Bhagavad Gita Vedic Society Hindu Temple, Southampton



Prarthana

Aum Aum Aum Aum Vasudevasutam Devam, Kansa Chanura Mardanam Devaki Paramanandam, Krushnam Vande Jagadguru

Guru Brahma Guru Vishnu, Guru Devo Maheshvarah Guru Sakshat Parabrahma, Tasmai Shri Gurave Namah

Aum Saha Navavatu, Saha Nau Bhunaktu, Saha Viryam Karavavahai Tejasvina Vadhi Tamastu, Maa Vidvishavahai Aum Shanti Shanti Shantihi

Prarthana meaning

Aum Aum I bow to the Guru of the World, Lord Krishna, son of Vasudeva, The destroyer of demons Kansa and Chanura, And the everlasting joy of His mother, Devaki

The Guru, the teacher, is like unto Lord Brahma (The Lord of Creation), Lord Vishnu (Lord of Preservation) and Lord Mahesh (Lord of Destruction). Verily is He the Supreme Absolute. Therefore I bend my knees to all my gurus – the teachers

May He protect us, May He nourish us, May we acquire the capacity to study and understand, May our study be brilliant, May we not quarrel with each other.

Aum Peace Peace Peace.

Bhagavad Gita Introduction



Study of the Gita

- Read
- Understand
- Put in practice

How?

- Shravanam Hear the Truth
- Mananam Contemplate the Truth
- Nidhidhyasana Live the Truth

Mahatma Gandhí

The Gita is a Universal Mother

Let the Gita be to you a mine of diamonds, as it has been to me; let it be your constant guide and friend on life's way.

Bhagavad Gita meaning

- Bhagavad means 'God the Supreme'
- Gita means 'Song'
- Bhagavad Gita is 'the Divine Song' or 'Song of God'
- Gitas are spiritual dialogues between Guru and shishya
- Vidura Gita in Mahabharata
- Ram Gita in Ramayana
- Siva Gita in Purana

Why Study the Gita

- Core of Sanatana Dharma
- Moksha

• Practical manual for day to day problems

- Accessible. English translations.
- Speaks to all people
- Not for any specific religion

Bhagavad Gita

- Religious scripture
- Non-religious philosophical text
- Book of spiritual knowledge
- Guidance book

Bhagavad Gita Teachings

Answers Universal questions

4 main pathways

- Karma Yoga Path of Action
- Bhakti Yoga Path of Devotion
- Gyan Yoga Path of Knowledge
- Raja Yoga Path of Meditation



- Gita is Hindu Bible?
- Christians have the Holy Bible
- Muslims have the Holy Koran
- Jews have the Torah
- What about (Sanatan Dharma) Hinduism?

Híndu Scriptures

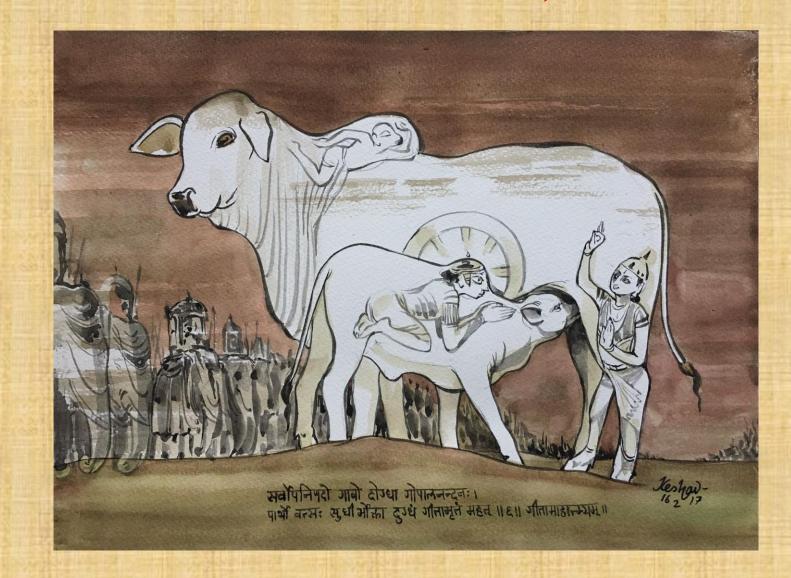
 Shrutis - Heard Knowledge Vedas - Rig Veda, Yajur Veda, Sama Veda, Atharva Veda Upanishads

• Smrutis – Experience and Realisations of Sages Manu Smruti, Bhagavad Gita

• Ithiyasa – Historical texts Ramayan and Mahabharata

Gita is part of an Ithyasa and a Smruti

Kríshna Mílks the Upaníshads



Main Characters

• Krishna - The Divine Teacher

• Arjuna – The Student

• Relatable







- Change it
- Suffer in silence or moaning
- Gita shows us how to deal with a difficult situation with right knowledge and right attitude

Choices, choices, choices

... Choice in every form is conflict. Contradiction is inevitable in choice; this contradiction, inner and outer breeds confusion and misery.

Jiddu Krishnamurti

Mis-identification

• Sense of limitedness, incompleteness

• Why?

• We identify with this Body-Mind-Intellect complex

• What is our true identity?

Bhagavad Gita

- Teachings in a battlefield
- The bad tendencies are many The good tendencies are few

• In alliance with God the good overcomes the bad

• Read the Gita in its entirety and right guidance

Bhagavad Gita translations

• The Holy Geeta by Swami Chinmayananda - Chinmaya Mission

• Bhagavad-Gita as It is by Swami Prabhupad - Krishna Consciousness

• The Bhagavad Gita by Ramananda Prasad - International Gita Society

• Many others

Mahabharata

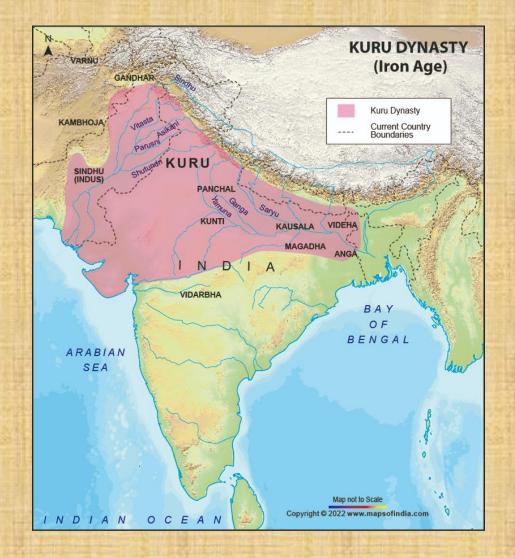
- Bhagavad Gita in the Mahabharata
- Mahabharata is over 100,000 verses long Ved Vyaasa - Ganesha
- Bhagavad Gita is 700 verses over 18 chapters
- Set in Kurukshetra in the war between Kauravas and Pandavas

Mahabharata

• King Bharat ruled India.

• His descendants formed the Kuru dynasty

3 princes in line to the throne
Dhritarastra – Blind prince
Pandu – King
Vidhur – Prime minister



Mahabharata - Pandu

• Pandu had 2 wives - Kunti and Madri

• Pandu kills a holy man and is cursed

• Pandu goes to the forest with his wives

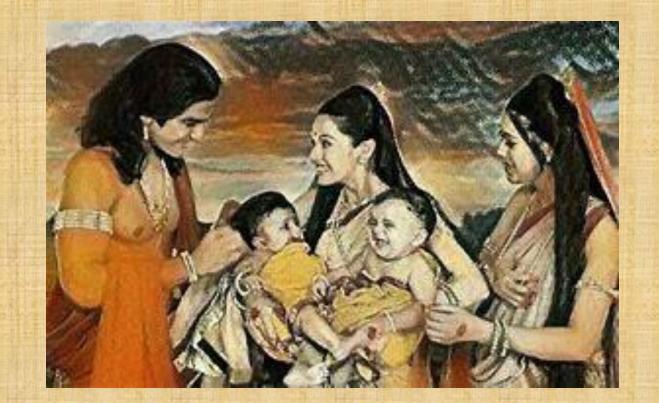
• Dhritarashtra made caretaker King



Mahabharata - Pandavas

• Kunti had received a boon of a mantra

 Kunti and Madri had 5 boys: Yuddhisthira Bhima Arjuna Sahadev Nakula



Mahabharata - return to Palace

• Pandu and Madri die

• Kunti and the Pandavas return to Hastinapur palace



Mahabharata - Hastinapur

- Dhritarashtra keeps the throne
- Married to Gandhari
- 100 sons the Kauravas, Duryodhana is the eldest
- Bhishma Grand Sire Grand Uncle to Pandavas and Kauravas
- Drona Teacher
- Sanjaya Dhritarashtra's advisor and charioteer

Mahabharata - Conflict

• Kauravas and Pandavas raised together

• Conflicts arose due to envy and enmity

• Pandavas kingdom taken by deception and exiled

• On return they were denied any land

• Battle at Kurukshetra was set up

Mahabharata - Battle within

• Battle of good against evil

• Mahabharata is a battle within

Symbolism
 Dhritarashtra – Blind mind
 Gandhari – Blind intellect
 Kauravas – 100 negative thoughts and desires

Arjuna's Choice

• Duryodhana and Arjuna come to Krishna

• Arjuna chose Krishna

• Duryodhana chose Krishna's army

• Choice between the Supreme and the World of names and forms

• What do we choose?

Bhagavad Gita starts

The armies of Kauravas and Pandavas are aligned on the battlefield of Kurukshetra



Bhagavad Gíta Questions





Discussion

Why do you want to study the Gita? Hopes and Expectations

ANA A

Closing Prarthana

Aum Sarve Bhavantu Sukhina, Sarve Santu Niramaya Sarve Bhadrani Pashyantu, Ma Kashchid Dukha Bhak Bhavet

Asato Ma Sat Gamaya Tamaso Ma Jyotir Gamaya Mrityor Ma Amritam Gamaya

Aum Poornam-adah Poornam-idam, Poornat Poornam Udachyate, Poornasya Poornam-adaya, Poornam-eva Vashisyate. Aum Shanti Shanti Shantihi

Bhagavad Gita class Next Thursday 23 June 7:30pm

