

# 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



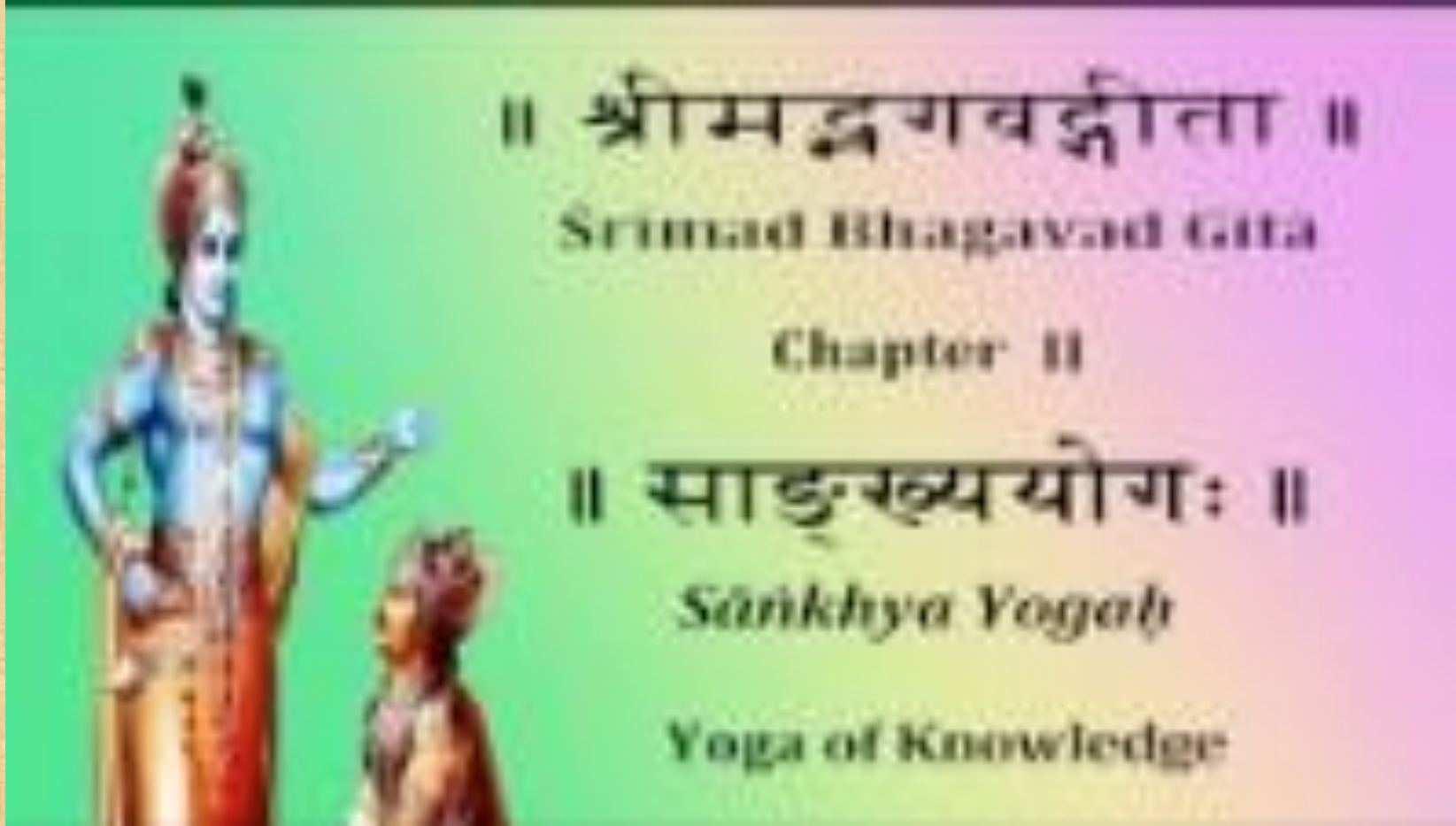
# Chapter 2 - Sankhya Yoga

- v11 -12 1. Atman - The Self is Eternal.
- v13 2. Reincarnation - Punarjanma
- v14 3. Endure adversities with patience
- v15 4. This makes one fit for Self-realization
- v16 5. Real and unreal (Sat and Asat)
- v17 6. Real is indestructible and pervades all
- v18 7. The 3 bodies end. Atman is Eternal Unchanging

# Chapter 2 – Sankhya Yoga

- v19-21      8. The Atman is not the doer
- v22          9. The Atman casts off bodies like worn clothes
- v23-24      10. It is unaffected by weapons, fire, water or air.  
It is eternal, all-pervading, stable, immovable, ancient.
- v25          11. It is Unmanifest, Unthinkable and Unchangeable
- v26 – 27    12. Death is inevitable. No need to grieve.

# Verse 2.26 & 2.27



<https://youtu.be/5u0aYshtfOE?t=696>

## Verse 2.26

atha cainam nitya-jatam  
nityam va manyase mrtam  
tathapi tvam maha-baho  
nainam socitum arhasi

V2.26

If, however, you think that the Self is always born and dies forever,  
still you have no reason to lament, O mighty-armed.



## Verse 2.27

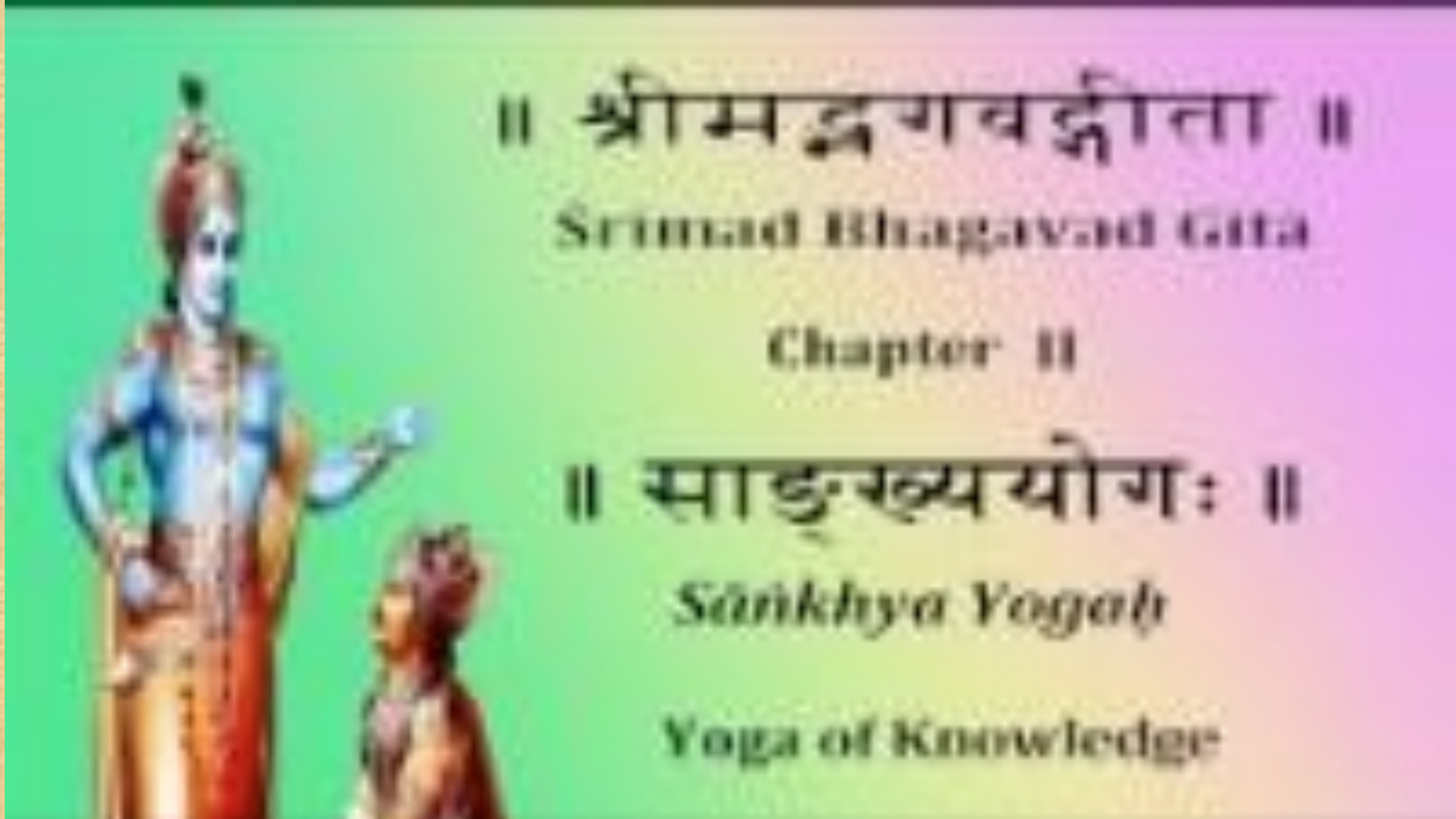
jatasya hi dhruvo mrtyur  
dhruvam janma mrtasya ca  
tasmad apariharye 'rthe  
na tvam socitum arhasi

V2.27

Death for the born is certain and certain is birth for the dead.

One should not grieve over the (inevitable or) unavoidable discharge of your duty.

# Verse 2.28



## Verse 2.28

avyaktadini bhutani  
vyakta-madhyani bharata  
avyakta-nidhanany eva  
tatra ka paridevana

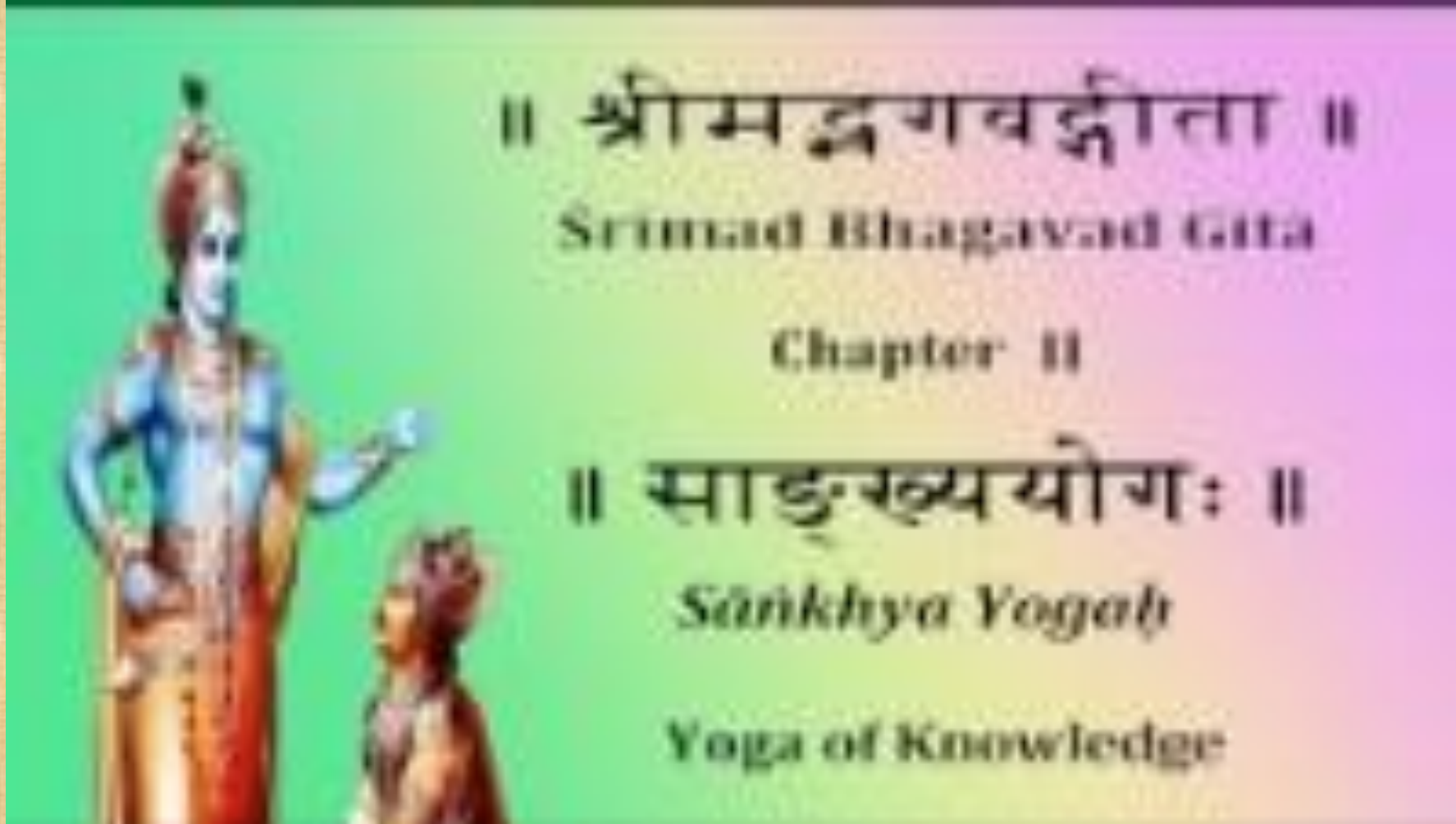
V2.28

All created beings (creation) are unmanifest in their beginning, manifest in their interim state, and unmanifest again when they are annihilated.

So what need is there for lamentation?



# Verse 2.29





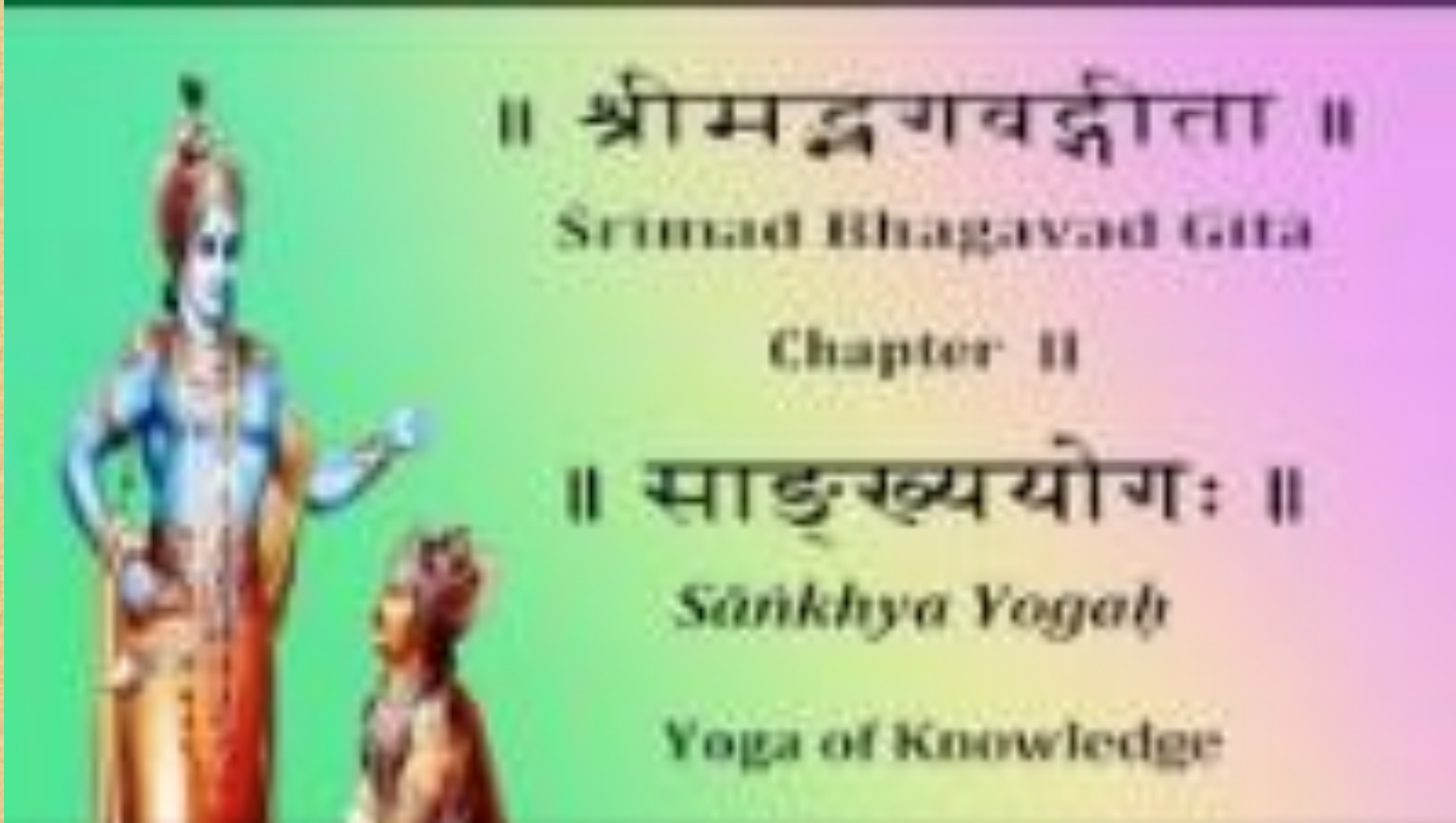
## Verse 2.29

ascarya-vat pasyati kascid enam  
ascarya-vad vadati tathaiva canyah  
ascarya-vac cainam anyah srnoti  
srutvapy enam veda na caiva kascit

V2.29

One sees the Self as a wonder, another speaks of the Self as a wonder, another hears of the Self as a wonder. Yet none understand the Self at all.

# Verse 2.30



## Verse 2.30

dehi nityam avadhyo 'yam  
dehe sarvasya bharata  
tasmāt sarvāni bhūtāni  
na tvam śocitum arhasi

V2.30

The Indweller in the body is indestructible O Bharata; and so,  
you should not grieve for any creature.



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## Questions & Comments





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## Discussion

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

# 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

Next class 13 Oct at 7:30pm

