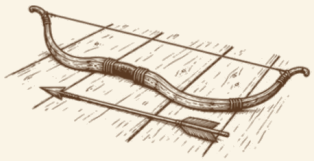
ARJUNA FROZE TOO

CHAPTER 1 · GITA 1.30

When Your Heart Is in Two Places



गाण्डीवं स्रंसते
हस्तात्त्वक्चैव परिदह्यते ।
न च शक्नोम्यवस्थातुं भ्रमतीव च मे मनः ॥

SAY IT

gaan-dee-vam sram-sa-tay has-taat /
tvak chai-va pa-ri-dah-ya-tay |
na cha shak-no-mya-vas-thaa-tum /
bhra-ma-tee-va cha may ma-nah ||

· ✦ ·

ARJUNA SAYS · IN OUR WORDS

Gandiva, my bow, is slipping from my hand. My skin is burning all over. I can't stand steady, and my mind is spinning.

Feeling stuck isn't quitting. Ask someone you trust.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 2 · GITA 2.47

Focus on What You Can Control



कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा
ते सङ्गोऽस्त्वकर्मणि ॥

SAY IT

kar-man-yay-vaa-dhi-kaa-ras tay /
maa pha-lay-shu ka-daa-cha-na |
maa kar-ma-pha-la-hay-tur bhoor /
maa tay sang-go-stva-kar-ma-ni ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Your part is the work itself, never its results. Don't let the results be your reason, and don't give up the work either.

Do your part. Let go of what isn't yours to carry.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 3 · GITA 3.35

Be You, Not a Copy



श्रेयान्स्वधर्मो विगुणः
परधर्मात्स्वनुष्ठितात् ।

(first line of the verse)

SAY IT

shray-aan sva-dhar-mo vi-gu-nah /
pa-ra-dhar-maat sva-nush-thi-taat |

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Your own duty, done imperfectly, is better than someone else's duty done well.

Your own way, even messy, beats a perfect copy.

☐ I know it by heart Date: _____

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"Arjuna wished for a different path. Any path but his own."

In the book, Chapter 3 is called

Be You, Not a Copy

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"Arjuna asked for help. Now Krishna answers."

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"Two armies. One warrior. And he just put down his bow."

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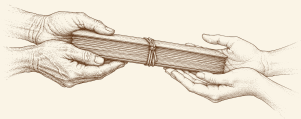
ARJUNA FROZE TOO

CHAPTER 4 · GITA 4.34

It's Okay to Ask



तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया ।
उपदेक्ष्यन्ति ते ज्ञानं
ज्ञानिनस्तत्त्वदर्शिनः ॥

SAY IT

tad vid-dhi pra-ni-paa-tay-na /
pa-ri-prash-nay-na say-va-yaa |
u-pa-dayk-shyan-ti tay gyaa-nam /
gyaa-ni-nas tat-tva-dar-shi-nah ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Learn it by bowing humbly, asking questions, and serving. The wise, who see the truth, will teach you.

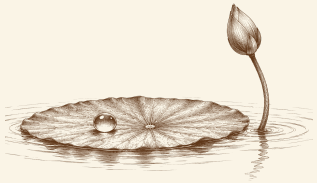
Asking for help isn't weakness. It's how we learn.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 5 · GITA 5.10

Steady, Not Stuck



ब्रह्मण्याधाय कर्माणि
सङ्गं त्यक्त्वा करोति यः ।
लिप्यते न स पापेन पद्मपत्रमिवाम्भसा ॥

SAY IT

brah-man-yaa-dhaa-ya kar-maa-ni /
san-gam tyak-tvaa ka-ro-ti yah |
lip-ya-tay na sa paa-pay-na /
pad-ma-pat-ra-mi-vaam-bha-saa ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Do your work, offer it to the Divine, and don't cling to it. Then wrongdoing can't stick to you, like water on a lotus leaf.

You can care a lot and still stay steady.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 6 · GITA 6.5

Be Your Own Best Friend



उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो
बन्धुरात्मैव रिपुरात्मनः ॥

SAY IT

ud-dha-ray-daat-ma-naat-maa-nam /
naat-maa-na-ma-va-saa-da-yayt |
aat-mai-va hyaat-ma-no ban-dhur /
aat-mai-va ri-pu-raat-ma-nah ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Lift yourself up by your own self. Don't drag yourself down. You can be your own friend, and you can be your own enemy.

Talk to yourself the way a good friend would.

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"Arjuna: the mind is as wild as the wind."

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"Quit, or act? Krishna said: act, and let go."

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"Wisdom passed hand to hand. Krishna brought it back."

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ARJUNA FROZE TOO

CHAPTER 7 · GITA 7.8

Look Again



रसोऽहमप्सु कौन्तेय
प्रभास्मि शशिसूर्ययोः ।
प्रणवः सर्ववेदेषु शब्दः खे पौरुषं नृषु ॥

SAY IT

ra-so-ham ap-su kaun-tay-ya /
pra-bhaas-mi sha-shi-soor-ya-yoh |
pra-na-vah sar-va-vay-day-shu /
shab-dah khay pau-ru-sham nri-shu ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

I am the taste in water, Arjuna, and the light of the moon and the sun. I am Om, the sacred sound in the holy books, the sound in the air, and the strength in people.

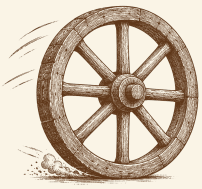
Before you decide who someone is, look again.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 8 · GITA 8.8

You Become What You Repeat



अभ्यासयोगयुक्तेन चेतसा नान्यगामिना ।
परमं पुरुषं दिव्यं याति
पार्थानुचिन्तयन् ॥

SAY IT

a-bhyaa-sa-yo-ga-yuk-tay-na /
chay-ta-saa naan-ya-gaa-mi-naa |
pa-ra-mam pu-ru-sham div-yam /
yaa-ti paar-thaa-nu-chin-ta-yan ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Arjuna, train your mind by practicing every day, so it stops wandering. A mind that keeps coming back to the Divine reaches the Divine.

What you do every day, you slowly become.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 9 · GITA 9.26

Small Gift, Big Love



पत्रं पुष्पं फलं तोयं
यो मे भक्त्या प्रयच्छति ।
तदहं भक्त्युपहृतमश्नामि प्रयतात्मनः ॥

SAY IT

pat-ram push-pam pha-lam to-yam /
yo may bhak-tyaa pra-yach-chha-ti |
ta-da-ham bhak-tyu-pa-hri-tam /
ash-naa-mi pra-ya-taat-ma-nah ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Whoever offers me with love a leaf, a flower, a fruit, or water, I accept that gift of love from a pure heart.

A small gift, given with love, is enough.

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"A royal secret. Then: a leaf, with love."

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"Arjuna asks. Krishna says: practice."

In the book, Chapter 8 is called

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"Pearls on a thread. Krishna is the thread."

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ARJUNA FROZE TOO

CHAPTER 10 · GITA 10.41

Your Spark Is Real



यद्यद्विभूतिमत्सत्त्वं
श्रीमदूर्जितमेव वा ।
तत्तदेवावगच्छ त्वं मम तेजोंऽशसम्भवम् ॥

SAY IT

yad-yad vi-bhoo-ti-mat sat-tvam /
shree-ma-door-ji-ta-may-va vaa |
tat-ta-day-vaa-va-gach-chha tvam /
ma-ma tay-jom-sha-sam-bha-vam ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Anything that shines,
anything beautiful or strong:
know that it comes from
a tiny spark of my light.

Your spark is real,
even when it's quiet.



☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 11 · GITA 11.49

When the World Feels Too Big



मा ते व्यथा मा च विमूढभावो
दृष्ट्वा रूपं घोरमीदृङ्ममेदम् ।
व्यपेतभीः प्रीतमनाः
पुनस्त्वं तदेव मे रूपमिदं प्रपश्य ॥

SAY IT

maa tay vya-thaa maa cha
vi-moo-dha-bhaa-vo /

drish-tvaa roo-pam gho-ram
ee-dring ma-may-dam |

vya-pay-ta-bheeh
pree-ta-ma-naah pu-nas tvam /

tad ay-va may roo-pa-mi-dam
pra-pash-ya ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Don't be afraid or confused by
this terrifying form of mine.
Let fear go. With a glad heart,
see my familiar form again.

When the world feels too
big, look at what's close.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 12 · GITA 12.13

Who Shows Up



अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥

SAY IT

ad-vaysh-taa sar-va-bhoo-taa-naam /
mai-trah ka-ru-na ay-va cha |
nir-ma-mo ni-ra-hang-kaa-rah /
sa-ma-duh-kha-su-khah ksha-mee ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

The one who hates no living
being, who is friendly
and kind, not selfish or
proud, steady in good and
bad times, and forgiving:
that person is dear to me.

When you feel alone,
look for who shows up.



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"Who is dear to Krishna?
The kind and steady."

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"Arjuna asked to see
it all. Then he shook."

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"Where is Krishna?
In all that shines."

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ARJUNA FROZE TOO

CHAPTER 13 · GITA 13.1

You Are Not Your Numbers



इदं शरीरं कौन्तेय क्षेत्रमित्यभिधीयते ।
एतद्यो वेत्ति तं प्राहुः
क्षेत्रज्ञ इति तद्विदः ॥

SAY IT

i-dam sha-ree-ram kaun-tay-ya /
kshay-tra-mi-tya-bhi-dhee-ya-tay |
ay-tad yo vayt-ti tam praa-huh /
kshay-tra-gya i-ti tad-vi-dah ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Your body is called the field, Arjuna. The one inside who knows it is called the knower of the field, say the wise.

You are more than any picture of you, or any score.



☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 14 · GITA 14.22

Moods, Energy, and Messy Days



प्रकाशं च प्रवृत्तिं च मोहमेव च पाण्डव ।
न द्वेष्टि सम्प्रवृत्तानि
न निवृत्तानि काङ्क्षति ॥

SAY IT

pra-kaa-sham cha pra-vrit-tim cha /
mo-ham ay-va cha paan-da-va |
na dvaysh-ti sam-pra-vrit-taa-ni /
na ni-vrit-taa-ni kaank-sha-ti ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Clear days, busy days, foggy days: a steady person doesn't hate them when they come, or long for them when they go.

Low days aren't a flaw. Tell someone.



☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 15 · GITA 15.3

Let Go to Grow



न रूपमस्येह तथोपलभ्यते
नान्तो न चादिर्न च सम्प्रतिष्ठा ।
अश्वत्थमेनं सुविरूढमूलमसङ्गशस्त्रेण
दृढेन छित्त्वा ॥

SAY IT

na roo-pa-mas-yay-ha
ta-tho-pa-labh-ya-tay /

naan-to na chaa-dir na
cha sam-pra-tish-thaa |

ash-vat-tha-may-nam
su-vi-roo-dha-moo-lam /

a-san-ga-shas-tray-na
dri-dhay-na chhit-tvaa ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Life is a huge tree with deep roots. No one can see where it starts or ends. Cut yourself free with the strong axe of letting go.

Care for your people. You don't have to carry it all.

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"A tree with its roots in the sky. Krishna says: let go."

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"Clear, busy, foggy. They come. They go."

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"The body is the field. Who knows it?"

In the book, Chapter 13 is called

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ARJUNA FROZE TOO

CHAPTER 16 · GITA 16.2

Kind vs. Cruel



अहिंसा सत्यमक्रोधस्त्यागः
शान्तिरपैशुनम् ।
दया भूतेष्वलोलुप्त्वं
मार्दवं ह्रीरचापलम् ॥

SAY IT

a-him-saa sat-ya-ma-kro-dhas
tyaa-gah /
shaan-ti-ra-pai-shu-nam |
da-yaa bhoo-tay-shva-lo-lup-tvam /
maar-da-vam hree-ra-chaa-pa-lam ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

Not harming, truth, no anger, letting go, peace, no gossip, kindness to every living thing, no greed, gentleness, modesty, and steadiness.

Hurting back is still hurting. Choose kind anyway.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 17 · GITA 17.16

A Calm Mind Before the Big Day



मनःप्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।
भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥

SAY IT

ma-nah-pra-saa-dah sau-myat-vam /
mau-na-maat-ma-vi-ni-gra-hah |
bhaa-va-sam-shud-dhi-ri-tyay-tat /
ta-po maa-na-sa-much-ya-tay ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

A calm, clear mind, gentleness, quiet, self-control, and a pure heart: this is called the discipline of the mind.

Big day? One breath, then the first line.

☐ I know it by heart Date: _____

ARJUNA FROZE TOO

CHAPTER 18 · GITA 18.63

Your Choice, Your Story



इति ते ज्ञानमाख्यातं
गुह्याद्गुह्यतरं मया ।
विमृश्यैतदशेषेण यथेच्छसि तथा कुरु ॥

SAY IT

i-ti tay gyaa-na-maakh-yaa-tam /
guh-yaad guh-ya-ta-ram ma-yaa |
vi-mrish-yai-ta-da-shay-shay-na /
ya-thay-chchha-si ta-thaa ku-ru ||

· ✦ ·

KRISHNA SAYS · IN OUR WORDS

So I have shared wisdom more secret than any secret. Think it over fully, then do as you choose.

Think it through. Then choose, and own it.

☐ I know it by heart Date: _____

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"Krishna counts a calm mind as discipline too."

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"Krishna lists what a good heart looks like."

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