

The Bhagavad Gita

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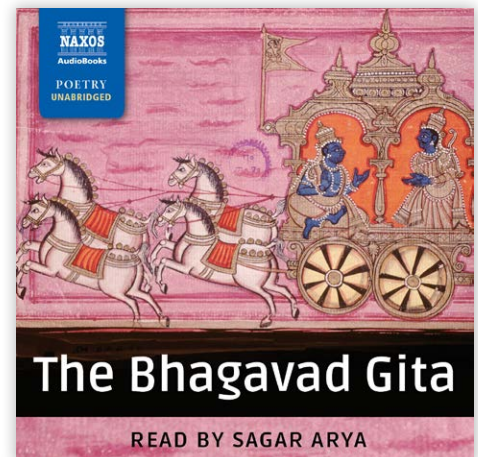
POETRY
UNABRIDGED

READ BY
SAGAR ARYA

Sanskrit for 'Song of the Lord', the *Bhagavad Gita* is a 700-verse Hindu epic that constitutes part of the faith's vast cornerstone work, the *Mahabharata*. The book provides timeless truths and indispensable advice for believers trying to overcome internal tensions, doubt and indecision. The teachings are conveyed in the form of a dialogue between the Pandava general Arjuna and the deity Krishna, who helps Arjuna understand his position in the Kurukshetra War, and guides him towards the right course of action. The *Gita's* treatment of duty and devotion has inspired many, including the peaceful activist Mahatma Gandhi, who referred to it as his 'spiritual dictionary'.



Sagar Arya is an actor and voice-over artist from India. His television credits include *Endeavour*, *Rillington Place*, *Cucumber*, *Lewis*, *A Touch of Frost*, *Hunted*, *Spooks*, *Casualty* and *Holby City*. He appeared as Claudio in RSC's *Much Ado About Nothing*, and has performed in *Twelfth Night* (West End), *The Great Game* (Tricycle) and *A Fine Balance* (Hampstead). He has also read *The Kabuliwallah* and *Other Stories* for Naxos AudioBooks.



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1	The Bhagavad Gita	9:42	11	Tenth Chapter. The Blessed Lord said...	9:58
2	Second Chapter. Sanjaya said: To him who was...	8:55	12	Eleventh Chapter. Arjuna said: By the supremely...	14:43
3	In dying you gain heaven; in conquering you...	9:02	13	Twelfth Chapter. Arjuna said: Those devotees...	4:31
4	Third Chapter. Arjuna said: If, O Janārdana...	10:09	14	Thirteenth Chapter. Arjuna said: Prakriti and...	7:56
5	Fourth Chapter. The Blessed Lord said: I told this...	10:08	15	Fourteenth Chapter. The Blessed Lord said...	6:08
6	Fifth Chapter. Arjuna said: Renunciation of action...	7:12	16	Fifteenth Chapter. The Blessed Lord said...	4:59
7	Sixth Chapter. The Blessed Lord said...	11:20	17	Sixteenth Chapter. The Blessed Lord said...	5:46
8	Seventh Chapter. The Blessed Lord said...	7:06	18	Seventeenth Chapter. Arjuna said: Those who...	6:47
9	Eighth Chapter. Arjuna said: What is that Brahman...	6:57	19	Eighteenth Chapter. Arjuna said: I desire...	9:04
10	Ninth Chapter. The Blessed Lord said: To you...	8:13	20	There is no entity on earth, or again in heaven...	9:02

Translated by Swami Swarupananda (updated)

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