

The Yoga of Discernment Between the Higher and Lower Natures

More information about the human condition is now revealed so that the devotee might choose the higher way, to avoid misfortune and awaken to truth.

Krishna said:

1. Fearlessness, purity of heart, abiding in yoga [samadhi] along with knowledge, charitable giving, self-restraint and holy offerings, study of sacred texts, austerity [disciplined practices], and uprightness,
2. Nonviolence, truth, absence of anger, renunciation, serenity, freedom from finding fault, compassion for all beings, absence of cravings, gentleness, modesty, steadiness,
3. Vigor, forgiveness, fortitude, purity, freedom from malice and from pride; these are the endowments of those born to a divine destiny.

The Bhagavad Gita, Chapter 16:1-3

From *The Eternal Way: The Inner Meaning of the Bhagavad Gita*

Translation and commentary by Roy Eugene Davis / www.csa-davis.org