

Think Gita for Education

# Info Pack



THINK **GITA**

# Welcome to Think Gita for Education

**Think Gita for Education** is

Think Gita's youth initiative for students at university or high school. The program provides approved leaders with educational resources and content from the world's best teachers on the Bhagavad-gita, to help young people access the timeless classic in a dynamic, relevant, contemporary and accessible way. Join our community today!

[thinkgita.org/edu](http://thinkgita.org/edu)

**THINK**  **GITA**





# What's our why?

If we had to choose a single book to represent the spiritual wisdom of India, the Bhagavad-gita would surely top the list. In 700 power-packed verses it summarises the profound conclusions of the Vedas, the ancient scriptures written over 5000 years ago in the Sanskrit language. It's a theological and philosophical classic, and its scope is expansive. It covers everything from religion to relationships, science to sociology, leadership to lifestyle management: the keys to all aspects of life, the universe and everything. In every generation, over thousands of years, it has provided unceasing inspiration to thinkers, leaders, and seekers alike. **With Think Gita for Education, we want to democratise this timeless wisdom and bring it to universities and high schools worldwide!**

The Bhagavad-gita's insights are clear, concise, logical, and scientific — not just appealing to a particular faith, belief, or culture. **Our resources, including a Leader Guide, Student Journal and keynotes for each chapter, present a series of thought experiments, life hacks, and self development tools and techniques. Allow us to share with you the principles, process, and practicality of the Bhagavad-Gita. This is wisdom that breathes.**

So help others read on, pause for thought, let the simple but powerful philosophy enter their hearts, and discover to look at life differently. **Get involved with Think Gita for Education today.**

# How does the program work?

-  If you're a student or educator at a university/high school/youth group/educational organisation, **get in touch** with us to become an approved Think Gita for Education leader for your group/community
-  Upon **approval**, you'll get **access** to the Leader Hub with all our **keynotes, guides, journals and resources**. We will also give you **mentorship** and **support**. That's everything you need to run the program in your existing (or new) community!
-  You will also get the chance to **connect** with the Think Gita team and fellow leaders from around the world, through our exclusive online community
-  Deliver the **customisable** Think Gita for Education program in a way and format that works best for you! And remember, we're here to **help** (and **cheer** you on!) :)

# About Think Gita

Think Gita is a **registered charity** in the United Kingdom, engaged in sharing the philosophy and practice of the Bhagavad-gita with **thousands of members** in **65+ countries** around the world. Co-founded by [S.B. Keshava Swami](#), Think Gita draws on teachings from a **centuries-old, unbroken line of spiritual teachers**, to share a universal spirituality that you don't learn in school - it's **profound** but **practical**, rooted in **tradition** but strikingly **relevant**. Think Gita's **dynamic community** is the go-to place for **learning the Bhagavad-gita in a powerful, exciting and life-changing way**.

[www.thinkgita.org](http://www.thinkgita.org)

[Instagram/@thinkgita](https://www.instagram.com/thinkgita)

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# At a Glance



## Session 0

Guided Tour of the Bhagavad-gita



## Chapter 1: D.O.U.B.T

World says: Leave the Problems

Gita says: **Learn from Problems**

How to: **be determined**

~~“I don’t have the time.”~~



## Chapter 2: G.I.T.A

World says: Act First, Ask Later

Gita says: **Ask First, Act Later**

How to: **make decisions**

~~“I already know all of this.”~~



## Chapter 3: T.R.E.E

World says: Spiritualists don't own

Gita says: **Spiritualists aren't owned**

How to: **overcome temptation**

~~“I have so many duties to fulfil.”~~



## Chapter 4: E.A.R.S

World says: Know through study  
Gita says: Know through sincerity  
How to: find purpose  
~~“I’m not intelligent enough.”~~



## Chapter 5: S.T.E.P

World says: Be the Best  
Gita says: Try your Best  
How to: become successful  
~~“I’d prefer to practically help the world.”~~



## Chapter 6: E.A.S.Y

World says: Train your Body  
Gita says: Train your Mind  
How to: be present  
~~“I’m too active—I just can’t focus.”~~



## Chapter 7: H.E.A.D

World says: See to Believe  
Gita says: Hear to See  
How to: avoid mistakes  
~~“I trust science and fact, not spirituality and faith.”~~



## Chapter 8: D.E.A.D

World says: Live Before you Die

Gita says: Die Before you Die

How to: face death

~~“I’ll do it in the future.”~~



## Chapter 9: K.I.N.G

World says: Ask God for your Wants

Gita says: Give God what He Wants

How to: find love

~~“I don’t follow organised religion.”~~



## Chapter 10: S.E.E

World says: Can't See God Anywhere

Gita says: Can See God Everywhere

How to: perceive beauty

~~“I don’t experience God—I’ve never seen Him.”~~



## Chapter 11: R.U.P.A

World says: Believe in Yourself

Gita says: Believe in Krishna

How to: detect divinity

~~“I have too many difficulties in my life”~~





## Chapter 12: G.O.D

World says: Make a 'To-Do' List

Gita says: **Make a 'To-Be' List**

How to: **spiritually progress**

~~"I'll lose all my friends."~~



## Chapter 13: W.I.S.E

World says: God is Far, Seated in Heaven

Gita says: **God is Near, Seated Within**

How to: **find freedom**

~~"I'm already happy."~~



## Chapter 14: T.R.A.P

World says: The Wealthy Have the Most

Gita says: **The Wealthy Need the Least**

How to: **avoid burnout**

~~"I have too many bad habits."~~



## Chapter 15: H.O.M.E

World says: Pursue your Dreams

Gita says: **Discover the Reality**

How to: **become detached**

~~"I'll lose my ambition and won't be successful."~~



## Chapter 16: D.O.G

World says: I, Me & Mine

Gita says: **We, Us & Ours**

How to: **change outlook**

~~“I see religion causes more problems.”~~



## Chapter 17: F.A.C.E

World says: Faith Opposes Knowledge

Gita says: **Faith Builds Knowledge**

How to: **perfect your speech**

~~“I’ve seen too much hypocrisy in religion.”~~



## Chapter 18: S.M.I.L.E

World says: Try To Be Happy

Gita says: **Try To Serve**

How to: **conquer fear**

~~“I don’t want to be forced.”~~


# Leader Guide Sample - Chapter 7

# H.E.A.D

## Before you begin

 Readings to get you ready

- Chapter 7 of the Bhagavad-gita As It Is (Sanskrit, translation, purports, everything!)
- Chapter 7 of Gita3
- Chapter 7 of Gita Life

 Get the tech right!

Familiarise yourself with the PowerPoint, install fonts and check the slide layout before you deliver the session

## What you need

 Journals and pens/pencils/styluses

 A computer to present (with all the cables and adapters!)

 Copies of the Bhagavad-gita As It Is, Basics of the Bhagavad-gita, Gita3 and Gita Life to distribute

 (Karma free) food, beverages and dessert to enjoy together, after the talk!

## Suggested Icebreakers

 Ask attendees to share reflections from their activities from last week!

 vs  Ask: Who is a head person and who is a heart person?

*Takeaway after discussing:* Although bhakti is an affair of the heart and we are doing everything to awaken the heartfelt relationship with God, in our stage we may need to also exercise our head in spirituality by: knowledge, hearing information, analysing things, etc.. as all of these will ultimately allow us to open our hearts lovingly to receive God. Hence a head is required and is still important! But nobody says 'I love you with all of my head', we say 'i love you with all of my heart'. This is a good segue into the content around Chapter 7 :)



## Session Map

- 😊 Welcoming new attendees
- 🗨️ Icebreakers
- 💡 Attendees sharing top takeaways from last week
- 🔄 Give a quick recap/intro to the Gita, based on the journal
- 📍 Provide a quick overview into where you are in the Gita, what you've discussed previously
- 🎤 Presentation begins
- 😊 Expectations (included in presentation)
- 🙏 Invocation/gratitude (included in presentation)
- 📖 Hearing/reading selected verses - Sanskrit + English translation (Vedabase) | EAT
  - 7.1 (Hearing spiritual knowledge gives one the opportunity to connect with God; The science of hearing spiritual knowledge)
  - 7.2 (Complete knowledge requires one to accept a descending methodology; Hearing from spiritual sources gives insights into all aspects of reality)
  - 7.3 (Realisation of the Supreme Lord is rare, and is achieved through transformation of consciousness)
  - 7.4
  - 7.6
  - 7.7
  - 7.8
  - 7.14
  - 7.15
  - 7.16
  - 7.19
  - 7.28
- ✅ Summarise the chapter, based on Gita Life (included in presentation) | CHEW
- ▶️ Provide a practical understanding from Gita3 (included in presentation) | DIGEST
  - Present all parts
  - Conduct only Part 3: Why Not, during the session
  - Direct attendees to complete Parts 1 and 2 in their own time, in their journals
- 📦 Conclude, and optionally enjoy dining together/sharing books/discussing further



## Takeaways and beyond

Request attendees to fill responses to the following prompts in their journals, after the session

- What were your key takeaways from the session?
- My top quote/favourite verse
- Parts 1 and 2 of Gita3 for Chapter 7

# Student Journal Sample - Chapter 7

## H.E.A.D

### Knowledge of the Absolute

- H** - Hearing (1-3)
- E** - Everywhere (4-12)
- A** - Accept or Reject (13-19)
- D** - Demigods (20-30)

World says: See to Believe

Gita says: **Hear to See**

Chapter 7 teaches us how to: **avoid mistakes**

~~“I trust science and fact, not spirituality and faith.”~~

### Takeaways

What were your key takeaways from the session?


### My top quote/favourite verse

“

# Locating your Heart

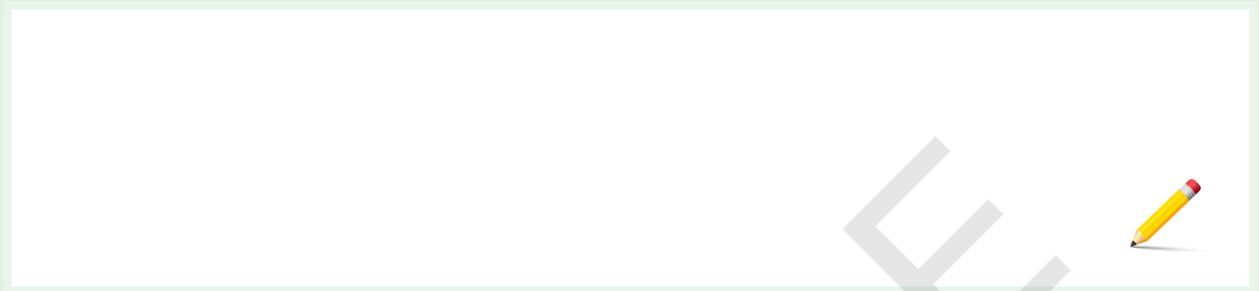
*Read the following statements and deeply consider what answer would fit most (if not all) of these statements:*

You think about it all the time	
It drives your decisions	
You trust it to solve your problems	
You sacrifice all else for its sake	
You hold on to it as tight as you can	

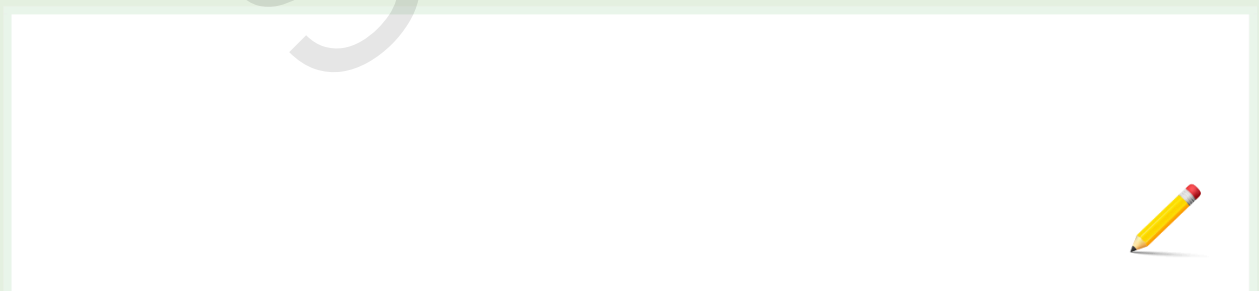


# Learning through Hearing

*Can you think of something you were taught by hearing, but only really learnt deeply after experiencing?*




*Can you think of something that you learnt by hearing that saved you from having to personally experience it?*



# Keynote (with Presenter Notes) Sample

### Arjuna's doubts

1. Compassion (1.27-28)  
Compassion based on soul
2. Happiness (1.30-35)  
Its a win-win situation
3. Destroy family / society (1.37-43)  
Save the family & society
4. Sinful Reactions (1.36 / 1.44-45)  
No reaction to spiritual acts



- Arjuna had doubts
  - Compassion
    - He didn't want to fight, he didn't want to hurt anyone or be the cause of violence to anyone
    - Krsna said - your compassion is good Arjuna, but don't just have compassion for the body & the mind, have compassion for the soul. Understand that there will be suffering from this war, but this war is inevitable in order to create spiritual well-being for generations
    - Sometimes you need to be violent to be non-violent e.g., old lady being attacked on a street, sometimes need to show violence & compassion vs not doing anything
    - Instead let it be a more universal compassion, a more beneficial compassion, and based on a higher principle of who we all are, and what the ultimate goal of life is
  - Arjuna said there is no happiness from this Krsna
    - Krsna said - even from a material point of view, this is a win-win situation, if you win the battle, you will re-establish goodness in civilisation, you'll be with your brothers, you'll enjoy the kingdom and you'll be fully situated in dharma. If you lose the battle and you fight, and you were living by dharma and you fought by dharma, ultimately you'll go to a higher place
    - So, whatever happens don't worry

## TYPES OF INTELLIGENCE

1

Hearing

2

Seeing

3

Experiencing

Now why am I telling you all this? Because there are 3 types of intelligence

- 3rd class - Experiencing
- 2nd class - Seeing
- 1st class - Hearing

If you are not able to change your life hearing, Krishna will show you. If you see and you still don't learn then what Krishna will do is give you a direction experience.

So what Krishna is saying in this section is:

- Understanding the knowledge from the eternal education system
- Apply it
- Change your way of thinking and your approach to life

So, if you have learnt by hearing, you don't need to experience the karma in your life anymore. Because the purpose of karma was education.



# Get Involved Today

**Bring Think Gita for Education to your  
community for 2023-2024**

Email us on [edu@thinkgita.org](mailto:edu@thinkgita.org)

Or visit [thinkgita.org/edu](http://thinkgita.org/edu)

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