

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 53 Karma Yoga

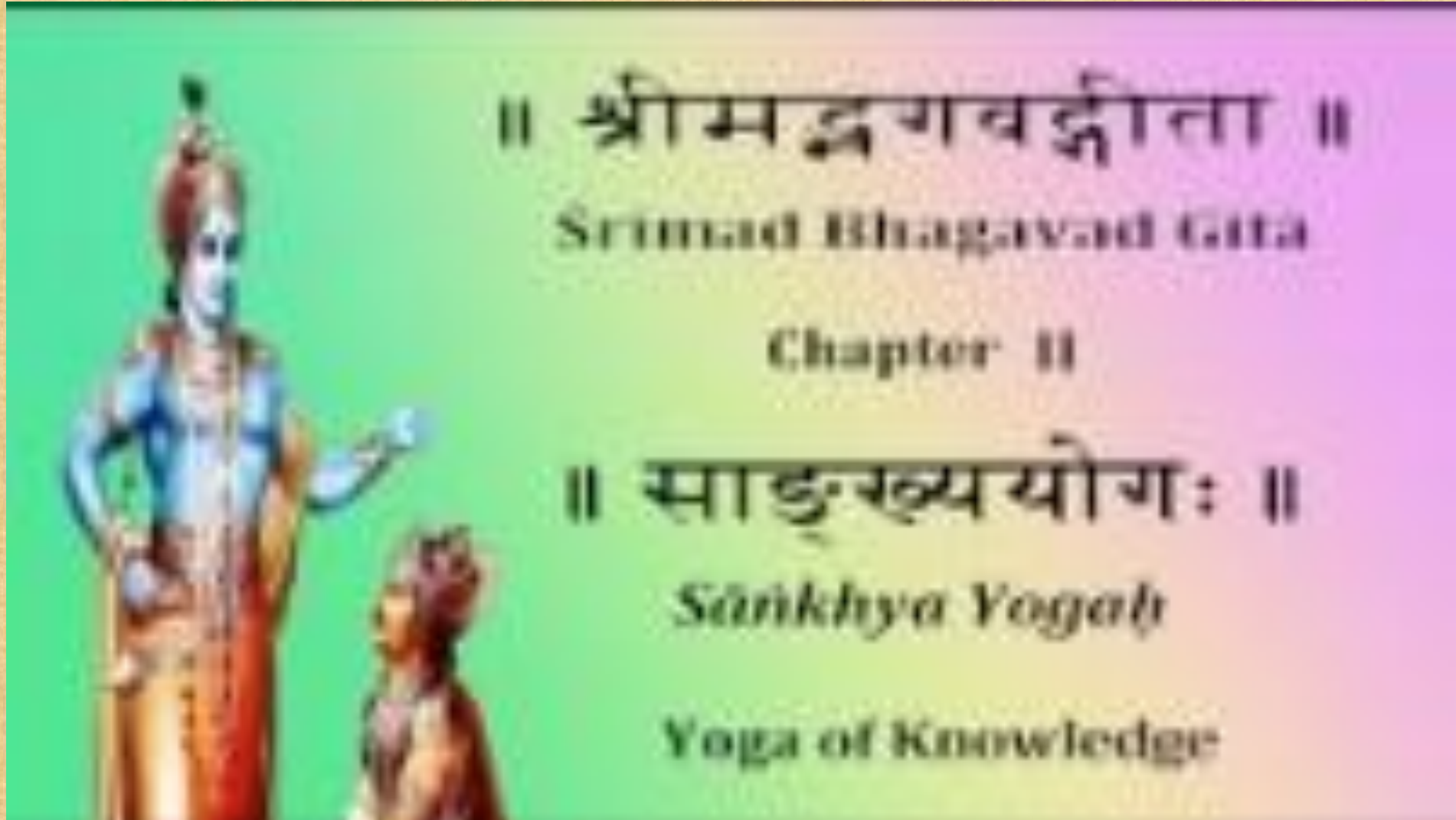
v54 to 72 Signs of a person in Steady Wisdom
Sthita Pragna Lakshan

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
- Be determined and have one aim
- Rise above the Gunas, Be free from dualities
- Be free of thoughts of acquiring and preserving
- You have a right to do your duty
- You have no right to the fruits of action
- Do not let the fruits of action be your motive
- Not be attached to not doing your duty (inaction)

Verse 2.48 to 2.50



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

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

V2.49

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

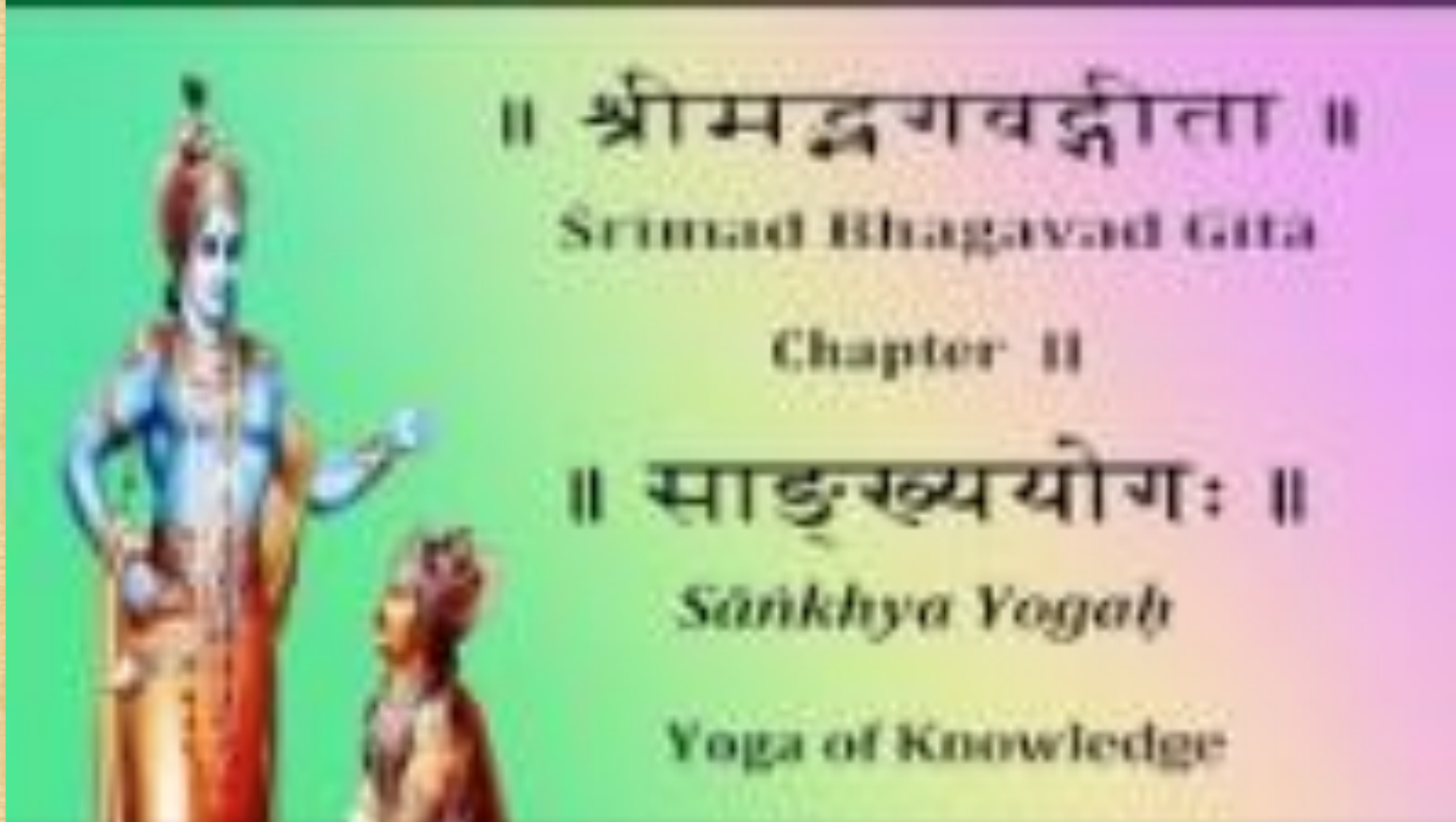
Verse 2.50

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 to 2.53



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

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.

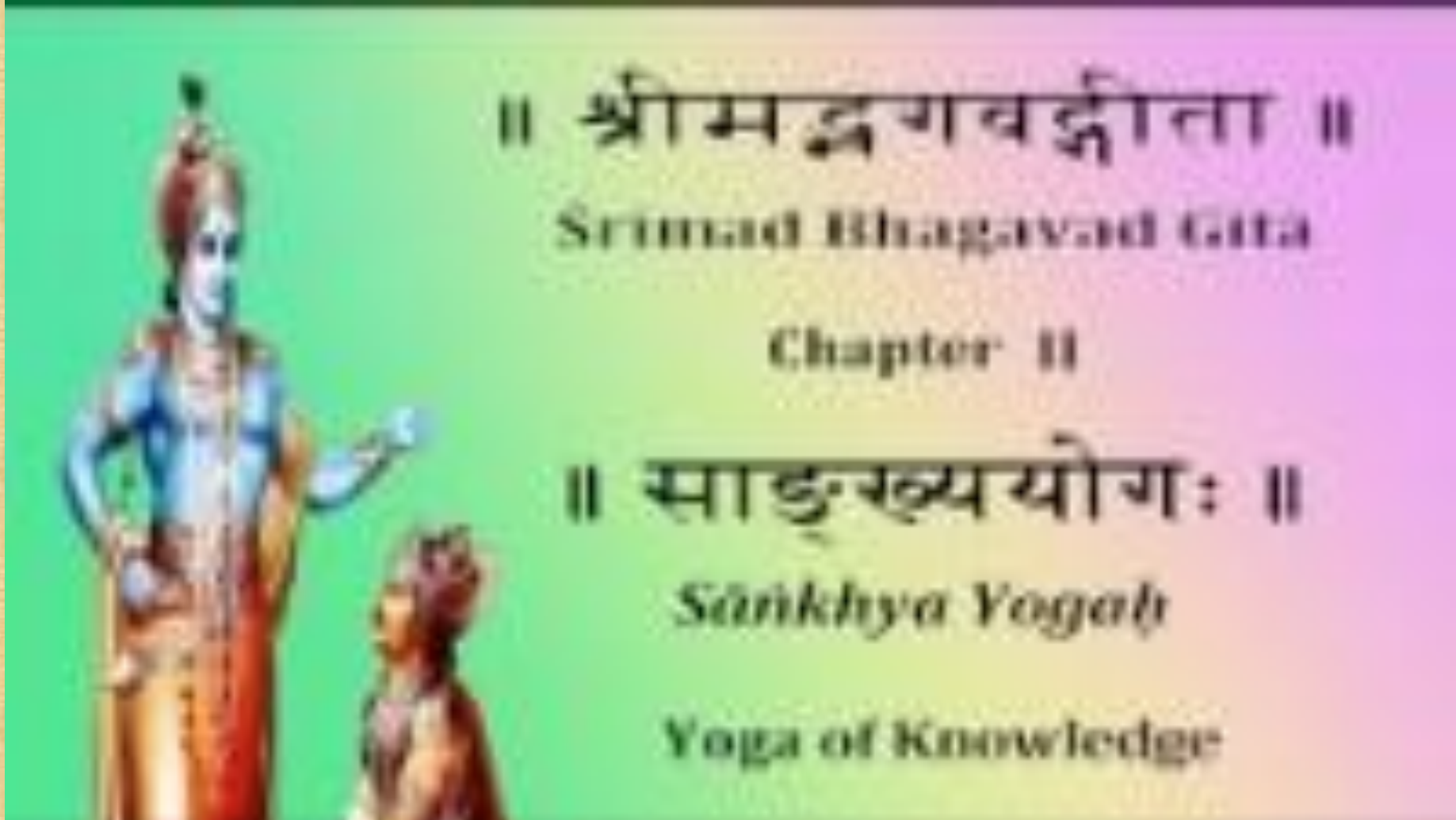
Verse 2.53

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-Realisation, then you will have attained the Divine Consciousness.

Verse 2.54



Verse 2.54

arjuna uvaca:

sthita-prajnasya ka bhasa

samadhi-sthasya kesava

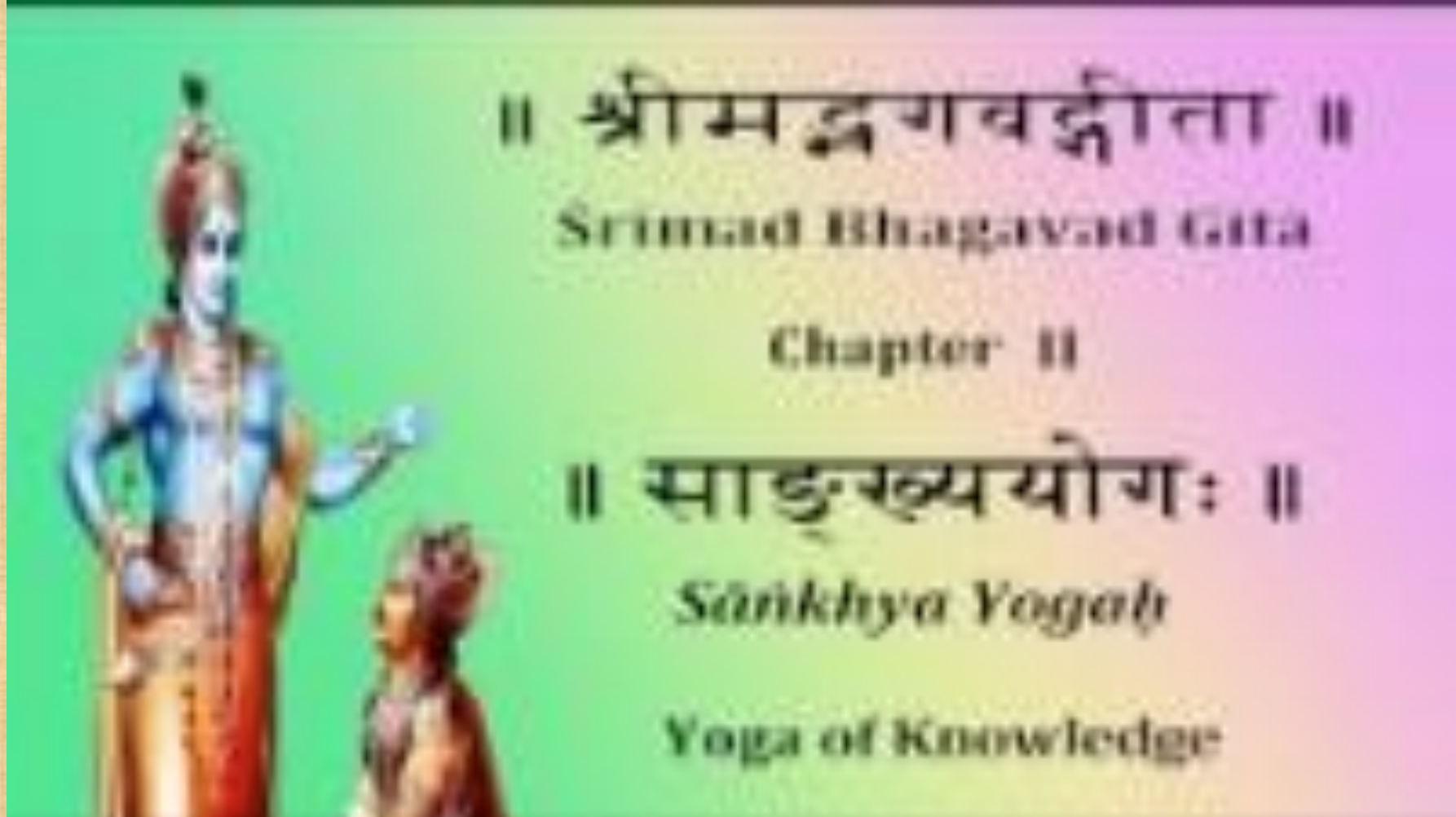
sthita-dhah kim prabhaseta

kim asita vrajeta kim

V2.54

Arjuna said: O Keshava, what 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?

Verse 2.55



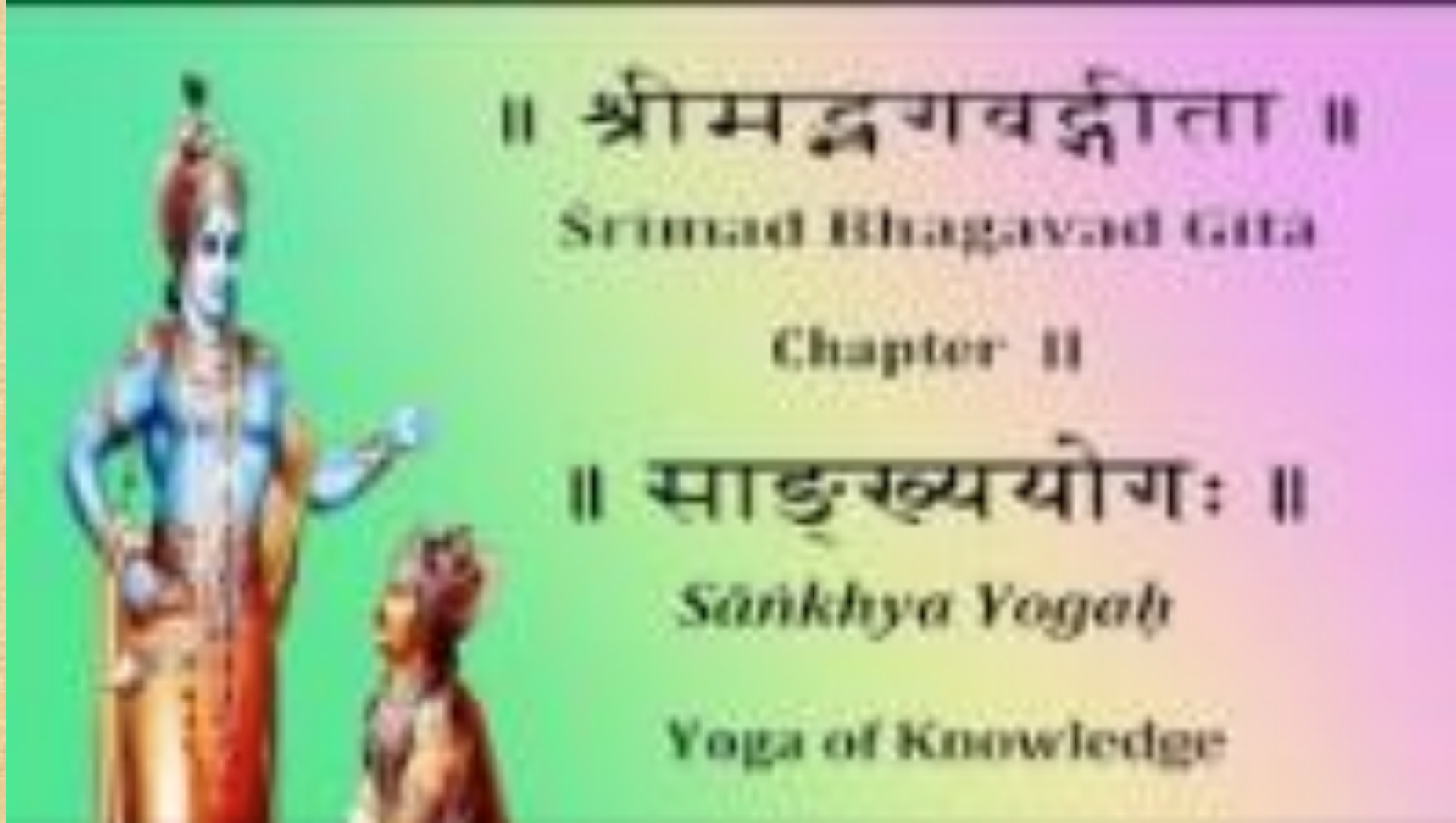
Verse 2.55

sri-bhagavan uvaca
prajahati yada kaman
sarvan partha mano-gatan
atmany evatmana tustah
sthita-prajnas tadocyate

V2.55

The Blessed Lord said: O Partha, when one gives up all desires for sense gratification that arises in the mind and with mind thus purified, finds satisfaction in the Self by the Self; then he is said to be Self-Realised and in steady wisdom (sthith pragna).

Verse 2.56



<https://youtu.be/5u0aYshtfOE?t=1446>

Verse 2.56

dukkhesv anudvigna-manah
sukhesu vigata-sprhah
vita-raga-bhaya-krodhah
sthita-dhir munir ucyate

V2.56

The Sage of Steady Wisdom is unshaken by the three fold adversity
and in prosperity does not hanker after pleasures.
He is free from attachment, fear and anger.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 15 December 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