

# 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

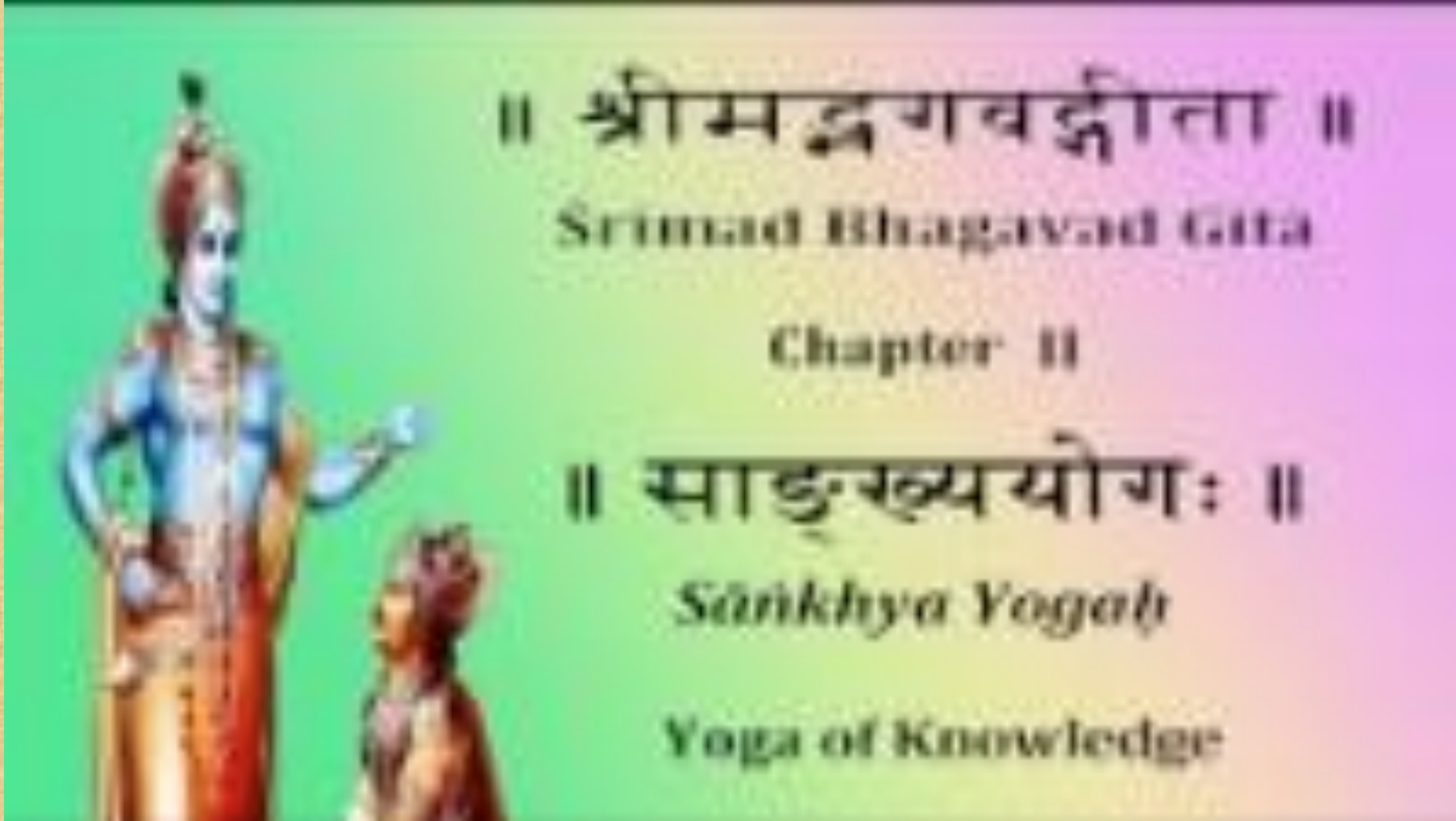
## Sankhya Yoga

### 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. Atman is Real and the body is unreal (Sat and Asat)
- v17 5. Atman is indestructible and Pervades all
- v18 6. Atman is Eternal Unchanging Unknowable

# Verse 2.18



## Verse 2.18

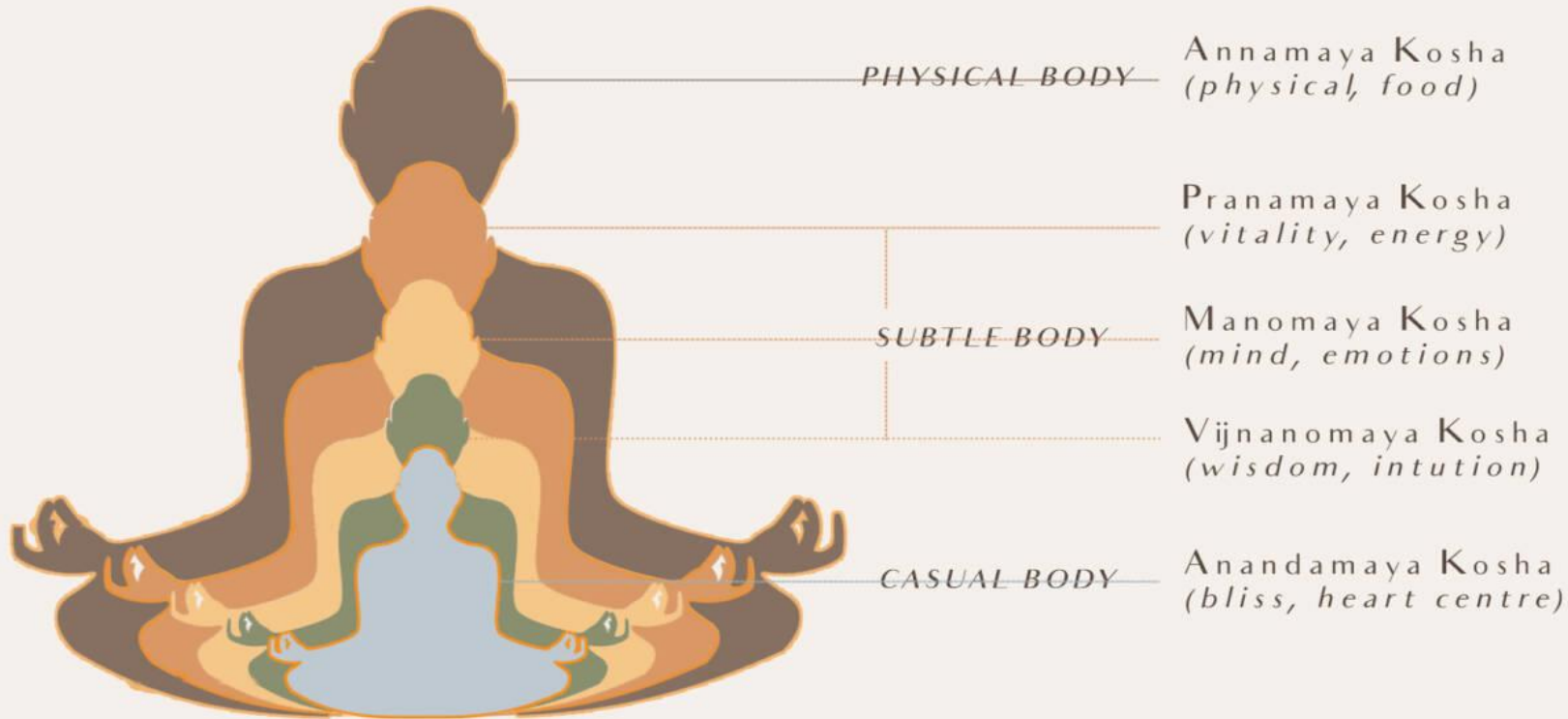
antavanta ime deha  
nityasyoktah saririnah  
anasino 'prameyasya  
tasmad yudhyasva bharata

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



## Verse 2.18

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nityasyoktah saririnah  
anasino 'prameyasya  
tasmad yudhyasva bharata

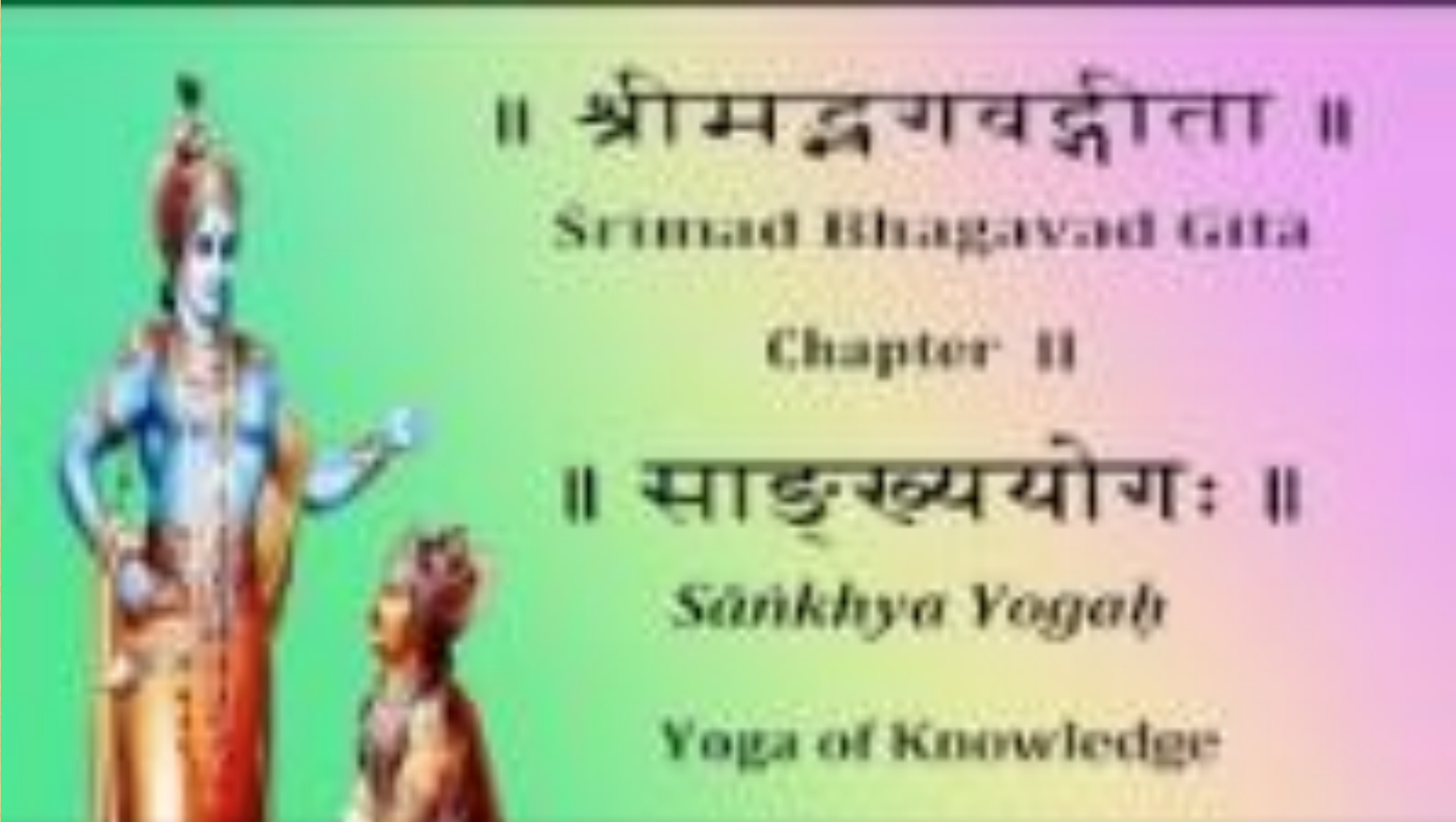
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# Verse 2.19



## Verse 2.19

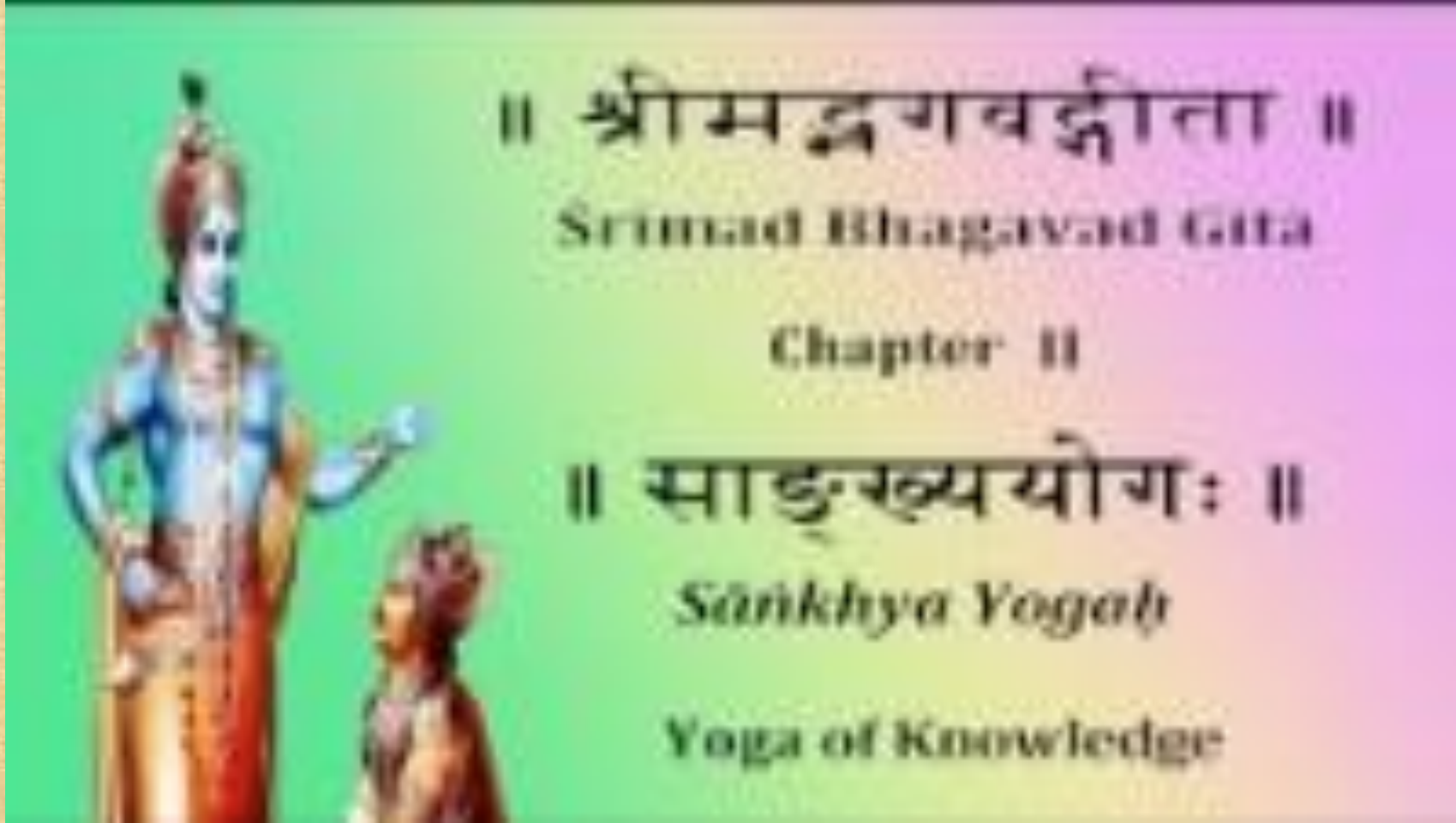
ya enam vetti hantaram  
yas cainam manyate hatam  
ubhau tau na vijanito  
nayam hanti na hanyate

V2.19

He who thinks that the living entity is the slayer or that he is slain,  
does not understand.

One who is in knowledge knows that the self slays not nor is slain.

# Verse 2.20



<https://youtu.be/5u0aYshtfOE?t=538>

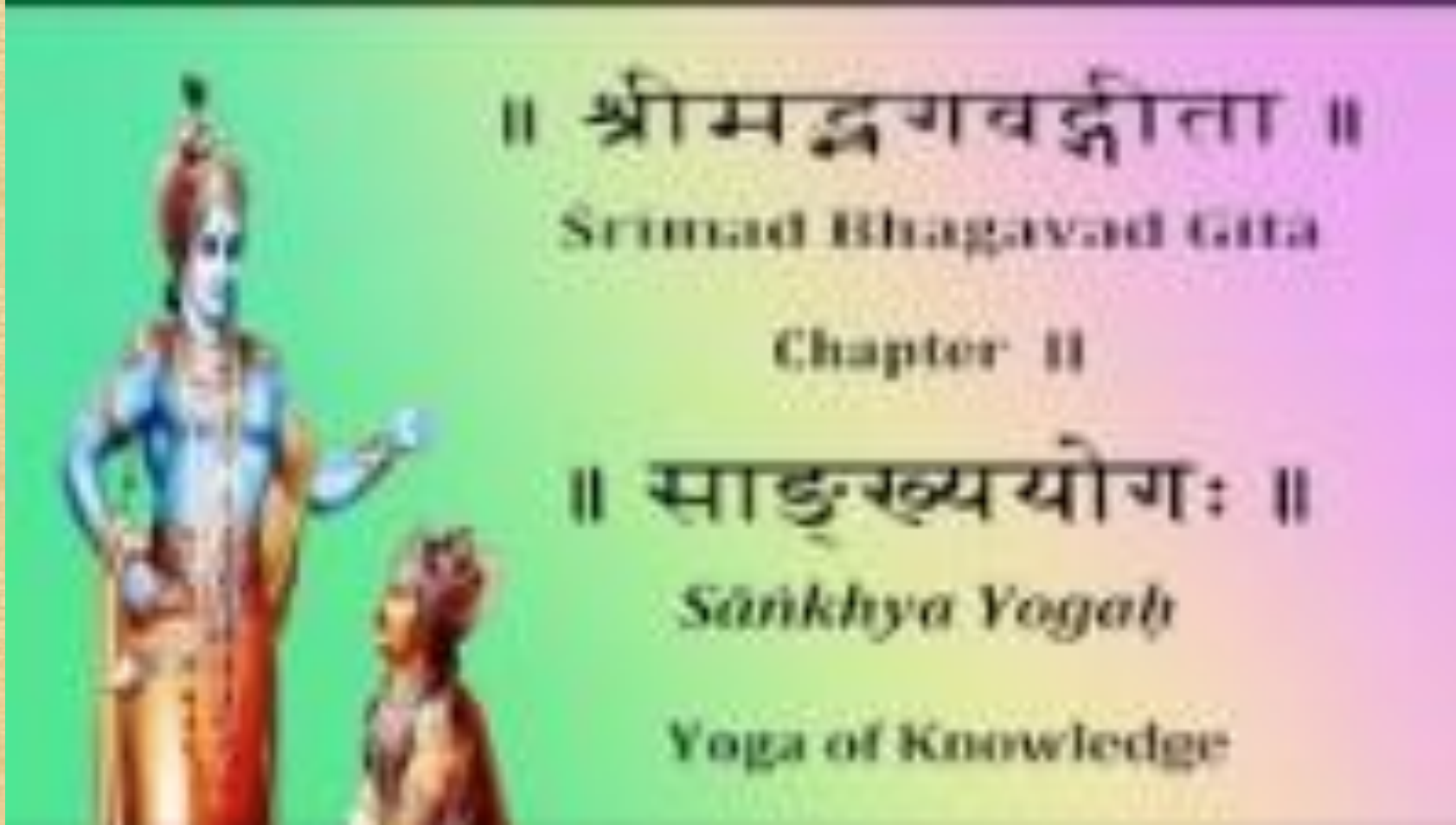
## Verse 2.20

na jayate mriyate va kadacin  
nayam bhutva bhavita va na bhuyah  
ajo nityah sasvato 'yam purano  
na hanyate hanyamane sarire

V2.20

For the Atman, the Self there is never birth nor death.  
Nor, having once been, does he ever cease to be.  
He is unborn, eternal, ever-existing, undying and ancient.  
He is not slain when the body is slain.

# Verse 2.21



<https://youtu.be/5u0aYshtfOE?t=570>

## Verse 2.21

vedavinasinam nityam  
ya enam ajam avyayam  
katham sa purusah partha  
kam ghatayati hanti kam

V2.21

O Partha, how can a person who **knows** that  
the Self is indestructible, unborn, eternal and immutable,  
kill anyone or cause anyone to kill?

# Bhagavad Gita

## Questions & Comments



Email: [vedicsocietysoton@gmail.com](mailto:vedicsocietysoton@gmail.com)



# Bhagavad Gita

## Discussion

How can we use the Knowledge of the Self  
in our daily lives?

# 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 15 Sept at 7:30pm

