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**INTERVIEW** | Vedanta exponent Sunandaji explains the Gita teachings

## 'We must know the best action to reap the best consequences'

*Vedanta exponent Sunandaji, who begins a series of lectures on the Bhagvad Gita soon, speaks to dna's Ashish Virmani on the road map for attaining happiness through enlightened action. Excerpts:*

**Your lectures will explain the wisdom in chapter 4 of the Gita. What's the focal point of this chapter?**

Action. Action is inevitable in human life because every day is unavoidable. You could do whatever you want and nobody could stop you. But if you think, you will realise that there is a consequence for every action. It's going to come back to you. What if you don't like the consequences? Nobody wants negative consequences. Yet, whatever we face in life is our own doing. We need to know the best action to take to reap the best consequences. That's how we will



find success and peace in life.

**How does one tell 'good' action from 'bad'?**

No action is good or bad per se. It depends on the intention. For example, a person may put a knife into another. It could be a surgeon doing a surgery or someone doing it in anger. If a surgeon performs a surgery with the best intentions and yet the person dies, it can't be judged as a bad action.

**So what is this system of thought all about?**

Vedanta springs from the Gita and it says that you must understand yourself first.

**People would love to commit positive actions every time but often get caught in a vortex of emotions that prevents them from doing so. How can one overcome this?** Greed, anger, passions — they belong to the realm of the mind. There is also a superior instrument — the intellect. For example, it can be said anger occurs when desire is interrupted. So, we need to modify desire, which, when out of control, is destructive. Through studying the Gita, we can develop a strong intellect which can help us modify negative emotions like desire and anger.

*(Sunandaji will lecture at the Bharatiya Vidya Bhavan, Girgaum Choupatty, between April 4 and 8, 6.30pm-8pm.)*