

**Reflections from Shrimad Bhagavadgita– Part 10: Chapter 1, Summary**  
(July 4 –July 10, 2018)

*Please Note: Click Anywhere On The Dark Area Below to Listen to All Verses of  
Chapter 1*

**SUMMARY OF CHAPTER 1 OF SHRIMAD BHAGAVADGITA**



The Shrimad Bhagavadgita opens with the blind King Dhritarashtra requesting his personal secretary, Sanjaya, to narrate the battle between his sons, the Kauravas, and their cousins, the Pandavas.

## *Summary of Chapter 1: Vishaada Yoga: Arjuna's Despair*

The story begins with the battle lines drawn between the armies of the warring cousins, the Dhritaraashtra's and the Paandava's. Arjuna is one of the 5 Pandavas, the sons of Pandu, who are the good people in the story. They are upholding Dharma, the righteous way of ruling a kingdom, while their cousins are using deceit and other forms of treachery to maintain power. The Pandavas have done everything possible to negotiate fairly, but the evil cousin Duryodhana still continued to hold the throne illegally, which rightfully belonged to the Pandavas. In order to uphold Dharma, war became inevitable.

As the opposing armies stand poised for battle, Arjuna, the mighty warrior, sees his intimate relatives, teachers and friends in both armies ready to fight and sacrifice their lives. Overcome by grief and pity, Arjuna fails in strength, his mind becomes bewildered, and he gives up his determination to fight. Upon facing the reality of killing his cousins and family friends, Arjuna throws up his hands in despair. He has Krishna drive his chariot out into the middle of the field between the two armies and he laments to Krishna that he cannot go through with this. Even Arjuna, raised as a prince, educated, renowned and accomplished is subject to sorrow and confusion.

***Important Verses of Chapter 1: Verses 28 and 29:*** *Arjuna said: Looking at these people, my own people well stationed in battle position and desirous to fight, my limbs have lost all their strength, my mouth has gone dry, my body is trembling, and the hairs on my body are standing on end.*

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