

Moments with Krishna¹

kṣudraṁ hṛdaya daurbalyaṁ tyaktvottiṣṭha parantapa - Gītā Ī-3

O man, why this melancholic veil over you? Your head is drooped and body shivering. Your eyes betray an awful fear in your heart.

What problem afflicts thy soul? What is the event that has overpowered you? Do you know this? There is nothing in this world that can really shake your heart. Problems are solved by understanding them. Challenges are dealt with by facing them. You escape from them; you will invite them to haunt you, to tease you, to worry you—all through your life.

Shed this dejection. You are made of a stronger mettle than what you think of to be. Enshrined in your body is an Angel, the Divine Self. Draw your inspiration from this deeper part of you.

Indeed you are an angel. No problem is too big to cow you down. No event is too much to put you out. Take heart—face them squarely. Then alone you live, you can live!

Life is not for the dejected, the desperate, the weak-hearted. It is the courageous, the cheerful, the strong willed that live—live purposefully, joyously.

After all, this weakness that has come upon you is not of the body—but of thought. You think you are weak, and there you are—struggling to find the base under your feet.

It is that unholy thought that has disturbed you—the thought that you are weak. You are not, not at all weak. Shed the thought of weakness. Stand in attention and ever be ready to face the event, to rise to the occasion.

¹ Every piece herein is centered on a complete sentence of Bhagavan Krishna to Arjuna, even though it is a part of a given verse of the Gita. In a direct and highly persuasive style, Pujya Swamiji touches the heart of the reader with every sentence.