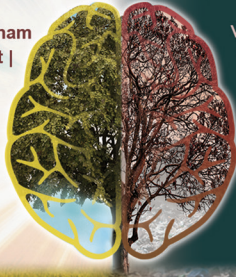


उद्धरेदात्मनात्मानं नात्मानमवसादयेत् । आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

Uddhared aatmanaatmaanam
naatmaanam avasaadayet |

Aatmaiva hyaatmano
bandhur aatmaiva
ripur aatmanaha ||

Bhagavad Gita
Chapter 6, Shlok 5



We should lift our soul
with the help of our own soul
and not let it fall in grace
(i.e. doing bad deeds).
Remember, soul is soul's
closest friend and soul is
soul's worst enemy

