

Bhagavad Gita

Vedic Society Hindu Temple,
Southampton



Bhagavad Gita

Please put your mobiles on silent.

Those on Zoom please remain on mute especially during the prayers and chanting.

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

Chapter 2

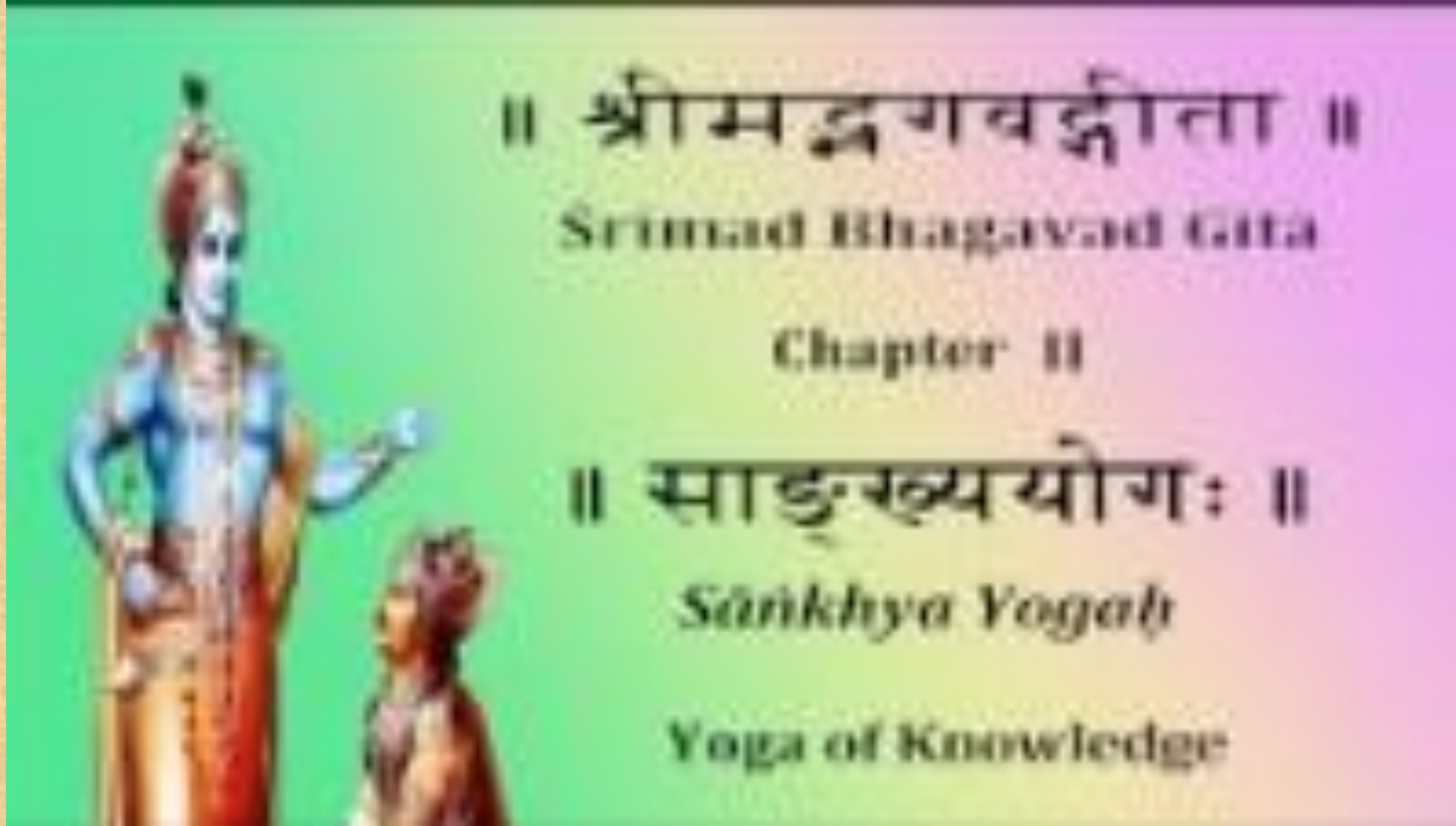
Sankhya Yoga

The Path of Knowledge

Chapter 2 - Sankhya Yoga

- v11 to 13 1. Atman - The Self is Eternal and Punarjanma
- v14 2. Endure adversities with patience
- v15 3. This makes one fit for Self-realization
- v16 4. Real and unreal (Sat and Asat)
- v17 5. Real is indestructible and pervades all

Verse 2.16 & 2.17



<https://youtu.be/5u0aYshtfOE?t=441>

Verse 2.16

nasato vidyate bhavo nabhavo vidyate satah
ubhayor api drsto 'ntas tv anayos tattva-darsibhih

V2.16

The unreal has no being; there is no non-being of the Real;
the truth about both of these has been seen by the Seers of the
Truth.

Chapter 2 - Sankhya Yoga

Real and unreal (Sat and Asat)

Sat - Real, Truth, Existence

Sat is that which remains the same in all periods of time: past, present and future.

Changeless. Not bound by Time, Space or Matter.

Asat - Unreal, Non-truth, Non-existence

Asat is that which was not in the past and will not be in the future but seems to exist only in the present.

Ever changing. Bound by Time, Space and Matter

Verse 2.16



Verse 2.16



Verse 2.16



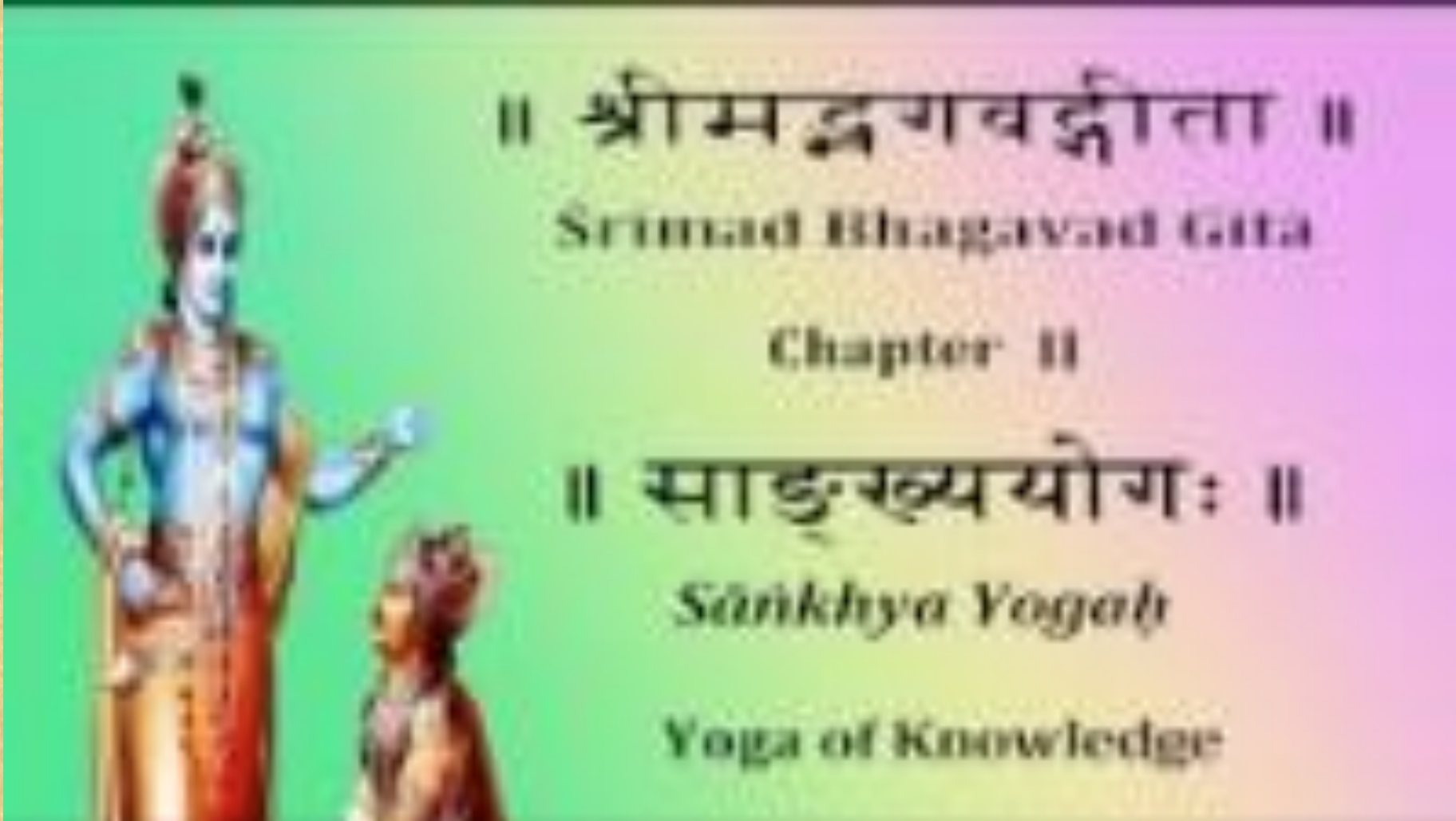
Verse 2.17

avinasi tu tad viddhi yena sarvam idam tatam
vinasam avyayasyasya na kascit kartum arhati

V2.17

Know **That** to be Indestructible by which all **this** is pervaded.
None can cause the destruction of **That** - the Imperishable.

Verse 2.18



Verse 2.18

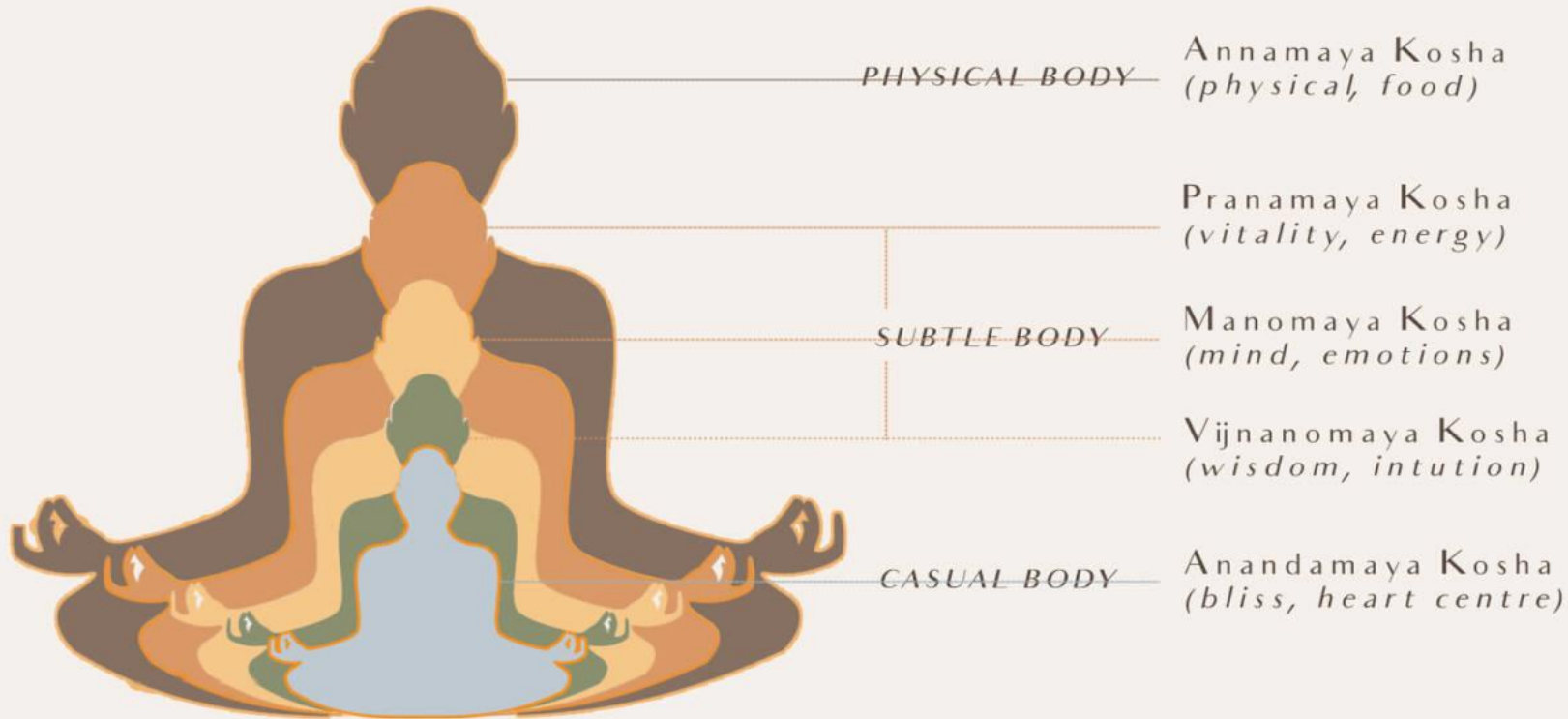
antavanta ime deha
nityasyoktah saririnah
anasino 'prameyasya
tasmad yudhyasva bharata

V 2.18

They have an end, it is said, these bodies of the embodied-Self.
The Self is Eternal, Indestructible, Incomprehensible.
Therefore fight, O Bharata.

Traya Sharira - Three Bodies

THE THREE BODIES & FIVE KOSHAS



Sthula Sharira
Gross Body

Sukshma Sharira
Subtle Body

Karana Sharira
Causal Body

Sthula Sharira - Gross Body

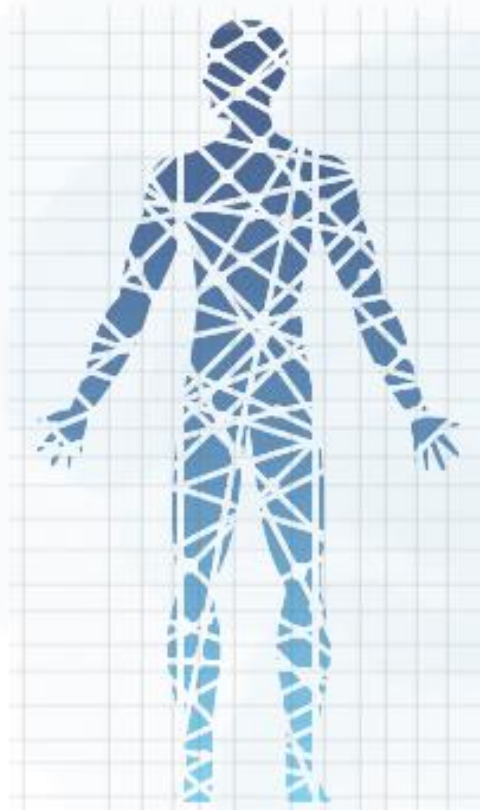
The Gross Body *Sthula Sharira*



- Made of earth, air, wind, fire, and space.
- Contains the head, hands, legs, & torso.
- Temporary, visible to all & ever-changing.
- Experienced in the waking state.

Sukshma Sharira - Subtle Body

The Subtle Body *Sukshma Sharira*



- Subtle earth, air, wind, fire, and space.
- 5 organs of action, knowledge & prana.
- Include the memory, mind, intellect & Ego.
- Intensely experienced in the dream state

Karana Sharira - Causal Body

The Causal Body

Karana Sharira



- Made of *Avidya* or ignorance.
- Seed form of the subtle and causal body.
- Eternal but not evident to the 'Self.'
- Experienced in the dreamless sleep state

Verse 2.18

antavanta ime deha
nityasyoktah saririnah
anasino 'prameyasya
tasmad yudhyasva bharata

V 2.18

They have an end, it is said, these bodies of the embodied-Self.
The Self is Eternal, Indestructible, Incomprehensible.
Therefore fight, O Bharata.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Discussion

‘Therefore fight, O Bharata’

Is the Gita an instigator of war?

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 8 Sept at 7:30pm

