



A JANMASHTAMI GIFT FROM MARGA

KRISHNA WISDOM MINI PACK

- A MARGA TOOLKIT

Tiny tools. Big inner shifts.



Inside

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A small promise to Krishna

Do not just remember the wisdom for a day. Use one tiny tool when life actually tests you - when you are upset, tempted, rushed, compared, praised, disappointed, or unsure.

The goal: carry Krishna into your next choice.



THE MARGA MOMENT

A 20-second inner compass for real life

When emotions are loud, do not rush to be perfect.
Just find your next wiser step.

M

MINDFUL PAUSE

Stop. Take one slow breath. Create a little space.

A

ASK

What am I feeling? What is pulling me right now?

R

REMEMBER

What matters most here - calm, kindness, courage, honesty, responsibility?

G

GO WISELY

Choose the next right action. Small and sincere is enough.

A

ACCEPT

Do your best, then loosen your grip on the result.



KRISHNA'S POCKET QUESTION

Screenshot it. Print it. Keep it where decisions happen.

WHEN YOU DO NOT KNOW WHAT TO DO...

“What would my highest self choose right now?”

Then ask three tiny questions:

1

Will this create more calm or more chaos?

2

Is it kind AND responsible?

3

Can I do my best without controlling the result?

Try it today

Before replying to one message, making one purchase, reacting to one person, or giving up on one task - pause and ask the pocket question first.

One wise pause can change the direction of a whole moment.



THE PULL CHECK

Notice the branch before it starts steering you.

Pleasure, pain, praise, fear and comparison can knock on the door.

They do not have to drive.

PRAISE	WINNING	SCREEN	COMFORT
ANGER	FEAR	COMPARISON	BEING RIGHT

- NAME IT**
“I really want praise.” “I hate losing.” “I am afraid.”
- SEPARATE**
“This is a pull I am feeling. It is not the whole of me.”
- CHOOSE**
“What would I do if this pull were quieter?”

Make it personal

My strongest pull lately is _____. It usually makes me _____.

The value I want to remember is _____.



60-SECOND KRISHNA RESET

Before you react, return to yourself.

0-10 sec

STOP

Feel both feet. Unclench your jaw. Drop your shoulders.

10-25 sec

BREATHE

Slow inhale through the nose. Longer exhale. Repeat twice.

25-40 sec

NOTICE

Name the feeling without fighting it: “anger is here”, “worry is here”.

40-50 sec

REMEMBER

Ask: “Who do I want to be in this moment?”

50-60 sec

CHOOSE

Take one small action your calmer self will respect later.

You do not need to remove every emotion.
You only need enough space to choose instead of react.



FAMILY GAME: “WHAT WOULD KRISHNA DO?”

Five minutes. One scenario. Many surprisingly good conversations.

Pick a scenario. Everyone answers using the MARGA Moment.

1 point: spot the pull • 1 point: name the value • 1 point: choose a wise action

1 YOU LOST You practiced hard, but someone else won. PULL → VALUE → WISE ACTION	2 THE PHONE A notification arrives while someone is talking to you. PULL → VALUE → WISE ACTION
3 NOT FAIR! Your sibling gets something you wanted. PULL → VALUE → WISE ACTION	4 CORRECTED Someone points out a mistake you made. PULL → VALUE → WISE ACTION
5 PRAISED Everyone is praising you and you want more. PULL → VALUE → WISE ACTION	6 LEFT OUT Friends make a plan without inviting you. PULL → VALUE → WISE ACTION

Make it memorable

No lectures. Adults answer too. The fun is discovering that the same wisdom can guide a child, teen, parent or grandparent in completely different situations.



5-DAY “CARRY KRISHNA” CHALLENGE

Do one tiny act each day. Mark it only after you actually live it.

DAY 1	PAUSE Before one reaction today, take one full breath first.	☐
DAY 2	CHOOSE KINDNESS Do one kind thing when your ego would rather win.	☐
DAY 3	DO THE WORK Complete one task sincerely without looking for praise.	☐
DAY 4	LET GO Name one result you cannot control - and stop rehearsing it.	☐
DAY 5	SERVE QUIETLY Help someone without announcing it or expecting anything back.	☐

At the end ask:

“Which day changed me the most?”

That answer is your next practice.



THE INNER SHIFT PAGE

Wisdom becomes yours when you notice what changed inside you.

Do not measure the day by “Was I calm all day?”
Measure it by “Did I return a little sooner?”

A moment that pulled me today...

What I felt in my body or mind...

The value I remembered...

The wiser action I tried...

What happened inside me afterward...

Finish this sentence:

“I want to become someone who _____ **.”**



ONE LAST THOUGHT

**Remembering Krishna
is beautiful.**

**Living the wisdom
changes us.**

Keep walking the path.

The next time life pulls you, use the MARGA Moment. Pause. Ask. Remember. Go wisely. Accept.

Tiny moment. Wise choice. Profound change.



MARGA

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