

THE STRENGTHENING OF THE GOD'S INSTRUMENTS THROUGH EQUANIMITY AND YOGA

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ABSTRACT

There are wide range of metaphysical philosophies, that outline the yogic techniques to attain the strengthening of the God's instruments, such as the heart, the lungs, the brain and the divine awareness. When the idea of yoga, strikes a person, a sense of discipline comes to the mind and its regular practice helps one to connect to the self and the spiritual powers. The practice of yoga, such as pranayama, padmasan, touching feet, suryanamaskar, to name a few, facilitates one to uplift one's selfish interests, negative attitude, hatred and ego to the divine knowledge of the self awareness and then the higher phase of transcendence, with the help of the deep meditation. The knowledge is not something to be grasped or rote, but to strengthen the equanimity, the integrity and the positive thinking, for the social discipline and the social welfare. The knowledge of the yogas and its types, has been a part of the teaching and the religious shastras, since the time of the Gurukul education, such as the Gyan - Yoga or the knowledge, the Bhakti -Yoga or the devotion and the Karma – Yoga or the performance of karma. In the Holy book of Bhagavad Gita, it is mentioned that Arjuna's mind is full of doubts, ambiguity, fear, convictions and the distress. His anxieties and dismay rises, on seeing his own family, teachers, relatives and friends, on the battle front. Anytime a moment can come in a person's life, that makes him blank, confused, stressed, anxious and so finished. His only wish is to see a light of hope or a sign of the Supreme Lord. A human being has to realize that the Lord exist inside a living being. This connect can only be felt with the knowledge of the self awareness, equilibrium and the integrity of the mind, body and the heart (soul), through the holistic yoga. A person with a shallow life, always lives on the edge, that is his understanding of the life is to be born, grow, marriage, children and then death. The great saints have earned the divine knowledge and self awareness and so, they perform actions for the social peace and the social discipline. The human beings can make a raft out of the different yoga practices and sail through all the challenges of the life, such as pandemic. The different organs of the human body possess three qualities, that is unsteadiness, stability and the duality. The mind of the human being (blood, element of the water, knowledge, intellect) is very unsteady, being the part of the nature. The elements of patience, equanimity, equilibrium, steadiness and the self awareness helps the mankind to meet any challenges like the natural calamities or the pandemic and so, this paper is an attempt to explain the inter- relationship between the Universe, the Nature and the Human body and the significance of the laws of the nature and yoga to meet the natural and the man made challenges.

Keywords: *Equanimity, Bhagavad Gita, God's Instruments, Surya Namaskar, Self Awareness.*

Introduction

Our life is a vicious circle of restrictions and independence, opportunities and decisions. If we make sound decisions, we can control all the uncertainties and the chance factors of the environment. If a person is controlled by his unlimited desires, whims and fancies, then he behaves more like an animal rather than a dignified human being. When a serious problem like epidemic or the pandemic strikes the society, it becomes necessary to save the balance or equilibrium between the mankind and the nature, by the way of the manifestation of the wisdom, concentration, meditation, yogic practices, self awareness and to uplift oneself from the selfish interests to the social welfare and so achieve transcendence to the divine knowledge. The elements of patience, equanimity, equilibrium, steadiness and the self awareness helps the mankind to meet any challenges like the natural calamities or the pandemic. The only need of the hour is the recalibration of the systems and functions to the new and safe normals.

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The Supreme Lord (Heart, Soul), said in his songs in the Holy text of the 'Bhagavad Gita', that he does not leave the human beings during the natural calamities or the epidemic, but is always in the role of the Captain of the ship, steering to the safest destination. (Bhagavad Gita 10:11).¹ So, the human beings should be confident, patient, balanced and treat both the situations of the joy or pain, as the same, as the moment is never same and keeps changing. The positive attitude, aspirations and hopes are never extinguished. The yogic practices, since the ancient times, is a rare knowledge, handed over from the generations, with the enduring values. The different organs of the human body possess three qualities, that is unsteadiness, stability and the duality. The mind of the human being (blood, element of the water, knowledge, intellect) is very unsteady, being the part of the nature. This varying, erratic, uneven and unsteady mind directs the human behaviour towards the tamogun tendencies or the negative attitude. The person whose objective is to immediately satisfy the desires arising out of the senses, to become happy at the earliest, is completely in the ignorance. The 'Satogun' qualities refers to the mental and physical purity of the human body. It develops from the integration of the mind, speech and the heart through the religion. It increases with the stability in the character of a person. It inspires a person to perform good deeds and follow the path of the righteousness. If the behaviour of the body and the nature becomes identical, then the consumption of the body is reduced and the longevity of the body, in terms of age increases.

Objective

The systematic inculcation and performance of yoga, to meet the challenges of the nature, such as pandemic and develop the power of the concentration, confidence and faith in the self. The objective of the paper is to analyse the effects of the yoga 'shastra', as explained by the Supreme Lord, in the Holy book of the Songs of the Lord, the 'BhagavadGita', that not only develops the immune system of the body, to fight the diseases and develop the longevity of the life, but also helps a person to connect to the Divine Lord, by developing the spiritual strength, devotion and the knowledge of the self.

The aim is also to cite the spiritual dimensions of the inter relationship between the mankind, yoga, devotion, meditation, concentration, dedication, self awareness, attainment of the Lord, peace stability, happiness, self control, social welfare and the contentment. In real life, a person remains happy for long time, only when there is equality and similarity in the mind, speech and action. The society gives respect to a person, for his good deeds. When a person is equal and similar inside and outside with himself, he attains permanent happiness. The aim of this paper is to explain the Laws of the Nature, the inter- relationship between the Universe, Nature and the Human body and the mode of action, with the help of the Gurukul yogic techniques for the integration and the articulation of the God's Instruments. The paper also establishes the integrity between the five elements of the nature and the Instruments of the God and the significance of the yoga techniques, to articulate the energy, to purify the instruments and facilitate the positive attitude.

Belief and faith in Self and the Yoga : Ingredient for the success

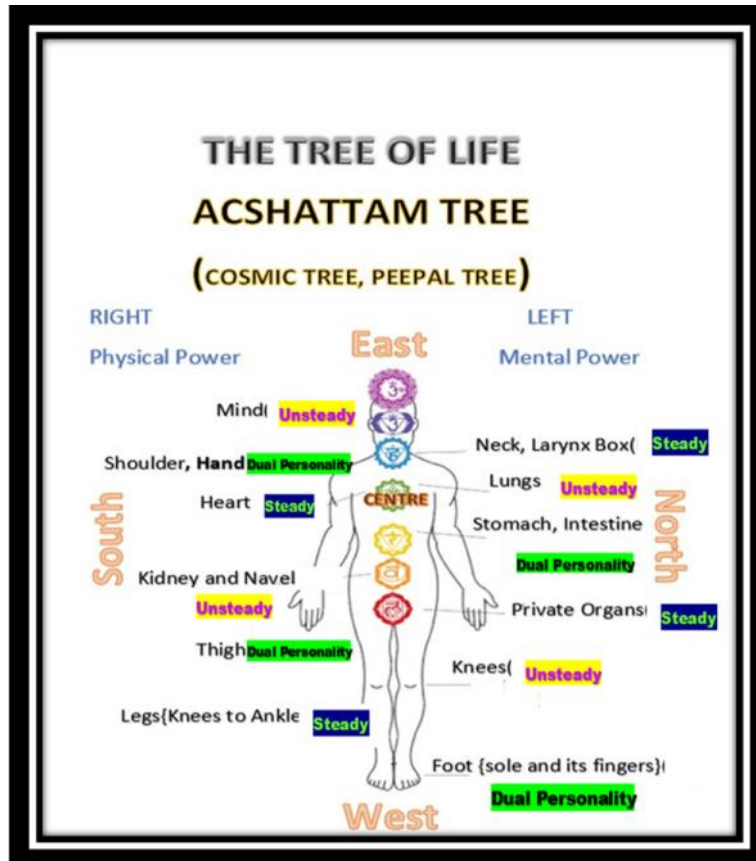
The Heart nurtures the natural behaviour of an individual. A person who is immersed in faith and believes in self, is able to discipline self, maintain equanimity and equilibrium. Thus, he attains peace, Brahma and the wisdom, to meet any challenge of the life and the nature, with the help of regular yogic practices, that helps to increase his concentration, confidence and passion for the life. He also discovers the ways and the means to fight irritation, anger, greed, unlimited desires and procrastination. The human beings can make a raft out of the different yoga practices and sail through all the challenges of the life, such as pandemic. (BhagavadGita 10:4,5).² It is the self belief and faith in oneself that comes first, to fight any pandemic, followed by the intellect and the experiences from the past knowledge of the famous Gurukuls of the ancient times, teaching the philosophies of the Vedas. It is very important for a human being to experience the truth and the hard facts of the challenges of the life and handover the learning to the next generations, as the experiences of the life go in the long way, as the life lessons.

The yogic practices, since the ancient times, is a rare knowledge, handed over from the generations, with the enduring values. In real life, a person remains happy for long time, only when there is equality and similarity in the mind, speech and action. The society gives respect to a person, for his good deeds. When a person is equal and similar inside and outside with himself, he attains permanent happiness. The knowledgeable person, is the one, who has the self awareness about the time, nature and the chakras of the body, who maintains equanimity and balance in the good or bad times or events.

S. No.	Body organ	Mode of Action	Day or Night Effectiveness	Elements
1.	Intellect (Mind)	Unsteady. Energetic.	Night	Light (Power of soul)
2.	Neck, Larynx box, speech (Sound, Language)	Steady. Stability. Patience.	Night	Earth
3.	Shoulder, Hand, the upper part of the heart	Dual personality	Night	Air
4.	Shoulder, lung, chest	Unsteady. energetic	Night	Water
5.	Heart and Back of heart	Steady. Stability. Patience.	Day	Light (Power of Soul)
6.	Stomach, Intestine	Dual personality	Day	Earth
7.	Reins, Kidney, Navel	Unsteady. Energetic	Day	Air
8.	Private organs	Stability, Patience	Day	Water
9.	Thighs, articulation of the legs	Dual personality	Night	Light (Power of soul)
10.	Knees	Unsteady. Energetic	Night	Earth
11.	Legs (knees to the ankle)	Stability, Patience	Day	Air
12.	Foot (sole of the foot) and its fingers	Dual Personality	Day	Water

The Interrelationship between the Universe, Nature and the Human Body:

Mode of Action, the Doer and the Guna



The human body is a miniature part of the Universe and the nature and symbolizes all the qualities of the nature. The nature is not static, but dynamic and so is constantly changing. The physical and the mental qualities of the people, develops according to the qualities of the water, earth and the nature in the physical environment around them. The twelve categories of the human body also have their own and the different behavioural characteristics. The different organs of the human body possess three qualities, that is unsteadiness, stability and the duality.

अयुक्तः प्राकृतः स्तब्धः शठो नैष्कृतिकोऽलसः ।

विषादी दीर्घसूत्री च कर्ता तामस उच्यते ॥ 28॥ 3.

“Tamoguni characteristics is possessed by a person, who is not balanced, works against the social norms, traditions and shastras, is jealous, uncultured, lazy, hopeless, shrewd and is habitual to procrastination.”

When a person has an unsteady behaviour, he starts developing a negative attitude, slowly and gradually. Therefore, the religion and dharma starts developing languages, culture and spiritual cycle to develop and bring stability in the behaviour of a person.

The mind of the human being (blood, element of the water, knowledge, intellect) is very unsteady, being the part of the nature. This varying, erratic, uneven and unsteady mind directs the human behaviour towards the tamogun tendencies or the negative attitude. Even these qualities are predominant in the animals. “Man commits sins through human frailty.” (Vajasaneyi Madhyamdina Samhita xix-62).4.

यया स्वप्नं भयं शोकं विषादं मदमेव च ।

न विमञ्जति दुर्मेधा धृतिः सा पार्थ तामसी ॥ 35॥5.

“O Partha ! When a person is not able to avoid depression, dreams, fear, sorrow and greed, even with a patient behaviour, then it is called a ‘tamsi’ or negative attitude.”

The human body has different types of natural qualities. The body has three types of behaviour, that is : energetic or unsteady behaviour, stable or uniform behaviour and duality. “One commits sins by mind, speech and action.” (Mahanarayana Upanisad i-56).6. When a person is not able to balance and control his mind, speech and karma or action, even with his stable or patient behaviour, he will not be called civilized, but will be considered an uncivilized person in the society.

The aim or objective of human being, in his life is to live happily. But this happiness is according to our natural, physical and mental qualities. A person is considered to possess tamogun qualities, if he earns happiness by fulfilling his desires of violence (jealousy, hatred, negativity) ; greed; blind faith, etc.

The four features of the human body that are considered the most unsteady and variable are the mind (Row 1), lungs (Row 4), navel (Row 7) and the knees (Row 10). The knees, navel and the lungs are the local vehicles of the natural energy, that drive the physical and mental energy towards the intellect. The unsteady and uneven mind is the reason behind the unorganized and the mismanaged routine. The person whose objective is to immediately satisfy the desires arising out of the senses, to become happy at the earliest, is completely in the ignorance.

रागी कर्मफलप्रेप्सुर्लुब्धो हिंसात्मकोऽशुचिः ॥

हर्षशोकान्वितः कर्ता राजसः परिकीर्तितः ॥ 27॥ 7.

“Those people who perform action or work, in order to enjoy its fruits, are greedy, jealous and get easily affected by happy and sad moments. These people possess rajoguni character. When a person is more attached to the materialistic elements and family, he possesses dual characteristic and is called rajoguni.

यया तु धर्मकामार्थान्धत्या धारयतेऽर्जुन ।

प्रसङ्गेन फलाकाङ्क्षी धृतिः सा पार्थ राजसी ॥ 34॥ 8.

O Arjuna ! When a person wants to enjoy the fruits of his religious and financial work or action, by working with integrity, is said to possess ‘Rajsi’ or rajoguni character.

When a person gets happiness from the respect he earns, strength, wealth, etc, he is said to possess ‘rajsi’ or rajoguni character. It is also called terrestrial, earthly or materialistic happiness. “Man is born into the world made by him.” (Satapatha Brahmana vi-2-2-7).9. Every person has a desire to enjoy four types of earthly happiness, that is, healthy body, friendly and sweet speaking life partner, more income & less expenditure and the bright future of the children.

The four parts of the human body, that is the legs, sole of the feet (Schedule :Row 12), thighs and the coordination of the legs (Schedule Row 9), stomach (Row 6) and the both the hands is called the parts of the duality behaviour. The more the stronger and pure these parts are, the greater the diversion of the human mind and speech, towards the positive attitude. If on the other hand, these parts are average or weak, then the 'rajoguni' character develops in the mind and the speech of a person. The 'Rajogun' quality refers to an emotional bent of human mind that increases the anxieties of the desires of the senses. It creates a sense of unsteady anxieties and illusions in the mind of a person, so that he is forced to direct all his energy and strength towards the fulfilment of the unlimited materialistic desires of the life. But, if a person is able to discipline the 'Rajogun' qualities, then the spirit of fraternity, love, kindness and humanity arises in his mind.

मक्तसङ्गोऽनहंवादी धृत्यत्साहसमन्वितः ।

सिद्ध्यसिद्ध्योर्निर्विकारः कर्ता सात्त्विक उच्यते ॥ 26॥ 10.

"When a person performs action or karma, with strong determination, without any materialistic desire or ego and is not affected by the success or failure, is called a satoguni character."

In this verse, stability in the human behaviour is being explained.

The 'Satogun' qualities (positive behaviour) refers to the mental and physical purity of the human body. It develops from the integration of the mind, speech, lungs and the heart. It increases with the stability in the character of a person. It inspires a person to perform good deeds and follow the path of the righteousness. These qualities develops with the increase in the purity of the coordination of the legs, private organs, heart and the larynx box. The greater the purity in the external parts of the human body, the higher the growth of the positive attitude and the stability in the human behaviour, that exemplifies all the natural qualities of the human being.

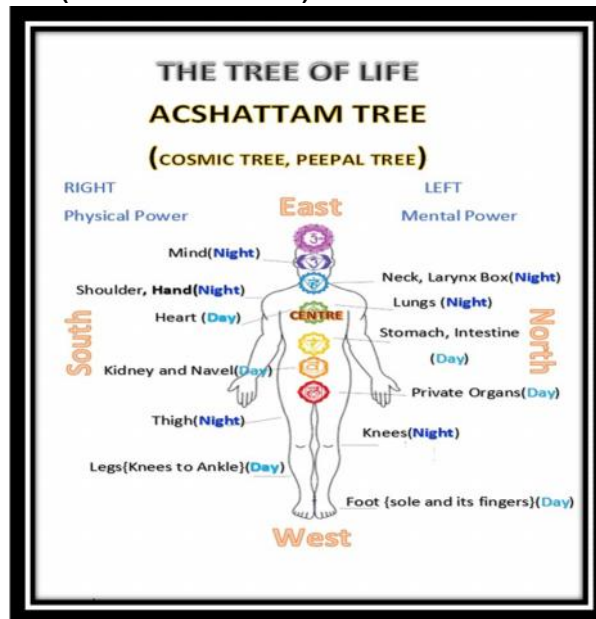
धृत्या यया धारयते मनःप्राणेन्द्रियक्रियाः ।

योगेनाव्यभिचारिण्या धृतिः सा पार्थ सात्त्विकी ॥ 33॥ 11.

"O Partha ! When a person is able to balance and control his mind, desires and life, by integrating his physical and mental qualities, using yoga, he is said to possess 'satvik' or positive behaviour."

The above mentioned three qualities and the character, play a dominant role and have their own significance or role in the mind, speech and action. "The glorious deeds produce heavenly happiness and the evil deeds produce hell thereafter." (Satpatha Brahmana vi-2-2-27).12.The stable behaviour develops the qualities of the human beings and transforms the complete behaviour to the satogun qualities.

The Law of Nature (Schedule : Rows 7-9)



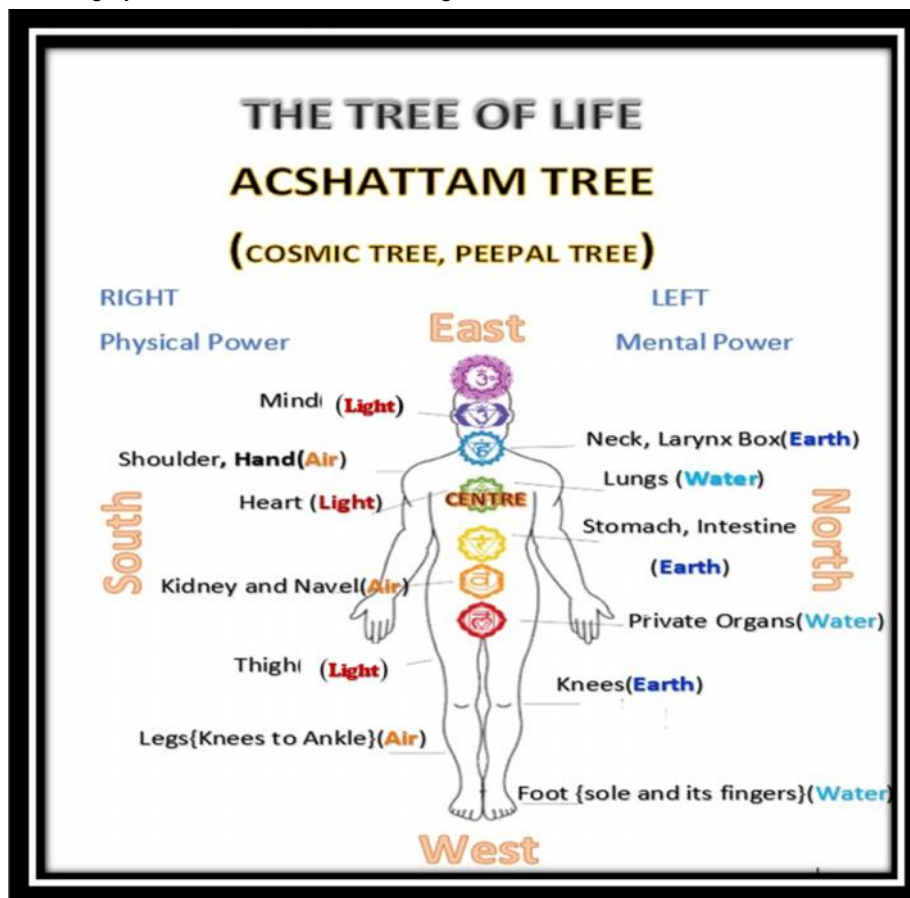
The influence of the natural chakra or the cycle (day or night) is equal on all the human beings, as the human beings are a part of the nature. The six parts of our body have a predominant and significant influence during the day and six parts of the human body, during the night. The human body is composed of the five elements. During the day time, the elements of air, light and the sky (space, fat) are the most predominant, that activates the six parts of the human body, heart, stomach, intestine, navel, muscles, private organs, legs, ankle and the foot. The water and the earth elements have the most predominant and significant influence during the night time and activate the power of the regeneration of the organs of mind, throat, shoulder, lungs, thighs and knees (Schedule: Row 10). These elements being more predominant, make these parts more peaceful and calm in the night. So, in this way, these five elements, discipline the parts of the body, according to the natural cycle.

During the day time, the elements of the air, light and fire, create blood pressure and activate the human body. But, during the night, the water (mind, knowledge, intellect) and the earth element, make this blood pressure stable, so that the human body is peaceful and cool and so relax in the sleep.

During the day time, the human body is activated, by purifying the six parts, whereas the good sleep during the night (10pm to 4am), rejuvenates and rebuilds the strength of the six parts, that develops the capacity to bear and cope up with the blood pressure during the day time. This also repairs the loss to the body, due to the blood pressure, during the daytime. This is also called the chakra or the cycle of the nature. "Always be healthy and controlled mind." (RigVeda Samhita vi-52-5).13.

The Lord said that we can activate our body, according to our will, but cannot change the cycle of the nature. If the behaviour of the body and the nature becomes identical, then the consumption of the body is reduced, and the longevity of the body, in terms of age and physical fitness increases, with "the integration of the mind (man, knowledge), body (language) and the heart (soul, action)." (BhagavadGita 3:14).14.

The Integrity and the articulation of the organs:



- The Positive relationship between the mind (Schedule: Row1), heart (Row 5) and the thigh. (the elements of light & fire).



The heart is the blood purifying organ of the human body. The pure air, rich in the oxygen is inhaled inside the body, while breathing in and the impure air rich in the carbondioxide, is exhaled out. The pure air rich in oxygen is supplied to all the organs of the human body by the heart, with the help of the arteries and the veins, to satisfy the high energy needs of the organs, for the normal functioning of the body. This pure air, rich in the oxygen is required by the internal organs to breakdown the complex food and to facilitate the digestion.

There is always a good integrity between these significant organs (the elements of the light & fire), of the human body, that establishes the stability for the entire body. "Riches, heroes, food, progeny and longevity are sought from Agni." (RigVeda Samhita i-96-8).¹⁵The two parts of the intellect are the mind and the ego. The interrelationship and the integrity of the mind (purity of the blood) and the ego (the purity of the elements of energy, air and the fire), determines the behaviour and the conduct of a person. The different kinds of the languages, the mother tongue, traditions and culture have been established and developed from the time to time, to integrate the mind and ego and maintain the stability of the mind. The heart helps in the circulation of the pure oxygen rich air to transfer the energy, to all the parts of the body, that reduces or removes any kind of illness, inside the body. The heart is a stable organ of the human body, that starts to beat or function, prior to the six months of the birth of a child and keeps working till the last breath of the life. The stability of the heart, develops the qualities of the patience and the maturity and provides longevity to the body, with the life of hundred years. (BhagavadGita 9:5, 10,16 and BG 10:20,26).¹⁶

The coordination of the mind, heart and the thigh, balances the entire body. The complete energy of the universe is present in these three parts of the human body. The more strong, peaceful and pure these parts are, the more the flow of energy towards the heart and the brain, that results in the increased stability of the body.

Yoga – The best and complete yoga of the coordination between the mind, heart and the thighs are to sit in the padmasan yoga and eat food, study or discuss. This yoga helps to purify all the organs of the human body, below the heart and also maintain the peace, calm and strong.



Surya Namaskar – The most significant yoga for the heart and the one component of this yoga is the touching of the feet, that directs the complete energy of the human body, towards the lungs, throat and the brain, so that the balance of the intellect is enhanced.

- The Hands, Shoulders (Row 3 of the schedule) to the navel, Kidney (Row 7) to the knees to the ankle (Row 11) :- Elements of Air :

The outer parts of the air rich human body, facilitate the transfer of the energy from one part of the body to the another and so acts as the vehicle to transport the energy to all the internal parts of the body, that influences the nerves. "Wind is the healing balm which drives away all diseases." (RigVeda Samhita x-137-3). 17. The rigorous activity of the muscles, activates all the parts of the human body. The strength of the nerves and veins of the human body, provides the longevity to the human body, develops positive attitude and helps to live for hundred years. The environmental pollution has a negative influence on the effectiveness of the nerves and the veins system, as it reduces the speed and efficiency of the working of the nerves and the veins system. This results in an ineffective circulation of the energy to the different parts of the body. It results in the weakening of the body, mind (intellect) and the heart. The weak heart and the mind (intellect), naturally starts deviating in the direction of the negative thoughts and the unsteadiness. To illustrate, weak mind, dumb intellect, erratic behaviour, arrogance, repulsive attitude, dissatisfaction, procrastination, cruelty, shameless, dishonesty, useless discussions, materialistic unlimited desires, etc. The weak nerves and muscles are the primary reason for the origin to all the diseases. So, different diseases develop in the human body, according to the country, time and the society.

The more the body becomes stable and balanced, due to the coordination between the mind (intellect), shoulder, heart (energy of the spinal cord), navel, kidney, thighs and the legs, the more stronger are the nerves and the muscles.

Yoga – To perform pranayam in the pure environment, that strengthens the muscles and the twelve veins (the nervous system) and rejuvenates the energy circulation in the body.

- Throat or the Larynx box(Row 2), the stomach (Row 6), the knees(Row 10) : the element of the earth :

There is a positive inter relationship between the above three organs. The water, earth and the physical environment of the birth place of a human being, have a primary role and the influence on the development of these organs of the human body. Thus, the different types of the languages, culture, grammar, traditions, etc, are developed and established, according to the differences in the physical and the geographical environment. The language facilitates the maturity and the productivity of the mental qualities of the human being. All the intellectual qualities (Sahasrasar Chakra), is developed through the sound or the language. The sound is the primary quality of the earth element, that increases the productivity of the complete human body and stabilizes the human behaviour, according to the mental qualities. (BhagavadGita 10:32, 33, 38). 18. All these qualities are developed and purified by the heart. (soul).

Yoga: The food should be consumed within the three hours of its cooking, or else it becomes poisonous. "Water is ambrosia, water is medicine." (Taittiriya Samhita i-7-7).19. The people should consume the fruits, vegetables, foodgrains, etc, of the environment, in which they live, as the digestion of this food is effective, because the water they drink, is the same that is used to grow these fruits and the foodgrains and so the natural qualities of the environment, are developed in the human beings.

- Lungs, Chest (Row 4), Private organs (Row 8), legs, sole of the feet (Row 12) – Water element:

The water element is the primary source of the above mentioned three parts of the body. The water element is present in the human body, in the form of the blood. The blood is called the mind of the human body. "Waters purify and make one bright." (Taittiriya Samhita i-2-1). 20. The quality of the blood results in the efficiency of the mental qualities. (BhagavadGita 10:21, 31, 32,35,38).21.

The environmental pollution (low quality and quantity of water, low productivity of the earth, air pollution) primarily affects the lungs. The pollution blocks the passage of the wind pipe and the muscles and makes it difficult for the energy to circulate in the body. This results in the impurity of the blood. When the energy is not able to get circulated in the body, then it activates the private organs and comes out of the human body. The energy is neither positive nor negative. When the air or energy becomes purified, while passing through the lungs and reaches the brain, it purifies the mental qualities. When it does not rise upwards, then it finishes itself, by developing the negative qualities. The purity of these two organs is reflected in the shining of the legs and the sole of the feet.

Yoga: The Anulom- Vilom, Brahma and touching the feet, is the yoga for the heart, lungs, throat and the mind. The water and the air pollution is the primary enemy or the demerit of these organs.

Conclusion

When a person gets enlightened, that is, his mind unravels the truth of knowledge and soul, he gets wisdom, he starts working for the gain of all, instead of his self interest and spends his life for social welfare. It is very natural for our physical body or mind to be stressed or unwell, due to the kind of physical and social environment in which we live. So, to purify and integrate mind, body and heart, one should necessarily perform Yoga, Yajna, charity and meditation. One should complete one's physical and mental qualities by doing one's work and deeds and staying away from the selfish interest. The hard working person cannot stay away from his work and the fruits of his action and deeds is for the entire society. A person can earn self emancipation, by staying away from all the egos, with the help of the physical and mental qualities.

The interrelationship and the integrity of the mind (purity of the blood) and the ego (the purity of the elements of energy, air and the fire), determines the behaviour and the conduct of a person. The different kinds of the languages, the mother tongue, traditions and culture have been established and developed from the time to time, to integrate the mind and ego and maintain the stability of the mind.

In real life, a person remains happy for long time, only when there is equality and similarity in the mind, speech and action. The society gives respect to a person, for his good deeds. When a person is equal and similar inside and outside with himself, he attains permanent happiness. The practice of yoga, that is, pranayama, padmasana, touching feet and suryanamaskar, facilitates one to uplift one's selfish interests, negative attitude, hatred and ego to the divine knowledge of the self awareness and then the higher phase of transcendence, with the help of the deep meditation.

The yogic practices have been passed on from one generation to the another, since the ancient gurukul times and have been used as a raft to sail through the challenging times like epidemic and surely will help people to overcome any pandemic, by not only building the immune system, but also broaden one's horizon intellectually, socially, psychologically, physically and provide emotional and spiritual quotient.

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