

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

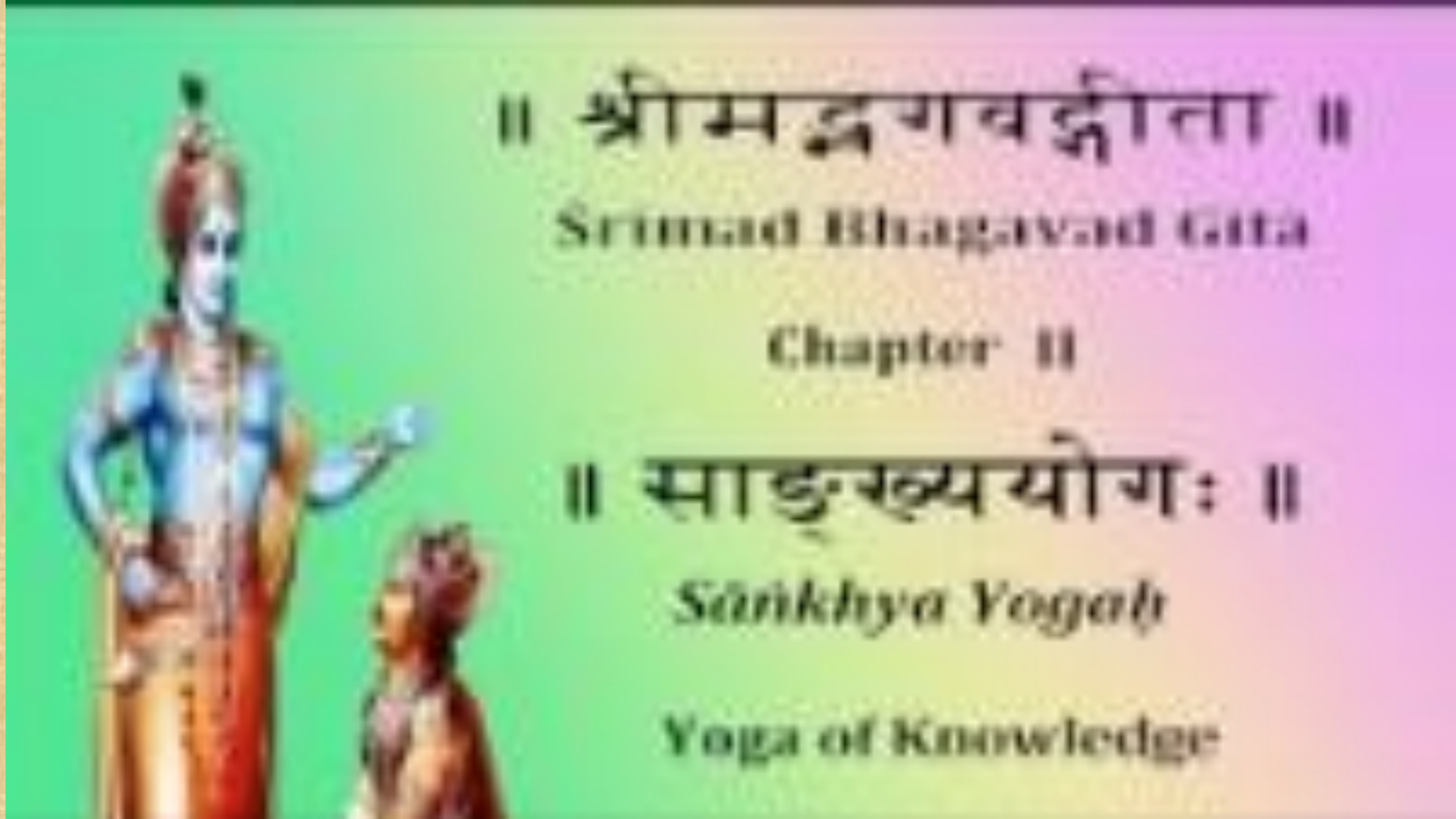
v39 to 53 Karma Yoga

Chapter 2 – Sankhya Yoga

v39 to 53 Karma Yoga

- Casts off the bonds of action
- No loss of effort, No ill effects
- Protects against great fear
- It is not rituals with promise of power pleasures etc
- One needs to be determined and have one aim
- Rise above the Gunas
- Be free from dualities
- Be free of thoughts of acquiring and preserving

Verse 2.42 - 45



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.

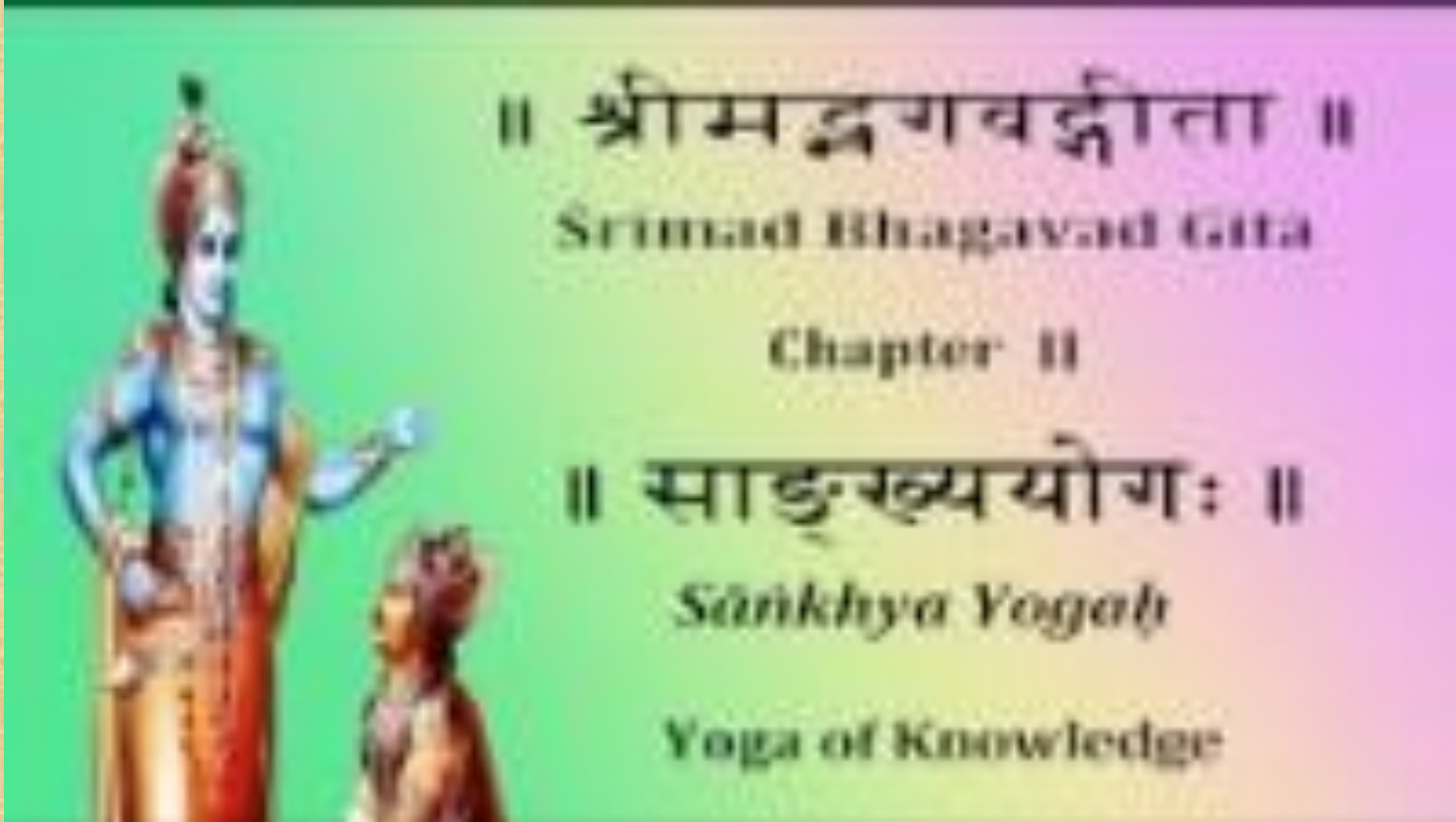
Verse 2.45

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.

Verse 2.46



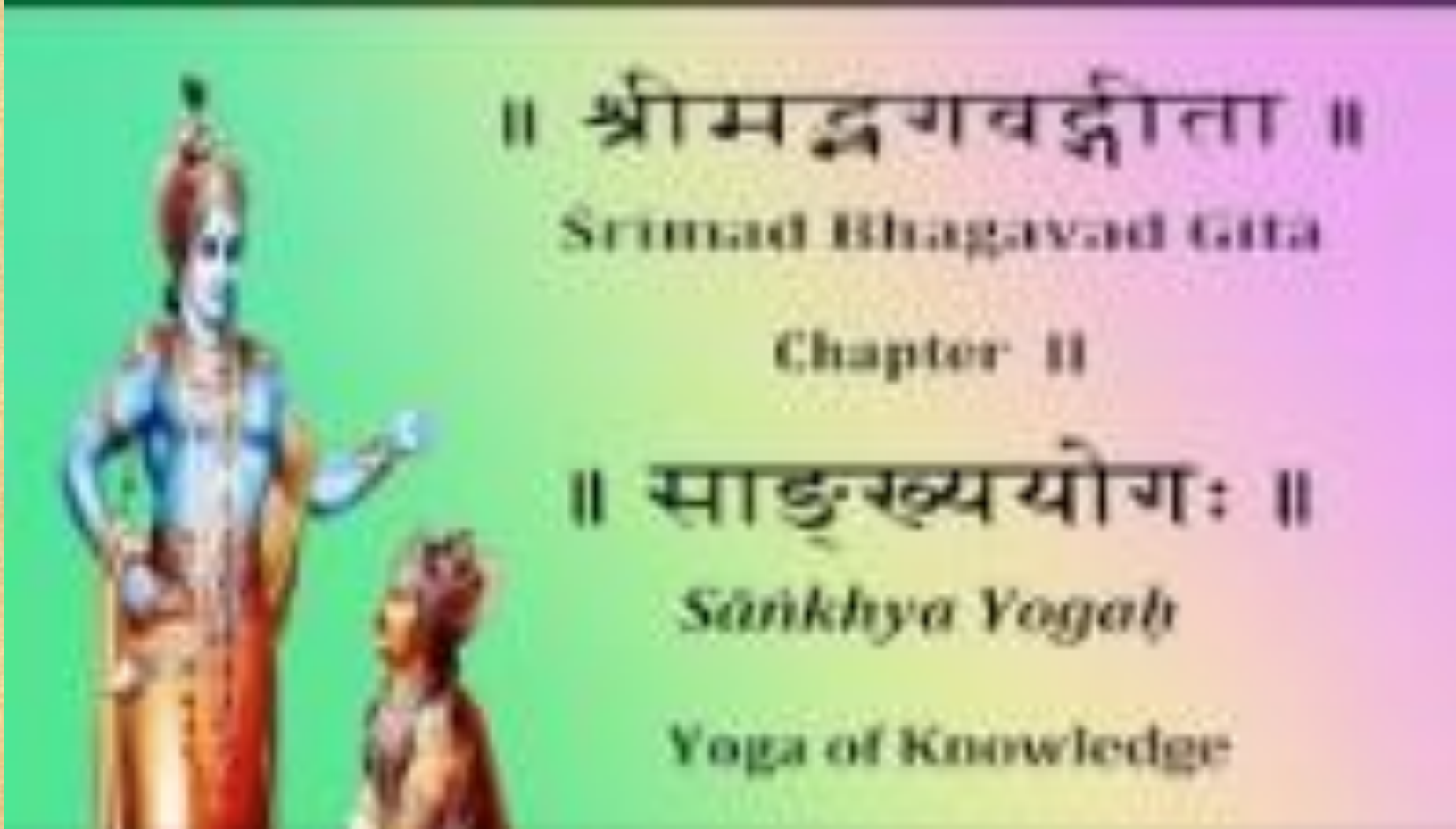
Verse 2.46

yavan artha udapane
sarvatah samplutodake
tavan sarvesu vedesu
brahmanasya vijanatah

V2.46

To the one who has known the Self (Brahmana),
all the Vedas are of as much use as a well in a place
where there is a flood.

Verse 2.47



<https://youtu.be/5u0aYshtfOE?t=1214>

Verse 2.47

karmany evadhikaras te
ma phalesu kadacana
ma karma-phala-hetur bhur
ma te sango 'stv akarmani

V2.47

You have a right to perform your prescribed duty,
but you are not entitled to the fruits of action.

Do not let the fruits of action be your motive and
never be attached to not doing your duty (inaction).

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