

You grieve for those beyond grief,
and you speak words of insight;
but learned men do not grieve
for the dead or the living.

Never have I not existed,
nor you, nor these kings;
and never in the future
shall we cease to exist.

Just as the embodied self
enters childhood, youth, and old age,
so does it enter another body;
this does not confound a steadfast man.

Our bodies are known to end,
but the embodied self is enduring,
indestructible, and immeasurable;
therefore, Arjuna, fight the battle! ...

Arjuna, when a man knows the self
to be indestructible, enduring, unborn,
unchanging, how does he kill
or cause anyone to kill?

As a man discards worn-out clothes
to put on new and different ones,
so the embodied self discards
its worn-out bodies to take on other new ones. ...

Look to your own duty;
do not tremble before it;
nothing is better for a warrior
than a battle of sacred duty. ...

-Unknown Creator, Translated by Barbara Stoler Miller, "Bhagavad Gita" (circa 200 BCE,
translated 1986) excerpt.