

HARI CHETAN'S

# The Bhagavad Gita Workbook

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A Companion in Your Spiritual Journey

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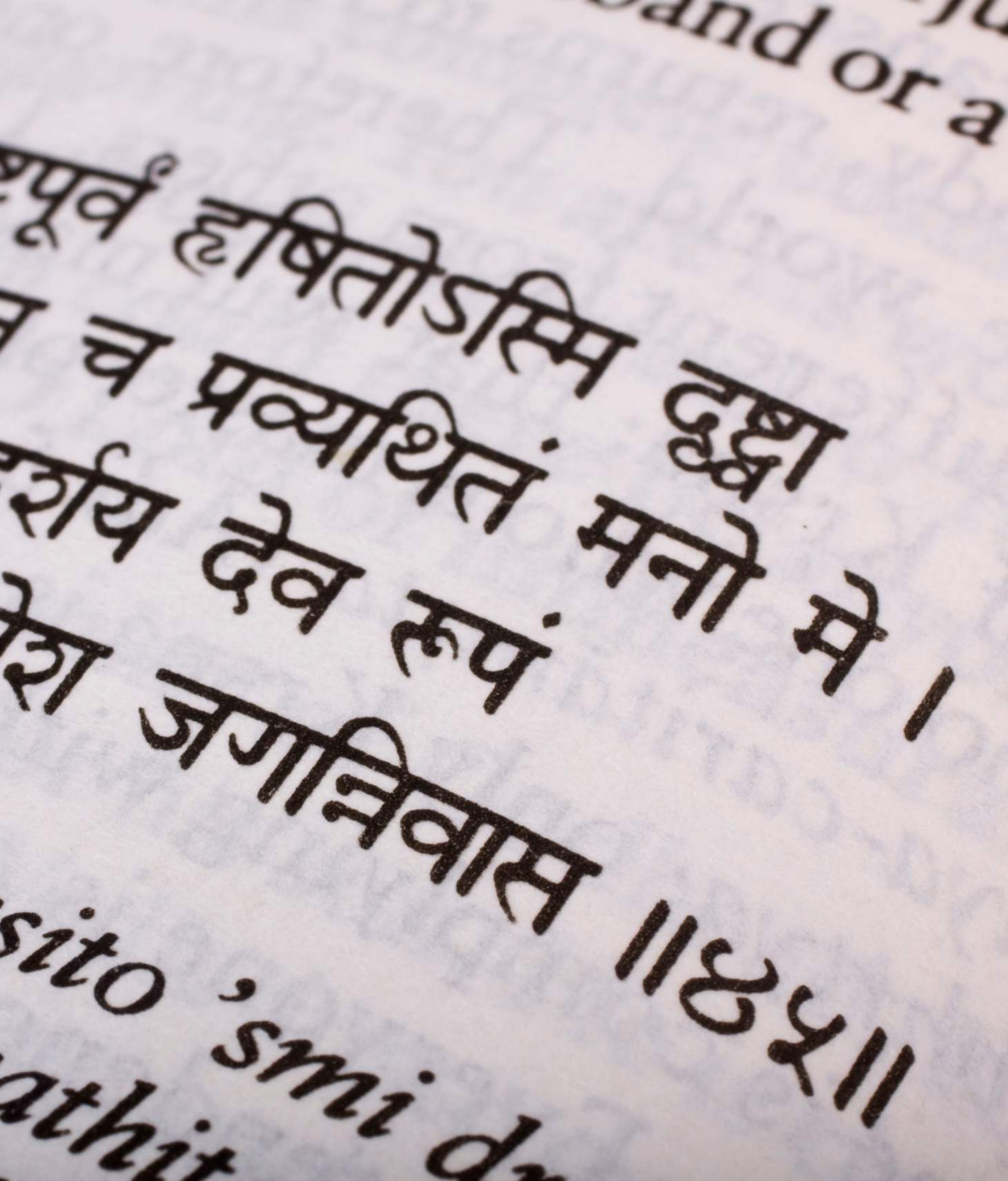
Once you gain a good understanding of the Bhagavad Gita, take a print of this document and write the answers to the questions given herein; or simply write the answers in a diary or a notebook. This workbook is designed to test your knowledge of the Bhagavad Gita, and to help you keep yourself on track in your spiritual journey.

Do this every month for enlightening insights.

Where to find all the answers?

Bhagavad Gita (in English)

30 Days to Understanding the Bhagavad Gita



# The Bhagavad Gita

#1 What do you think the Bhagavad  
Gita really is?

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## #2 What are the few biggest lessons for you in the Bhagavad Gita?

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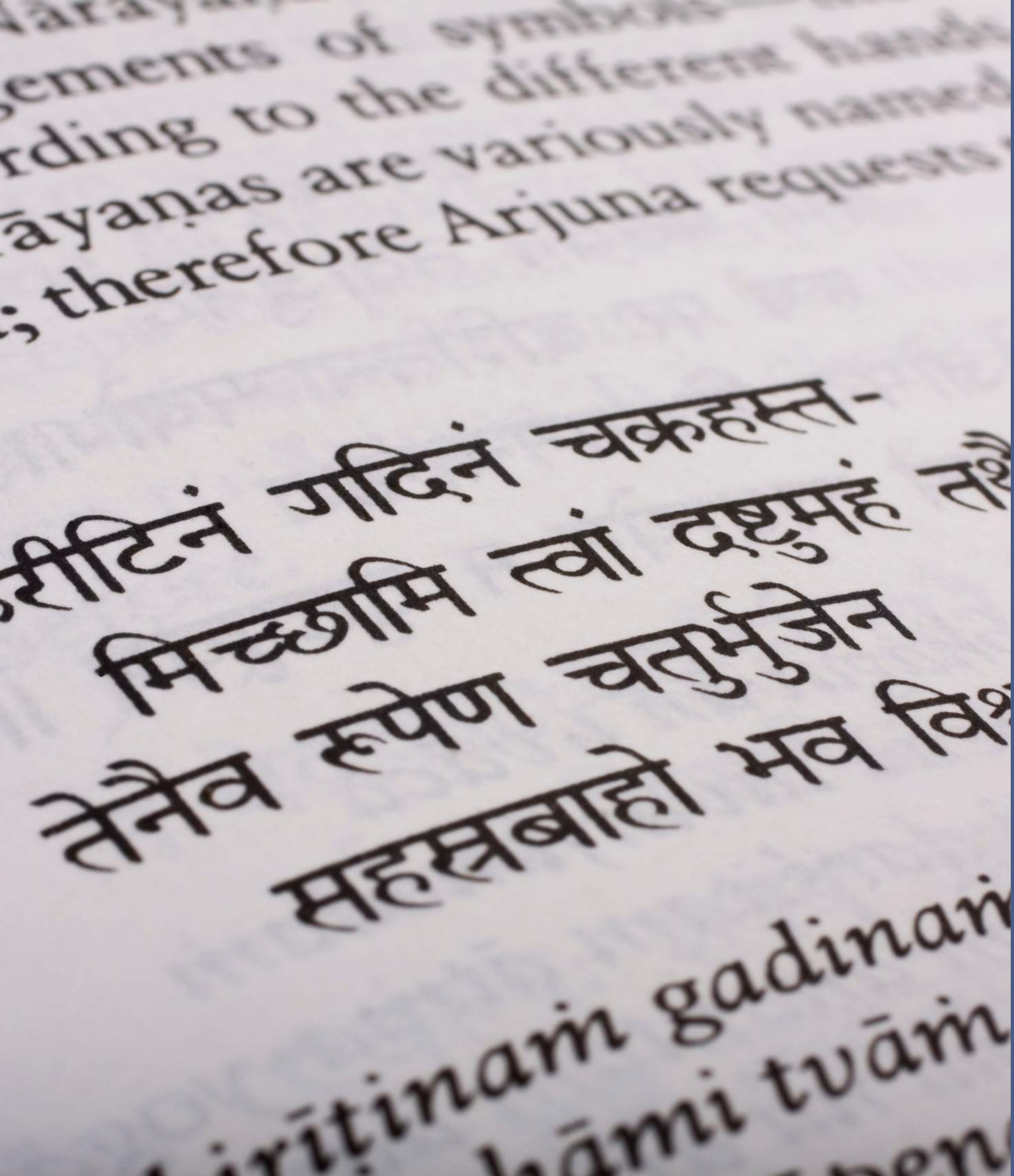
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#3 How much faith do you have on the teachings of the Bhagavad Gita?

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# Krishna

#1 Who do you think Krishna is?

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#2 What are some of the features of Krishna that impressed you the most after reading the Bhagavad Gita?

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#3 What, according to you,  
distinguishes Krishna from the  
other gods?

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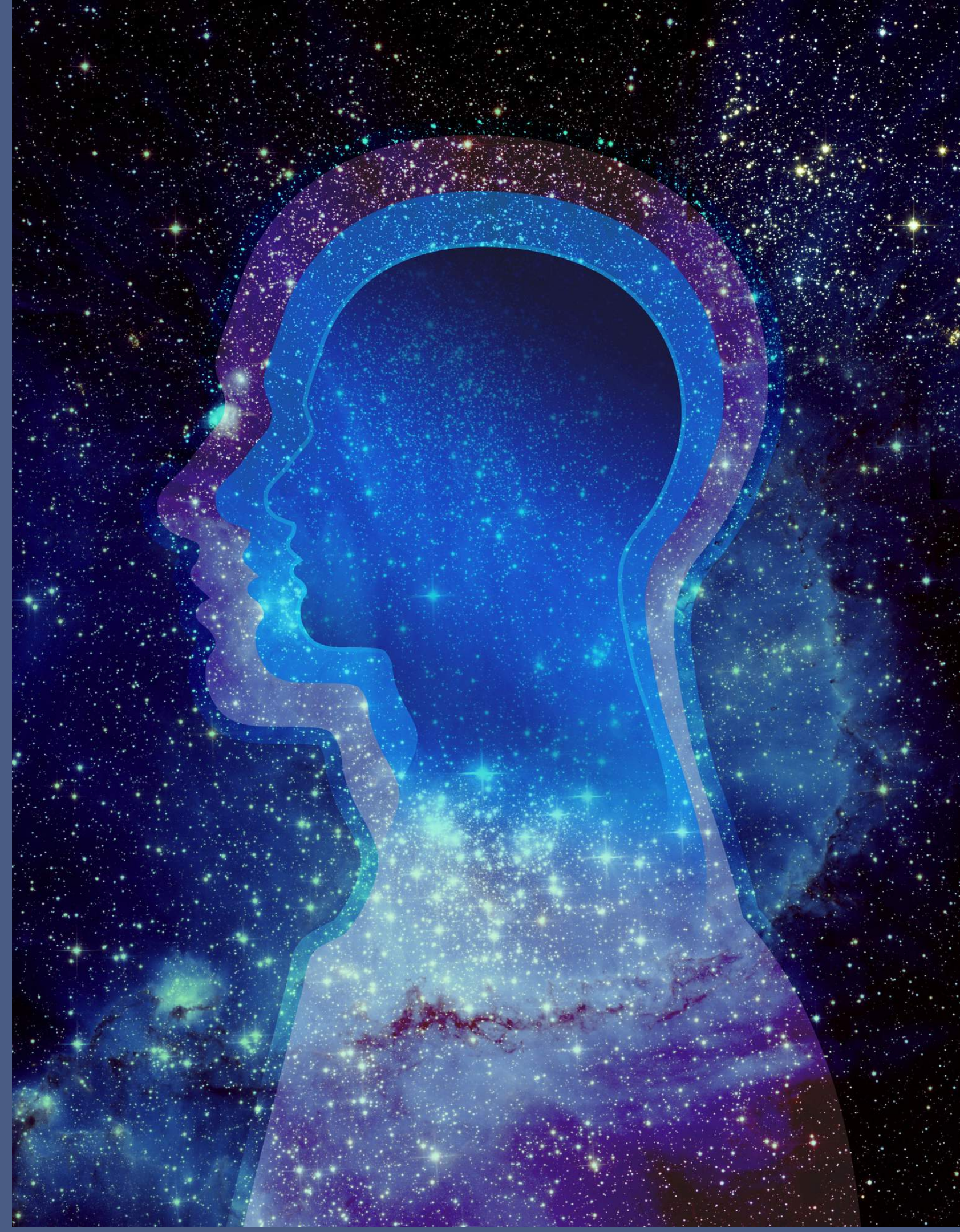
#4 What do you think of the all-encompassing universal form of Krishna?

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#5 According to you, is Krishna a person or a power?





#6 Which form of Krishna do you find to be the most suitable one for worship?





#7 What, according to you, is the relationship between you and Krishna?

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#8 Why do you think we cannot see Krishna?

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# Soul

#1 Who do you think you are - a  
body or a soul?

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#2 How do you view the  
relationship between a body and a  
soul?

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#3 Why do you think we cannot see  
a soul?

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# Living Beings

#1 How do you think are all living beings related?

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#2 If we are all spirit souls, why do you think is there so much hatred among living beings? And what is the solution for it?







# Death

#1 What, according to you, is death?

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#2 Where do you think a living being goes after death?

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#3 Do heaven and hell exist? Are they our final destination? What is your idea about these places?

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#4 Do you think reincarnation is  
real?

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#5 What is the ideal mental state  
at the the time of death?

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# Purpose

#1 What do you think is the purpose of human lives?

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#2 What do you understand by liberation?

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#3 What, according to you, are the main requirements to attain the purpose of human lives?

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# Knowledge

#1 What is true knowledge?

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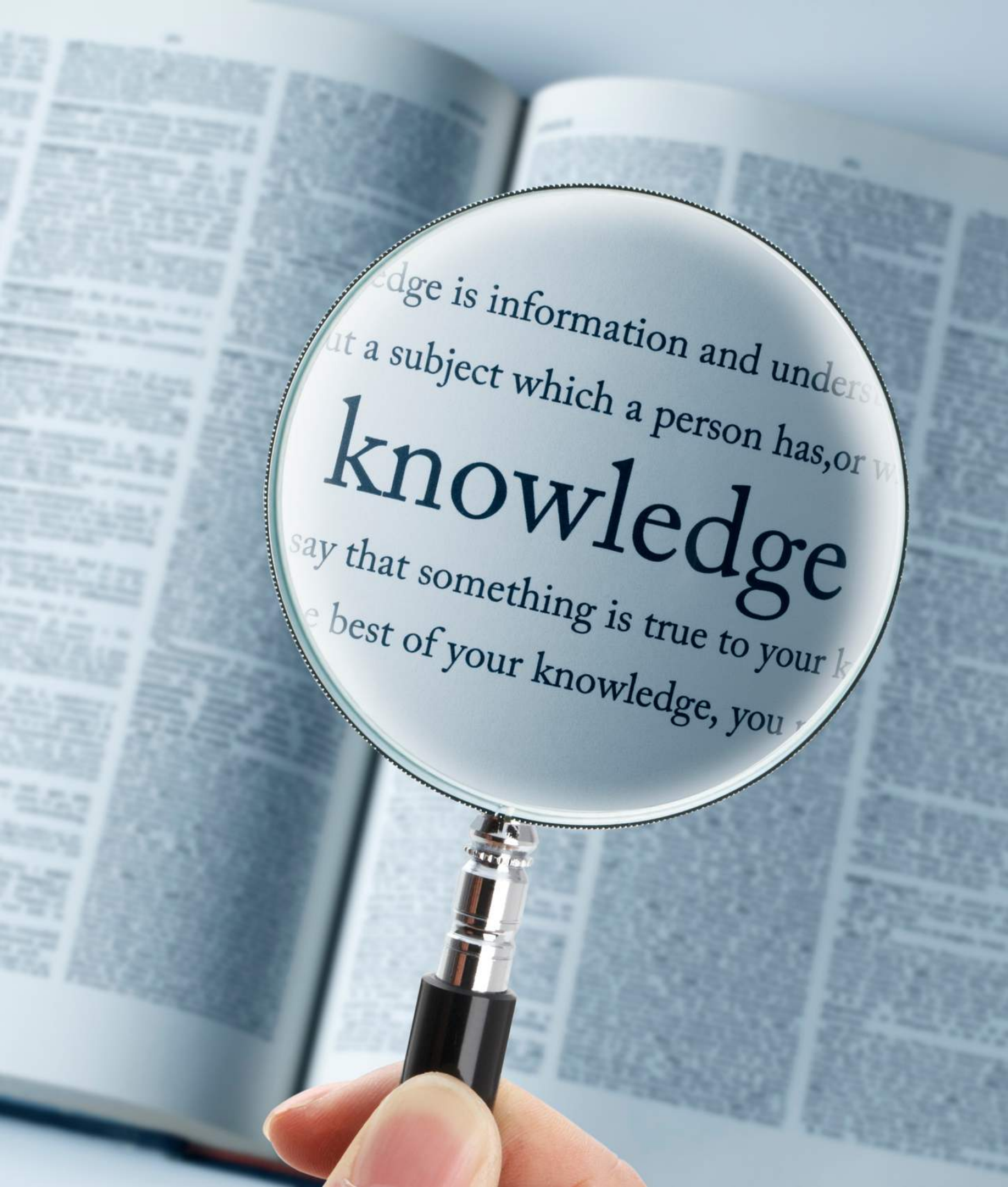
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#2 What is the source of true knowledge?

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#3 What or who is the only real  
object of knowledge?

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Self-Knowledge

#4 Why you think is right  
knowledge so important for your  
spiritual advancement?

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#5 What is the difference between material knowledge and spiritual knowledge?

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# Meditation

#1 What do you think meditation is?

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#2 What is the real goal of meditation according to you?

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#3 What or who should we meditate upon?

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#4 What is described as the best way to meditate in the Bhagavad Gita?







# Dutiful Work

#1 What you think is the role of  
work in our lives?

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#2 What is our right in relation to action, and what is not our right?

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#3 How can right action help you achieve the purpose of your life?

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# Karma

#1 What is Karma?





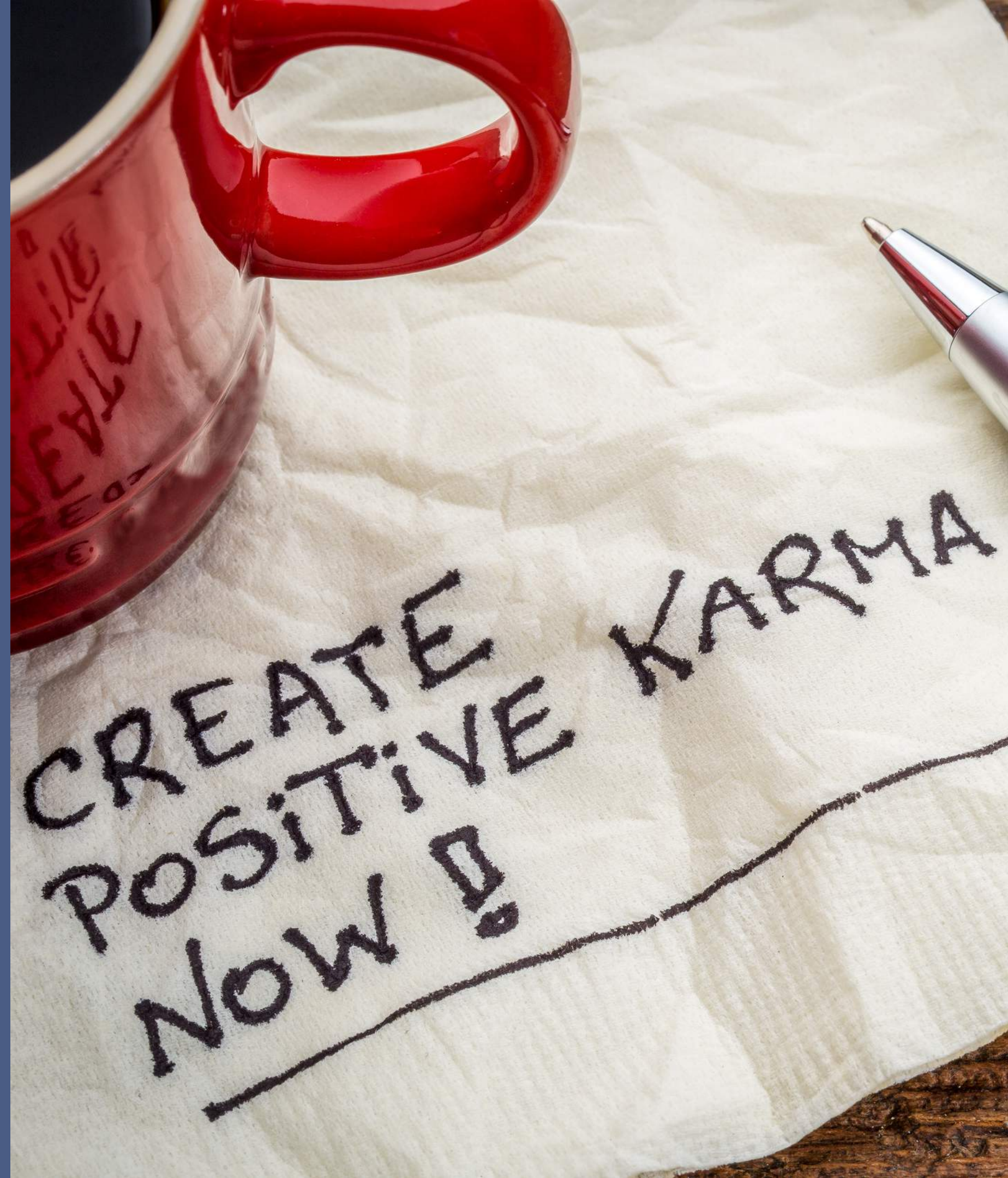
#2 How does Karma define our destiny?





#3 What constitutes good karma  
and bad karma?

CREATE  
POSITIVE  
NOW!  
KARMA





A vertical image on the left side of the slide shows the silhouettes of several hands raised in the air against a clear blue sky, suggesting a moment of devotion or prayer.

# Devotion (Bhakti)

#1 What do you understand by  
Bhakti?

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#2 Who according to the Bhagavad  
Gita is the true object of devotion,  
and why?

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#3 What should the only goal  
behind your devotion (HINT: It's  
not liberation)?

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# Religion

#1 What do you think religion is?

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#2 What does the Bhagavad Gita say about religion?

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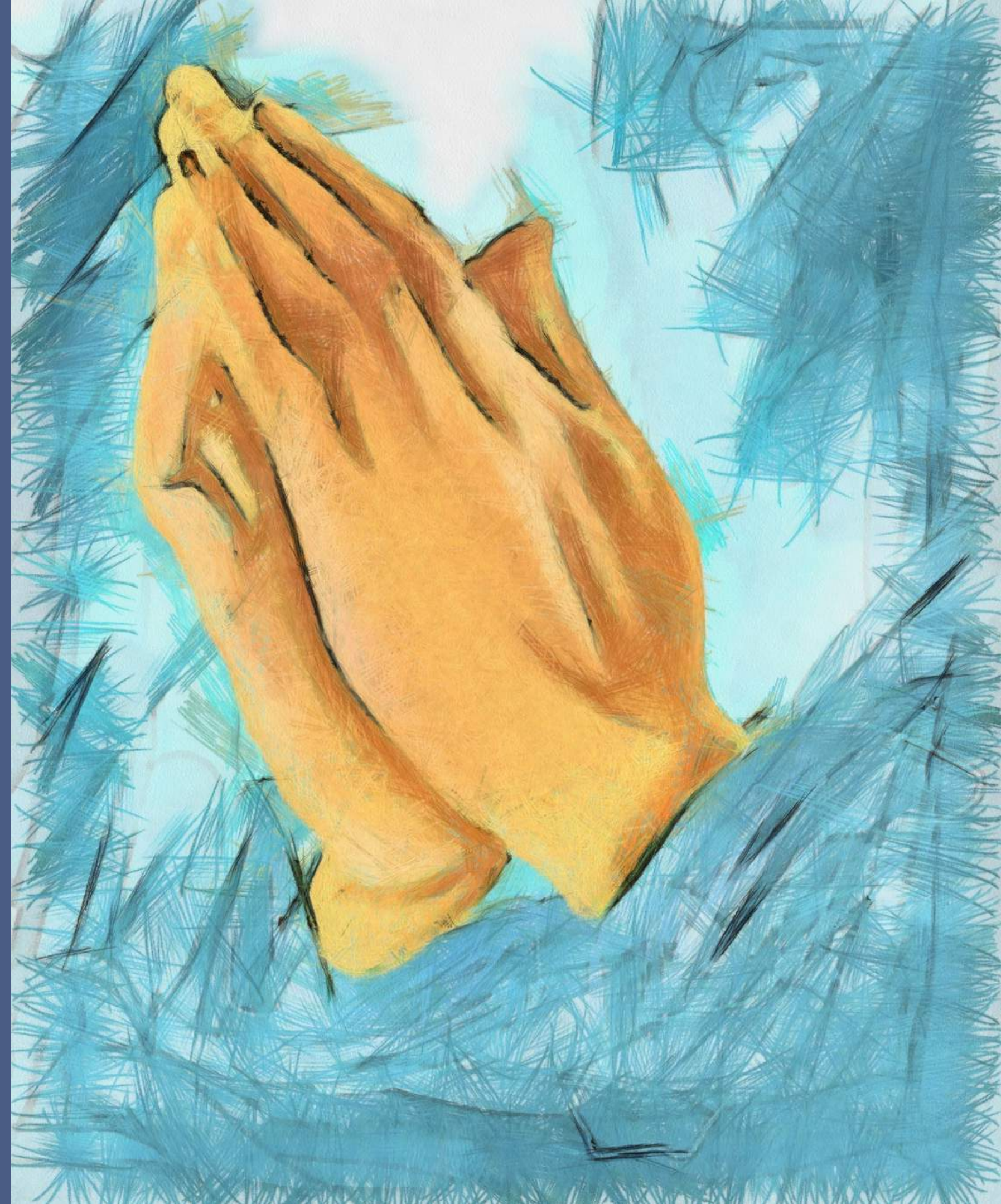
#3 Which religion would you adhere to after reading the Bhagavad Gita, and why?

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#4 Why do you think there are multiple religions in the world?

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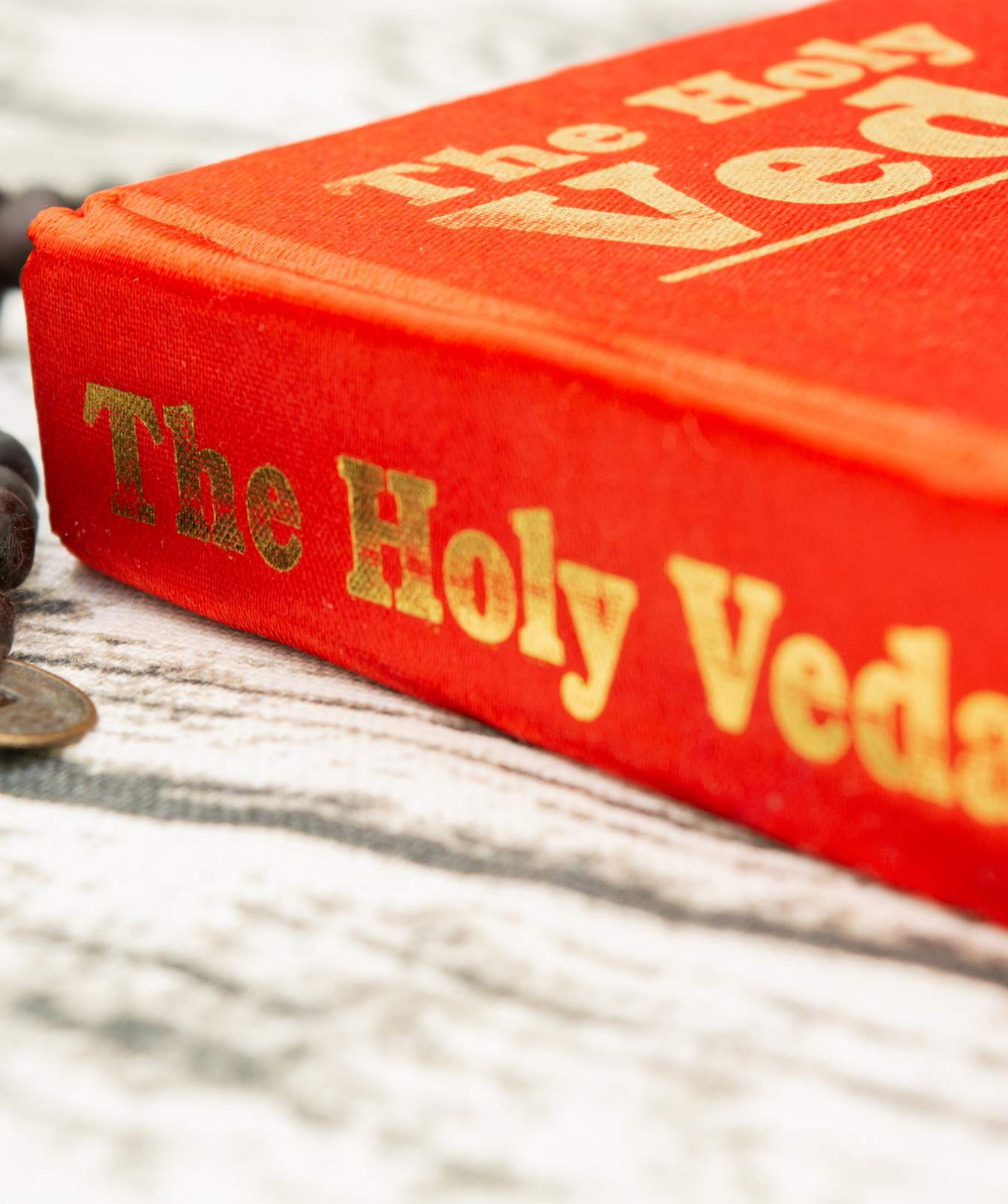
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# Vedas

#1 What does the Bhagavad Gita say about the Vedas?

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#2 What would your approach be toward study of the Vedas after reading the Bhagavad Gita?

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# Demigods

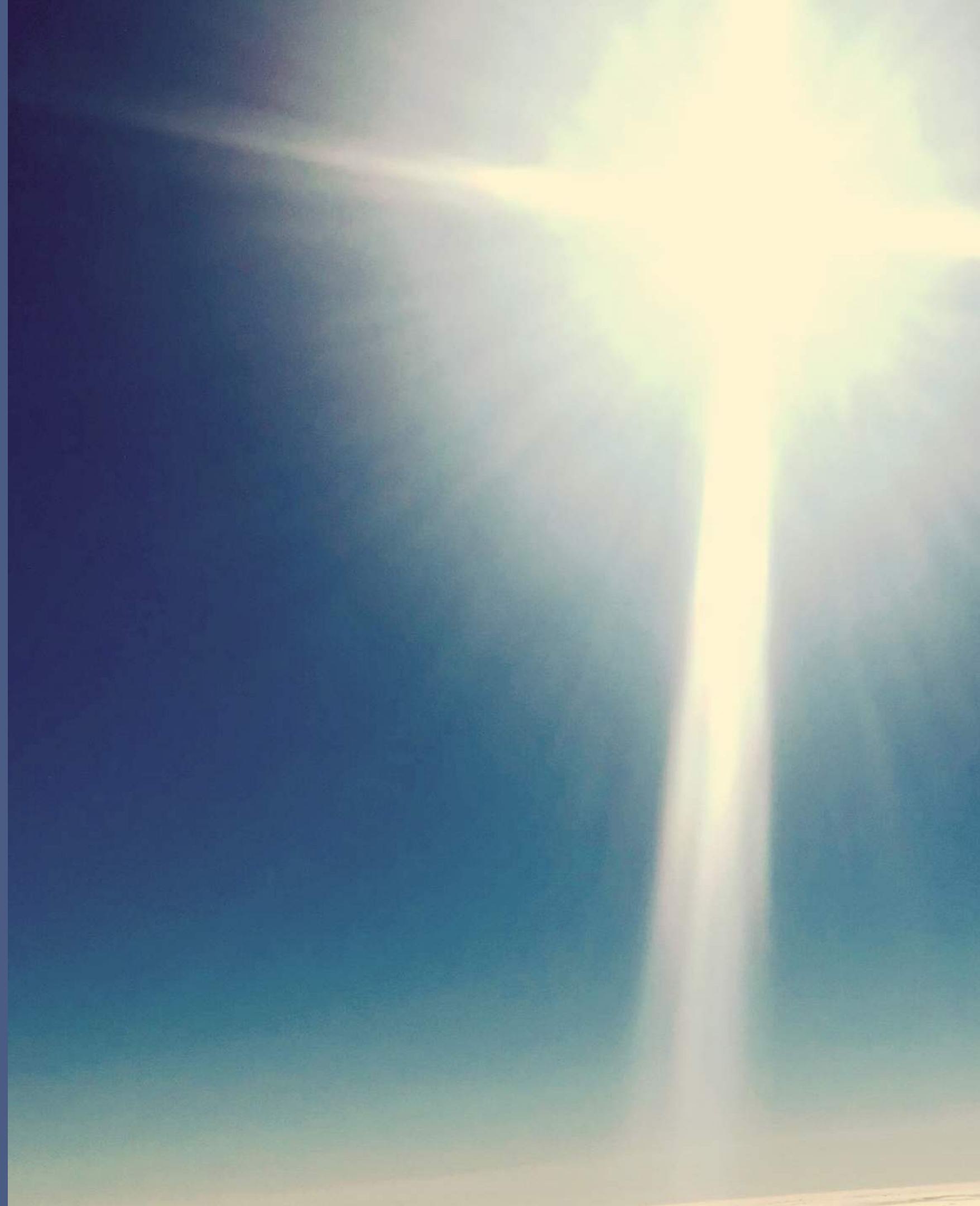
#1 How do you view the relationship between Krishna and the demigods?

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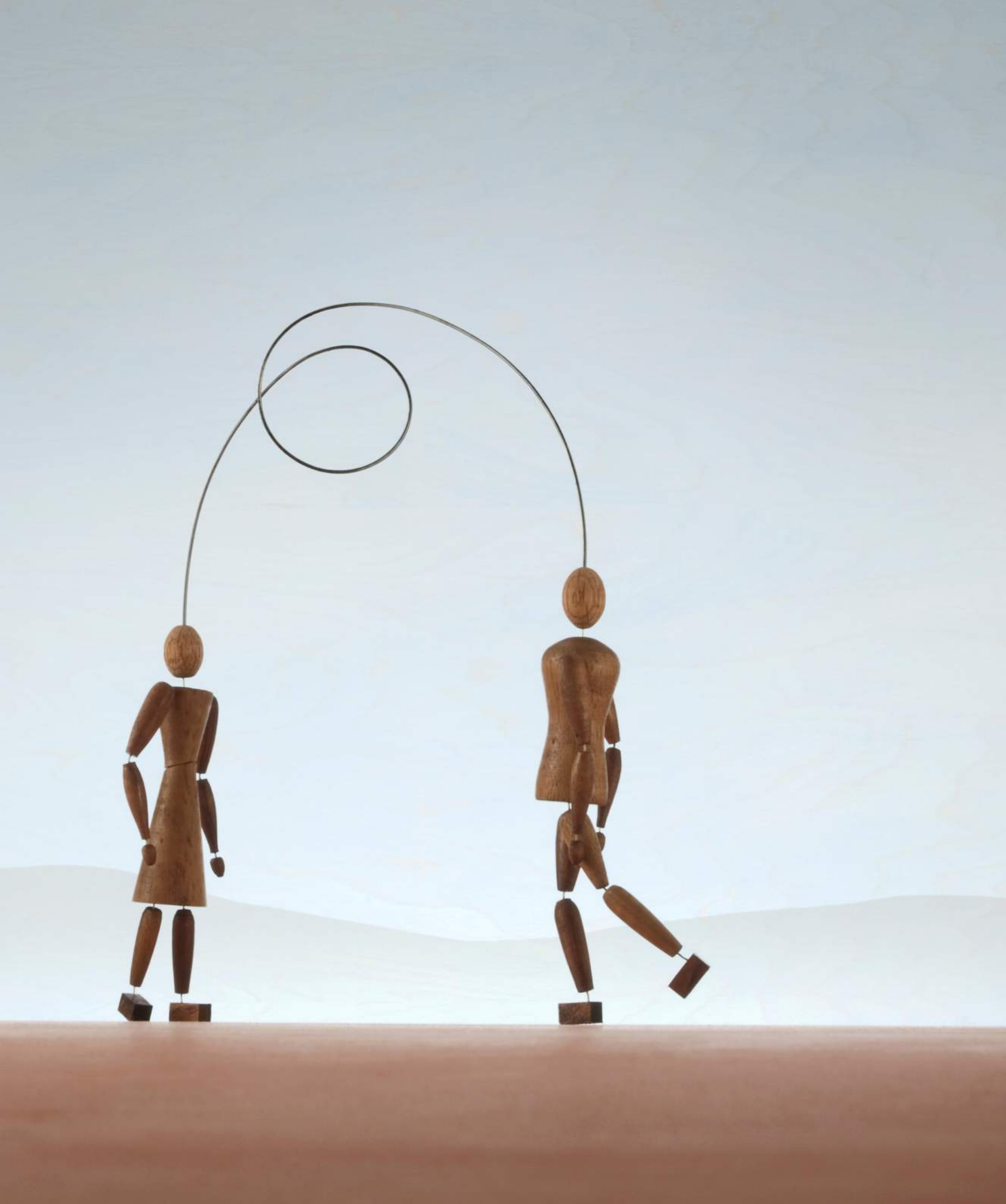




#2 What you think is the role of the demigods in the functioning of the universe?







# Attachment

#1 What people or objects are you most attached to?

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#2 What does the Bhagavad Gita say about material attachment?

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#3 What do you think about the practicality of the teachings of the Bhagavad Gita regarding attachment?

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#4 How do you plan to implement the teachings of the Bhagavad Gita regarding attachment in your own life?

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# Sense Gratification

#1 What, according to you, is the need to control the senses before approaching Krishna?

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#2 Which sense organ do you find most difficult to control? How do you plan to control it?

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**lust** |ləst|

noun

- very strong sexual desire : *he knew the*
- [in sing. ] a passionate desire for
  - (usu. **lusts**) chiefly Theology a sensual

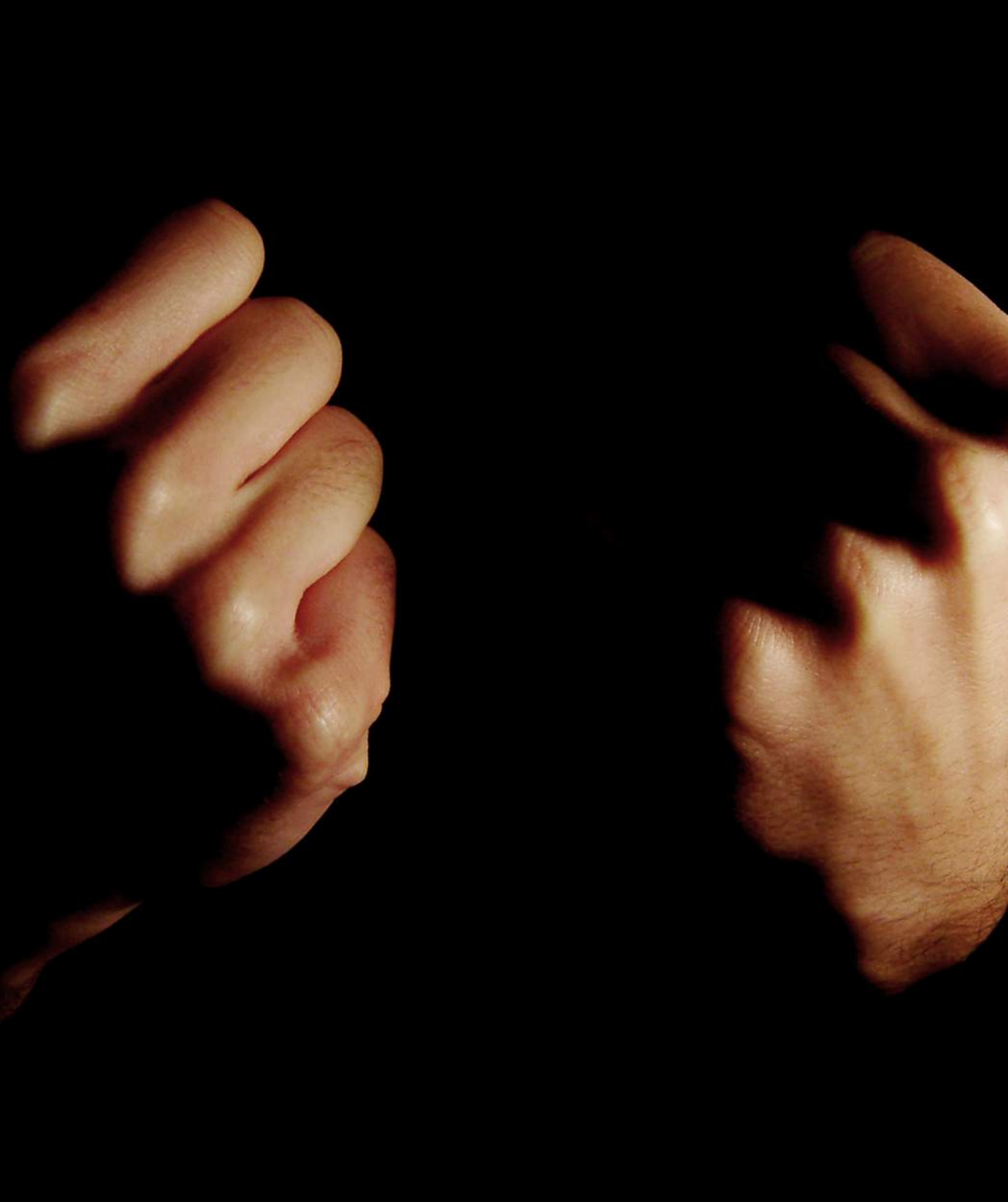
verb [ intrans. ]

- have a very strong sexual desire
- feel a strong desire for something

DERIVATIVES

lustful |-(t)ful| |'lʌs(t)ful|  
lustfully |-(t)fully| |'lʌs(t)fuli|





# Anger

#1 What generally makes you angry?

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#2 What does Bhagavad Gita say  
about anger?

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#3 What would be your approach  
toward anger after reading the  
Bhagavad Gita?

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# Fear

#1 What makes you fearful or anxious?





#2 What does the Bhagavad Gita say about fear and anxiety?

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#3 What would be your approach toward fear and anxiety after reading the Bhagavad Gita?

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# Doubt

#1 What doubts do you have  
regarding the teachings of the  
Bhagavad Gita?

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#2 How do you plan to crush your doubts? Have you approached any learned sage with your doubts?

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#3 What do you think of the Bhagavad Gita's views about those who doubt its teachings?

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# Ego

#1 What makes you indulge in pride and false ego?





#2 How, according to you, does ego become an impediment in one's spiritual journey?

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#3 What do you do to control your ego?







# Divine vs Demonic

#1 What divine and demonic attributes can you think of that have been mentioned as such in the Bhagavad Gita?

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#2 Which of these divine qualities  
are you finding difficult to  
develop? How do you plan to  
develop those qualities?

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#3 Which of those demonic traits are you finding difficult to get rid of? How do you plan to get rid of them?

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# Equanimity

#1 What is your understanding of the concept of equanimity discussed in the Bhagavad Gita?

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#2 Do you find it practicable to be the same in both happiness and sorrow?





#3 What tools can one use, according to your understanding of the Bhagavad Gita, to always remain equipoised?

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# Happiness

#1 How do you define happiness?

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#2 What are the differences  
between pleasure and happiness?

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#3 How can one attain real happiness according to your understanding of the Bhagavad Gita?

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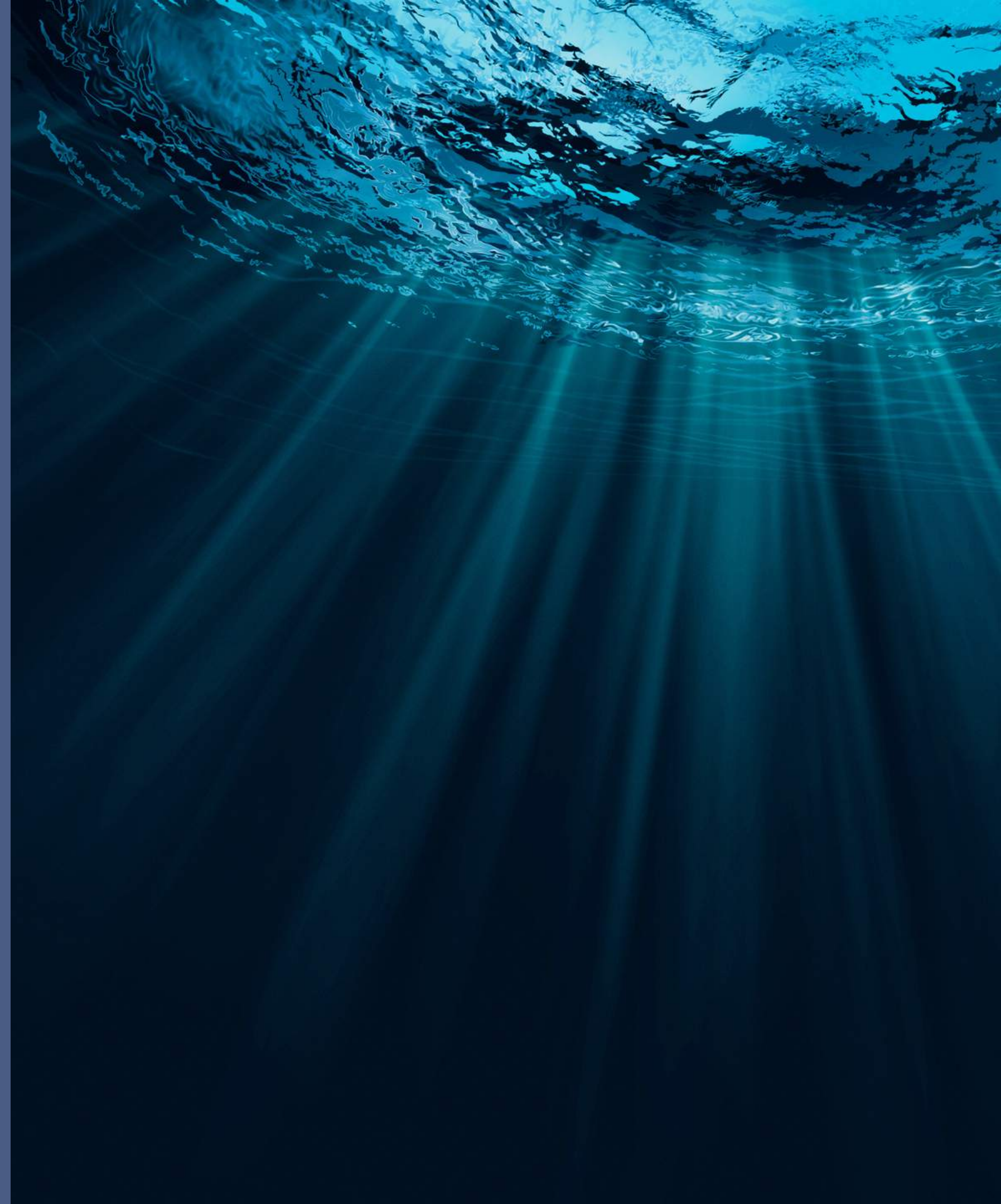
# Nature

#1 What is your understanding of *Prakriti*, as described in the Bhagavad Gita?

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#2 What, according to you, is the relationship between Krishna, material nature, and the living beings?

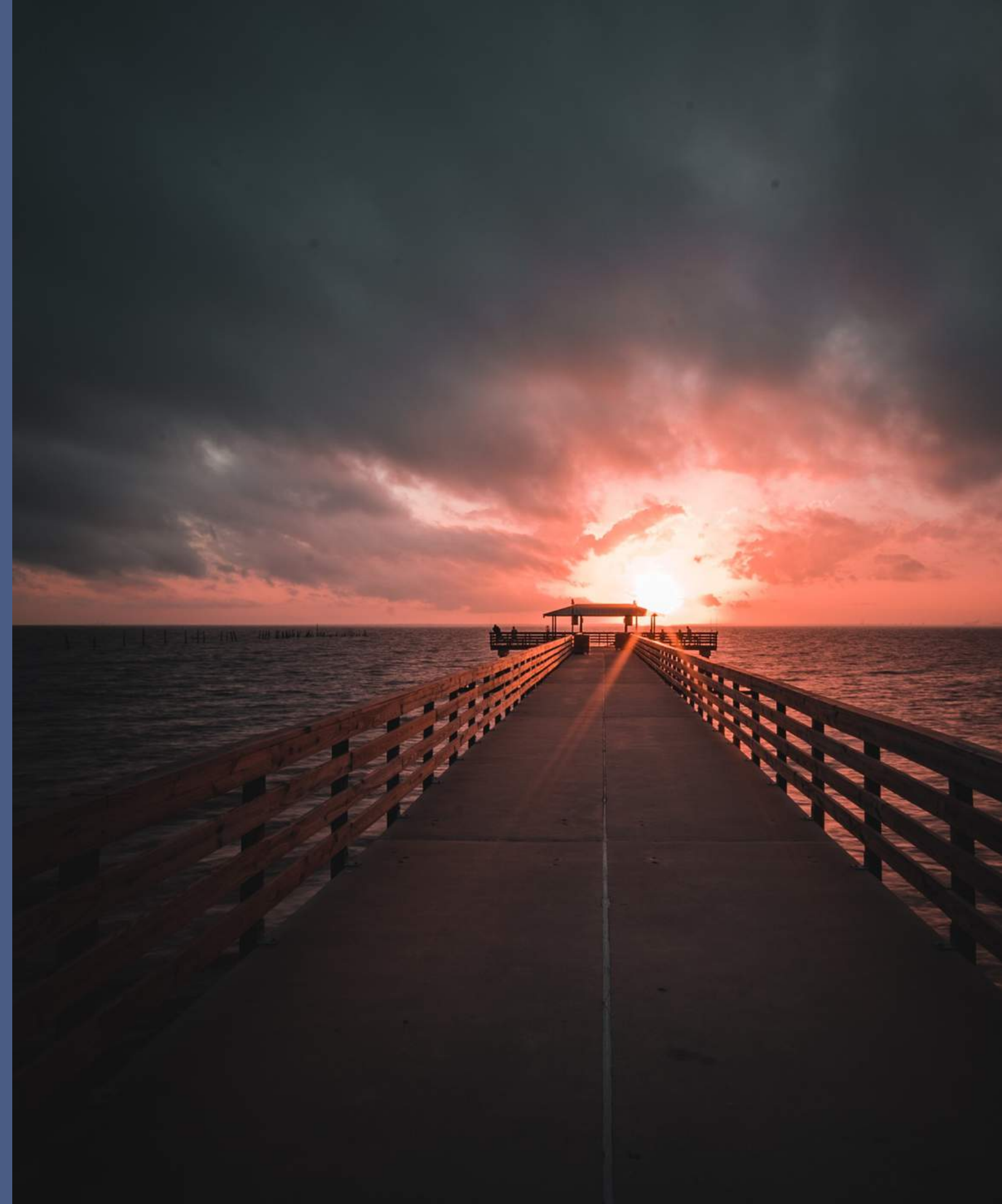
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#3 What are the various modes of material nature and which, according to you, should be approached by a Yogi?

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#4 Is it necessary and possible to transcend all the modes of material nature? If yes, how do you plan to do that?

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# Renunciation

#1 Is renunciation same as inaction?  
If not, what are the differences?

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#2 How do you plan to become a true renunciant according to the instructions of the Bhagavad Gita?

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