Chapter 13,
Kshetra and kshetrajna
The Field and The Knower of the Field

Kshetra: The field of experience {the world, the object}
Kshetrajna: The knower of the field {the experiencer, the subject}

Notes on the beginning of the chapter:

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20 Jnānam

20 Qualities that Must be Matured Toward, Cultivated and Mastered to make the mind available for Self-Knowledge; Bhagavād Gīta Chapter 13

These are the 20 Values. *"If you are endowed with these, you have everything; you will discover yourself to be what you are seeking. You will know what you are"* – Swami Dayananda

1. *Amānitvam* – absence of conceit

2. *Adambhitvam* – absence of inflated / false conceit

3. *Ahiṃsā* – non harming

4. *Kṣāntiḥ* - glad acceptance

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5. *Ārjavam* – "Straightess"; Non splintering of thought, word and action.

6. *Ācaryopāsanam* – Service to the teacher

7. *Śaucam* – Purity {inner and outer}

8. *Sthairyam* – Steadfastness

9. *Ātmavinigrahaḥ* - Mastery over the mind

10. *Indriyārtheṣu vairāgyam* – Dispassion toward the objects of the senses

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11. *Anahaṇkāraḥ* - absence of self-importance

12. *Janma-mṛtyu-jarā-vyādhi-duhkha-doṣānu-darśanam* – Reflection on the limitations of birth, death, old age, sickness and pain

13. *Asaktiḥ* - absence of a sense of ownership

14. *Anabhiṣvaṇgaḥ putra-dāra-gṛhādiṣu* – Absence of obsession with / attachment to child, spouse, home, etc.

15. *Nityaṃ samacittatvam iṣṭa-aniṣṭa-upapattiṣu* – Constant equanimity toward both desirable and undesirable results.

16. *Mayi ananya-yogena bhaktiḥ avyabhicāriṇī* – Unswerving devotion to the lord characterized by non-separateness from the lord.

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17. *Viviktadeśasevitvam – Preference for a secluded retreat*

18. *Aratiḥ janasaṃsadi – Absence of craving for / dependency on social interaction {interest in solitude}*

19. *Adhyātma-jnāna-nityatvam* – Understanding the ultimate validity of Self-knowledge

20. *Tattva-jnānārtha-darśanam* – Commitment to Self knowledge

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