

# 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 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 Gandhi

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

# Scriptures

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

# Hindu 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

# Krishna Milks the Upanishads



# Main Characters

- Krishna - The Divine Teacher
- Arjuna - The Student
- Relatable



# Difficult situations

- Escape it
- 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 Gita

## Questions



# Bhagavad Gita

## Discussion

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



# 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

