

# Gita Navaratna: The Nine Gems

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- The Inner Conflict
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- Devotion
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# The Inner Conflict



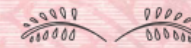
## *The Inner Conflict*

**Sloka 1:1** — Dhritarashtra posed this question to Sanjaya: On the battlefield of Kurukshetra, where my sons and those of Pandu were ranged against one another, eager for battle, what was the outcome?

**Explanation:** The battle of Kurukshetra is an allegory concerning the battle between our negative tendencies, represented by the Kauravas, and our positive tendencies, represented by the Pandavas. We each must fight this battle in order to regain our natural kingdom of peace, harmony, and happiness.

## *Affirmation*

“My inner strength arises to overcome my limitations. With determination I conquer my weaknesses to live in my highest potential.”



## *Technique*

**Pranayama:** Alternate breathing, regular breathing, diaphragmatic breathing

**Goal:** To quiet the breath, which stills the mind and enables us to face life's challenges calmly

# The Imperishable Soul



## *The Imperishable Soul*

**Sloka 2:13** As the ego keeps the thread of self-awareness unbroken through infancy, childhood, youth, and old age, so also the embodied soul maintains its awareness uninterrupted, not only through the stages of earth life, but through the appearance of successive bodies.

**Explanation:** The soul (a spark of the eternal consciousness of the Creator) reincarnates repeatedly, taking on an ego, or particular body and personality, for each incarnation. The essence of the Gita is Krishna instructing Arjuna on how to move from limited ego-consciousness to soul-consciousness.

## *Affirmation*

Renouncing my little, egoic self, I expand with my great, soul-Self everywhere!"



## *Technique*

**Energization Exercise:** Twenty-Part Body Recharging

**Goal:** To feel one's self as limitless energy, not only a physical body



# Self-Offering



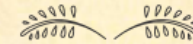
## *Self-Offering*

**Sloka — 4:23, 24** All the effects of karma are nullified, and one achieves liberation, when ego-attachment ceases, when one becomes centered in wisdom, and when all one's actions are offered up to the Infinite. For such a person, the act of self-offering and the offering itself are, equally, aspects of the one Spirit.

**Explanation:** In order to move from ego-consciousness (the limited realm that is perceivable by our senses) to soul-consciousness (our eternal Self), we must be willing to offer up the desires and attachments that enmesh us.

## *Affirmation*

“Joyfully I offer up my little self with all its attachments into the fire of wisdom. Thus will I find my higher Self, and live in inner freedom.”



## *Technique*

At night before sleep, make a mental bonfire and cast into its flames all attachments and desires. Go to sleep having freed your mind from all tendencies that limit you.

**Goal:** To release attachments and limitations, and expand self-awareness.

# Directional Development



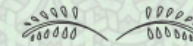
## *Directional Development*

**Sloka 18:45,46** — Each one attentive to his own duty, men rise toward the highest success. Hear now how, by devotedly pursuing his own duty, one may rise toward that final end. One attains perfection by offering his own special gifts up to Him out of Whom all beings were manifested, and by Whom the whole universe is permeated.

**Explanation:** Evolution is a spiral stairway. For each individual there are steps that lead upward and those that lead downward; things that expand our consciousness and those that contract us. We evolve through four distinct stages: heavy, ego-active but contractive, ego-active and expansive, and light.

## *Affirmation*

“I leave behind me both my failures and accomplishments. What I do today will create a new and better future, filled with inner joy.”



## *Technique*

### **Awareness of three states of consciousness:**

- 1) Direct the eyes downward, letting the mind drift into subconsciousness.
- 2) Focus the eyes straight ahead with full alertness in the conscious mind.
- 3) With an upward gaze, let the mind rise to superconsciousness.

**Goal:** To control your state of consciousness at will.



# Karma

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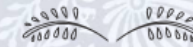
## *Karma*

**Sloka 3:9** — Actions performed for selfish gain are karmically binding. Therefore, O Son of Kunti, perform your duty without attachment in a spirit of self-offering.

**Explanation:** Karma is the mechanism by which we learn and evolve. Every thought, word, feeling, and action produces a pulse of energy that is reflected back to us with the same qualities, just as an echo returns a sound to its source. If we project angry or negative energy, we will experience the same directed toward us. If we give out love and friendship, the same will be returned. Gradually the soul learns to act in accordance with higher universal principles.

## *Affirmation*

“As I learn the lessons life teaches me,  
I grow toward ever greater joy and freedom.”



## *Technique*

Think of an unselfish act that you did for others and the long-term results. Then think of an act based on self-interest and the long-term results.

**Goal:** To become aware of the cause-and-effect nature of our actions and their consequences.

# Dharma and Right Action



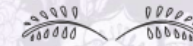
## *Dharma and Right Action*

**Sloka 3:35** — To do one's own duty even unsuccessfully is better than to do someone else's duty successfully. It is better to die while trying to accomplish one's own duty than to settle for another's duty. That course is filled with danger and uncertainty.

**Explanation:** Dharma has two meanings: universal righteousness, and one's life purpose. Right actions are activities and duties performed in accordance with dharma. When done without attachment, they lead us toward freedom.

## *Affirmation*

"I resolve to align my words, thoughts, and deeds with truth, for in dharma lies victory."



## *Technique*

Tuning in to higher guidance:

- 1) Concentrate at the point between the eyebrows and ask for guidance.
- 2) Form a clear mental picture of the question you have and offer it up to the superconscious mind.
- 3) Feel a response in the heart center, the receiving station of intuition.

**Goal:** To draw true, intuitive guidance when making decisions.



# Knowing Truth



## *Knowing Truth*

**Sloka 4:27** — Others, by discrimination, offer up their sense activities, and the energy within those activities, in the fires of self-control. (They ask themselves, “Who is seeing? Who is hearing? Whose energy is activating the experience of these sensations?”)

**Explanation:** Pandu symbolically represents discrimination. When our power to know right from wrong dies, we lose our moral compass. We then fall under the control of the blind, sensory mind, and can no longer perceive what brings true happiness.

## *Affirmation*

“I will see goodness in everything. I will view the world around me, not from the depths of matter-attachment, but from the heights of divine aspiration.”



## *Technique*

Meditate on the thought, “Who am I?”  
Go beyond all superficial definitions.

**Goal:** To see the difference between what is true and lasting and what is false and ephemeral.

This frees one from fear and brings great peace of mind.



# Devotion



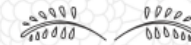
## *Devotion*

**Sloka 18:64, 65, 66** Again, hear now My supreme word, the most secret (and sacred) of all. Because you are dearly beloved by Me, I offer it now for your highest benefit. Absorb yourself in Me; be wholly devoted to Me; worship and bow to Me alone: So shall you undoubtedly reach Me. This I promise you faithfully, for you are dear to Me. Forsaking all other dharmas, remember Me alone. I will free you from all sin. Do not grieve!

**Explanation:** The heart's feelings are pivotal. When our emotions are negative, our consciousness contracts. When we guide the feelings in an upward and expansive direction, we not only move toward superconsciousness, but also magnetically draw the support of universal forces.

## *Affirmation*

"Devotion, like a great wave, carries me upward toward my aspirations. I open my heart to allow the cleansing waters of love to purify and uplift my consciousness."



## *Technique*

Concentrate on the heart, visualizing it as a lotus with its petals turned downward. Each petal represents one of our feelings. Now see the petals slowly turning upward, awakening positive feelings, especially universal love.

**Goal:** To expand and purify the heart's feelings

# Self-Realization

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