

## Essay - "Reincarnation in the Gita"

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*"Just as you toss away, Worn out clothes and buy new ones, So when the body is worn out A new one is found for The Self who lives within Consciousness (Stoler-Miller, Bhagavad-Gita 2:22)".* This is simply one of the various quotes to be found on the Bhagavad Gita, which is a 700 verse Hindu scripture connected to the ancient Sanskrit epic Mahabharata. Reincarnation is the main reflection in the Bhagavad Gita. All of the things that a person does is to improve their soul and cleanse it for reincarnation (known as shaping "Karma"). Bhagavad Gita devotees think that shaping up this 'good' karma will excel a person's next life after the progression of reincarnation. *" But great is the man who, free from attachments, and with a mind ruling its powers in harmony, works on the path of Karma Yoga, the path of consecrated action. (Stoler-Miller, Bhagavad-Gita 2:17-18) "* A person must possess complete understanding of the body and particularly the soul to become available from attachments and grow nearing good karma. If a person's soul holds great understanding, then it will develop good karma, which then will turn one's soul progressing to the supreme after reincarnation.

The Gita presents the principle of rebirth at the lowest degree it is called reincarnation, and at the highest level of realization, it is absent. By accepting the command of Ramana Maharshi who was a Hindu spiritual master whose illustrative life guided to the rebirth of Advaita Vendata (founder of four Mathas) in the twentieth century. The reincarnation belief emphasized in the Gita gives emotional comfort. In fact, this same belief is a very smart psychological tool placed by the authors of the Gita. This principle that friendly good deeds will guide you to heaven but bad deeds will take you to hell, has protected Indian community for

thousands of years without any requirements of police. The point is that people have to search beneath into this puzzle, and so far it is a riddle that anyone has come back from the dead to inform us what occurs. In many words, the Gita explains in details on various points of reincarnation, how it functions and how it is the realistic conclusion of the response and actions throughout countless amount of births that carry on into this life. Sastra Pranam is a Sanskrit word referring to the evidence that appears from the sacred scriptures. It is the most essential truth because it is without limit and incredible to see it approaching to light in the respected aspect of today's theoretical science. Latest mind-body agencies are being evenly built for the complete "action" of life and death. "*The impersonal Consciousness casts off worn-out body mind equipment and enters into new ones as part of general evolution (Stoler-Miller, Bhagavad-Gita 2:22)*". This indicates that at death the delicate body of enduring life consciousness goes back to the pool of consciousness and consciousness possesses various characteristics to move into new lives for its own duration of the dream of life. Natural abilities and tendencies become evident in a new life which could justify child prodigies. Reincarnation of souls and delicate bodies is a more reasonable belief than reincarnation of arrogance where bragging is a property of the brain and molds at the end of life. Knowledge and the feelings abandons the body at death and returns the pool of consciousness for the promises of new people on the platform of life as we feel it.

Non-existence can be acknowledged as a state of not being. In that point, the reliable devotees of the Bhagavad Gita explore methods to grasp this state within its phase. One of the main objectives of the writings of the Bhagavad Gita is self realization accomplished through meditation. It provides one to explore themselves, digging deep in their inner soul to create a long lasting relationship with the transcendent. Through the guidance of the "Lord Krishna", devotees use yoga (to enhance a person's feeling for the purpose of salvation) and meditation to acquire a

genuine karma and self-realization for a greater life after reincarnation. The primary objective of these devotees of the Bhagavad Gita is to grasp the element of total soul purification. In their belief, this purification will guide to a good karma and gather the devotee's closer to the supreme. This attachment is attractive to Bhagavad's devotees due to the fact that, "*when a sage is one in yoga, he is one in God* (Stoler-Miller, Bhagavad-Gita 2:27)". Searching for complete understanding, and obliging to be with God is a pursuit that accomplishes a person's life. A devotee's entire life is rotating around grasping this supreme state of being and rather living for God and not themselves. "*Self realization can be achieved by abandoning active life and secluding oneself to meditation* (Stoler-Miller, Bhagavad-Gita 2:33)". Devotees must acquire the energy for them to devote themselves to the fundamental way of life described in it. This energy that devotees try to obtain is an obviously hard job to accomplish. As a result, Krishna recognizes these conditions, realizing that everyday life as well as achievements from meditation are vital to a person. As a person gets near to God, they ease themselves of greedy patterns and methods of life. By accepting Yoga, these methods fade away, resulting in a genuine soul and closeness to God. This genuine soul will provide to good karma, which then will result in an improved life after reincarnation.

From the "Five lectures on reincarnation" by Swami Abhedananda, he refers to reincarnation as in our regular life, each body's soul departs from a baby body to a young one, and then from the young to an old while departing with all the feelings, ideas and knowledge that has accumulated in its previous stage of existence and reproduces them in the right time so when a man passes away, his soul will transfer from an old body into a new one and takes with it the delicate body at which point are kept all that it experienced and accumulated over its previous incarnations. To end this essay on reincarnation in Gita, here is a great quote from the lectures of reincarnation - "*Knowing this, wise men are never afraid of death. They know that death is*

*nothing but a mere change from one body into another. Therefore, if any one does not succeed in conquering the lower nature by the higher, he will try again. Thus we see that Reincarnation is the logical sequence of evolution. It completes and makes perfect that theory and explains the cause of the moral and spiritual nature of man (Abhedananda, 44)”.*

#### References:

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*“Just as you toss away, Worn out clothes and buy new ones, So when the body is worn out*

*A new one is found for The Self who lives within Consciousness (Stoler-Miller, Bhagavad-Gita 2:22)”*. This is simply one of the various quotes to be found on the Bhagavad Gita, which is a 700 verse Hindu scripture connected to the ancient Sanskrit epic Mahabharata. The Gita introduces the doctrine of rebirth. At the lowest level this is called reincarnation - at the most advanced level of understanding it does not exist. Let us use the authority of Ramana Maharshi, the universally acknowledged sage, whose exemplary life led to the renaissance of Advaita Vedanta in the twentieth century. The reincarnation theory stressed in the Gita gives psychological comfort. Ramana, as a concession to his questions, used to say it is as true as you believe it to be. In fact this theory is a very intelligent psychological device inserted by the authors of the Gita. The doctrine that social good deeds will lead you to heaven, but bad deeds will send you to hell, has preserved Indian society for thousands of years without the need of police; police were a British invention in the nineteenth century. We must look deeper into this mys-tery - and it is a mystery - nobody has returned from the dead to tell us what happens.

The Bhagavad Gita, in many verses, elucidates on many aspects of reincarnation, how it works and how it is the practical result of the actions and reactions throughout many, many births that continue into this life. Sastra Pranam is the Sanskrit term meaning the proof that comes from the sacred scriptures. It is the most important truth as it is absolute, and it is very wonderful to see it coming to light in the relative view of the speculative science of today, which is coming to see the truth of the scriptural affirmations.

Non-existence can be considered a state of not being. In this sense, the faithful followers of the Bhagavad Gita find ways to reach this state within its chapters. Through advice of the 'lord' Krishna, followers use yoga and meditation to obtain a pure karma and self-realization for a better life after reincarnation. Yoga is used to better ones senses for the purpose of purification. Reaching a state of total soul purification is the main goal of the followers of the Bhagavad Gita. In these peoples mind set, this purification will lead to a good karma and bring the believer closer to the supreme. This closeness is appealing to Bhagavad's followers because, "when a sage is one in yoga, he is one in God." (pg. 27) Finding total understanding, and need to be one with god is a search that completes ones life. A followers entire life is revolved around reaching this supreme state of being, living not for themselves, but for god. As one gets closer to god, they relieve themselves of materialistic ideals and ways of life. Using Yoga, these ideals soon diminish, resulting in a pure soul and closeness to god. This pure soul will contribute to good karma, which in turn will result in a better life after reincarnation. Self realization achieved through meditation, is a primary goal of the writings of the Bhagavad Gita. Meditation allows one to find oneself, reaching their inner soul, to develop a long loving relationship with the Supreme. "Self realization can be achieved by abandoning active life and secluding oneself to meditation." In this seclusion, one reaches inner peace and harmony, by finding and dedicating their lives and thoughts to god. "In this union of Yoga there is liberty: a deliverance from the oppression of pain. This yoga must be followed with faith, with a strong and courageous

heart." (Pg. 33) Followers of Bhagavad Gita, must have this strength in order to dedicate themselves to the necessary way of life described in it. This strength that followers try to achieve is a seemingly difficult task to fulfill. Therefore, Krishna understands this aspect, understanding that daily life as well as gains from meditation are important to individuals. "One can thus most easily achieve self realization by applying knowledge absorbed throughout life and using this for daily living purposes." The closer one gets to finding and purifying ones soul, the closer they are to the supreme and a better life. Purification of the soul leads in turn to a better life after reincarnation. The soul is that which is purified, and this 'better' soul is carried over. The soul not the body is the true person, and this soul cannot die.

Reincarnation is the primary reasoning in the Bhagavad Gita. Everything that one does is to better their soul and purify it for reincarnation. This build up of purifying and is known as building Karma. Followers of the Bhagavad Gita believe that building up this 'good' karma will better ones next life after the process of reincarnation. This karma is best compared to as harmony of ones soul. " But great is the man who, free from attachments, and with a mind ruling its powers in harmony, works on the path of Karma Yoga, the path of consecrated action." (17-18) One must have great harmony of the body and especially the soul to become free from attachments and progress towards good Karma. If ones soul contains great harmony then it will create good Karma, which in turn will move ones, soul closer to the supreme after reincarnation

Swami- "as in our ordinary life the individual soul passes from a baby body to a young one and from a young to an old, and carries with it all the impressions, ideas and experience that it has gathered in its former stage of existence and reproduces them in proper time, so when a man dies the individual soul passes from an old body into a new one, and takes with it the subtle body wherein are stored up all that it experienced and gathered during its past incarnations. "Knowing

this, wise men are never afraid of death. They know that death is nothing but a mere change from one body into another. Therefore, if any one does not succeed in conquering the lower nature by the higher, he will try again. Thus we see that Reincarnation is the logical sequence of evolution. It completes and makes perfect that theory and explains the cause of the moral and spiritual nature of man (Abhedananda, 44)".