

A simplified version of Bhagwad Gita by Satya Kalra

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Sunnyvale

Sangeet Dhvani in association with Sanatan Dharma Kendra had organized an educative lecture on Shrimad Bhagwad Gita by a learned Philosopher Ms. Satya Kalra, who has produced a few important books, simplifying the philosophy as contained in Gita for the benefit of common man.

Satya Kalra, a founder of "Path to Anandam" is popularly known for her Anandam life style (blissful Living). Satya's mission in life is to live in love, peace and Anandam and spread the same to others by leading, practicing and propagating spiritual living and helping others to become more self-dependent and self-reliant, specially those affected by the problems of daily lives, may be in a family setting, or business or even those operating in the political scene.

Satya was a veteran in the biotech industry for 35 years serving as a visionary, entrepreneur, scientist, founder, CEO, President of Bio-Genic industry with her husband Krishan Kalra at Danville, she took the path of Spiritualism having been inspired and influenced by Swami

Chidanand Saraswati, Head of Parmarth Niketan Ashram, Rishkesh, India. She has been assiduously studying the Bhagwad Gita since 1990 and has been engaged in teaching and promoting the awareness of spirituality and effulgent wisdom of Gita and its applications in daily life, family, business and community matters. She has been a guest speaker of diverse topics at various spiritual gatherings, temples, spiritual conferences and business forums. She feels that with the grace of Supreme Power, meditation and the help of her Inner-Self, she has developed simple 7-step for Self-Realization, along with a series of simple techniques of Anandam meditation and other spiritual practices for the body, mind and spirit.

At the Sanatan Dharma Kendra Temple, Satya initiating discussion on the philosophy of Gita, explained that it is possible to live in today's world in peace and joy, free from the miseries of life; anxiety, stress, fear and frustration for adopting the guidelines given by the nonetheless Lord Shri Krishna in the form of . Bhagwad Gita, which is known as "The Song of God".

Addressing the audiences she said, "Following his guidelines, will



bleed us with living through our life problems, as Gita is a boat/vehicle that takes from miseries and pains to Anandam- a happy and peaceful life. The simple formula according to her - is that Gita (GITA) facilitates transformation from Ignorance to Wisdom, Tyaga of Seven Enemies and cross over from Anger to Anandam."

She explained elaborately that Gita is a timeless wisdom for the

entire mankind and its teachings are not confined to humanity in one country like India or USA. She continued saying that Gita is a Step by Step spiritual and practical guide to operating our lives righteously. It teaches how to change every action into enlightened action, fulfill our responsibilities, duties, Dharma and attain Eternal Prosperity, Happiness and Peace. Her famous and Best Seller book " My Questions

and God's Answers has become very popular amongst the spiritual philosophers and spiritual seekers as it tackles several complex problems faced by an ordinary man in daily life, and shows a way forward.

After this successful lecture by Satya Kalra, Sanatan Dharma Kendra, Sunnyvale has now proposed to have at least one lecture of her per month in order to satisfy the quest of spiritual seekers who throng to the temple for getting the nectar of Gita and Vedanta our heritage, from Spiritual Pandits. Satya expressed that she would deal with each of 18 chapters of Gita, explaining the philosophical contents of Karma Yoga, Bhakti Yoga and Dhyana Yoga, in her upcoming series of lectures. Several members in the audience posed a few complex questions on the teachings of Gita which were replied by her to their utmost satisfaction.

Pradeep Joshi, a Volunteer who is helping the temple with music and spiritual events, introduced Satya Kalra to the audience and also proposed Vote of thanks to her on behalf of the audience. The spiritual session ended with the Mantra "Om", a brief meditation by the group, wishing welfare to each and every one in the Universe as a whole.

