

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

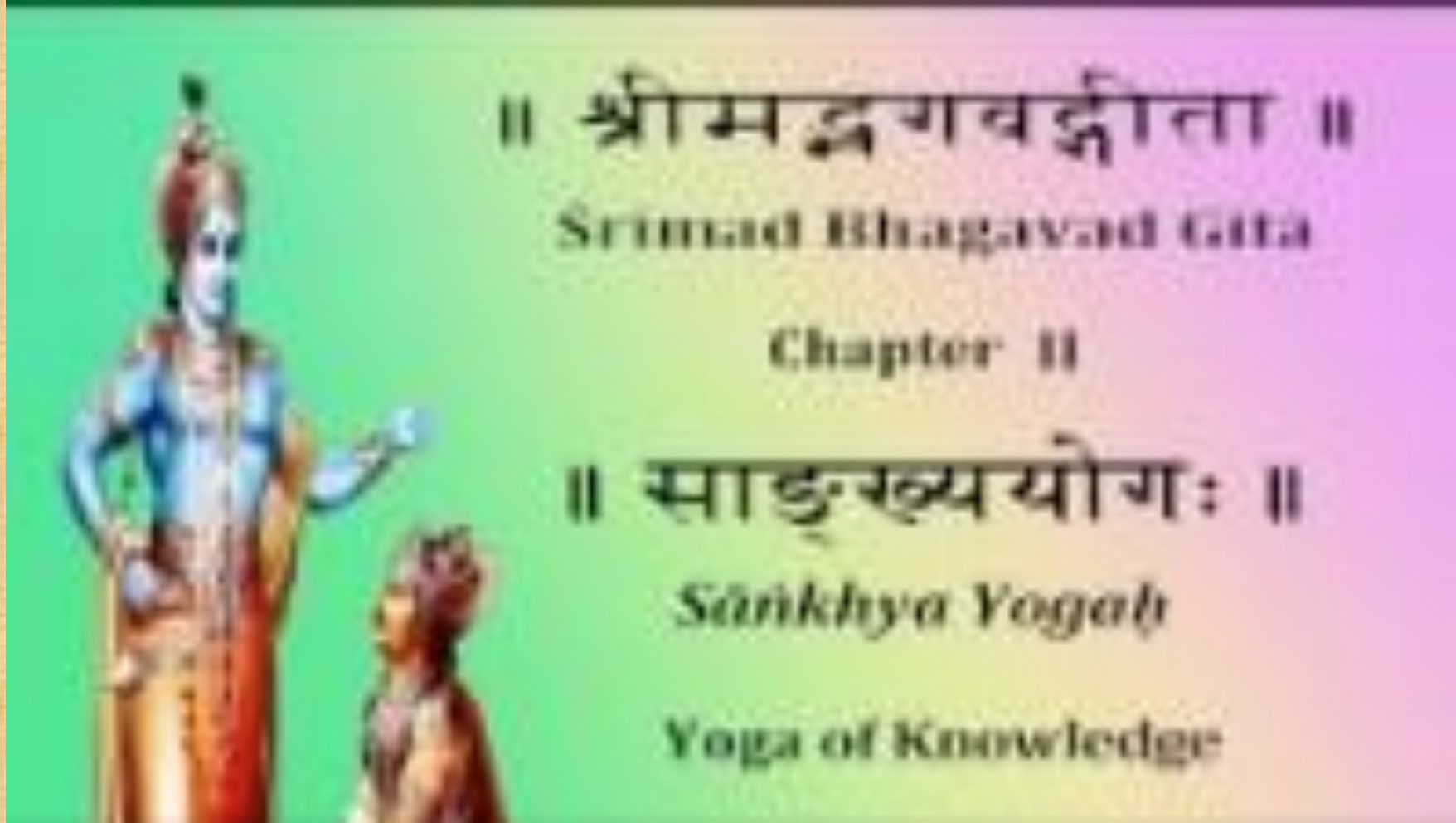
v54 to 72 Signs of a Person in Steady Wisdom
Sthitha Pragna Lakshan

Chapter 2 – Sthitha Pragna Lakshan

v55 to 72 Signs of a Person in Steady Wisdom

- Given up all desires
- Satisfaction in the Self by the Self
- Unshaken by adversities
- Does not hanker after pleasures
- Free from attachments, fear and anger
- Conscious control of his senses
- Longing for sense objects leaves him

Verse 2.57 to 2.59



<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

yada samharate cayam
kurmo 'nganiva sarvasah
indriyanindriyarthebhyas
tasya prajna pratisthita

V2.58

One who is able to withdraw his senses from sense objects, as the tortoise draws his limbs within the shell, is firmly fixed in perfect consciousness.

Verse 2.59

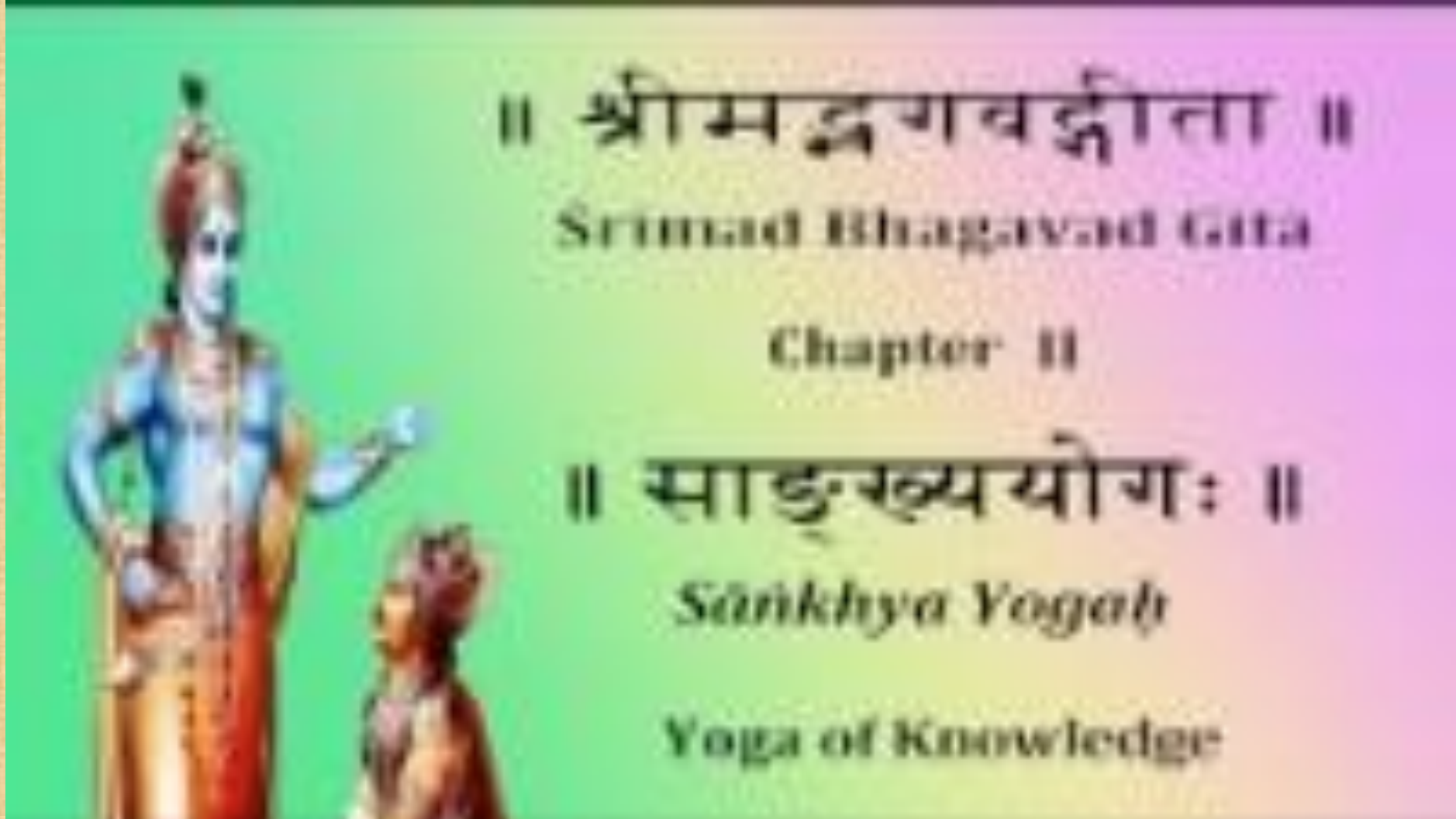
visaya vinivartante
niraharasya dehinah
rasa-varjam raso 'py asya
param drstva nivartate

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.

The embodied soul may be restricted from sense enjoyment, though
the taste for sense objects remains. But, ceasing such engagements by
experiencing a higher taste, he is fixed in consciousness.

Verse 2.60



Verse 2.60

yatato hy api kaunteya
purusasya vipascitah
indriyani pramathini
haranti prasabham manah

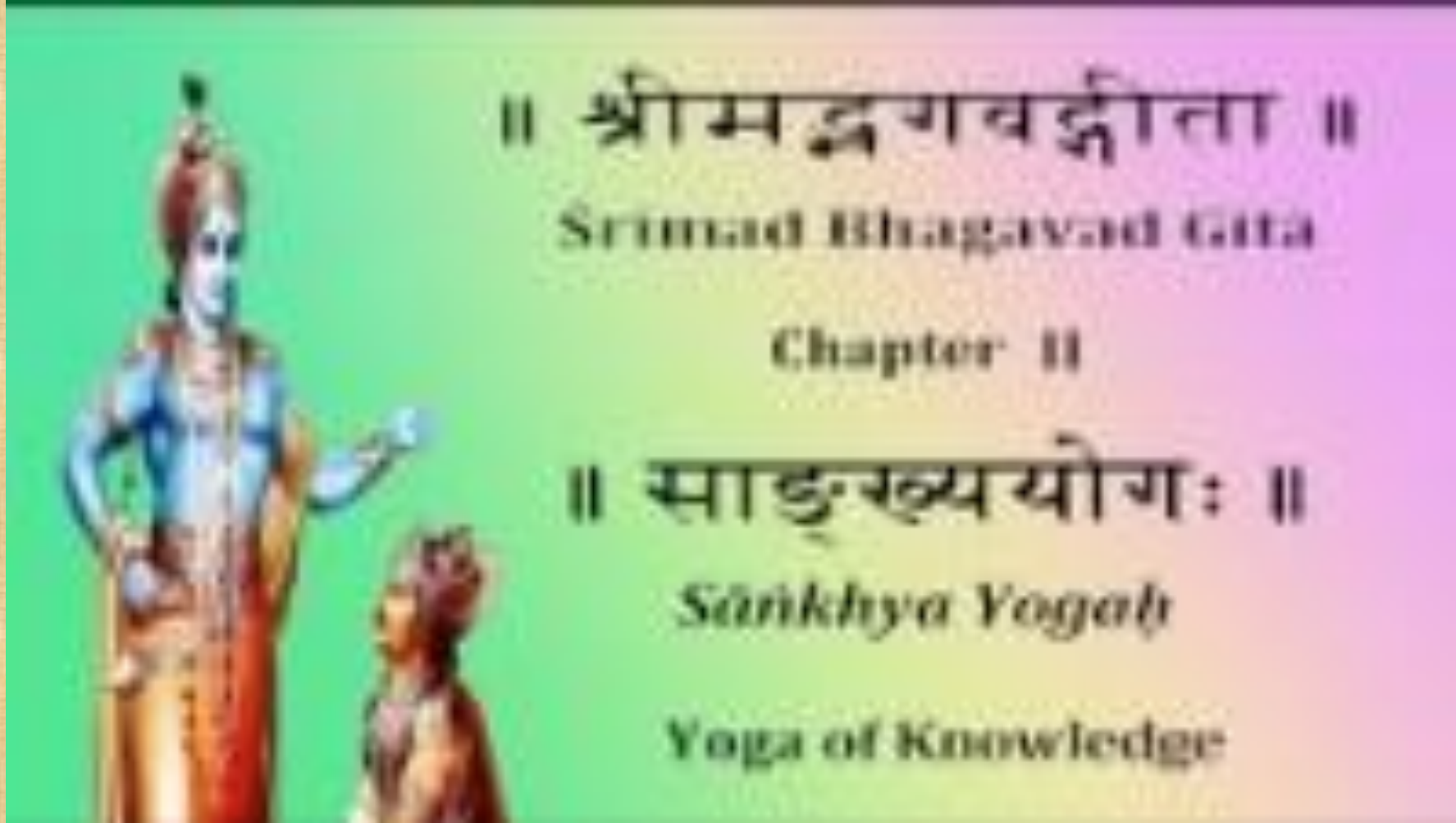
V2.60

The turbulent senses O son of Kunti do violently carry away the mind of a wise man, though he may be striving to control them

Chariot



Verse 2.61



Verse 2.61

tani sarvani samyamya
yukta asita mat-parah
vase hi yasyendriyani
tasya prajna pratisthita

V2.61

One who restrains his senses and fixes his consciousness upon Me is known as a man of steady intelligence.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 12 January 2023 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