

# 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

# Matrix of Spiritual Practice

Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravana</i> - Hear <i>Manana</i> - Reason <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

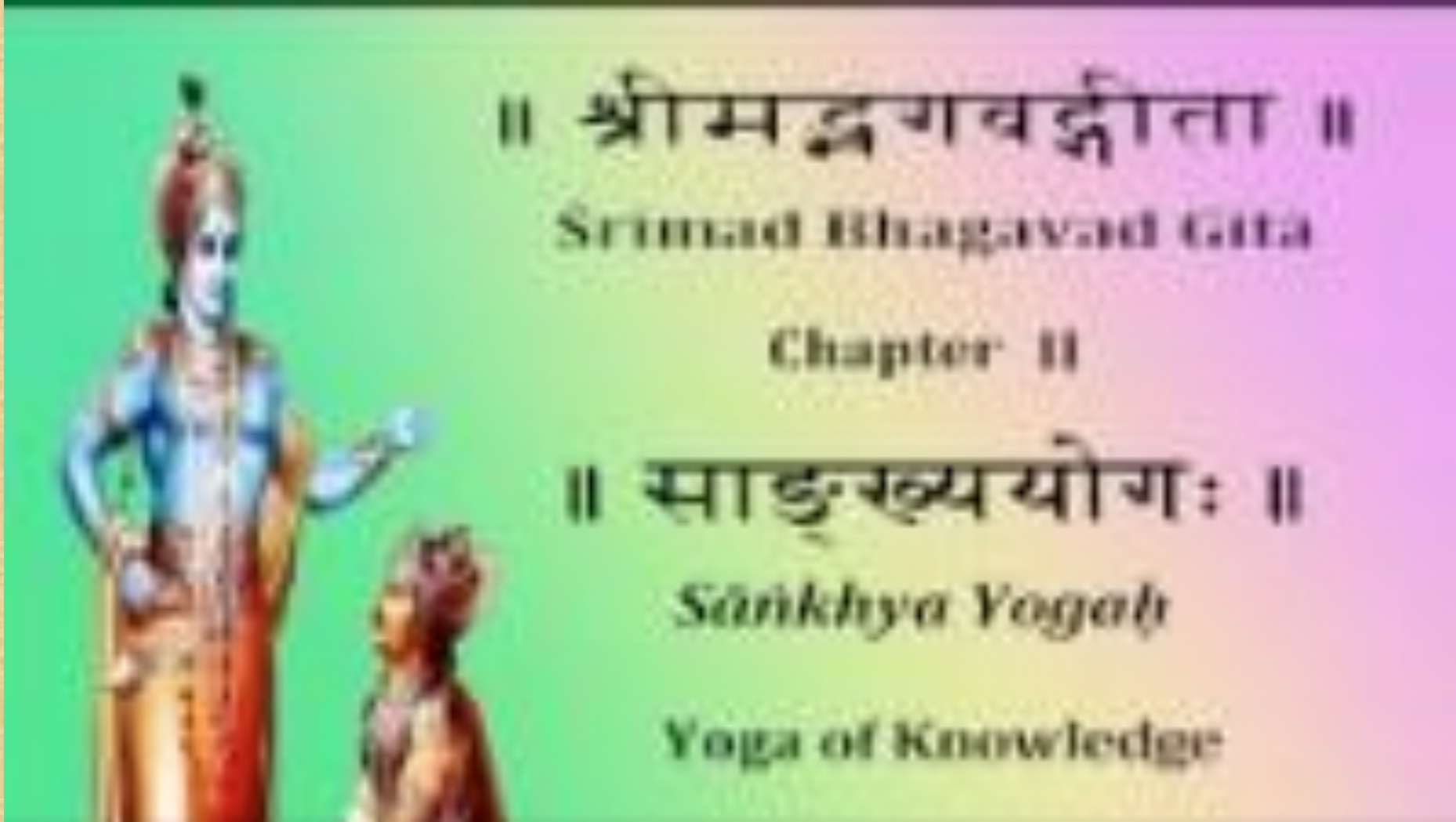


# Chapter 2 – Sankhya Yoga

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
- Be determined and have one aim
- Rise above the Gunas, Be free from dualities
- Be free of thoughts of acquiring and preserving

# Verse 2.46



॥ श्रीमद्भगवद्गीता ॥

Srimad Bhagavad Gita

Chapter II

॥ साङ्ख्ययोगः ॥

Sankhya Yoga

Yoga of Knowledge

## Verse 2.46

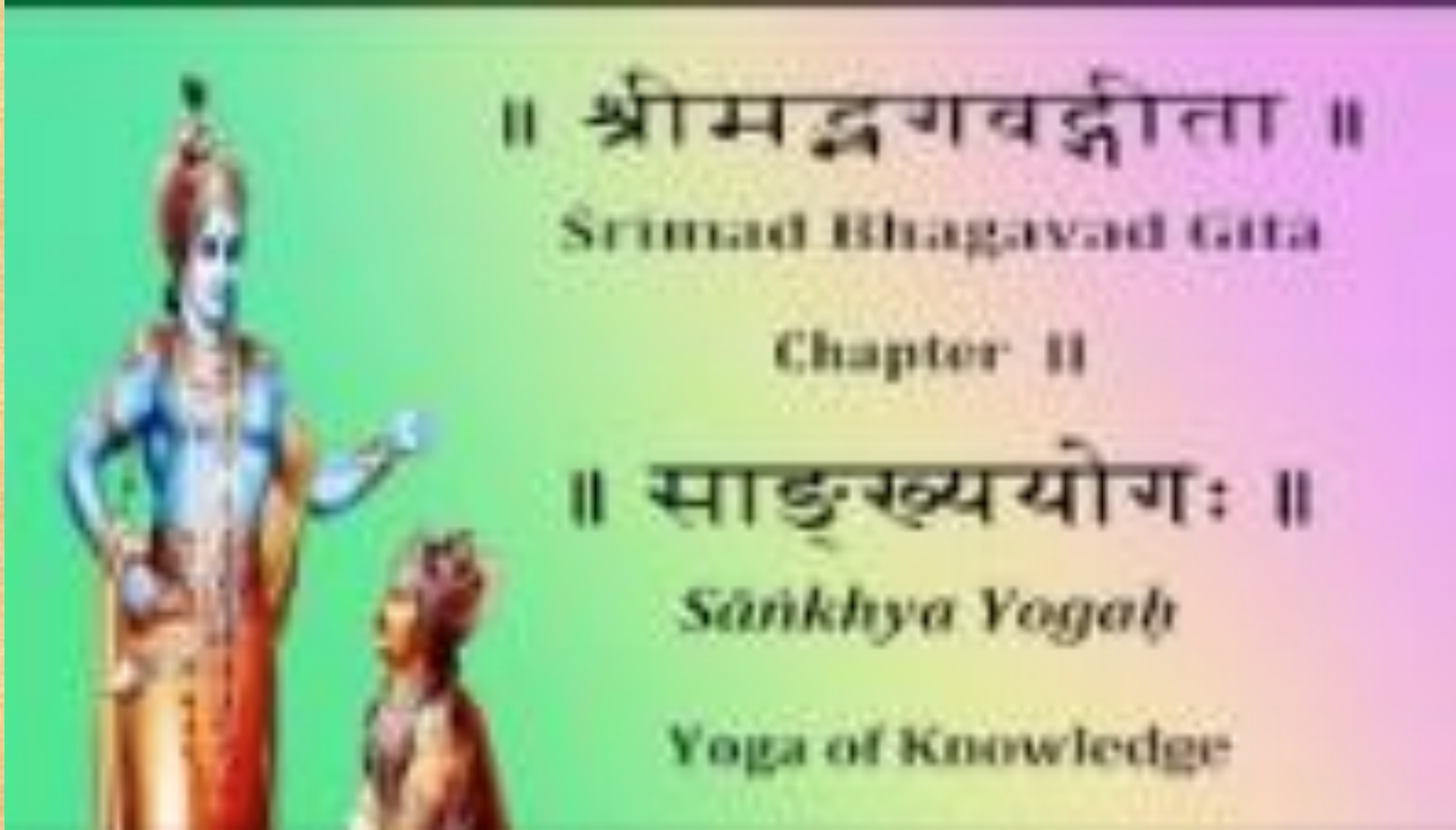
yavan artha udapane  
sarvatah samplutodake  
tavan sarvesu vedesu  
brahmanasya vijanatah

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

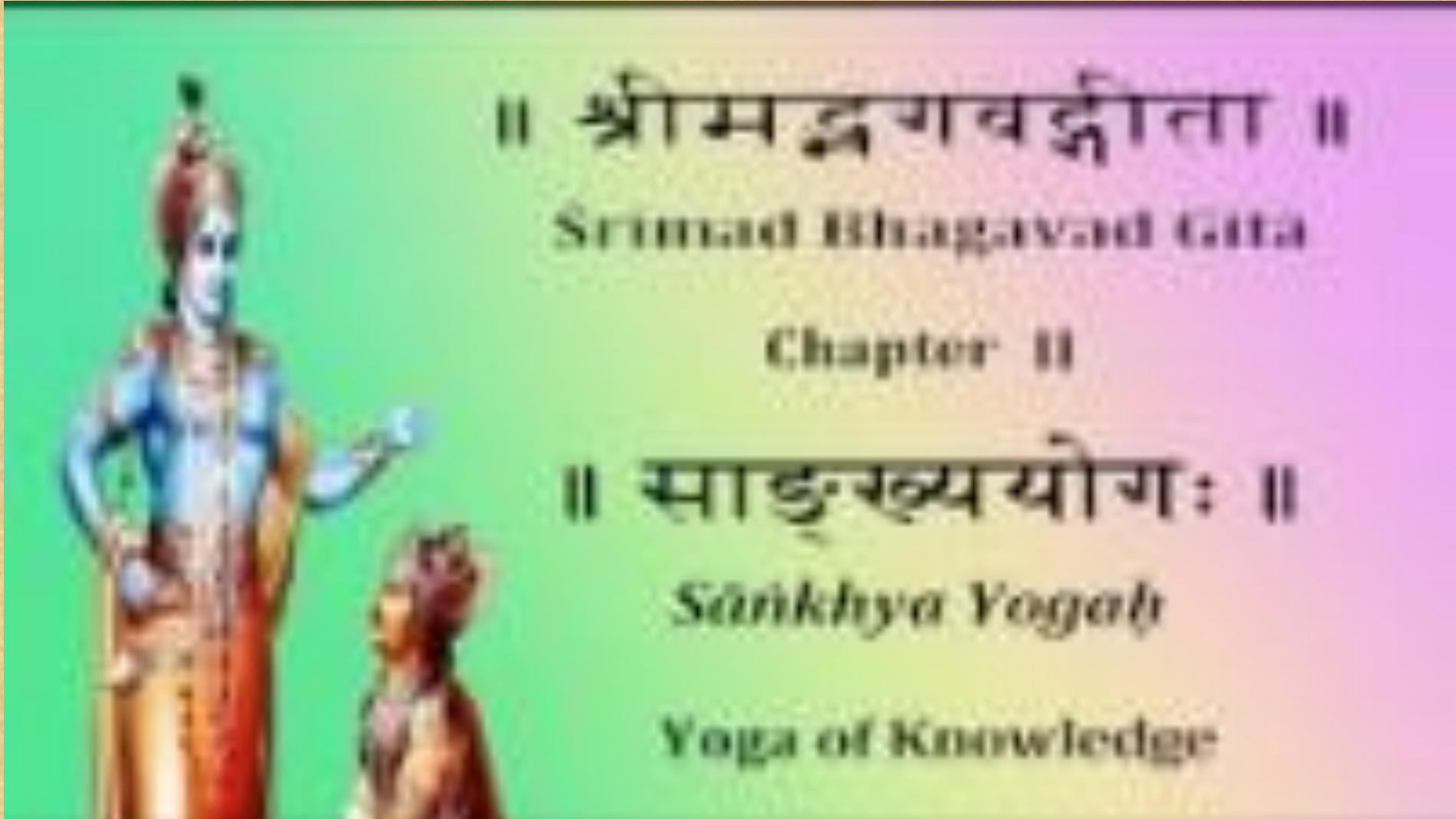
karmany evadhikaras te  
ma phalesu kadacana  
ma karma-phala-hetur bhur  
ma te sango 'stv akarmani

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).

# Verse 2.48



## Verse 2.48

yoga-sthah kuru karmani  
sangam tyaktva dhananjaya  
siddhy-asiddhyoh samo bhutva  
samatvam yoga ucyate

V2.48

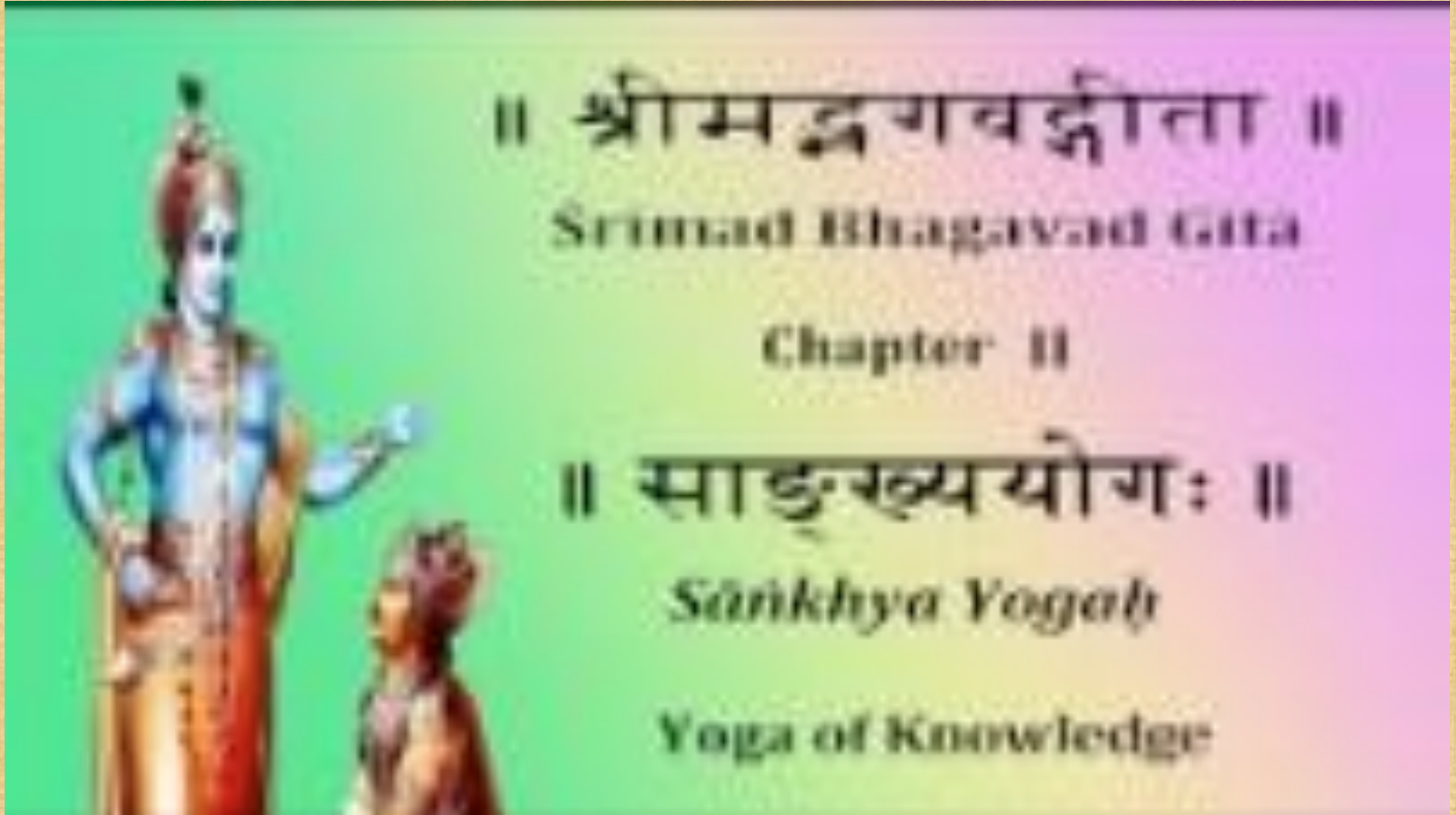
Perform your duty equipoised, O Arjuna.

Abandon all attachment to success or failure.

This evenness of mind is called yoga..



# Verse 2.49



## Verse 2.49

durena hy avaram karma  
buddhi-yogad dhananjaya  
buddhau saranam anviccha  
krpanah phala-hetavah

V2.49

O Dhananjaya, keep far away from abominable activities  
by buddhi yoga (act in wisdom) and seek refuge in wisdom.  
Those who want to enjoy the fruits of their work are misers.

# Yoga, Karma Yoga and Buddhi Yoga

Yoga

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

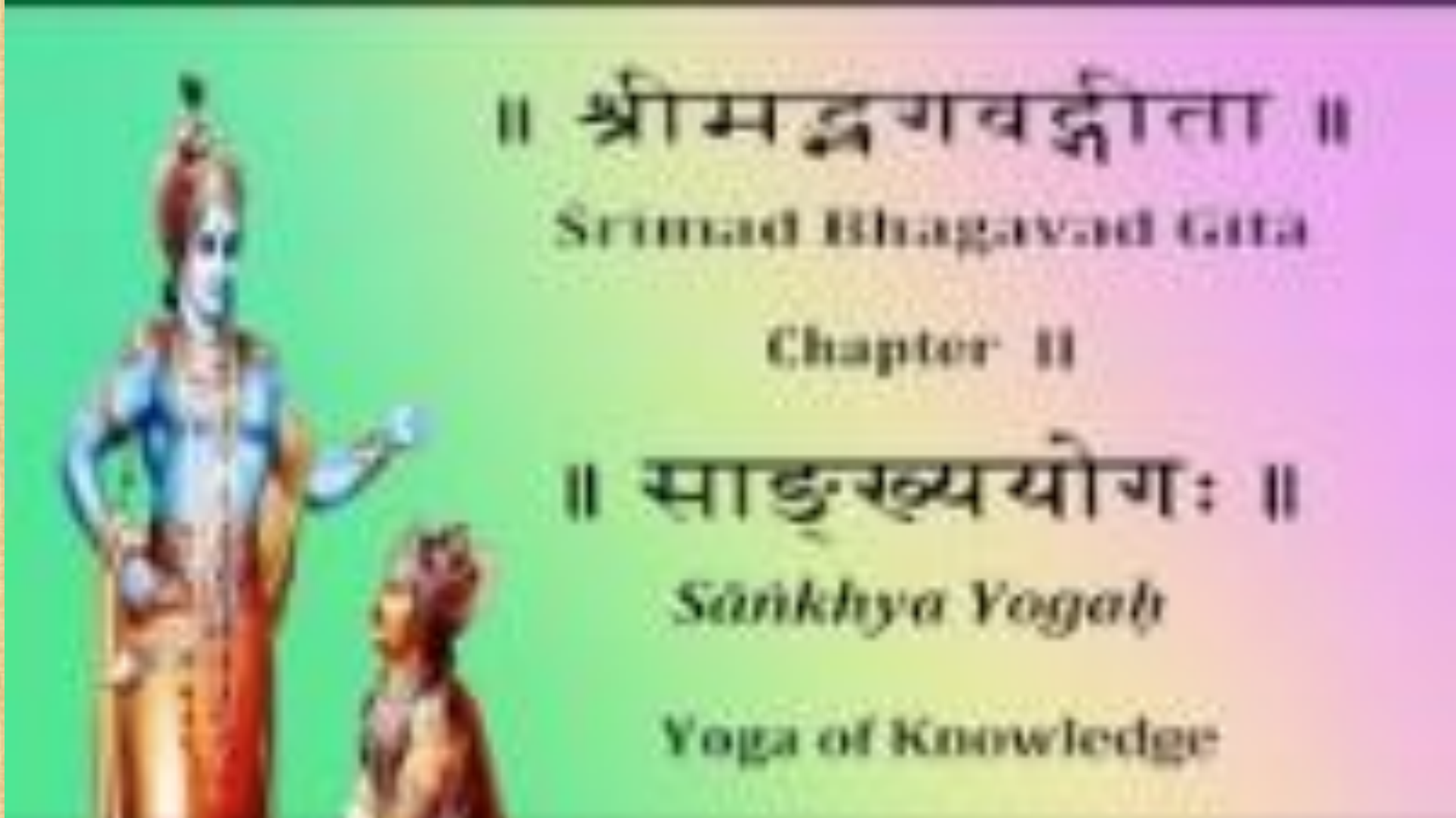
Karma Yoga Doing all actions constantly remembering the Higher Reality.

Buddhi Yoga

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



# Verse 2.50



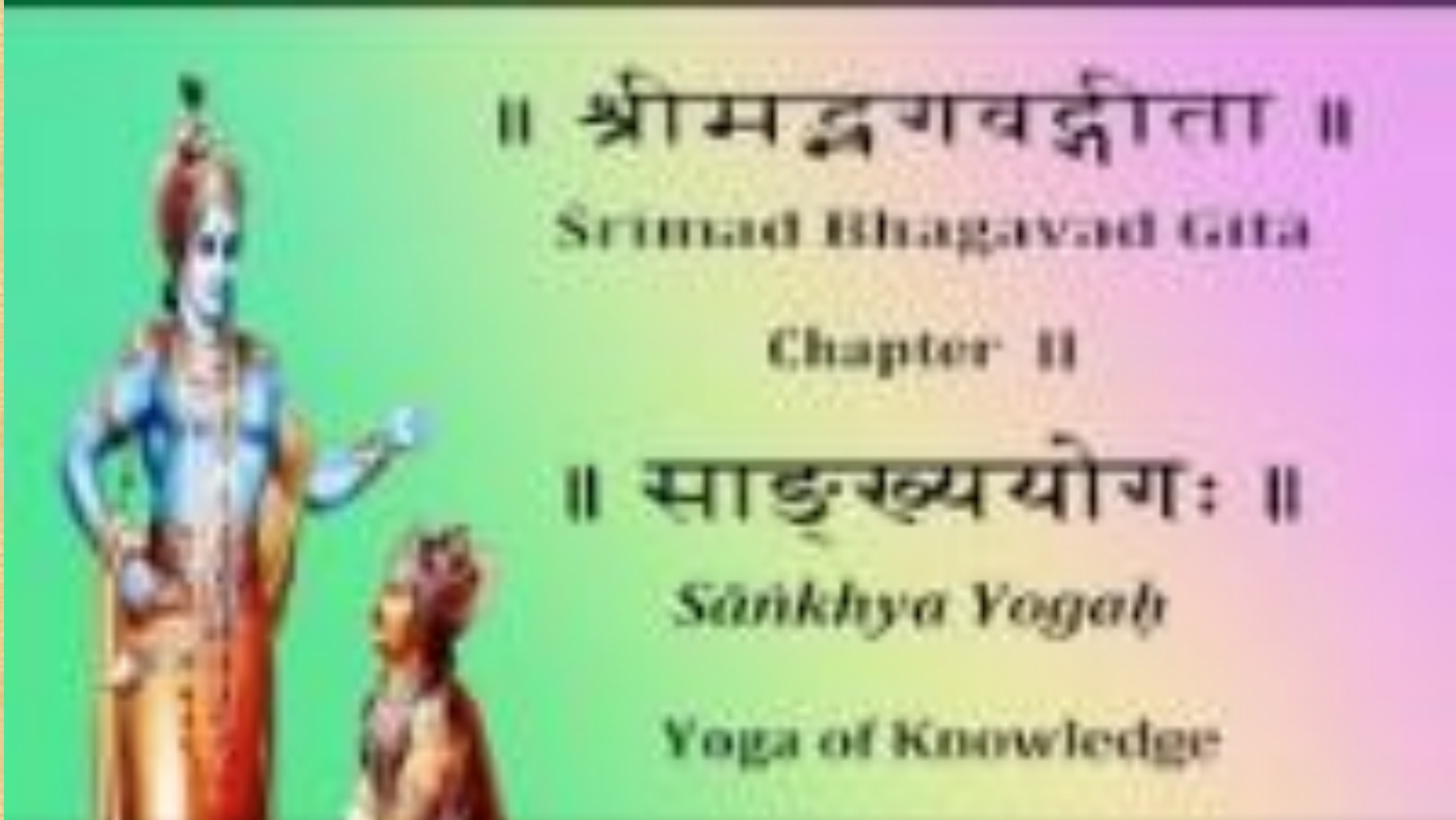
## Verse 2.50

buddhi-yukto jahatiha  
ubhe sukrta-duskrte  
tasmad yogaya yujyasva  
yogah karmasu kausalam

V2.50

A man engaged in selfless service using wisdom rids himself of both good and bad actions even in this life. Therefore strive for Karma Yoga, O Arjuna, which is the art of all work.

# Verse 2.51





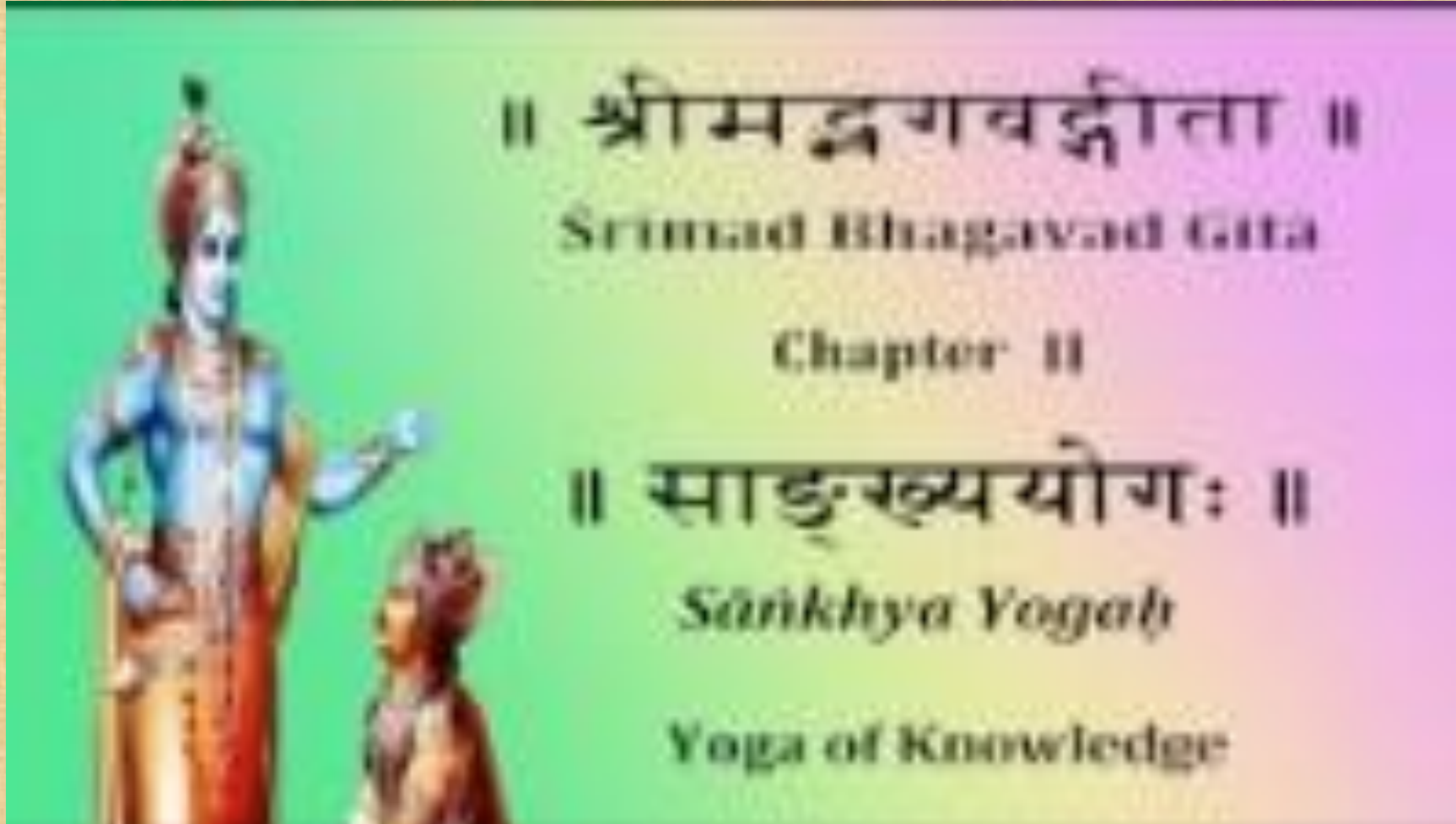
## Verse 2.51

karma-jam buddhi-yukta hi  
phalam tyaktva manisinah  
janma-bandha-vinirmuktah  
padam gacchanty anamayam

V2.51

The wise, endowed with this wisdom,  
giving up the results of action, attain Self-Realisation,  
free from the bondage of birth and death,  
they go that abode that is free from miseries.

# Verse 2.52



## Verse 2.52

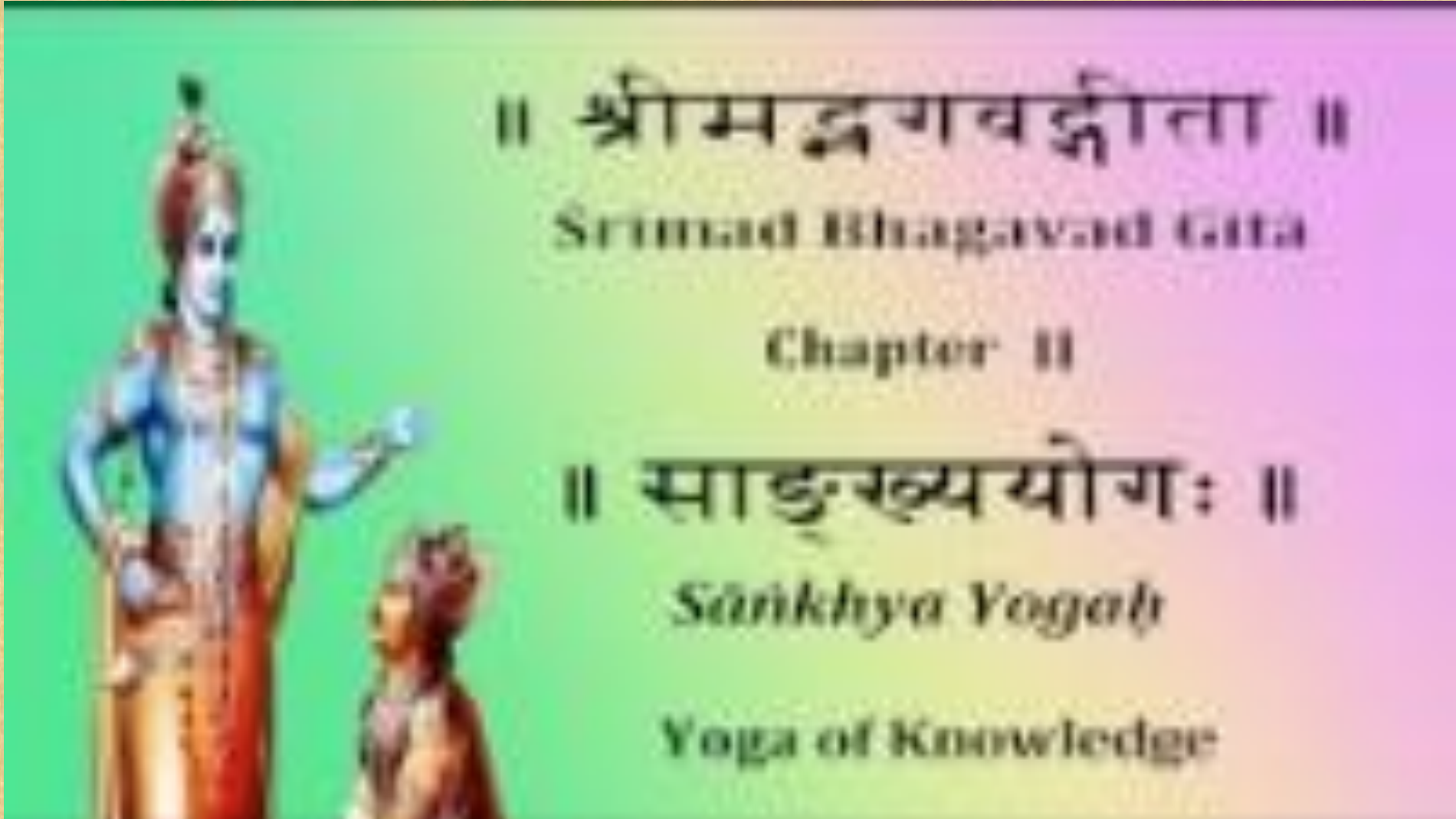
yada te moha-kalilam  
buddhir vyatitarisyati  
tada gantasi nirvedam  
srotavyasya srutasya ca

V2.52

When your intelligence has passed out of the dense forest of delusion, you shall become indifferent to all that has been heard and all that is to be heard.



# Verse 2.53



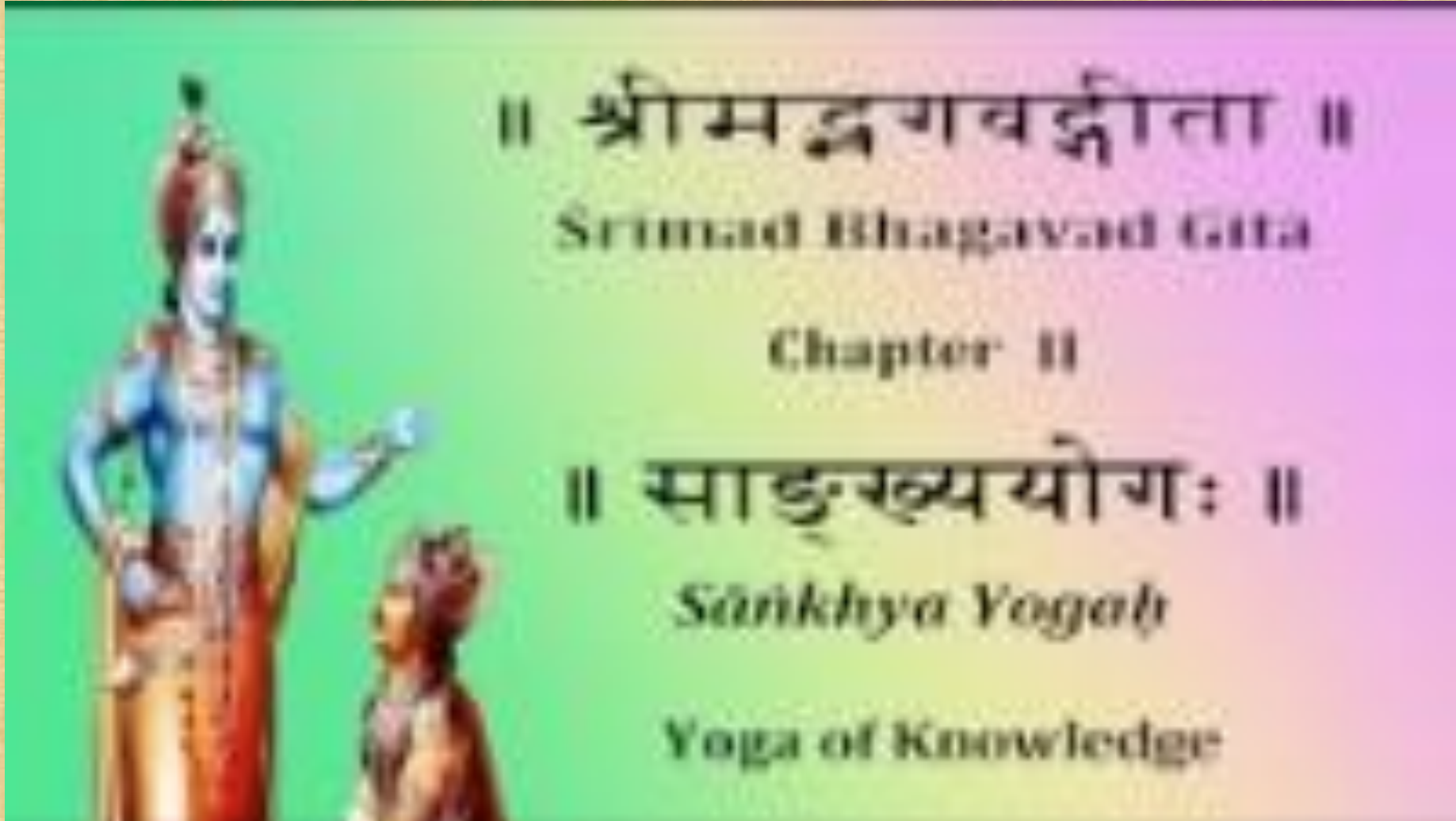
## Verse 2.53

sruti-vipratipanna te  
yada sthasyati niscala  
samadhav acala buddhis  
tada yogam avapsyasi

V2.53

When your mind is no longer disturbed by the flowery language of the Vedas, and when it remains fixed in the trance of self-realization, then you will have attained the Divine consciousness.

# Verse 2.54





## Verse 2.54

arjuna uvaca:

sthita-prajnasya ka bhasa

samadhi-sthasya kesava

sthita-dhah kim prabhaseta

kim asita vrajeta kim

V2.54

Arjuna said: What O Keshava is the description of him who has steady wisdom and who is merged in the Superconscious state? How does one of steady wisdom speak, how does he sit, how does he walk?

# Bhagavad Gita

## Questions & Comments





# Bhagavad Gita

Next class 8 December at 7:30pm





# 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