

# 9 Transformative Lessons from the Teachings of Lord Krishna

Krishna - The Lord Anyone who has read the ancient Indian epic Mahabharata surely knows about Lord Krishna. Krishna, more than a Hindu deity, is the true spiritual master this universe has ever seen. He improved the spiritual and transcendental fortunes of mankind. He educated the world about bhakti and dharma as well as about the ultimate reality. Shri Krishna has been a role model for people in the past as well as in today's modern world in every sense and certainly will remain so in the ages to come.



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## **Krishna Lesson 1: Importance of Karma (Duty)**

In the Battle of Kurukshetra, Arjuna's conscience was troubled by thoughts of killing his own kinsmen, ancestors, and gurus. He refused to fight, and then Krishna recited the philosophical epic called the Bhagavad Gita. He said, "I am the sole creator of this universe. If I wish, I can destroy enemies in a jiffy with 'Sudarshan Chakra'. But I want to teach the importance of Karma (doing one's duty) to the coming generation." "He further said, "Do your duty and be detached from the result, don't be driven by the result, enjoy the journey to get there." Finally, he persuades Arjuna to fight and destroy the enemies.

If you don't work or do your duty, you won't get things or results in all of a sudden. This is the best lesson from the teachings of Lord Krishna. You should do your duty without expecting the result or end result. While I say this, it does not mean that it is wrong to be hopeful or optimistic, but without action, your path will be difficult. The trick is not to focus too much on the end result and just enjoy the process of getting there. Being process oriented rather than result-oriented improves your overall productivity.

Mindfulness, that is, focusing on your karma (the work you are doing now) also improves your overall mental health. Arjun could not maintain his emotional intelligence. Krishna enlightened him by teaching him to focus on the present.

## **Krishna Lesson 2: There is always a cause or reasons**

Krishna teaches us to live in the present moment. He was conscious of the future but decided to live in the present moment without worrying. Even though he knew what would happen in the future, he remained in

the present moment. Mindfulness is about living in the present and being aware of the present moment. Mindfulness is life-changing and makes a difference in the quality of life. Living in the present and paying more attention to the present moment can improve your mental well-being.

## **Krishna Lesson 4: Control Your Anger**

Anger affects your ability to make decisions and; in return memory and intelligence. Without intelligence, the ability to make decisions is affected. Therefore anger is the root cause of all kinds of failures in a person's life. One should try to control and remove anger while keeping the mind calm.

## **Krishna Lesson 5: Sacrifice**

Krishna asked Bhima to summon Ghatotkacha (son of Bhima) to the battle of Kurukshetra. This was not to wipe out the Kaurava army but to force Karna to use Indrastra (a deadly divine weapon) from which no one can escape alive. So he ensured the victory of the Pandavas by sacrificing a mighty warrior.

Similarly, to get success in life, we have to sacrifice many things. There can be no significant progress or achievement without sacrifice. If you are not prepared to sacrifice your comfort zone, pride, ego, time, money, or security, you will never be able to achieve your highest level of success.



## **Krishna Lesson 6: Humbleness or modesty**

Even though Krishna was the king of the glorious Dwaraka and the god of all creation, he was humble and always had great respect for his elders - be it his parents or teachers. He was always eager to give them happiness. Because of this people were always ready to help him wherever he went.

During the Kurukshetra war, Krishna played the role of a lowly charioteer. Shri Krishna was the avatar of simplicity and his role as the charioteer is a testimony to the same.

Being polite or humble is one of the most important characteristics of personality. Like Krishna, you should also be humble in life. It helps you build genuine relationships with honest people.

## **Krishna Lesson 7: No Work Is Too Small or Big**

Lord Krishna alone could have won the war of Kurukshetra. But he chose to guide Arjuna and drove his chariot for him. They say a job is a job; No work is small or big. No labor is without respect. You should love your job and give your best during your job no matter how big or small it is. Your job fills a big part of your life, and the only way to be truly satisfied is to respect and accept all kinds of jobs.

## **Shri Krishna Lesson 8: The best or true friend**

Sudama was a childhood friend of Krishna. Unlike Krishna, he was an underprivileged person and his economic condition was not good. His family could hardly manage to arrange two meals a day. Once he went to meet Shri Krishna in the hope of some help or support. But, once he met Krishna, he did not have the courage or the heart to share his problems with his friend Krishna. When Sudama returned to his home, he was astonished to see the luxurious house, beautiful clothes, and costly ornaments. Being a true and honest friend, Krishna understood Sudama's problems without saying a single word to Sudama about Sudama's problems. This is the real meaning of friendship.

Nowadays, it is well-established fact that real, genuine, and trustworthy friends are good for you. This life is about the people you share it with; make the most of it. Surround yourself with good friends and always be a good friend in return.

## **Krishna Lesson 9: Surrender to the Lord**

All this time, Shri Krishna was telling Arjuna to do two things at once - engage his mind in devotion, and his body in fulfilling his physical duty as a warrior. Thus he wanted Arjuna not to give up his Kshatriya dharma, but to do bhakti along with it. This is the principle of Karma Yoga. Hare Krishna also ensures that even if Arjuna gives up all his material activities, he will not incur sin. Shri Krishna tells Arjuna not to be afraid; This will absolve him of all sins, and free him from material existence.

There are two types of religions - materialistic religions and spiritual religions. These two types of religions are based on two different understandings of the "Self". When you identify yourself as the body, your dharma is determined by your bodily responsibilities, duties, actions, and behavior. However, when you identify yourself as a soul, your only religion becomes loving devotional service to the Lord. The father, mother, friend, beloved, and resting place of the soul is all God. Hence the Lord asks us to detach from the materialistic body and recognize ourselves as the soul.



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