

All of us want freedom. The key question is from what? Some of us want freedom from boredom, relationships, poverty, politicians, insecurity, fear of old age and a zillion other things. Even if we manage to free ourselves from one issue, the next one crops up. Is there no end to this cycle? How would it be, if we free ourselves from one issue and the rest of the problems disappear? Sounds very interesting and tempting, does it not? The trials and tribulations that we undergo, which is Samsara, are because we think we are bound to this world and its attendant sorrows but the truth is we are not bound. We are already free but we don't know this. How does one get out of this illusion? Only with knowledge. This is precisely what the Bhagavad Gita teaches us through a great conversation between Lord Krishna and Arjuna. This book attempts to give a concise version of the profound truth in simple terms. Abstract of the various sadhanas like Karma Yoga, Bhakti Yoga and Jnana Yoga have been discussed to inspire the reader for a more comprehensive study of these texts.

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