



An Overview of the Bhagavad Gita

By Lauren Pickett

Background

- *Dates to approximately 450 B.C. and was originally written in Sanskrit*
- *700 verse epic poem within an epic poem-part of the Mahabharata*
- *One of the foundational texts of Hinduism*
- *India has a population of approximately 1.4 billion people; with 79% identifying as Hindu*

Introduction

- *Opens on a battlefield with the two opposing sides, the Pandavas and the Kauravas, facing each other*
- *Arjuna is a prince, and ready to lead the Pandavas in battle against his cousins, the Kauravas, because they wrongfully stole his kingdom*
- *Arjuna speaks with his advisor, Krishna, who is in actuality the living incarnation of God*
- *He tells Krishna that he does not want to kill his family members, and doesn't know what to do*
- *What follows is a conversation between Krishna and Arjuna where Krishna teaches him about life, death, and the pathway to Enlightenment*

Themes

- *Self mastery*
- *The Soul*
- *Reincarnation*
- *Detachment*
- *Dharma/good works*
- *Enlightenment*



Cultural Influences

- *Meditation*
- *Yoga*
- *The self-help industry (following your own path)*
- *Past life regression therapy (reincarnation)*

Lesson Plans

- *Reading and discussion format*
- *Journal answers to discussion questions and edit, alter, and add to their journal answers during class discussions*
- *Whole and small group meetings*
- *Use textual evidence to support responses*
- *Choice of culminating activities*