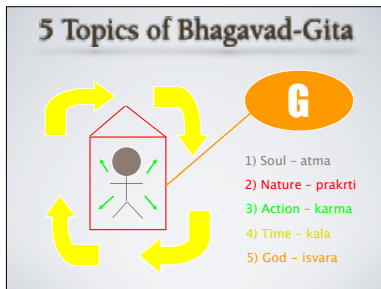


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### Objectives

- 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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**Tamas - Ignorance**

**Characteristics:** Madness, laziness, sleep, foolishness, anger, violence, hatred, envy, revenge, harms others and themselves

*A person is basically pursuing pleasure but no commitment*

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**Rajas - Passion**

**Characteristics:** Greedy, passionate, agitated mind & senses, unlimited desires and longings, intensely driven to fulfill desires for self-gain only, egotistical

*A person is pursuing pleasure and is committed to this. His commitment is shown by striving for material benefit of himself and those around him.*

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**Sattva - Goodness**

**Characteristics:** Purity, happiness, inner satisfaction, peaceful mind & senses, sense of duty, selfless love, cleanliness, humility, tolerance, compassion, seeks spiritual knowledge

*One becomes frustrated with the rewards of his hard work. One starts looking for more refined ways to become happy in this world.*

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<b>SATTVA</b>	<b>RAJAS</b>	<b>TAMAS</b>
Balance	Movement	Inertia
Harmony	Activity	Inactivity
Positive	Energy	Negative
Peace	Excitement	Apathy
Clarity	Passion	Dullness
Light	Desire	Dark
Creativity	Agitation	Delusion
Openness	Anxiety	Depression
Intelligence	Egotism	Ignorance

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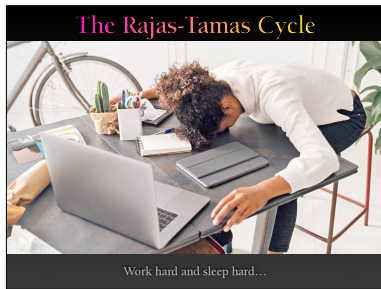


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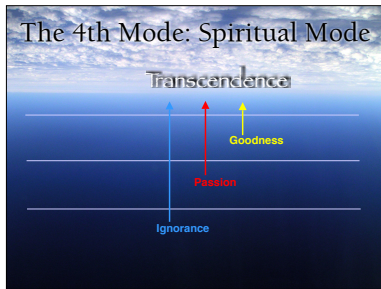


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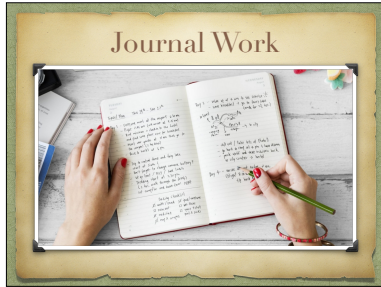


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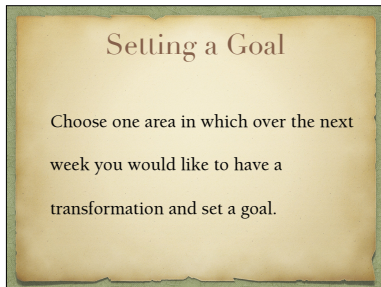


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