

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

Chapter 2 – Sankhya Yoga

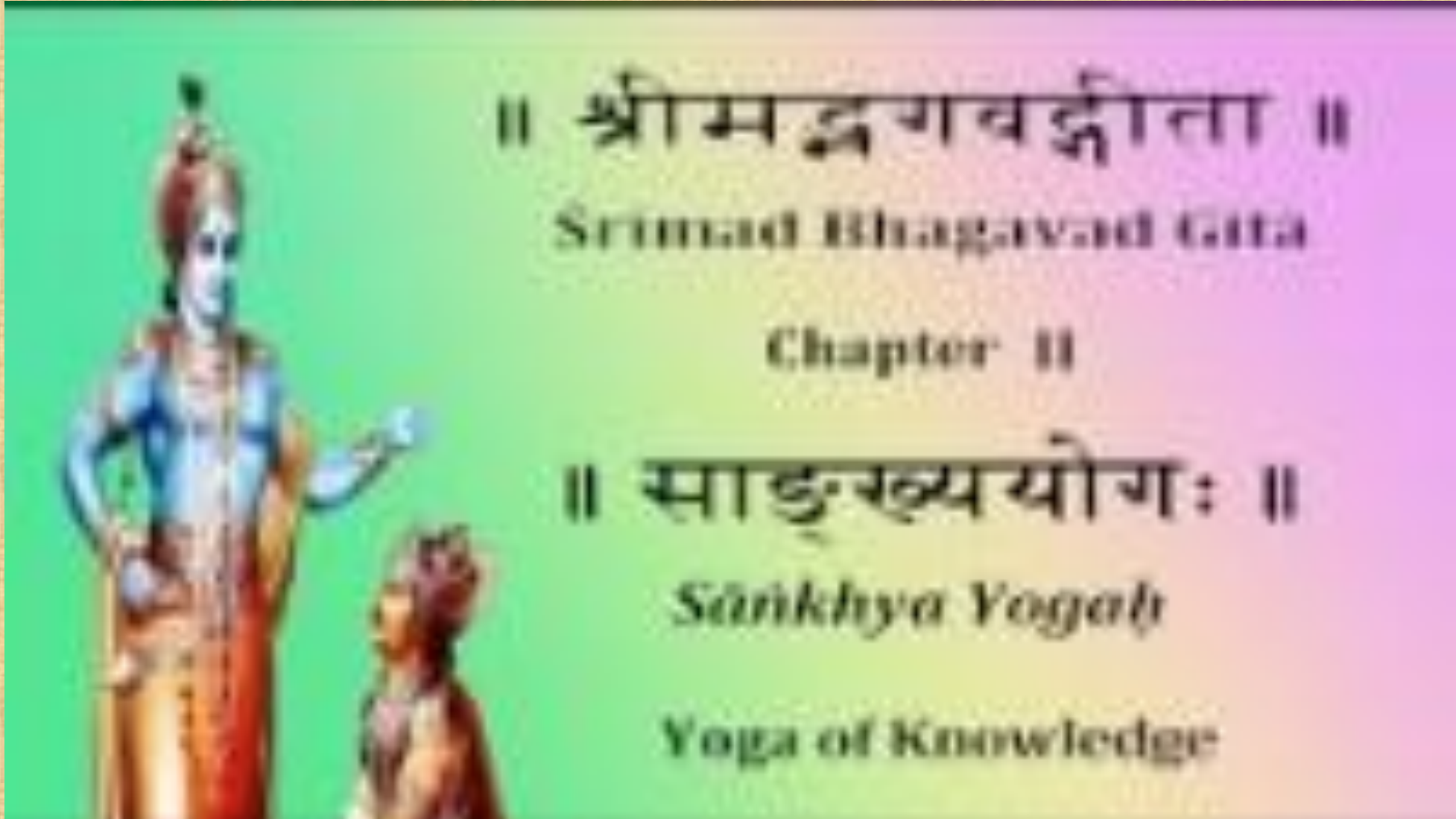
v1 to 11 Arjuna surrenders to Krishna

v12 to 30 Atman Gyan – Knowledge of the Self

v31 to 38 Do your duty selflessly

v39 to 53 Karma Yoga

Verse 2.40 & 2.41



Verse 2.40

nehabhikrama-naso 'sti
pratyavayo na vidyate
sv-alpam apy asya dharmasya
trayate mahato bhayat

V2.40

In this practice there is no loss of effort, nor is there any harm (production of contrary results). Even a little of this knowledge, a little practice of yoga protects one from the great fear.

Verse 2.41

vyavasayatmika buddhir
ekeha kuru-nandana
bahu-sakha hy anantas ca
buddhayo 'vyavasayinam

V2.41

Those who are on this path are resolute in purpose, and their aim is one.

O beloved child of the Kurus, the intelligence of those who are irresolute is many-branched.

Antahkarana

Manas - Mind

Thoughts Desires Thinking

Buddhi - Intellect

Discrimination Wisdom

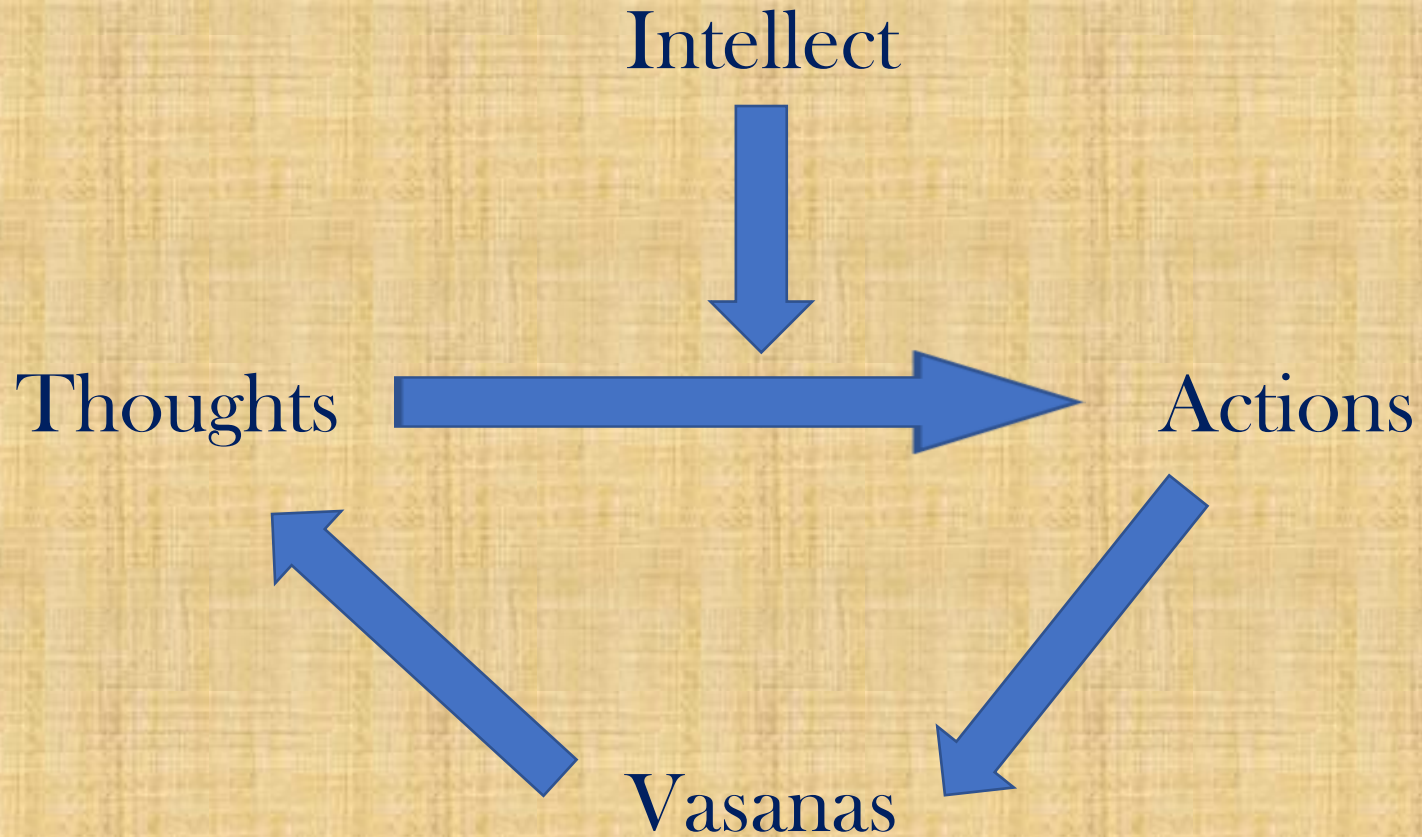
Chitta - Memory

Store of experiences

Ahankara - Ego

Atma identifies with BMI
I-ness.

Intelligent Choice of Thought



Verse 2.41

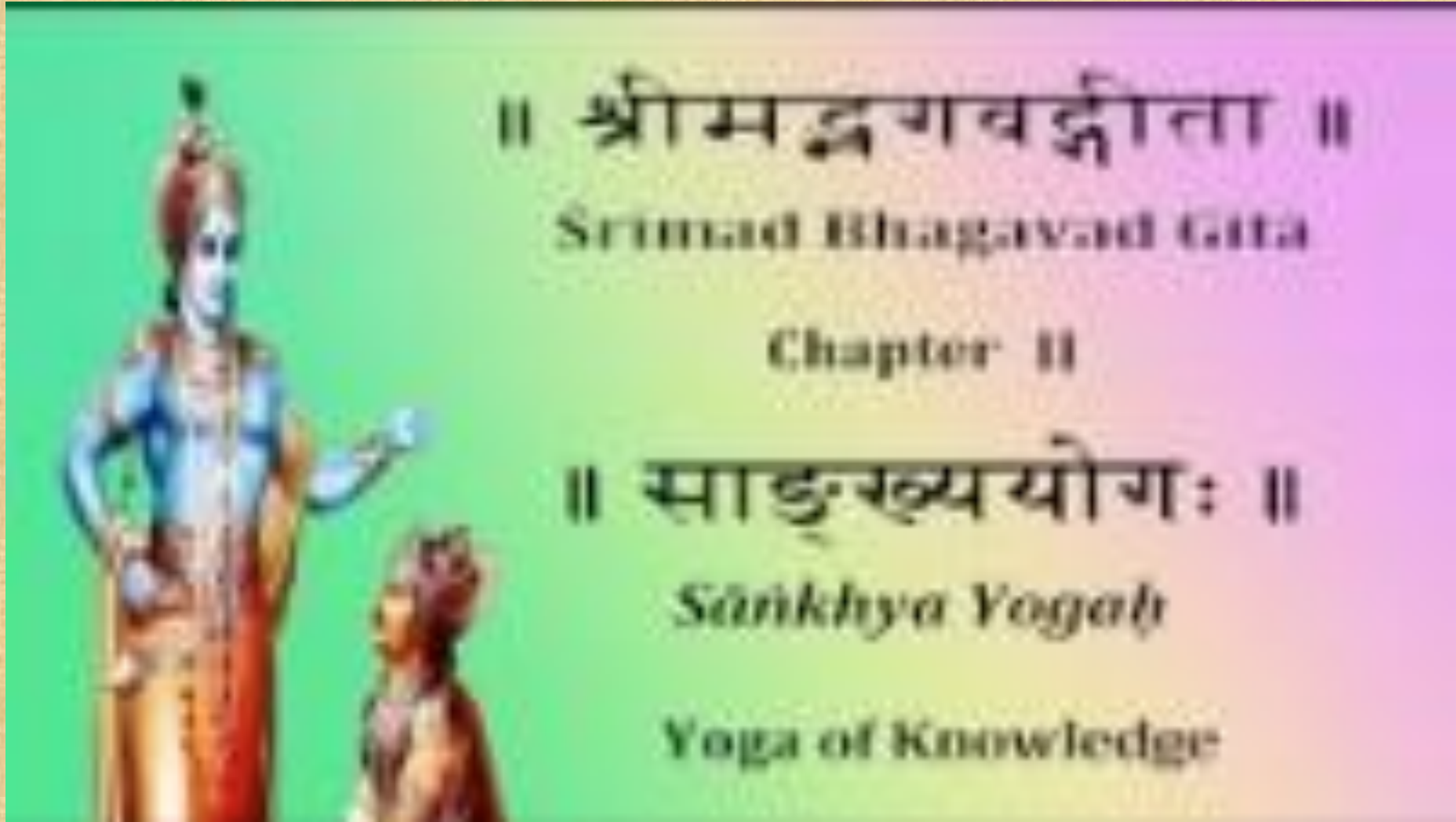
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Verse 2.42 - 44



Verse 2.42 & 2.43

v42 yam imam puspitam vacam pravadanty avipascitah
veda-vada-ratah partha nanyad astiti vadinah

v43 kamatmanah svarga-para janma-karma-phala-pradam
kriya-visesa-bahulam bhogaisvarya-gatim prati

V2.42 & 2.43

Men of small knowledge are very much attached to the flowery words of the Vedas, which recommend various fruitive activities for elevation to heavenly planets, resultant good birth, power, and so forth. Being desirous of sense gratification and opulent life, they say that there is nothing more than this.

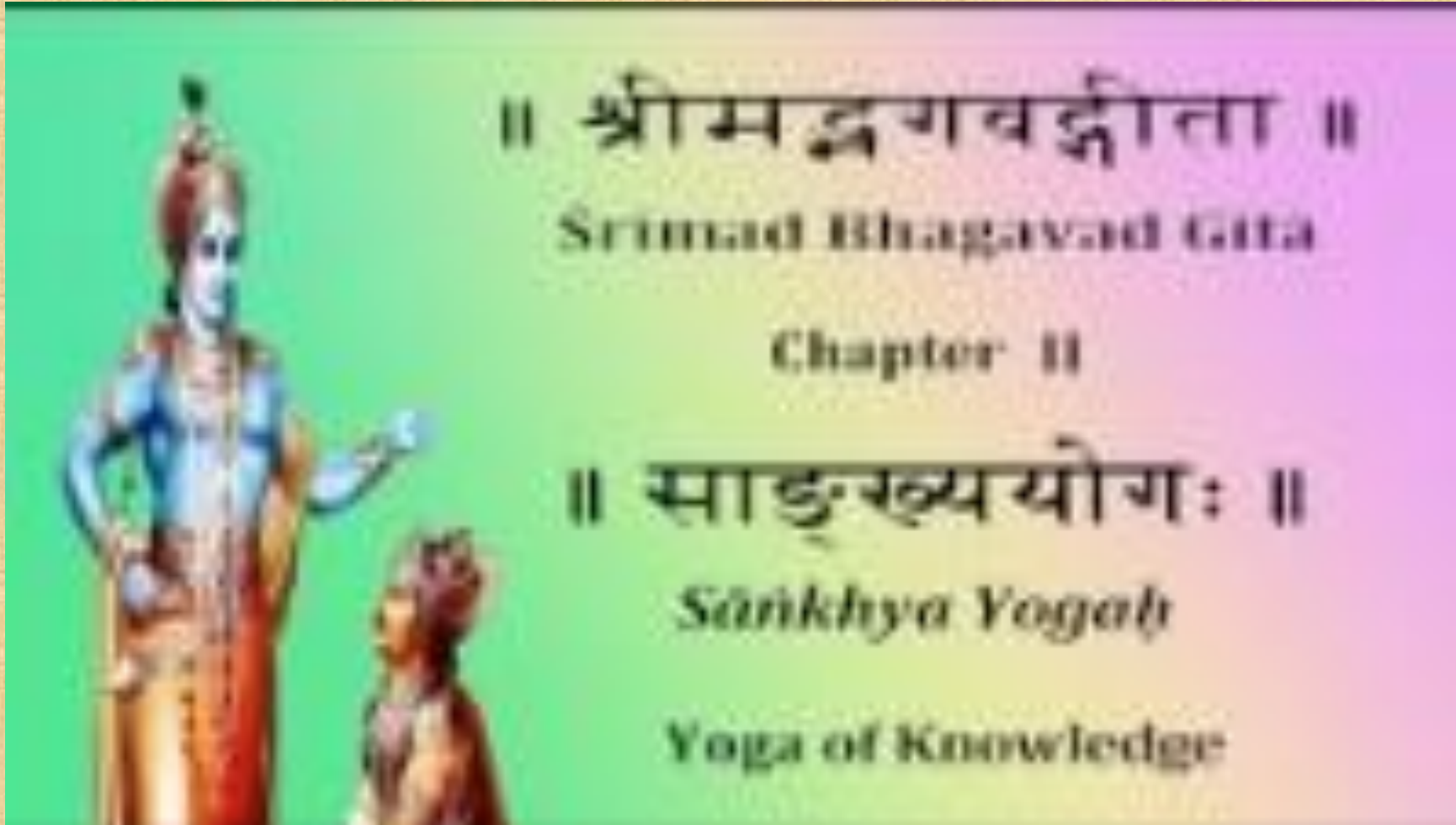
Verse 2.44

bhogaisvarya-prasaktanam
tayapahrta-cetasam
vyavasayatmika buddhih
samadhau na vidhiyate

V2.44

For those who cling to joy and Lordship, whose minds are drawn away from such teaching, are neither determined and resolute nor are they fit for steady meditation and Samadhi.

Verse 2.45



Verse 2.45

traigunya-visaya veda
nistraigunyo bhavarjuna
nirdvandvo nitya-sattva-stho
niryoga-ksema atmavan

V2.45

The Vedas mainly deal with the subject of the three modes of material nature. Rise above these modes, O Arjuna. Be free from all dualities and from all anxieties for acquisition and preservation and be established in the Self.

Gunas

The Three Gunas



SATTVA

Balance
Harmony
Positive
Peace
Clarity
Light
Creativity
Openness
Intelligence



RAJAS

Movement
Activity
Energy
Excitement
Passion
Desire
Agitation
Anxiety
Egotism



TAMAS

Inertia
Inactivity
Negative
Apathy
Dullness
Dark
Delusion
Depression
Ignorance

Verse 2.45

traigunya-visaya veda
nistraigunyo bhavarjuna
nirdvandvo nitya-sattva-stho
niryoga-ksema atmavan

V2.45

The Vedas mainly deal with the subject of the three modes of material nature. Rise above these modes, O Arjuna. Be free from all dualities and ever remain in Sattva. Be free from all anxieties for acquisition and preservation and be established in the Self.

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