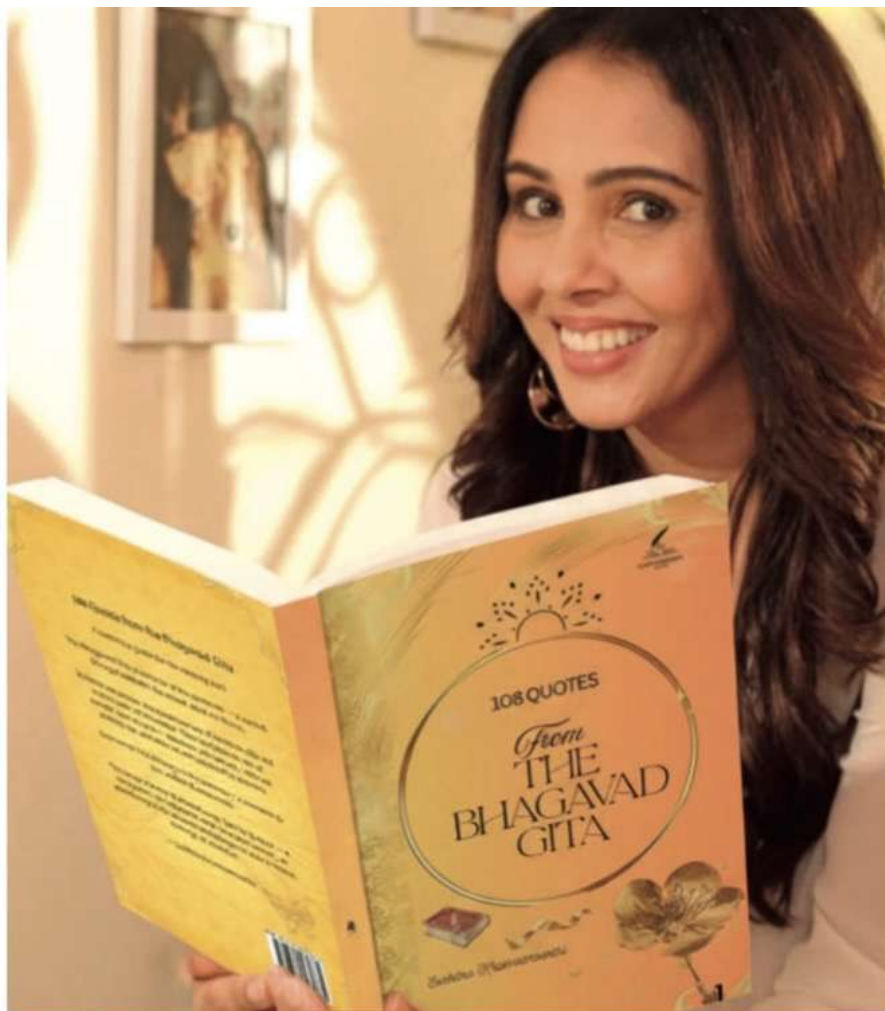




Curating 108 of the 700 verses of the *Bhagavad Gita*, artist and author Suchitra Krishnamoorthi presents a simple guide to the sacred scripture in her latest compelling work

The Path Inward

A coalescence of the spiritual and worldly realms, the *Bhagavad Gita* is a lesson in detachment and the importance of being dutiful. It plays an integral role in the epic *Mahabharata* and famously presents a philosophical dialogue between the trepidatious, battle-bound Arjuna and his charioteer, Lord Krishna. The exchange has long symbolized the essence of ethical action for seekers of both spiritual enlightenment and practical knowledge.

"I was going through a period of turbulence, and I was seeking some answers from the universe. I read a lot, explored many texts, tried many modes to find solace, and then I rediscovered the Gita" – Suchitra Krishnamoorthi

"The *Gita* waits for when you are ready," states fellow seeker and multifaceted artist Suchitra Krishnamoorthi (singer, writer, actor, and painter) in the foreword to her new book, *108 Quotes from the Bhagavad Gita*. Likened to a companion for those walking the path inward, the curated work remains true to the source material while reflecting the author's search for answers and her desire to share her findings.

YOU HAVE OPENLY EXPRESSED FEELING INTIMIDATED BY THE BHAGAVAD GITA AND THAT A QUEST FOR ANSWERS LED YOU TO IT ONLY RECENTLY. CAN YOU SHARE WHAT YOU HAVE LEARNED?
My biggest takeaways are to detach, to trust, to understand my own purpose and be true to myself.

WHAT INSPIRED YOU TO CURATE 108 OF THE 700 VERSES OF THE BHAGAVAD GITA?
I was going through a period of turbulence, and I was seeking some

answers from the universe. I read a lot, explored many texts, tried many modes to find solace, and then I rediscovered the *Gita*. I found that there was no reason for me to feel intimidated, and that was something I wanted to bring across in this version.

THE BHAGAVAD GITA EMPHASIZES THE IMPORTANCE OF DOING ONE'S DUTY WITHOUT BEING ATTACHED TO OUTCOMES. WAS THAT YOUR APPROACH TO SHARING YOUR FINDINGS AFTER DELVING INTO THIS MAMMOTH TEXT – THAT IS, TO SET ASIDE ANY CONCERN FOR THE RESULT AND SIMPLY CONVEY, WITH HONESTY, SOMETHING THAT HELPED YOU AND COULD HELP OTHERS?

I really felt that. In fact, when I wrote the book, I self-published it. I didn't approach a publisher because this was something so personal, and I wanted to put it out into the world in a way that gave others the same feeling of comfort and courage that I got from the text.

IN YOUR FOREWORD, YOU EXPRESS THAT YOU ARE NOT SURE THAT IT WAS YOU WHO WROTE THE BOOK, AND THAT IT WROTE ITSELF. CAN YOU GIVE US AN INSIGHT INTO THE MIND OF A WRITER AND THE QUIET POWER THEY HOLD AS A MEDIUM FOR CONVEYING SOMETHING GREATER THAN THEMSELVES?

My Instagram bio says, 'Looking for God through the arts', and I really mean that because there are those very pure moments when you can melt into a larger consciousness. Times when things flow through and you become the medium through which the matter passes. Those moments come rarely, and I try to surrender to them as much as possible.

I also believe that God is not a physical concept but a frequency or a vibration that we can tap into. So, I'm constantly aspiring to tap into that frequency and then train myself to stay there, which can be difficult.

AMONG THE 108 VERSES YOU HAVE CURATED, IS THERE ONE THAT STANDS OUT TO YOU THE MOST?

I would say Chapter 2, Verse 22, which says, "Just like we change our clothes, the soul changes its bodies." That resonates a lot. ■ IPSHITA

The book is available for Rs 2,499 on Amazon India