

# The Eternal Guide

*Shree Krishna's Teachings for Today's Generation*

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# Copyright Page

The Eternal Guide: Shree Krishna's Teachings for Today's Generation

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This book is a work of nonfiction. The stories, while fictionalized for illustrative purposes, are meant to convey real-life applications of the teachings from the Bhagavad Gita. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.

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# Preface:

Writing this book has been both a challenge and a rewarding journey for me. As I started on this journey, I felt a wave of nerves wash over me, unsure if I could effectively convey my thoughts and insights. However, what inspired me to push through was the overwhelming reality I see around me—so many people struggling with work pressure, feelings of failure, and the weight of social expectations. These struggles have become so common that they often go unnoticed, leaving individuals to suffer in silence, convinced that this is simply the way life must be.

In my own life, I have experienced the profound impact of the mind on our overall well-being. I understand how our thoughts shape our experiences and, in turn, our realities. This understanding led me to ponder a compelling question: What if Shree Krishna were to guide us today, just as He guided Arjun during the great Mahabharata? This thought sparked the idea for this book.

Through these pages, I aim to share the timeless wisdom of Krishna and how it can be applied to our modern lives. My hope is that, by exploring these teachings, we can find the strength to overcome our challenges, embrace our true selves, and navigate the complexities of life with grace. May this book serve as a source of inspiration and guidance, reminding us all that we are not alone in our struggles and that there is a path to peace and fulfilment.

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Thank you for joining me on this journey. I hope you find the insights within these chapters as transformative as I have.

**-Ahbishek Khengre**

# Introduction:

## ***Relevance of Shree Krishna's Teachings in Modern Times***

The world today is a labyrinth of challenges—be it stress, relationships, careers, or decision-making. Yet, the essence of life's struggles remains unchanged. Shree Krishna's teachings, as narrated in the Bhagavad Gita, offer eternal solutions to these dilemmas. His wisdom transcends time, providing guidance to individuals in the 21st century, just as it did to Arjuna on the battlefield of Kurukshetra. Krishna's teachings on Dharma (duty), Karma (action), and detachment are profound tools for navigating modern problems, helping us find peace, purpose, and clarity amidst chaos.

This book delves deep into ten key teachings from the Bhagavad Gita, examining their application in contemporary life. Each chapter explores a specific teaching, its relevance to a modern-day struggle, and provides real-world stories—one showcasing the failure to apply Krishna's wisdom and the resulting consequences, and the other illustrating its successful application leading to growth and resolution.

# Chapter 1:

## *Overcoming Anxiety and Stress – Krishna's Message on Mental Equilibrium*

Key Teaching from the Gita:

"For one who has controlled the mind, the mind is the best of friends; but for one who has failed to do so, the mind will remain the greatest enemy." (Chapter 6, Verse 6)

Relevance:

In the fast-paced, achievement-driven modern world, anxiety is often an uninvited companion. Whether it's due to mounting deadlines, financial pressures, or the omnipresent "fear of missing out" (FOMO) on social media, stress has become a part of daily life. Krishna's advice on controlling the mind offers a way to find inner peace amid external chaos.

### Story 1:

Nisha was the embodiment of modern success—a young marketing manager who had scaled her career ladder faster than her peers. Her phone was always buzzing, her schedule packed with meetings, and her email inbox overflowing. But behind the apparent success was a mind consumed with worry. Every decision felt like it had the weight of her entire career attached to it.

When her company was about to launch its biggest campaign, the pressure reached an all-time high. Nisha was in charge of leading the project. For weeks, she worked late into the night, constantly checking her phone for emails, always fearing she would make a mistake or that her ideas wouldn't meet her boss's expectations. The fear of failure drove her to obsess over every detail, replaying conversations in her head, agonizing over whether her decisions were right.

One night, after receiving feedback that her pitch was "good but not great," Nisha snapped. She locked herself in her office, anxiety bubbling up into panic. Her mind spiraled out of control, as thoughts of failure, embarrassment, and losing her position flooded her consciousness. In that moment, she realized that no amount of success would ever feel secure because her mind was her greatest enemy, always whispering, "What if you fail?"

Nisha's downward spiral wasn't due to her work itself, but her inability to control her mind's incessant

worrying. She had forgotten to be present, to trust her work, and to remember that perfection is impossible. Krishna's teachings remind us that while we may not control what happens, we can control how we think about it. Always remember to have a clam mind despise the situation, you will have better understanding of the situation and make better decisions.

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### **Story 2:**

Aman worked in the same high-stress industry as Nisha, but his approach to life was entirely different. From the moment he entered his corporate role, Aman had practiced mindfulness—taking inspiration from Krishna's advice to control the mind. Each morning, Aman meditated, focusing his thoughts on the present moment, accepting that while he could control his efforts, he couldn't control every outcome.

When a major project came his way, Aman threw himself into the work with focus and enthusiasm. However, instead of obsessing over whether his efforts would be appreciated or whether his promotion was guaranteed, he practiced detachment. He reminded himself that his responsibility was to do his best, but the results were beyond his control.

As the project came to an end, Aman received positive feedback, but even more importantly, he remained calm throughout the entire process. When things went wrong (as they inevitably did), he didn't panic or second-guess every decision. By focusing on the present and managing his thoughts, Aman experienced far less anxiety than his colleagues. His boss noticed not only the quality of his work but also his unshakeable calm under pressure, which eventually led to his promotion. Being clam in all situations not only helps you think clearly but also makes you look like a reliable and powerful person.

### **Analysis:**

Aman's story illustrates the power of mastering the mind. Krishna's teachings emphasize that anxiety arises when we lose control over our thoughts, allowing them to drift between past regrets and future fears. Live in the present and don't worry about what is to come as no one has seen the future.

# Chapter 2:

## *Finding Purpose in Life – Krishna's Concept of Dharma*

Key Teaching from the Gita:

"You have the right to do your duties, but you shouldn't focus on the results of your actions." (Chapter 2, Verse 47)

Relevance:

In an era where people are constantly chasing external validation—be it through likes on social media, promotions at work, or societal status—many feel a growing sense of emptiness. Krishna's teachings on Dharma, or righteous duty, highlight the importance of finding purpose through actions aligned with one's inner calling, rather than external rewards.

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### **Story 1:**

Raj had always been an achiever. From a young age, he was told that success was measured by the money you earned and the prestige of your title. So, when he became a corporate lawyer, Raj pursued cases that brought him fame and wealth. But as he climbed higher in his career, something began to change. Each victory brought a fleeting sense of satisfaction, but it never lasted.

As the years passed, Raj began to feel a hollow ache inside. Despite his wealth and status, his work felt disconnected from who he was. When he looked in the mirror, he no longer recognized himself—the passion he once had for law had been replaced by a relentless pursuit of power. His life was consumed by working for bigger clients, winning larger cases, and increasing his paycheck.

One evening, after winning a particularly high-profile case, Raj sat in his luxury apartment, staring at the city skyline. He realized that despite all the external rewards, he was deeply unhappy. His success, once intoxicating, had become suffocating because it was never truly aligned with his Dharma. Had Raj understood earlier in life—that one must act according to their duty and not for the fruits of action—he might have chosen a different path, one that fulfilled him from within.

## Story 2:

Maya was a marketing manager at a tech start-up. She poured her heart and soul into launching a new product, working long hours and coordinating with her team to ensure every detail was perfect. Maya felt that if she put in enough effort, the product launch would be a resounding success.

However, when the launch day arrived, the product didn't perform as expected, and sales were disappointing. Maya felt devastated. Initially, she blamed her team for not meeting their targets and fretted over what went wrong. But then, she remembered a lesson she had learned from the *Bhagavad Gita* about focusing on actions rather than outcomes.

Maya began to reflect on her experience, realizing that she had done everything she could in terms of hard work and dedication. She shifted her mind-set from worrying about the results to appreciating the effort she and her team had put in. Instead of dwelling on the failure, she held a team meeting to gather feedback and learn from the experience, focusing on what they could improve for future launches.

This lesson helped Maya grow both personally and professionally. She found a renewed sense of purpose and motivation by embracing the journey instead of fixating on the destination. In the end, the next product launch was much more successful because of the insights they gained from their earlier efforts.

## Analysis:

Raj and Maya's stories illustrate the *Bhagavad Gita*'s lesson of valuing actions over outcomes. Raj, a corporate lawyer, found his pursuit of wealth and prestige left him feeling empty and disconnected from his true self. In contrast, Maya, a marketing manager, initially blamed her team when her product launch failed but learned to focus on the effort they had put in. This shift in perspective fostered collaboration and led to future successes. Together, their experiences highlight that true fulfilment comes from aligning actions with values and nurturing relationships, reminding us that success is defined by the quality of our efforts, not just external validation.

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