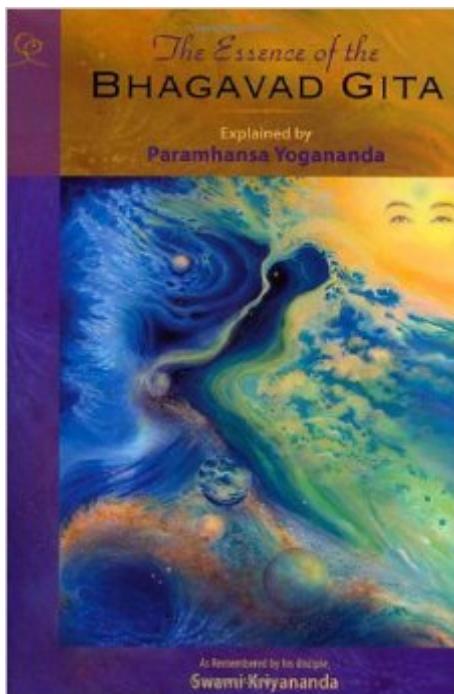


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# The Essence Of The Bhagavad Gita: Explained By Paramhansa Yogananda, As Remembered By His Disciple, Swami Kriyananda



## **Synopsis**

This revelation of India's best-loved scripture approaches it from an entirely fresh perspective, showing its deep allegorical meaning and also its down-to-earth practicality. The themes presented are universal: how to achieve victory in life in union with the divine; how to prepare for life's final exam, death, and what happens afterward; how to triumph over all pain and suffering. This expanded & revised second edition is now in paperback!

## **Book Information**

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## **Customer Reviews**

The first version of the Gita that I read through completely, was a small book written by Christopher Isherwood. A disciple of Swami Prabhavananda (see 'My Guru and his Disciple' by Christopher Isherwood), it was given out by the Ramakrishna Math and Mission in California. In vers libre format, it burnished my budding appetite for genuine spirituality at the time (early 1980's) with new wings. I soared with the loftiness of the message deeply resonating with the glorious descriptions of the magnificence of the Self during those early and halcyon days of my quest. 26 years later, I find a new version of the same holy book. Also by a Westerner, but probably one who understands the Hindu religion and what it stands for, better than most practising Hindus do. Reading this book, got the same lofty feelings to well forth, but this time I sense deep undercurrents of feeling attached to the concepts of this age old treatise, yielding a new dimension and richness to the presentation of these holy truths. Having been born and bred an American, Kriyananda has been able to convey the holy message of this text in a way that is tailored to the demands of a fast paced modern

society, going increasingly global every day. In the early chapters of this book, the allegorical link between the five Pandava brothers and the chakra system is explained. This is relatively esoteric material that has never appeared before, at least to my knowledge. Later on, the Gita is analyzed, stanza by stanza, beginning with a Sanskrit paragraph and its literal English translation, followed by an extensive commentary in each case. In these commentaries, Kriyananda puts down in writing his own memories of his Guru's comments on the various passages of the Bhagavad Gita.

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