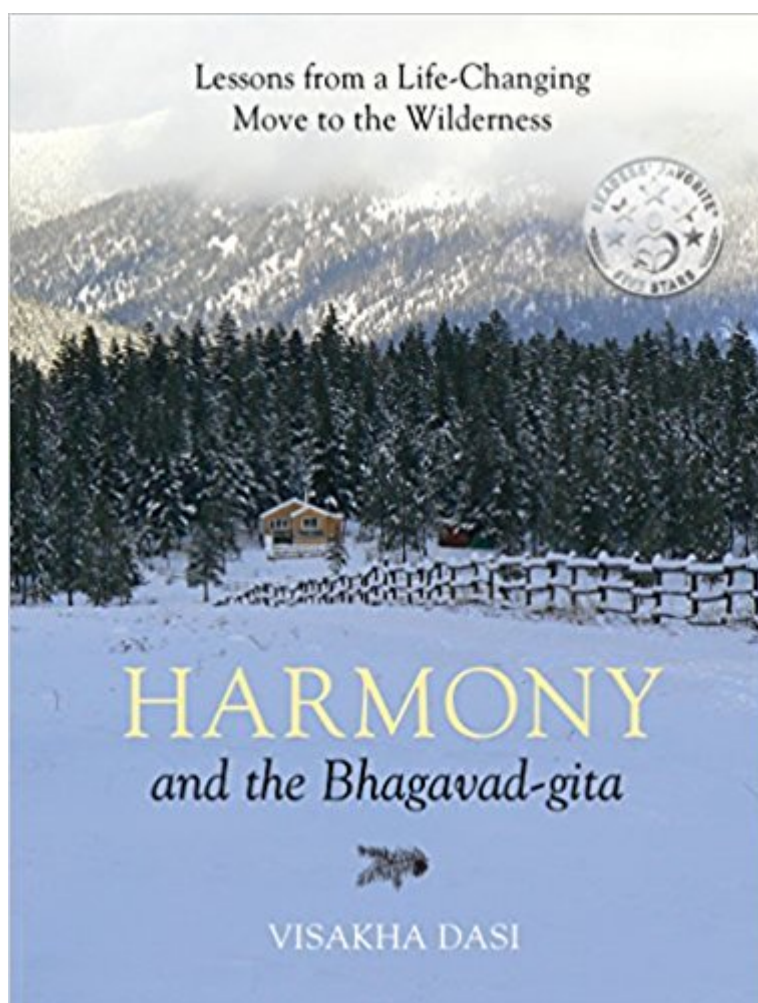


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Harmony And The Bhagavad-gita: Lessons From A Life-Changing Move To The Wilderness



Synopsis

Harmony and the Bhagavad-Gita addresses the questions: What are the Gita's teachings? Are these teachings relevant to me? And if they are, how can I apply them to my life? "A marvelous job ... an inspirational memoir and a pleasant reminder that there is a spiritual side to our existence." -- Five-star Review, Susan Sewell for Readers' Favorite Bhagavad-Gita, one of the oldest spiritual teachings in existence, guides a community of joyful spiritual pioneers in a pristine valley embraced by mountains and never-ending evergreen forests. This is the true story of a daring family that joins this diverse community of individualists and, along with comic and cosmic challenges, harvests the Gita's soul-stirring life lessons suited for any time, place, or circumstance. Somehow, as they explore the robust attitudes that lead to harmony and the quiet gift of happiness, this family falls in love with the land, with those who call it home, and with the Bhagavad-Gita's timely guidance. "Bhagavad-Gita is one of the most beautiful and profound texts of world literature." -- Octavio Paz, Nobel Prize in Literature "That the spiritual man need not be a recluse, that union with the divine Life may be achieved and maintained in the midst of worldly affairs, that the obstacles to that union lie not outside us but within us -- such is the central lesson of the Bhagavad-Gita." -- Annie Besant, British socialist, theosophist, activist, writer, and orator "Those who meditate on the Gita will derive fresh joy and new meanings from it every day." -- Mohandas (Mahatma) Gandhi

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Customer Reviews

"A marvelous job ... an inspirational memoir" and a pleasant reminder that there is a spiritual side to our existence."-- Five-star review by Susan Sewell for Readers' Favorite; Favorite Five-star review by Susan Sewell for Readers' Favorite

Harmony and the Bhagavad-gita, Lessons From A Life-Changing Move To The Wilderness by Visakha is a spiritual anecdote in a narrative form. Being an atheist most of her life, the author discovers jivatma, which translated from Sanskrit means soul. To achieve sacredness, the narrator and her family needed to live in a more pure and natural place. They lived in Los Angeles, California, filled with concrete and chaos. To fulfill their souls' conscious needs, the family moved fifteen hundred miles to the remote location of Sharanagati. There in their beautiful secluded home, they find it easier to connect with jivatma. With bhakti, the service to God and the help of Krishna and the Bhagavad-gita, lessons are internalized in harmony with nature. When the bears ate all but one of the carrots that the author had so diligently cared for, she was able to correlate the premise from yoga, "to abandon all attachment to success or failure." It, therefore, left her free to find the humor in the unforeseen incident and be the recipient of a gift of carrots later on. Her battle with the ants was sorted when those same bears came and cleaned out the ants' nests. Through the many changing seasons, the family finds their desired spiritual harmony. Without the noise and the chaos of the modern world, they see the connection of all things and are content.

Harmony and the Bhagavad-gita, Lessons From A Life-Changing Move To The Wilderness by Visakha is a spiritual and devotional narrative. The book is the author's memoirs of her family's move to a secluded countryside. It is integrated with the spiritual lessons that she learns from her experiences. The author relates her experiences to the Bhagavad-gita and other religious teachings included in each of the chapters. The author has done a marvelous job writing this book, and I am grateful that I was able to learn from it. This book is an inspirational memoir and is a pleasant reminder that there is a spiritual side to our existence.

I first heard of Bhagavad-gita when I was trekking with my then boyfriend (now husband) John Griesser in the Himalayas way back in the summer of '71. We were at the snow line, 10,000 feet at that time of year, and decided to spend a few restful days in an abandoned cowshed. From deep inside his backpack John pulled out a blue paperback with a line drawing of a regal, four-armed person on the cover. During our stay, I sat for hours surrounded by towering snowy peaks in crystal-clear air, with no other humans around, trying to read this early edition of "Bhagavad-gita As It Is," by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. I understood little but I was intrigued. The idea of tolerating dualities and remaining equipoised in their midst enticed me, as did the concept of an eternal spiritual presence within all living beings.

And the Gita opened me to the thought that I could improve my character as well as the quality of my life through knowledge. Over the years, as I continued studying the Bhagavad-gita and practicing its precepts, my respect for its wisdom, relevance, and comprehensiveness grew. Gradually the Bhagavad-gita revolutionized my life. *Harmony and the Bhagavad-gita* explains why.

Harmony and the Bhagavad-gita is a rich, transformational book that invites the reader to see life with new eyes. Visakha's authentic sharing highlights the growth opportunities available in each and every experience and her insights show the potency of spiritual teachings to guide our way and enrich our love for God, self and others. The challenges and joys of relationships, communal- and self-sufficient living--and life in general--are examined through a perspective that allows us to preserve our humanity yet challenges us to amplify our spiritual vision, leading to true harmony within and without. Practical and Powerful.

Visakha's *Harmony and the Bhagavad-gita* is truly inspiring to me to read and re-read. The simplicity and depth of her masterful writing transports me to a magical place on earth, Sharanagati, and to a mystical place within, in search of my own self. The author's honesty and integrity in sharing her insights on the timeless teachings of the Gita set an example for every writer--how to write and uplift others as a service, without pretension and desire for fame. I look forward to her next book.

I loved this little book. From page one to the end I attained peace of mind as I read of the author's search for meaning. From living in the hustle and bustle of urban life in L.A. to her initial struggles, successes and failures in the wilderness of western Canada, the author gives a first-hand account while applying her spiritual master's teachings of simplicity, sustainability and spirituality through Bhagavad-gita as it is. If you always wanted to live the spiritual life but have been putting it off, I highly recommend this book. It will give you hope.

At some level we all know that simple spiritual truths has the potential of liberating us from all life's problems, simplifying and enriching our life in the process. Now here is a very nice book, wherein the author Visakha Devi Dasi beautifully interweaves timeless truths from Bhagavad Gita, from many thinkers, philosophers, masters & open heartedly narrates how these eternal wisdom helped her to navigate trying circumstances, events, struggles from her life establishing a beautiful harmony within herself & around her (with her family, community and nature) In this nice absorbing odyssey, from

the moment the author steps with her family from her LA Apartment to remote British Colombia community, we will follow her everywhere. Simple yet poignant photos enhance the vivid descriptions of everyday life of the wild. The book is a nice alchemy of a skilled, eloquent writer having in-depth spiritual knowledge & clarity. A nice book for anyone looking to live each day with inner peace, harmony, meaning and balance

Whether you reside in the city or the country, life can be very frustrating, confusing and aggravating, but spirituality has nothing to do with where your physical body resides. The author of this book, Visakha, thought she could lead a more spiritual existence by moving to a remote area and living close to nature, but in doing so, her true lessons of how to actually live a life close to and for the creator began to emerge. She managed to escape noise, traffic, electric bills, billboards, TV, Fluorinated water, and smog, only to have her carrots eaten by hungry bears that also broke her apple trees to get to her apples, her painstakingly planted berries and vegetables were attacked by aphids, and mice somehow got into her families completely sealed root cellar. To top this off her house was even broken into by her neighbors' teenage son. Visakha, a former atheist, explains how she makes sense of, and manages to live harmoniously despite life's disappointments and obstacles in her path to becoming more spiritually connected to God through the wisdom of a 5000 year old text called the Bhagavad-gita. I don't want to give away all the good stuff, so read this wonderful book and you will see how to be at peace with your life and who you really are, which may not be who you think you are right now.

While reading Visakha's book I was truly amazed at how she was able to convey the teachings of Bhagavad-gita through her own personal experiences in her everyday life. The honesty with which she presents her experiences and her humility in being able to actually share with us, make this book one of a kind. For anyone who has ever read the Bhagavad-gita, you can see through Visakha's writing that she shares similar qualities as Arjuna through her honesty, humility and compassion for all. The examples she uses from her own personal life are things that many of us may have encountered in our own lives. While reading through Harmony and the Bhagavad-gita I could feel a deep connection building with the author. This book is easy to read as the flow of the book is consistent to the point where you do not want to put it down. I am very grateful that I was able to read Harmony and the Bhagavad-gita and benefit from Visakha's own example. A must read for anyone searching for truth, happiness and wisdom in their own personal quest for knowing ones true self.

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