

# 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

# Summary of last week

- Introduction of the Gita
- The Song of God or Divine Song
- 700 verses 18 chapters within the Mahabharata
- Adi Shankaracharya
  
- Significance:
- Core of Sanatana Dharma
- Pathway to Moksha
- Guide
- Accessible
- Speaks to all people and all religions

# Summary of last week

- Bhagavad Gita part of the Mahabharata.
- Dhritarashtra's sons: Kauravas & Pandu's sons: Pandavas
- Battle at Kurukshetra
- Arjuna's choice

# Bhagavad Gita starts

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



# Chapter 1

Arjuna Vishada Yoga

The Path of Arjuna's Grief

# Chapter 1 - Arjuna Vishada Yoga

- Chapter 1 sets the scene
- Verses 1 to 25 Preparation for war
- Verse 27 onwards Arjuna is overcome and argues against taking part in the war

# Chapter 1 begins





# Chapter 1 begins

Aum Shri Paramatmane Namaha

Atha Prathamo Dhyayaha

Arjuna Vishada Yogaha

Aum Salutations to the Supreme Self

Here Begins the First Chapter

Yoga of Arjuna's Grief

# Verse 1.1



## Verse 1.1

dhrtarastra uvaca  
dharma-ksetre kuru-ksetre, samaveta yuyutsavah  
mamakah pandavas caiva, kim akurvata Sanjaya

Dhritarashtra said

What did the sons of Pandu and also my people do, when desirous to fight, they assembled together on the holy plain of Kurukshetra, O Sanjaya?

# Dhritarashtra & Sanjaya



# Dhritarashtra

- Blind Prince - Blind mind
- Wedded to Gandhari who blindfolded herself - Intellect blind folded
- Unable to accept that his sons and Pandu sons are the same family
- Dhrita = Holding on. Rashtra = Kingdom
- Sanjaya his advisor has been given Divine vision

# Sanjaya

- Sanjaya - Victory over likes and dislikes
- Sanjaya is neutral but he is pro-Dharma
- Sanjaya as Introspection.

# Dharma

- Dharma – religious code, righteousness, duty, charity, integrity, etc.
- Dhar = to uphold, sustain, support. That which supports is Dharma.
- The Supreme
- The cause of existence of the Universe.
- Dharma is an object's innate nature.
- That which makes a thing what it is. Fire – Heat, Water – Wet.
- Dharma as Duty. Not an obligation but that which helps us to evolve.
- Dharma is living in harmony with the world.
- Dharma as a way of life

# Sanatan Dharma

- Sanatana Dharma - Eternal Supreme Truth
- The principles by which the individual and society become perfect
- Hinduism is a name given by outsiders
- Dharma Mama



# Dharmakshetra Kurukshetra

- Kshetra is field
- Dharma-Kshetra Sacred Field,
- Kuru-kshetra Battlefield
  
- Kurukshetra - the world of activity
- Dharmakshetra - the underlying support
  
- Kurukshetra - this BMI complex
- Dharmakshetra - the Atman or Self

# Dharmakshetra Kurukshetra

- Dharmakshetra - Field of Dharma.  
People act in a righteous, moral and ethical manner.  
Shreyas - Good.
- Kurukshetra - Field of the physical transactional world.  
Sense gratification. Materialistic. Preyas - pleasant.
- Choice between Shreyas and Preyas - Good and Pleasant

# Dharmakshetra Kurukshetra



# Choices

- Vasanas = Impressions from previous lives
- Vasanas influence our choices and blind us to correct choices
- How to remove this blindness?
- Karma, Bhakti, Gyana. Raja Yoga

# What did they do?

Dhritarashtra is anxious

Why?

Battle on the Holy ground

He knows they are in the wrong

Ignorance and has attachments

This leads to doubt and anxiety

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# Bhagavad Gita

## Questions



# Closing Prarthana

Aum Sarve Bhavantu Sukhina, Sarve Santu Niramaya  
Sarve Bhadrani Pashyant, 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

Next class Thursday 30 June 7:30pm

