

How to Control Mind According to Bhagavad Gita?

In our fast-paced world, mastering the mind often feels like an insurmountable challenge. The Bhagavad Gita, an ancient Indian text, offers timeless wisdom on this very subject. Let's explore its key teachings on mind control.

Learn more - https://restartyourmind1.wordpress.com/2024/07/13/how-to-control-mind-according-to-bhagavad-gita/