able to give his/her money in the service of Krishna. In this case the earned money can be given to hospitals, feeding the poor, and general charity. In this way one will practice giving up the results of one's work. This will purify the mind and with a purified mind, one becomes able to understand Krishna Consciousness.

"If, however, you are unable to work in this consciousness, then try to act giving up all results of your work and try to be self-situated." (Lord Krishna, Bhagavad-Gita 12.11)

A05. If one is not able to give up the earned money due to attachment to money or other reasons. One should acquire spiritual knowledge, because by knowledge, one will gradually be able to understand his real position (he is not the temporary body, but the eternal soul, part of the Supreme). Spiritual knowledge will eventually lead to meditation on the Supreme, and this will lead to renunciation and detachment from material objects and sense gratification.

"If you cannot take to this practice, then engage yourself in the cultivation of knowledge. Better than knowledge, however, is meditation, and better than meditation is renunciation of the fruits of action, for by such renunciation one can attain peace of mind." (Lord Krishna, Bhagavad-Gita 12.12)

A06. One can also think of Krishna by chanting mantras.

"Always chanting My glories, endeavoring with great determination, bowing down before Me, these great souls perpetually worship Me with devotion." (Lord Krishna, Bhagavad-Gita 9.14)

A07. One can also think of Krishna by reading and/or listening to the Bhagavad-Gita and other Vedic scriptures. This is considered doing bhakti with intelligence, because one will think of Krishna and by acquiring spiritual knowledge, one will develop more understanding of Him and increase the attachment to Him.

"And I declare that he who studies this sacred conversation worships Me by his intelligence." (Lord Krishna, Bhagavad-Gita 18.70)

"Such a yogi, who engages in the worshipful service of the Supersoul, knowing that I and the Supersoul are one, remains always in Me in all circumstances." (Lord Krishna, Bhagavad-Gita 6.31)

One of the realizations from acquiring spiritual knowledge is that one will know that the Supersoul is Krishna, and this understanding is considered as worship of Krishna, bhakti.

A08. Worshipping of Krishna is bhakti, and this is mentioned in many verses in the Bhagavad-Gita and other Vedic scriptures. Worshipping means service to the Deity form of Krishna.

"But those who worship Me, giving up all their activities unto Me and being devoted to Me without deviation, engaged in devotional service and always meditating upon Me, having fixed their minds upon Me, O son of Prtha – for them I am the swift deliverer from the ocean of birth and death." (Lord Krishna, Bhagavad-Gita 12.6-7)

Some people worship God by bowing down to Him, and they believe He has no form and/or He is not present here. This is certainly good, but this is not service to Him, because He does not personally benefit from people just bowing down to Him. This is similar to government workers just bowing down to the President. This is of no benefit to the President. The government workers must take physical actions to maintain the country and this is of benefit to the President and the country. A King with citizens who only

bow down to him, are of no value to the King. The citizens must do some physical service in order to benefit the King.

Deity service is real service to God, who is manifested in the Deity form to enable us to worship Him with direct benefit to Him. Lord Krishna is present in the Deity form and when He is offered water, leaf, or flower, He accepts it.

"If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it." (Lord Krishna, Bhagavad-Gita 9.26)

A09. The Bhagavad-Gita was spoken to Arjuna, and he did not chant mantras, but still he is a pure devotee of Lord Krishna, because he was utilizing his energy for Krishna. This is bhakti. Maharaj Pariksit is another example of a pure devotee who even though he was given notice that he had 7 days left to his life. He was only interested in acquiring spiritual knowledge, this is bhakti.

"That very ancient science of the relationship with the Supreme is today told by Me to you because you are My devotee as well as My friend and can therefore understand the transcendental mystery of this science." (Lord Krishna, Bhagavad-Gita 4.3)

A10. All the above bhakti ways are for the benefit of the self only. The highest bhakti is to do something for the benefit of everyone.

"For one who explains this supreme secret to the devotees, pure devotional service is guaranteed, and at the end he will come back to Me. There is no servant in this world more dear to Me than he, nor will there ever be one more dear." (Lord Krishna, Bhagavad-Gita 18.68-69)

Preaching is the highest service unto Lord Krishna, because by preaching, many people will know about Krishna and how to serve Him (all the above items). Thus, more souls will be saved and delivered back to Godhead, the spiritual manifestation called Vaikuntha, the abode of Lord Krishna.

"Those who are beyond the dualities that arise from doubts, whose minds are engaged within, who are always busy working for the welfare of all living beings and who are free from all sins achieve liberation in the Supreme." (Lord Krishna, Bhagavad-Gita 5.25)

Those who preach are doing something for the benefit of others. They are constantly thinking of Krishna, because they need to explain how and why Krishna is the Supreme and His teachings. Their minds are engaged in meditating on Krishna from within.

"Do not come to Jagannātha Purī every year but stay in Bengal and fulfill My desire." (Lord Caitanya, CC Madhya 16.64)

"Preaching Caitanya Mahāprabhu's cult throughout the world is more important than staying in Vṛndāvana or Jagannātha Purī for one's own personal satisfaction. Spreading Kṛṣṇa consciousness is Śrī Caitanya Mahāprabhu's mission; therefore, His sincere devotees must carry out His desire." (Purport by Swami Srila Prabhupada, CC Madhya-Lila 13.80).

2. Developing the Consciousness of Lord Krishna – Divine Consciousness

Good behavior is bhakti. Krishna consciousness is not just thinking of Krishna, but more importantly to develop the consciousness to that of Krishna to some degree. We can never become equal to Him, but we can increase our consciousness to a much higher level.

If everyone just aims to serve Krishna, then there is no consideration for how we behave among ourselves. We would be fighting and arguing over who can serve Him in Temples and there will be ego, pride, and envy between us. Krishna consciousness also involves developing our consciousness, so we are well behaved with each other. We must elevate our consciousness to divine consciousness.

The Consciousness of Krishna that we must strive to develop are:

- a) Krishna is the absolute truth. We should always be truthful in all situations.
- b) Krishna is kind to all living beings; we should also become kind to all living beings
- c) Krishna shares all His belongings (the entire creation) with us, we can at least share some of our belongings with others who need them
- d) Krishna is the Supreme controller and owner of millions of universes, but still He is completely free from ego. We should minimize our ego and pride
- e) Krishna is equal to everyone in all situations. We should accept that there will be ups and downs in life and learn to be equal in all situations with others
- f) Krishna is completely self-satisfied with everything; we should be satisfied with what we have now and not be greedy for more
- g) Krishna is most humble; we should also become humble
- h) Krishna is non-violent, we must also become non-violent by not killing animals, not taking intoxications as this leads to hurting others, not gambling as this causes suffering for women and children, and no relationship outside marriage as this causes suffering to women and children
- i) Krishna is most tolerant; He gives us unlimited chances to get it right via reincarnation. We should also become tolerant with others
- j) Krishna is most simple; His occupation is simply to take care of the cows. We should live a simple life and not make demands on others
- k) Krishna is most clean, we must take bath at least once a day, brush teeth at least twice a day, and keep our work area, home, rivers, and public places clean
- l) Krishna is very well organized; He maintains millions of universes with precision accuracy. We must also develop the skills and the attitude needed to be well organized, getting things done on time, quality, proper planning, accountability, and responsiveness

"One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always satisfied, self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me – such a devotee of Mine is very dear to Me." (Lord Krishna, Bhagavad-Gita 12.13-14)

"Humility; pridelessness; nonviolence; tolerance; simplicity; approaching a bona fide spiritual master; cleanliness; steadiness; self-control; renunciation of the objects of sense gratification; absence of false ego; the perception of the evil of birth, death, old age and disease; detachment; freedom from entanglement with children, wife, home and the rest; even-mindedness amid pleasant and unpleasant events; constant and unalloyed devotion to Me; aspiring to live in a solitary place; detachment from the general mass of people; accepting the importance of self-realization; and philosophical search for the Absolute Truth – all these I declare to be knowledge, and besides this whatever there may be is ignorance." (Lord Krishna, Bhagavad-Gita 13.8-12)

See also Bhagavad-Gita 16.1-3.

3. Following the Instructions of Lord Krishna

Following the instructions of Lord Krishna is bhakti. There are 700 verses in the Bhagavad-Gita, and out of these 573 were spoken by Lord Krishna. The aim of these instructions is not just so that people serve Him and that's all. If this were the case, then there is no need for 700 verses, just a few is enough. He wants us to follow His instructions for our consciousness development for our own benefit.

Lord Krishna wants us to develop our consciousness, so we become descent human beings with a service to all attitude. Thus, develop the qualities listed in Bhagavad-Gita 12.13-14, 13.8-12, and 16.1-3. Also spread His teachings to save others too.

4. Service to others

Service to others is bhakti. It is very clearly stated in the Vedic scriptures that service to devotees of Lord Krishna is also considered service unto Lord Krishna. Even service to non-devotees is important, because a devotee must be humble and tolerant. By serving others, one will gradually become humble and learn to tolerate. Good behavior from devotees will inspire others to become like them, thus become devotees. This is the aim of Krishna consciousness, to make everyone Krishna Conscious and fit for going back to Godhead, the original homeland for all living entities.

"I envy no one, nor am I partial to anyone. I am equal to all. But whoever renders service unto Me in devotion is a friend, is in Me, and I am also a friend to him." (Lord Krishna, Bhagavad-Gita 9.29)

A pure devotee of Lord Krishna will not make any distinction between other devotees, regardless of the Guru or group they follow. Lord Krishna does not state that only followers of one group will go to Him and all others are destined for hell. No. There is no mention of any Guru or group in the Bhagavad-Gita, and thus in the eyes of Lord Krishna, all devotees from all groups and all Gurus who follow one or more of the above bhakti items are bonafide and their service is fully accepted by Him.

"He is a perfect yogi who, by comparison to his own self, sees the true equality of all beings, in both their happiness and their distress, O Arjuna!" (Lord Krishna, Bhagavad-Gita 6.32)

Naturally one may choose only to listen to Katha or serve Gurus from one group, and ignore others, because it's not practical to run around and listen to all Kathas and serve everyone. This is fine, the point is that we must respect all and disrespect none. Lord Krishna Himself appears many times in disguise to taste the service and love of His devotees. He may appear in any group at any time.

"The humble sages, by virtue of true knowledge, see with equal vision a learned and gentle brahmana, a cow, an elephant, a dog and a dog-eater [outcaste]." (Lord Krishna, Bhagavad-Gita 5.18)

Those who look down on devotees from other groups or refuse to serve devotees from other groups simply because they are from different groups, are committing offences. Offending a devotee of Lord Krishna intentionally is most sinful, because every devotee is very precious to Lord Krishna. Every living being is precious to Lord Krishna, but just like in a family, the children who serve the father are dearer to him than those who don't. In a similar way, those who serve the Supreme father, Lord Krishna, are recognized by Him.

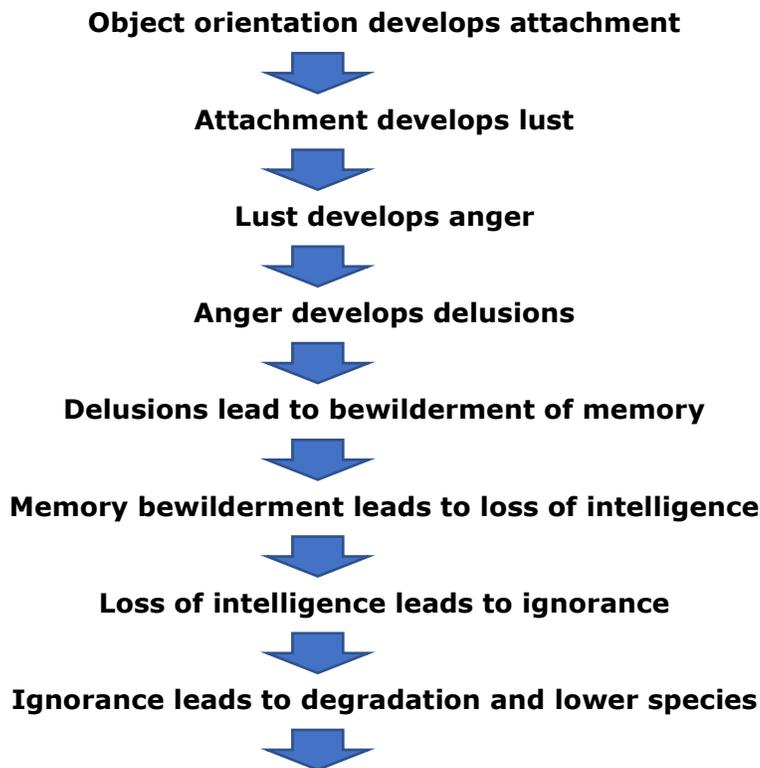
It is very clear that based on the Bhagavad-Gita and thus Lord Krishna Himself, there are many ways to perform bhakti (devotional service) unto Him, and not just one way.

People have different inclinations, abilities, resources, and are situated in different circumstances. But everyone can serve Lord Krishna in one or more of the above ways, as prescribed by Him directly.

"Always think of Me, become My devotee, worship Me and offer your homage unto Me. Thus, you will come to Me without fail. I promise you this because you are My very dear friend. Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear." (Lord Krishna, Bhagavad-Gita 18.65-66)

6. The Science of Material Life

The Result of Sense Gratification



"While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises. From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool." (Lord Krishna, Bhagavad-Gita 2.62-2.63)

"As a strong wind sweeps away a boat on the water, even one of the roaming senses on which the mind focuses can carry away a man's intelligence." (Lord Krishna, Bhagavad-Gita 2.67)

"When one dies in the mode of passion, he takes birth among those engaged in fruitive activities; and when one dies in the mode of ignorance, he takes birth in the animal kingdom." (Lord Krishna, Bhagavad-Gita 14.15)

"Life's desires should never be directed toward sense gratification. One should desire only a healthy life, or self-preservation, since a human being is meant for inquiry about the Absolute Truth. Nothing else should be the goal of one's works." (Shrimad-Bhagavatam 1.2.10)

We act according to our consciousness development

All embodied souls become conditioned to act in three modes, depending on their consciousness development: Goodness, passion, and ignorance.

Consciousness Development

Based on the people we associate with and what we see and hear. We will develop a type of consciousness.

Level	Type of Consciousness	Qualities Developed
1	Transcendental	<p><i>"The Supreme Personality of Godhead said: Fearlessness; purification of one's existence; cultivation of spiritual knowledge; charity; self-control; performance of sacrifice; study of the Vedas; austerity; simplicity; nonviolence; truthfulness; freedom from anger; renunciation; tranquility; aversion to faultfinding; compassion for all living entities; freedom from covetousness; gentleness; modesty; steady determination; vigor; forgiveness; fortitude; cleanliness; and freedom from envy and from the passion for honor – these transcendental qualities, O son of Bharata, belong to godly men endowed with divine nature.(Lord Krishna, Bhagavad-Gita 16.1-3)</i></p> <p><i>"Humility; pridelessness; nonviolence; tolerance; simplicity; approaching a bona fide spiritual master; cleanliness; steadiness; self-control; renunciation of the objects of sense gratification; absence of false ego; the perception of the evil of birth, death, old age and disease; detachment; freedom from entanglement with children, wife, home and the rest; even-mindedness amid pleasant and unpleasant events; constant and unalloyed devotion to Me; aspiring to live in a solitary place; detachment from the general mass of people; accepting the importance of self-realization; and philosophical search for the Absolute Truth – all these I declare to be knowledge, and besides this whatever there may be is ignorance." (Lord Krishna, Bhagavad-Gita 13.8-12)</i></p> <p>Food Choice: <i>Freshly cooked vegetarian dishes and fruits that are first offered to Lord Krishna.</i></p>
2	Goodness	<p>The above transcendental qualities to a lower degree.</p> <p>Food choice: <i>"Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart." (Lord Krishna, Bhagavad-Gita 17.8)</i></p>
3	Passion	<p>A mixture of the transcendental and ignorance qualities to a lower degree.</p> <p>Food choice: <i>"Foods that are too bitter, too sour, salty, hot, pungent, dry and burning are dear to those in the mode of passion. Such foods cause distress, misery and disease." (Lord Krishna, Bhagavad-Gita 17.9)</i></p>
4	Ignorance	<p><i>"Pride, arrogance, conceit, anger, harshness and ignorance – these qualities belong to those of demoniac nature, O son of Prtha." (Lord Krishna, Bhagavad-Gita 16.4)</i></p> <p>Food choice: <i>"Food prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things is dear to those in the mode of darkness." (Lord Krishna, Bhagavad-Gita 17.10)</i></p>

The Result of the Consciousness Developed

"When one dies in the mode of passion, he takes birth among those engaged in fruitive activities; and when he dies in the mode of ignorance, he takes birth in the animal kingdom." (Lord Krishna, Bhagavad Gita 14.15)

"When one dies in the mode of goodness, he attains to the pure higher planets." (Lord Krishna, Bhagavad Gita 14.14)

We get what we desire and deserve

Everything we do including our thoughts will have a reaction which will be in proportion to our actions. Life is an intelligent design; nothing happens by chance. We cannot figure out what action lead to what reaction. This is because we cannot remember all our actions in the past, this and previous lives.

"The intricacies of action are very hard to understand. Therefore, one should know properly what action is, what forbidden action is and what inaction is." (Lord Krishna, Bhagavad-Gita 4.17)

Social Work System

When people are suitably assigned for work roles based on their qualifications, the society functions properly. Otherwise the society becomes degraded.

Role in Society	Qualifications Developed
Brahmanas – Priestly	<i>"Peacefulness, self-control, austerity, purity, tolerance, honesty, knowledge, wisdom and religiousness – these are the natural qualities by which the brahmanas work." (Lord Krishna, Bhagavad-Gita 18.42)</i>
Ksatriyas – Administration	<i>"Heroism, power, determination, resourcefulness, courage in battle, generosity and leadership are the natural qualities of work for the kṣatriyas." (Lord Krishna, Bhagavad-Gita 18.43)</i>
Vaisyas – Business and Farming	<i>"Farming, cow protection and business are the natural work for the vaisyas..." (Lord Krishna, Bhagavad-Gita 18.44)</i>
Sudras – Laborers	<i>"...and for the sudras there are labor and service to others." (Lord Krishna, Bhagavad-Gita 18.44)</i>

The concept of assigning people for work roles based on their qualifications is used by every organization in the world.

From a religious standing, everyone can become perfect, regardless of their work role in society.

"By following his qualities of work, every man can become perfect. Now please hear from Me how this can be done. By worship of the Lord, who is the source of all beings and who is all-pervading, a man can attain perfection through performing his own work." (Lord Krishna, Bhagavad-Gita 18.45-46)

Perform Austerities

Austerity of the Body	<p><i>"Austerity of the body consists in worship of the Supreme Lord, the brahmanas, the spiritual master, and superiors like the father and mother, and in cleanliness, simplicity, celibacy and nonviolence." (Lord Krishna, Bhagavad-Gita 17.14)</i></p> <p>Take bath daily, brush teeth twice, keep the home and work areas clean, keep the mouth free from flesh, tobacco, and alcohol. Don't make unnecessary noises.</p>
Austerity of the Speech	<p><i>"Austerity of speech consists in speaking words that are truthful, pleasing, beneficial, and not agitating to others, and also in regularly reciting Vedic literature." (Lord Krishna, Bhagavad-Gita 17.15)</i></p> <p>Don't talk non-sense, always speak the truth.</p>
Austerity of the Mind	<p><i>"And satisfaction, simplicity, gravity, self-control and purification of one's existence are the austerities of the mind." (Lord Krishna, Bhagavad-Gita 17.16)</i></p> <p>Have a service to all attitude. Think of the well-being of all living beings and do something for their benefit.</p>

Charity is Important

Good Charity	<p><i>"Charity given out of duty, without expectation of return, at the proper time and place, and to a worthy person is considered to be in the mode of goodness." (Lord Krishna, Bhagavad-Gita 17.20)</i></p>
Ok Charity	<p><i>"But charity performed with the expectation of some return, or with a desire for fruitive results, or in a grudging mood is said to be charity in the mode of passion." (Lord Krishna, Bhagavad-Gita 17.21)</i></p>
Wasted Charity	<p><i>"And charity performed at an impure place, at an improper time, to unworthy persons, or without proper attention and respect is said to be in the mode of ignorance." (Lord Krishna, Bhagavad-Gita 17.22)</i></p>

7. The Science of Material Nature

The elements of material creation

"Earth, water, fire, air, ether, mind, intelligence and false ego—altogether these eight comprise My separated material energies." (Lord Krishna, Bhagavad-Gita 7.4)

The Origin of the Energy in the Universe

"My Self is the very source of creation..." (Lord Krishna, Bhagavad-Gita 9.5)

Matter, Time, and Living Entities (Souls) are Eternal

"Material nature and the living entities should be understood to beginning less..." (Lord Krishna, Bhagavad-Gita 13.20)

"I am also inexhaustible time..." (Lord Krishna, Bhagavad-Gita 10.33)



The Living Entity is the Soul
and not the Body
We are all Eternal
We are all Divine

