

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

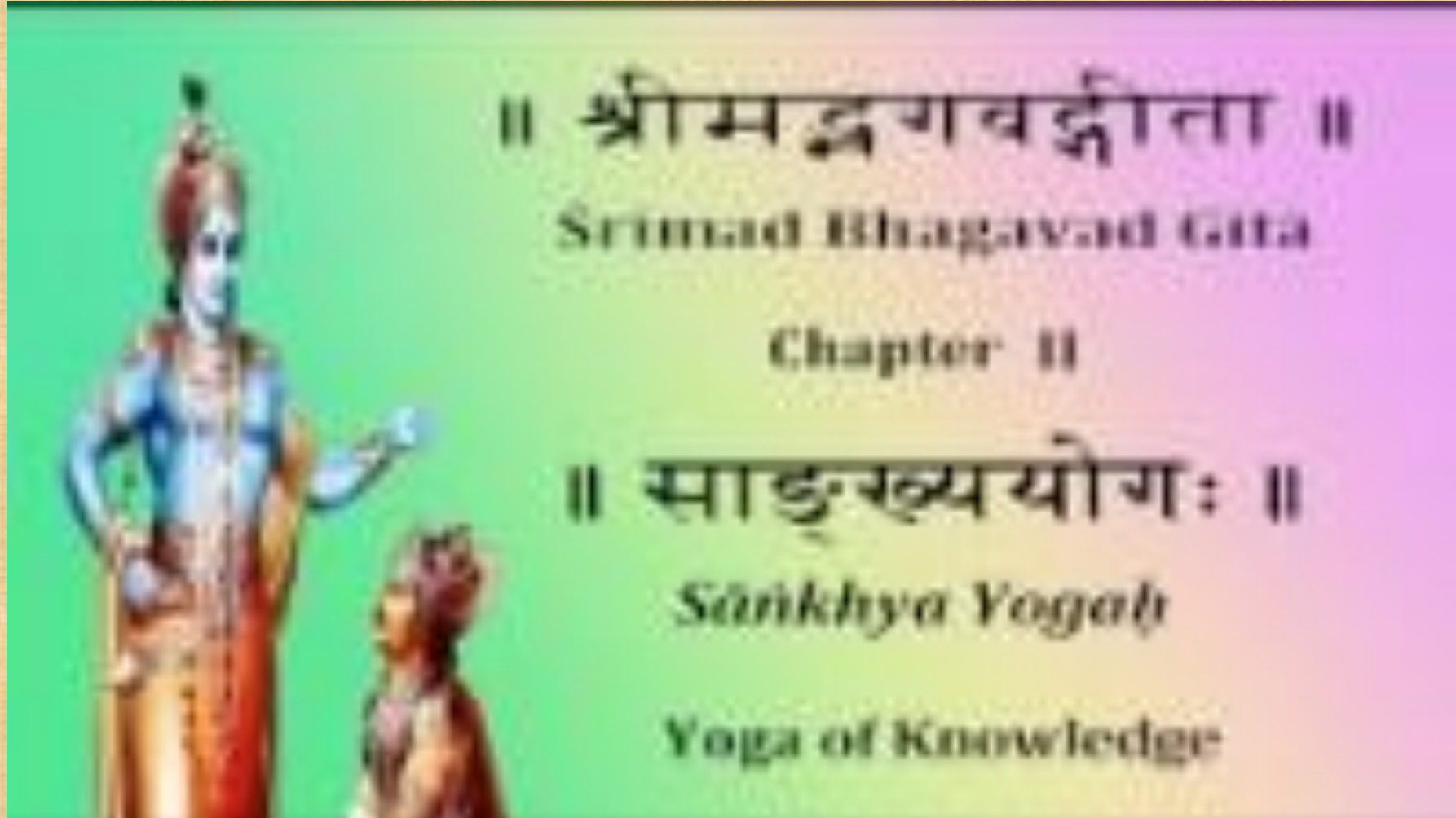
v1 to 11 Arjuna surrenders to Krishna

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

Verse 2.55 & 2.56



Verse 2.55

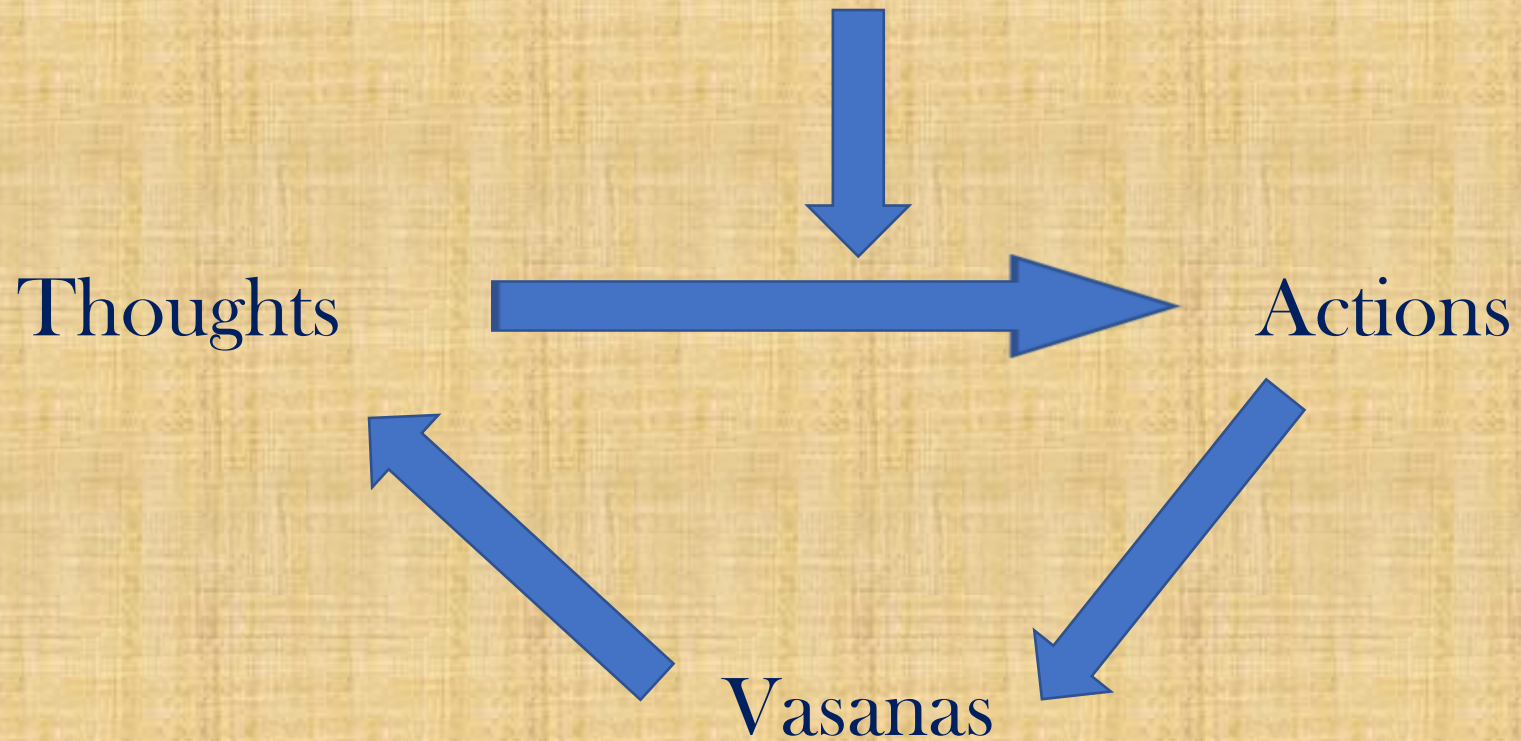
sri-bhagavan uvaca
prajahati yada kaman
sarvan partha mano-gatan
atmany evatmana tustah
sthita-prajnas tadocyate

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).

Intelligent Choice of Thought

Intellect in Knowledge



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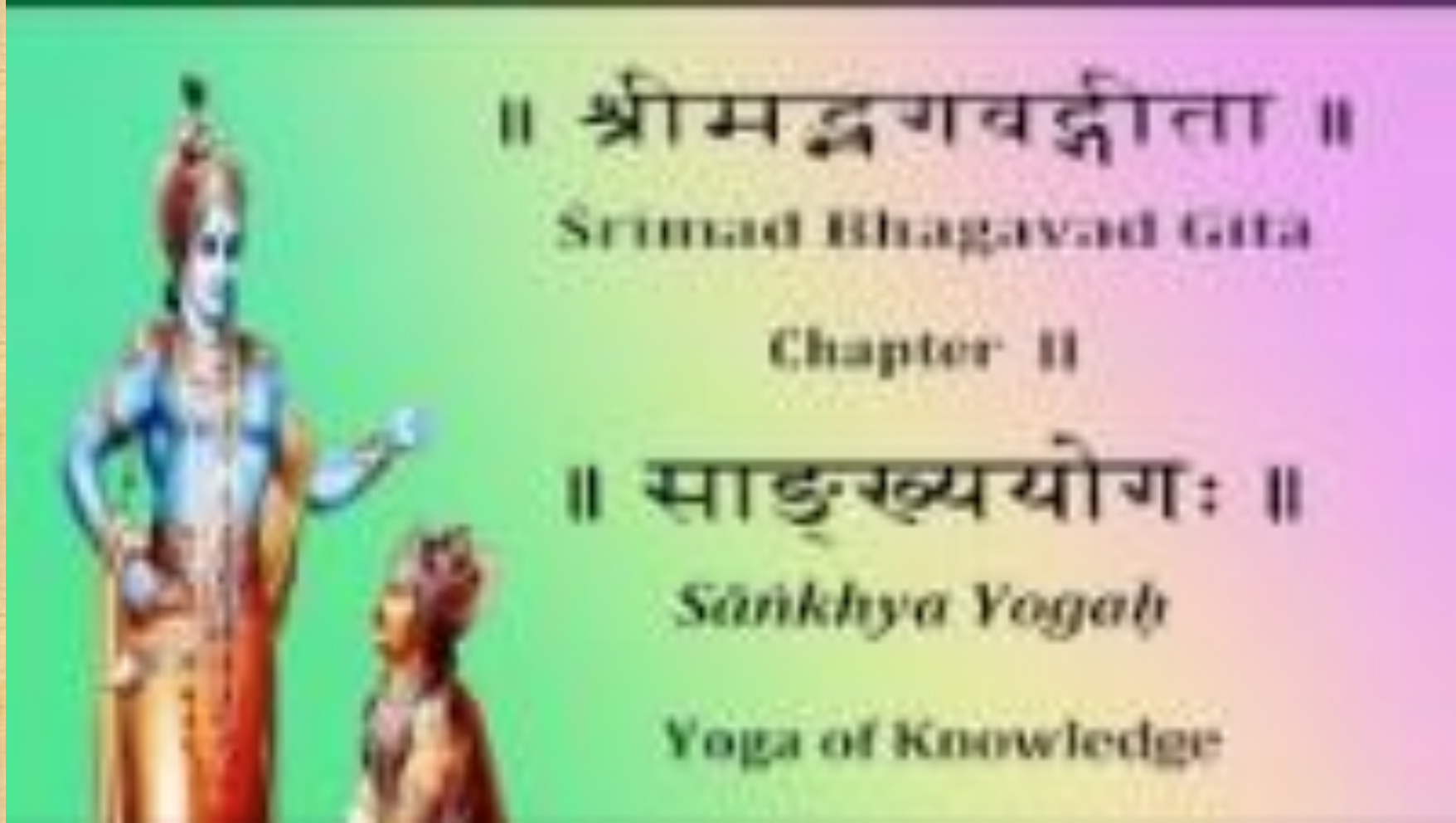
Verse 2.56

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

V2.56

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

Verse 2.57



<https://youtu.be/5u0aYshtfOE?t=1471>

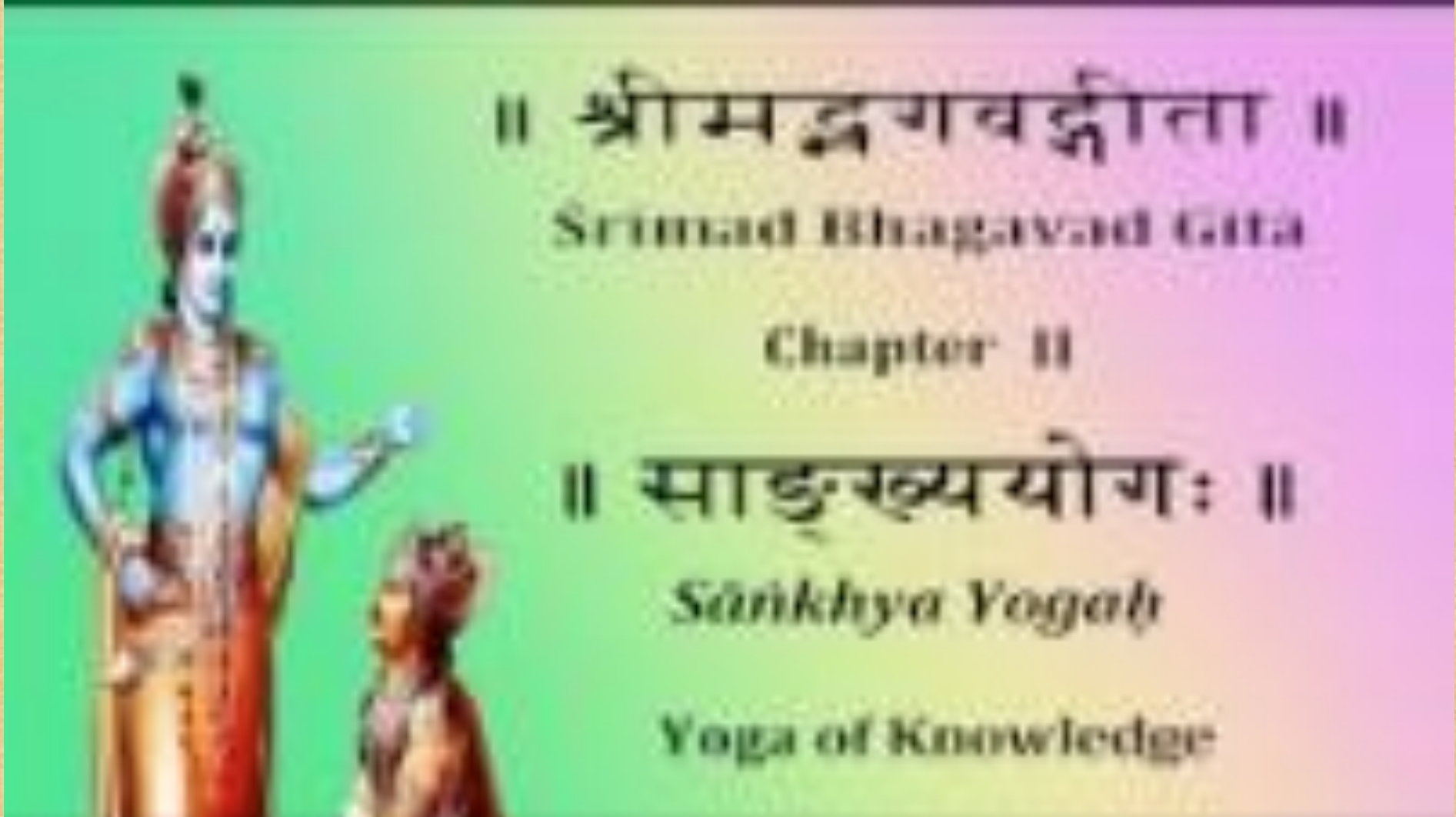
Verse 2.57

yah sarvatranabhisnehas
tat tat prapya subhasubham
nabhinandati na dvesti
tasya prajna pratisthita

V2.57

He goes everywhere in the material world without attachment,
he neither rejoices nor hates when meeting good or bad.
He is fixed in Wisdom.

Verse 2.58



Verse 2.58

yada samharate cayam
kurmo 'nganiva sarvasah
indriyanindriyarthebhyas
tasya prajna pratisthita

V2.58

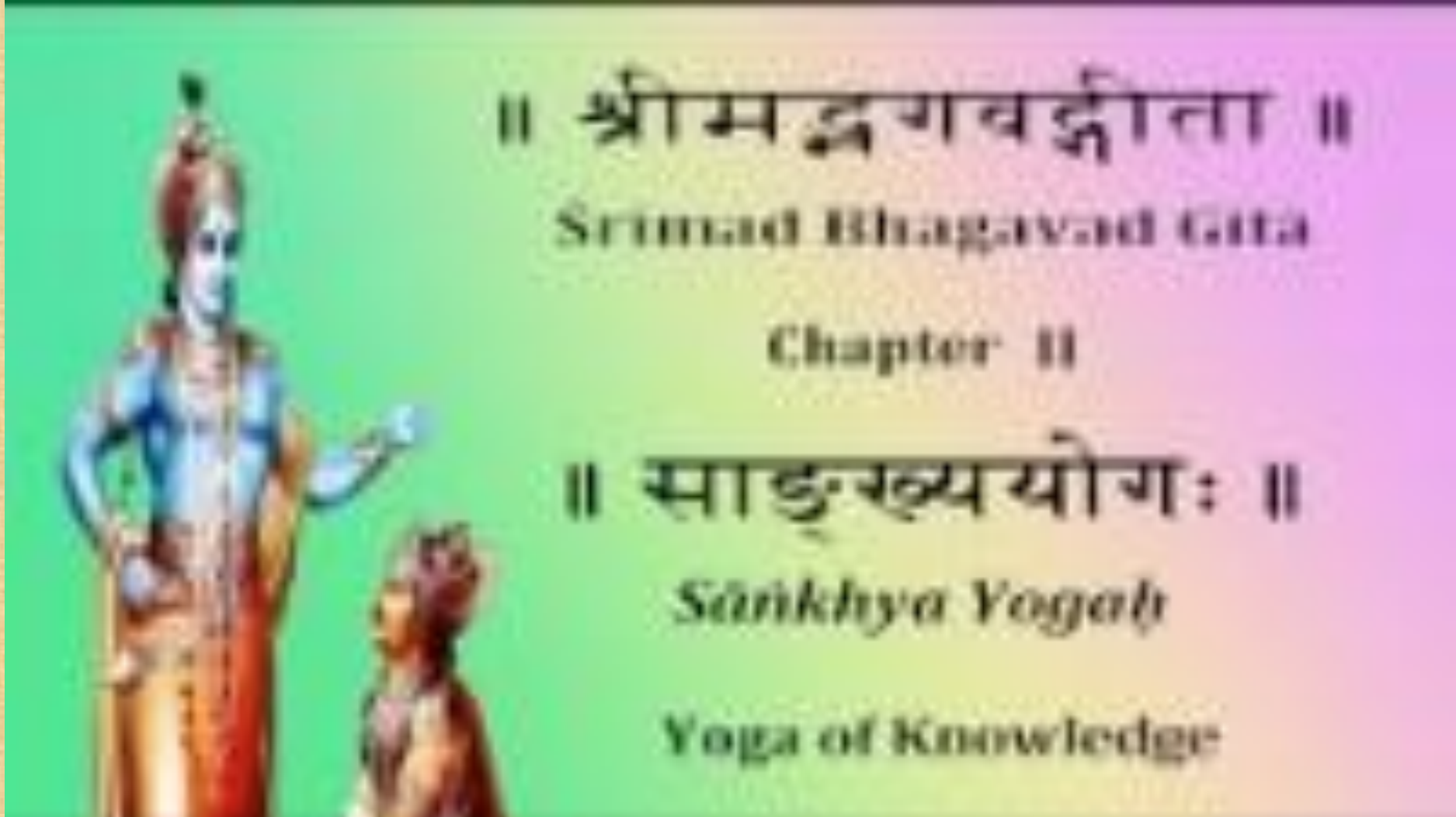
Like a tortoise that withdraws its limbs,
the Perfect Sage withdraws his senses from sense objects.
Then his wisdom becomes steady.

Vedanta - 4 Pillars of Knowledge

Adi Shankaracharya told of 4 means for the Spiritual path.

1. **Viveka** - Discrimination. Real/unreal, Self/non-Self, Good/Pleasant.
2. **Vairagya** - Dispassion. Non-attachment / renunciation of worldly.
3. **Sat sampati** Six virtues -
 - a. Sama - Serenity of mind
 - b. Dama - Conscious intelligent control of senses
 - c. Uparati - Inner satisfaction from commitment to the truth
 - d. Titiksha - Forbearance
 - e. Shraddha - Intense faith based on reasoning, evidence and experience
 - f. Samadhana - Mind fixed on the Truth
4. **Mumukshutva** - Intense desire for liberation.

Verse 2.59



Verse 2.59

visaya vinivartante
niraharasya dehinah
rasa-varjam raso 'py asya
param drstva nivartate

V2.59

The objects of the senses turn away from the abstinent man
but the longing remains.

Upon seeing the Supreme this longing also leaves him.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 5 January 2023 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