

The first chapter of the Gita is named as '*Arjuna Vishāda-Yoga*' or the 'Yoga of the depression of Arjuna'. '*Vishāda*' means depression, yoga means section. Vishada Yoga is the beginning of the Gita. In this booklet the author is trying to find out the answers to the questions such as: Did the Lord intend to show that the Divine Factor was the deciding factor in Life? Did Arjuna lack that indispensable faith in himself and his innermost Divinity? Was it all due to some ethical dilemma or a value-crisis?

In providing answers to these questions, the author gives a brief but clear idea of myths and their role in ancient cultures, Aristotelian ethics and the distinction between values and virtues etc. In our life (*Kurukshetra*) we may also have to face such tug of war between two issues of life as knowledge (theoretical) and practical wisdom (ethics) which Arjuna faced with great doubt. This book therefore shows that man is a limited being. Impossible is life without dependence. Life is at its best when it is placed in the hands of the best.

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