

### 5 Topics of Bhagavad-Gita

- 1) Soul - atma
- 2) Nature - prakrti
- 3) Action - karma
- 4) Time - kala
- 5) God - isvara

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### Objectives

- By the end of the course the attendees will have gained an access to be inspired to read the Gita
- By the end of the course attendees will be able to recall some basic principles of the Gita
- By the end of the course attendees will be inspired to ask questions and go deeper.
- By the end of the course attendees will see how the ancient wisdom of the Gita has relevance in current times

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### Course Outline

- Setting the Scene / The Search for Happiness
- Atma - The Soul - Who Am I?
- Isvara - God - Does God Exist?
- Karma & Reincarnation - What Goes Around Comes Around.
- Prakriti - Nature - The World Within & Without
- Kala - Eternal Time - The Priceless Commodity?

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**Kala - Time**  
The Priceless Commodity

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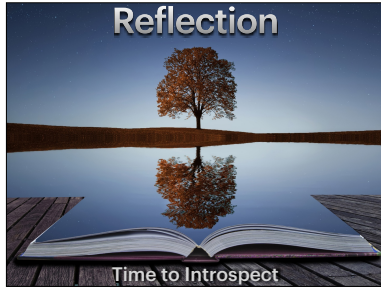
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**Time is valuable**

*"Even one moment of life spent cannot be regained for millions of gold coins. Therefore, what greater loss is there than time spent uselessly?"*  
 – Canakya Pandita

*"The most important thing in the world – Time"*  
 – Thomas Edison

*"Dost thou love life? Then do not squander time, for that is the stuff life is made of!"*  
 – Benjamin Franklin

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To realize the value of One Year,  
 Ask a student who failed his or her exams.

To realize the value of One Month,  
 Ask a mother who gave birth to a premature baby.

To realize the value of One Week,  
 Ask an editor of a weekly magazine.

To realize the value of One Day,  
 Ask a daily wage laborer who has six kids to feed.

To realize the value of One Hour,  
 Ask the lovers who are waiting to meet.

To realize the value of One Minute,  
 Ask a person who missed his or her train.

To realize the value of One Second,  
 Ask the person who survived an accident.

To realize the value of One Millisecond,  
 Ask the person who won a silver medal in the Olympics.

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**Investment of Time**

- SLEEP: 24 years
- WORK: 14 years
- TV: 8 years
- EATING: 6 years
- TRAVELLING: 4 years
- CHORES: 4 years
- HYGIENE: 2 years
- SICK: 3 years



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**Quadrant I Time Management Matrix**

<b>Quadrant of Action</b>	<b>IMPORTANT</b>	<b>Quadrant of Quality</b>
Crises Deadline driven projects Pressing problems Breakdown maintenance Heart attack Urgent time-bound orders for supply Meetings		Planning Self development Prevention PC activities Relationship building Recognizing new opportunities Planning Recreation
<b>Quadrant of Deception</b>		<b>Quadrant of Waste</b>
Interruptions Telephone calls Drop in unexpected visitors Pressing matters Popular activities	<b>NOT IMPORTANT</b>	Trivial matters Some unimportant mail Pleasant activities Time wasters Useless phone calls
<b>Quadrant III</b>		<b>Quadrant IV</b>

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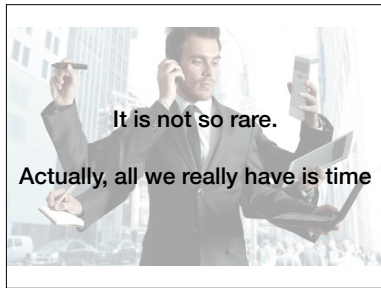


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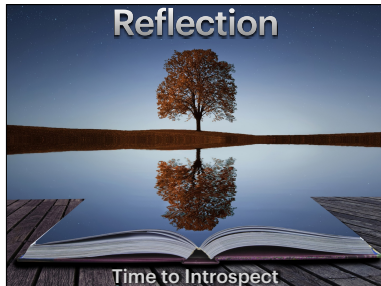


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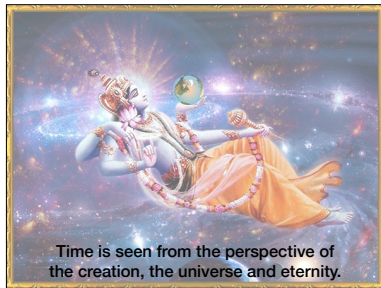


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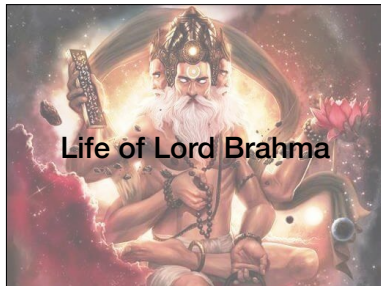


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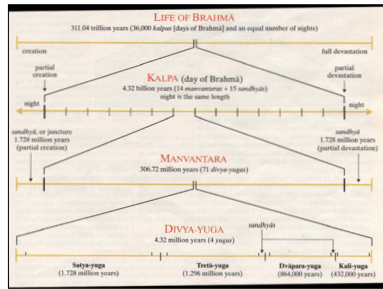
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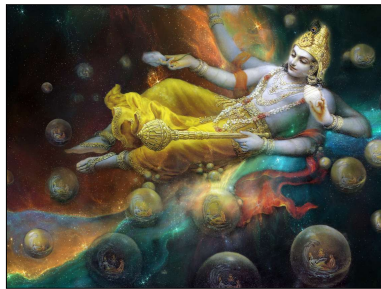
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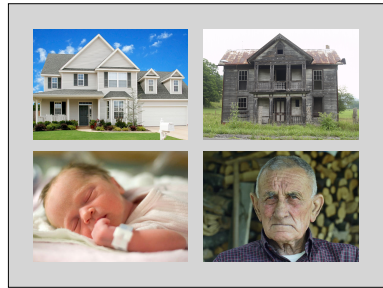


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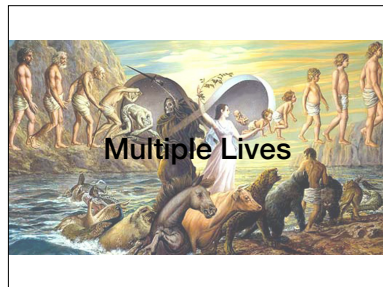


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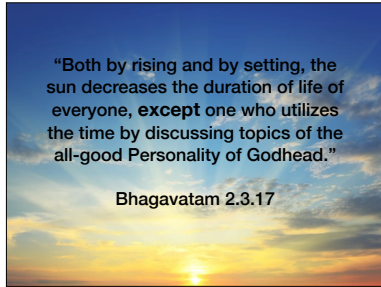


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“Both by rising and by setting, the sun decreases the duration of life of everyone, except one who utilizes the time by discussing topics of the all-good Personality of Godhead.”

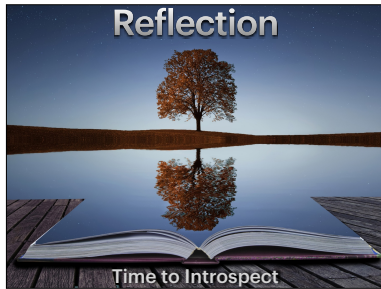
Bhagavatam 2.3.17

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Reflection

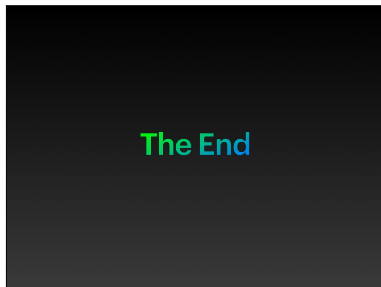
Time to Introspect

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The End

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Questions / Reflections

Questions / Reflections

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