

Nine Steps to be contented in life from the Bagavath Geetha.

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1. Hearing

Hearing means listening, listening means knowing Him slowly in truth and fact, and this knowing Him in truth and fact means attaining eternal life.

If a person wants to attain to God, he must obediently listen to His glories, activities, qualities, and names of Lord Sri Krishna, these lead to eternal life.

- a. Listening to God is a charming and innovative force
- b. When one listens to God makes him disclose and expand of life.
- c. When one listens to God, thoughts begin to raise within him and approach to life
- d. If one listens to God ,he will be more pleased and free from all.
- e. Listening to God provides positive decisions and changes in the lives.
- f. Listening to God is the best gift to all to comprehend Him.

2. Chanting

If a person wants to purify by himself, he has to chant Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare. It gives transcendental delight and he will be purified. It gives confidence to reach what he wants in his life and avoids all unnecessary thoughts from his mind.

Chanting watches out the worries from the bodies. It avoids fear of old age and death, just as worn out clothes are replaced by the new ones, the soul of a person acquires a new body and Identification with the Self instead of the body helps the person to be detached from the limitations of the human body.

Abstract

"Man is born free, but he is everywhere in chains," said by Rousseau. God is immortal but man is mortal, Body is perishable but Soul is not perishable Today man needs mental freedom, the mental freedom leads to physical freedom but he is unable to find how to get, where to get, if a person follows the nine services said by the lord Krisna in the Bhagavat Gita, he should get the freedom and get what he wants in his life.

Keywords:-Soul, Body, Peace, Desire, Chanting.

Introduction

Every person knows that a contented life requires a high-quality health. Suitable diet, adequate exercise, and enough rest are essential to keep our bodies strong and healthy. If one neglects these demands, one's body becomes weak and ill.

More significant, but less recognized, is the inner self's require for divine nourishment and awareness. If one ignores one's spiritual health requirements, he becomes overwhelmed by negative material tendencies like worry, hatred, loneliness, prejudice, gluttony, dullness, jealousy, and anger.

In order to counter and stop these subtle infections of the self, one ought to fallow, as suggested in the Bhagavad Gita, include into our lives a program of self-examination and steady inner development, based on spiritual power and simplicity of thinking.

The transcendental strength is essential for mounting complete psychological and spiritual completion which is already present inside everybody. Of all such authentic processes, It says to chant Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare to attain the Supreme Personality of God Head, Krisna. they are nine services to be away from all these worries.

3. Remembering

The pure devotee means, one ought to remember of Krishna without taking into consideration the time or place and he should be able to carry out his service everywhere and at every time. Krishna is the supreme personality of Godhead. He is the original cause of all causes. He starts everything and ends everything too. He is there everywhere. He is omnipresent and omnipotent. We are just puppets whom he controls. He is divine and transcendental.

Remembrance says not to run away from the responsibility. Living in a materialistic world and being human it is clear for all of us to be having some or the other responsibility, hold to your responsibility and carry it out devotedly.

There is a reason behind every particular task given in the larger scheme of things. One might not be aware behind the reason. But He knows the reason behind having assigned to one a particular responsibility or a part to play. Trust in His decisions.

4. Serving

One has to serve to God with fruits, leaves or water he succeeds in mastering control over the mind will save himself from a lot of pain and sufferings. In doing so he will get closer to the real Truth and it will be then that everything else would appear smaller and lesser significant to him. The path to attain this goal will be meditation.

Everybody came to this world empty handed. he has made everything here, like relations, money, love or respect. one cannot take anything with him when he dies. Everything would be left here.

One experiences God's power when he gets out of his comfort zone and being in His Service. He experiences God does miracles in lives of the people.

5. Worshipping

From worshipping one will get salvation, freedom from this world. Krishna talked about the significance of yoga and meditation and how they can help ones in experiencing the inner peace and happiness. In the present age, no one may be standing in a battle

ground and fighting with foes. However, there is a constant fight with the own mind. Captivating over the mind is possible only through yoga and meditation.

If one worships His name all day night, he will get powers like predicting future, he gets what he wants. one who treats everyone equally, he reaches the place of worshipping the Lord wholly.

6. Praying

Praying means being close to God, praying is the easiest way to reach God. With trust, one gets in touch with the internal power and can easily deal with any hard condition.

Whatever one does in the course of his lifetime should be devoted to the supreme personality of Godhead. This will always result in giving him tranquility and happiness. One should think praying Krishna during the actions. This makes him believe that God would be there with him.

All thoughts, feelings and desires take birth in the mind. Looking deep within one's own self is not possible without controlling the mind. The mind can be really quite only when a person is free from the unlimited desires. tranquility of mind can unlock doors to wisdom, peace.

7. Obeying

A person would be overwhelming on the spiritual path without a master. the person needs someone who can help in getting away with the illusions of mind and development in the path of knowledge. Lord Krishna acts like a Guru and provides the guidance to a happy life. So one should obey to God

One should not forget the truth that it is just because of the God that he is enjoying his life on the planet. obeying to God could give huge energy into their deteriorating bones. A blessing from Him could lead everyone to innovative highs.

8. Maintaining friendship

One has to respect every friendship in his life. Whether it is an association of brother, husband, disciple or friend. So one should make friendship with Krishna. there so many examples to uphold friendship of God in the Bhagavad Gita.

Lord Krishna was a king and Sudama was a poor Brahmin. Still Krishna never let his being rich come in between his friendship with Sudama.

When Sudama reached Krishna's palace to meet him, the gatekeepers did not allow him to enter. Unhappy when Sudama started walking away from the palace, Krishna came to know about him and he ran to receive him bare foot without thinking about anything. This was Shri Krishna's love towards his friend

This incident teaches everyone to be close to their friends and treat them with respect. When Sudama was going to meet his friend Krishna, his wife packed dry rice for Krishna as this was all they could afford. However, Lord Krishna with love ate the rice brought by Sudama in such a way as if it was some delicious treat.

Krishna while having the rice said that this rice was better any other sweet he had ever had in his life. Krishna's wives were amused by this action of him, but a lesson to treat friends with love and respect was learnt by everyone.

9. Surrendering everything

Surrender means to act in accordance to Krishna's desire. Krishna's desire was that Arjuna should fight and kill the Kauravas but Arjuna was declining to fight. However, after hearing the Bhagavad Gita, he understood Krishna's real position as the Supreme Lord and agreed to abide by Krishna's desire. Earlier when he was in ignorance, Arjuna was considering Krishna was equal as his dear friend and cousin but when he got out of his ignorance, he immediately surrendered.

Surrendering means not to be away from the duties. Spiritual wisdom or eternal peace cannot be acquired by forsaking friends or family members. In fact, it is not even possible to refrain from activity while living in the materialistic world. It is therefore advisable to fulfill all duties with utmost dedication. Renouncing various physical actions without subduing the constantly wandering mind is useless.

Things may not be the same, the way they used to be. Things and circumstances change. We should neither expect people, nor surroundings, not even society to be same. They all change with time. one

moves ahead. Universe forgets old things and moves forward, So one should surrender to God to avoid all worries, hatred, loneliness, prejudice, gluttony, dullness, jealousy, and anger.

Conclusion.

Lord Krishna is the best teacher to the Universe. Everyone has to follow His teachings to get what they want to achieve in their lives, the nine services have been taught by Lord Krishna can change the people from ignorance to knowledge, darkness to light, bad to good. the services teach to everyone how to control mind, how to control worries, how to control hatred, how to control loneliness, how to control prejudice, how to control gluttony, dullness, how to control jealousy, and how to control anger. if one overcome these worries, everyone will achieve what they want in their lives.

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