



# Personal Excellence Through The Bhagavad Gita:

## 1

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The Gita teaches us the art of being total. Use your actions in an attitude of karma yoga, use your feelings in devotion in bhakti yoga, use your intellect for right understanding in jnana yoga and use your being in silence in dhyana yoga.

The Bhagavad Gita helps us to tune to our inner pure state and denounce the illusion of security. Clarity, courage and wisdom are true security. Bhagavad Gita helps us to learn to draw energy from our inner state and achieve personal excellence.

Swami Sukhabodhananda is the founder Chairman of Prasanna Trust. He is also the founder of the research wing of Prasanna Foundation, which focuses on the scientific aspects of meditation. His books have made many discover a new way of living life and his self-development programs have benefitted many in the corporate sectors and reputed institutions.

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