

**Ninth Annual Ten Commandment Hike**  
**November 28, 2014, Pittsburgh PA**  
**6 Kislev, 5775\***



**Jewish Committee on Scouting Laurel Highlands**  
**Council, B.S.A.**  
**“A Scout is ... Reverent ”**

# The Bhagavad Gita

Essence of all Hindu teachings.

The Bhagavad Gita literally meaning 'The Song of God (Bhagwan)'.

Composed more than 5000 years ago in Sanskrit language.

Core message:

- Standup for What is right - Dharma (Duty).
- Karma Yoga (discipline of **Action**) - Doing the correct action with the right attitude. (*Social Responsibility*)
- Essential oneness of individual and God.

# The Bhagavad Gita

God explains how to become a person of 'Steady Wisdom' that is needed to perform Dharma (Duty) & Karma (Action) and what happens then.

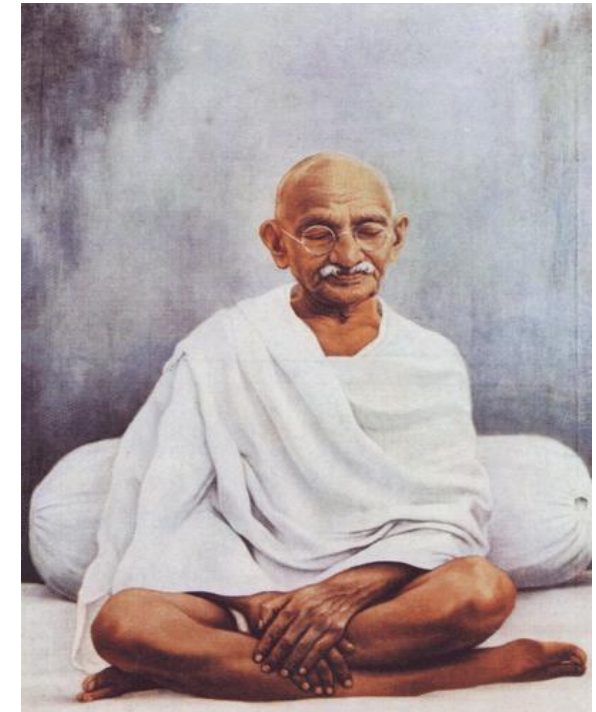
- Through continuous spiritual practice, self control and introspection while living with all worldly possessions.
- Such a person, of 'Steady Wisdom', is blessed with peace and happiness in whatever he/she does.

# The Bhagavad Gita - Impact

Students of business management at Seton Hall University (SHU), New Jersey, study the Bhagavad Gita.



Mahatma Gandhi said, “I regard Gita as the ‘Mother’, to whom the children (humanity) turned when in distress.”

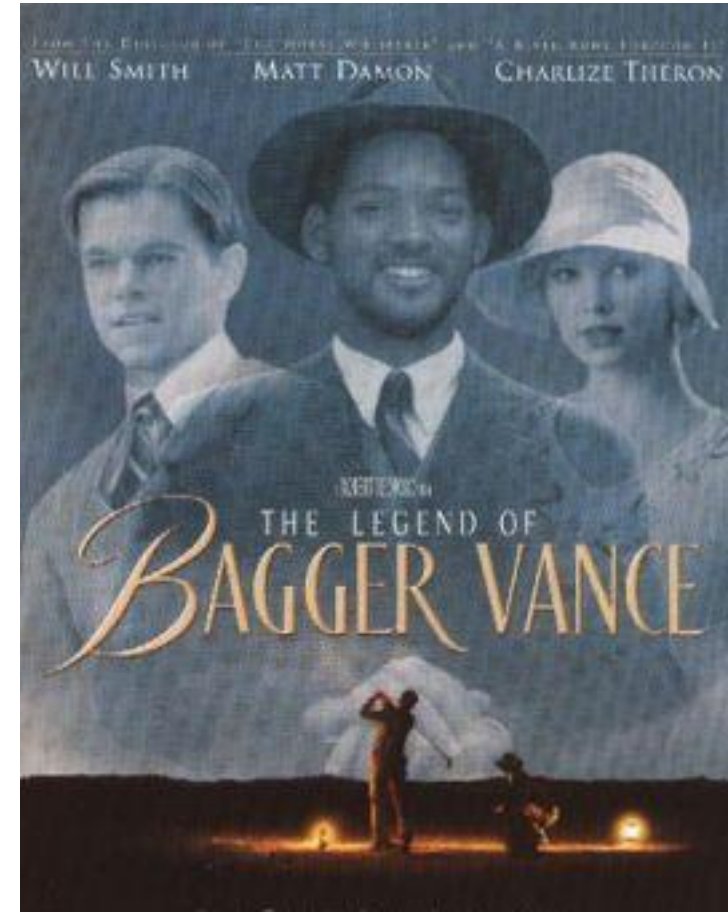


# The Bhagavad Gita - Impact



Astronaut Sunita Williams took the Gita with her to the Space Station as an inspiration.

LBV (yr 2000) movie's plot was based on the Bhagavad Gita, where the Warrior/Hero refuses to fight. The god Krishna (Bagger Vance) appears **to help him to follow his path (Karma)** as the warrior and hero that he was meant to be.





# Essence of Gita – The Key to perfected Karma (Action)

Atma -  
Individual  
Self/Soul  
(Rider)

Body  
(Chariot)

Buddhi – Wisdom  
(God)

Mind  
(Reins)

The  
Controller

Senses  
(Horses)

World objects  
(Path)



If reins (mind) are not restraint, the senses, like loose horses will get out of control. The Self (rider) will tread the wrong path and suffer. The one (Self) whose body, mind and wisdom are in coherence or harmony does not suffer, rather enjoy the life.

One of the Scouting Values is  
**'Steady Wisdom'**



## Message of The Bhagavad Gita

"Indriyaani pramaatheeni haranti prasabham manah." 2/60

The turbulent senses, O Arjuna, do violently carry away the mind of even a learned one.

**So, do not live (Drive) your life Under the Influence of turbulent senses.**

**Acquire 'Steady Wisdom' through the teachings of wise.**

**Namaste and Thank You**

*Sanjay Mehta*

The Hindu Jain Temple

World Hindu Council of America



