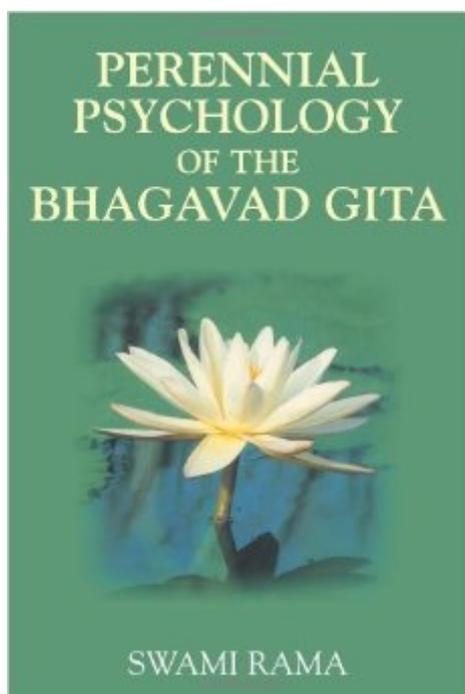


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# Perennial Psychology Of The Bhagavad-Gita



## Synopsis

Swami Rama's translation and commentary on one of the world's most sacred and inspiring scriptures.

## Book Information

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## Customer Reviews

This book provides a wonderful insight into the universality of the Bhagavad Gita, which transcends all space and time and applies to the entire human race. Swami Rama was a very accomplished Yogi who has had the experience of the absolute truth, and the words used in the book are more than sufficient to confirm this. Along with explaining the verses from the Gita, he also gives an insight into the Himalayan Yoga tradition every now and then, and how it relates to the Gita. I have come across many interpretations of the Gita by many 'masters', but Swami Rama's version is one of the most profound versions I've come across. One of the verses in the Gita clearly states that for a self-realized soul, the Vedic knowledge is only as important as a pot of water, when there's a huge reservoir of infinite knowledge available all around. And Swami Rama can certainly be considered to be one such soul, and the quality of his writings speaks for itself. I would also recommend "The Path of Fire and Light" for actual Yogic techniques that result in spiritual transformation. Also, another book I'd recommend is "Choosing a Path", that gives a very objective and non-judgemental assessment on the different ways of approaching the Infinite Spirit, just like different rivers merging into one vast open ocean.

My 26 year old grandson recently became interested in Vedanta / Hinduism, and at this stage he finds this version more comprehensible than others. I also gave one to my nephew who has been a student of Vedanta for over 30 years. I just added this to my library of the Bhagavad-Gita which now stands at 16 versions. I recommend this version especially for students of Comparative Religion, Psychology and Philosophy. This version is in English and Sanskrit but does not have the English transliteration. Poets and musicians may also be interested in The Bhagavad-Gita. It is a scripture, a rhythmic musical poem, chanted or sung in Sanskrit, 700 verses, eight syllables per line. 'Gita' means song, therefore, 'The Celestial Song' or 'The Song of God'.

The Bhagavad Gita is one of the greatest spiritual texts in the world, one which for thousands of years has been used to illuminate the hearts and minds of seekers everywhere. In this outstanding translation and commentary, Swami Rama makes accessible to the modern western mind the fundamental truths of the original scripture by placing them into a psychological context. Whether familiar with Vedic philosophy or not, anyone can benefit from the clarity and insight provided by this book.

I have wanted to read the Bhagavad Gita for at least a decade, but always put it off because I had heard it was esoteric and needed further explanation from a teacher. I had picked up a much thinner volume of the Bhagavad Gita a few times and been unsure what was going on in the story. This much thicker volume of the book gives plenty of context for the story of the Bhagavad Gita and Swami Rama seems as if he is personally teaching you the lessons within. Best of all, the story turns out to be a guide for living a joyful life -- that still holds true today. Swami Rama delivers the meaning of each short line in the Bhagavad Gita, expanding the meaning so that you can apply the lessons to your own life in a practical manner. I have taken to reading a couple pages in the evening before bed and reflecting on them before going to sleep. This book is a joy to read!

Swami Rama is one of the foremost writers on Yoga Philosophy. His commentary on the Gita has the same clarity and depth of his other books. In this life we are all Arjuna with our own duties and struggles to understand the relationship between our mind, our spirit and the life we are leading. Swami Rama helps us unravel those relationships with clear and frank explanations.

Making literature accessible and practical to modern people is always a challenge. The Perennial Psychology of the Bhagavad-Gita is a text all psychologists should read as it details many of life's

challenges complete with explanations. This book was a required text for our class.

LOVE! This is by far the best explanation of the Bhagavad-Gita. Reading it has enriched my practice ten fold!

Wonderful information. Very well written and the explanations are clear and useful

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