

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

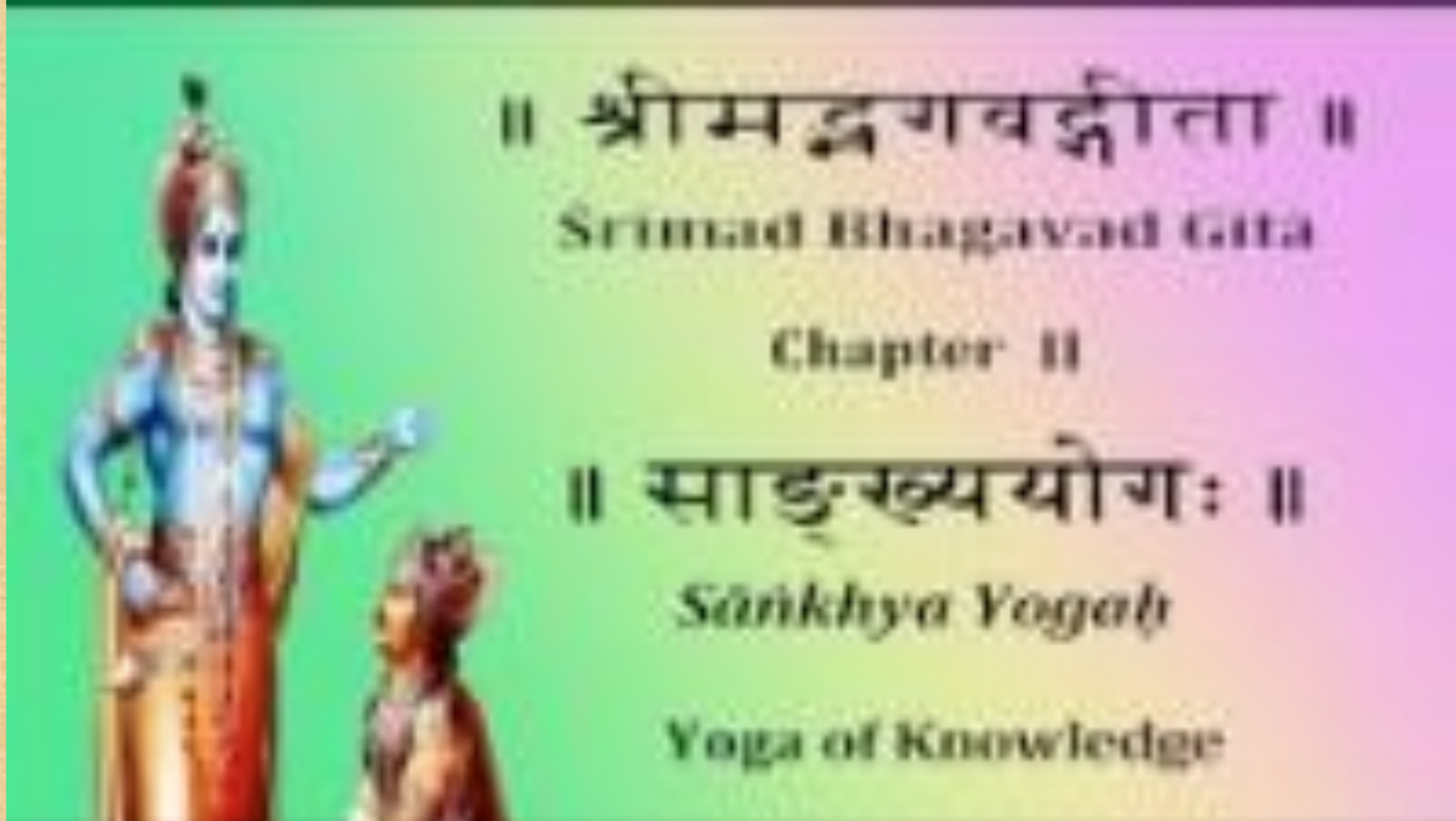
Chapter 2 – Sankhya Yoga

v1 to 11 Arjuna surrenders to Krishna

v12 to 30 Atman Gyan – Knowledge of the Self
Eternal, Unchanging, Indestructible, All pervading
Not the doer, Reincarnation

v31 to 38 Do your duty selflessly

Verse 2.33 to 2.38



Verse 2.33

atha cet tvam imam dharmyam
sangramam na karisyasi
tatah sva-dharmam kirtim ca
hitva **papam** avapsyasi

V2.33

But if you don't fight this righteous war then you are abandoning your duty and fame, you will incur **sin**.

Verse 2.34

akirtim capi bhutani
kathayisyanti te 'vyayam
sambhavitasya cakirtir
maranad atiricyate

V2.34

People will recount your everlasting dishonour and to the one who has been honoured, dishonour is worse than death.

Verse 2.35

bhayad ranad uparatam
mamsyante tvam maha-rathah
yesam ca tvam bahu-mato
bhutva yasyasi laghavam

V35

Great generals will think you withdrew from battle due to fear.
You will be looked down upon by those who had thought much
of you and your heroism in the past.

Verse 2.36

avacya-vadams ca bahun
vadisyanthi tavahitah
nindantas tava samarthyam
tato dukhatarāṃ nu kim

V2.36

Your enemies will describe you in many unkind words and scorn your ability. What could be more painful for you?

Verse 2.37

hato va prapsyasi svargam
jitva va bhoksyase mahim
tasmad uttistha kaunteya
yuddhaya krta-niscayah

V2.37

Slain you will reach Heaven.

If victorious you enjoy the earth.

Therefore, stand up and fight.

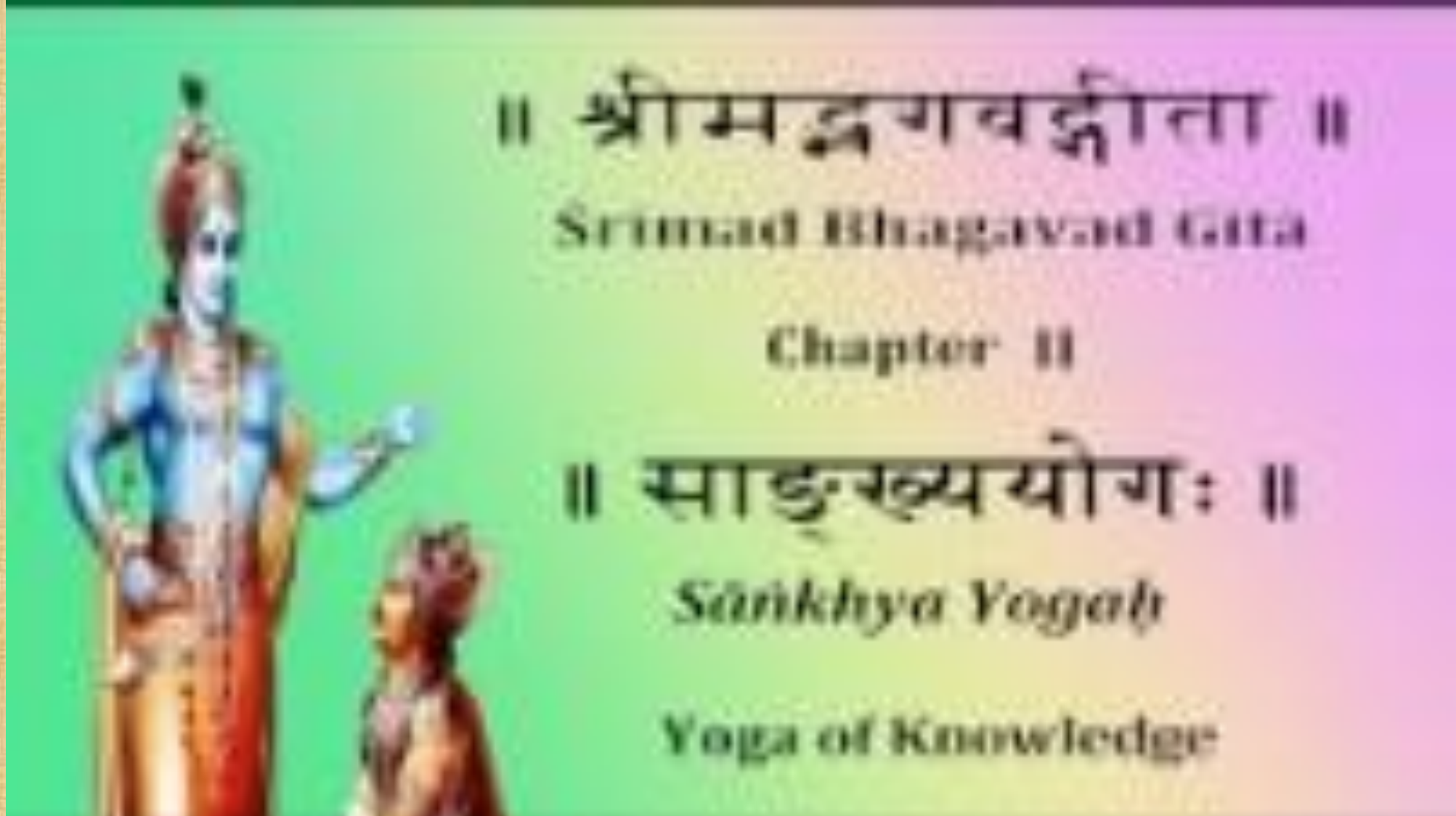
Verse 2.38

sukha-duhkhe same krtva
labhalabhau jayajayau
tato yuddhaya yujyasva
naivam papam avapsyasi

V2.38

Having made pleasure and pain, gain and loss, victory and defeat the same, engage in battle for the sake of the battle; thus you shall not incur sin.

Verse 2.39



Verse 2.39

esa te 'bhihita sankhye
buddhir yoge tv imam srnu
buddhya yukto yaya partha
karma-bandham prahasyasi

2.39

The teaching about the Self (Sankhya) has been given to you.
Now listen to the wisdom concerning Yoga (Karma Yoga),
knowing this, O Partha you shall cast off the bonds of action.

Yoga, Karma Yoga and Buddhi Yoga

Yoga

Withdraw one's attention from the outside world and focus it on the Higher Reality.

Karma Yoga

Doing all actions constantly remembering the Higher Reality.

Buddhi Yoga

Do all actions constantly remembering the Higher Reality and fulfil one's duties without any selfish desires except the desire to serve the world as though one is serving the Higher Reality.

Matrix of Spiritual Practice (Vedanta)

Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravanam</i> - Hear <i>Mananam</i> - Contemplate <i>Nidhidhyasana</i> - Meditate
<i>Vikshepa</i> – Unfocused	<i>Ekagrata</i> - Focus	<i>Upasana</i> – Meditate
<i>Chitta Mala</i> – Impure Mind	<i>Chitta Sudhi</i> – Purity of Mind	<i>Karma Yoga</i> – Path of Action

Based on Swami Sarvapriyananda talks

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Next class 10 November at 7:30pm



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