

# 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

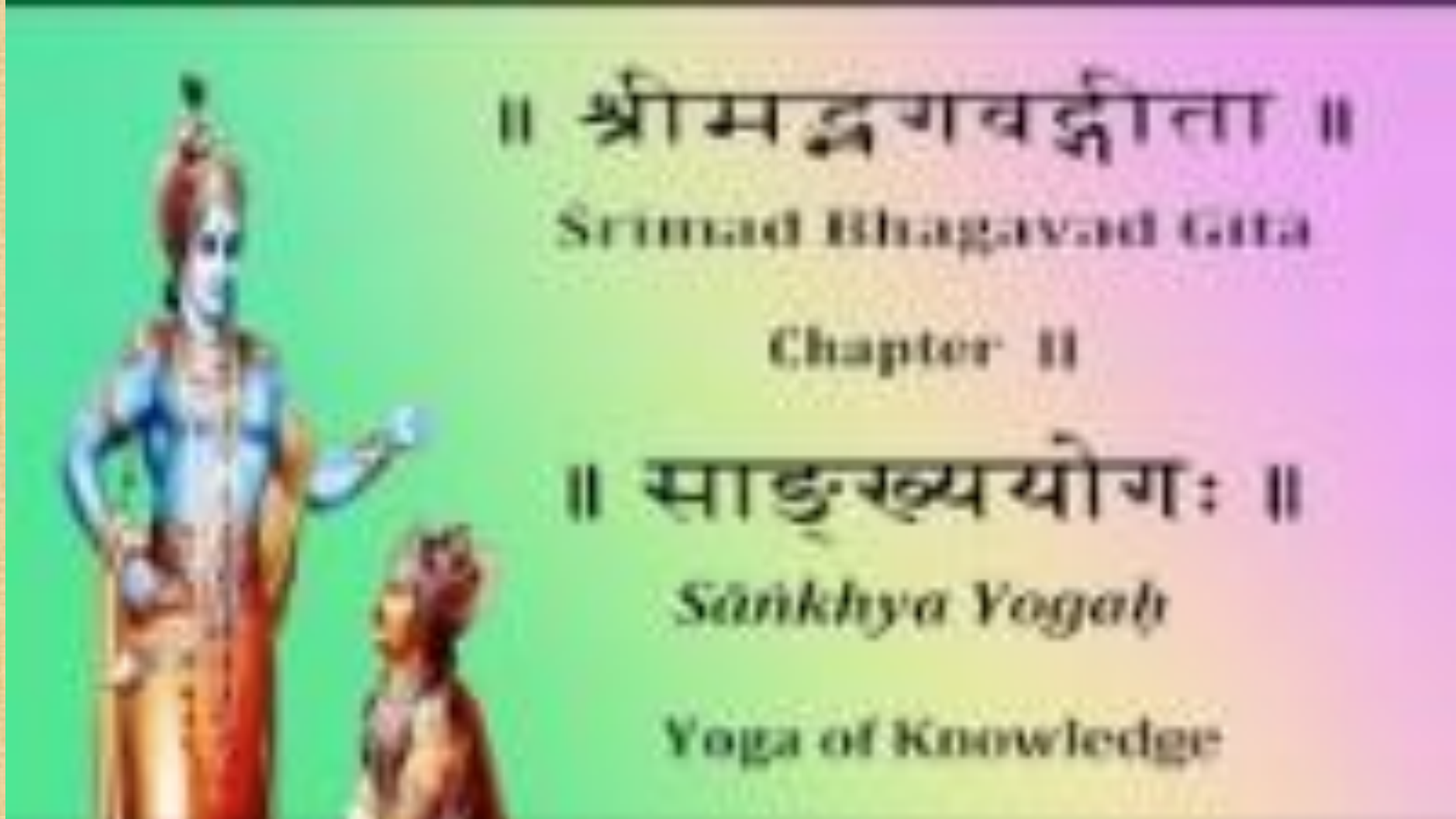
- Given up all desires
- Satisfaction in the Self by the Self
- Equipoise in adversities and in prosperity
- Free from attachments, fear and anger
- Conscious control of his senses - tortoise
- Longing for sense objects leaves him

# Chapter 2 – Sthitha Pragna Lakshan

For the serious seeker:

- Although abstinent the longing remains
- The turbulent senses can carry away the mind
- Restrain the senses and focus on the Supreme

# Verse 2.60 & 2.61



## Verse 2.60

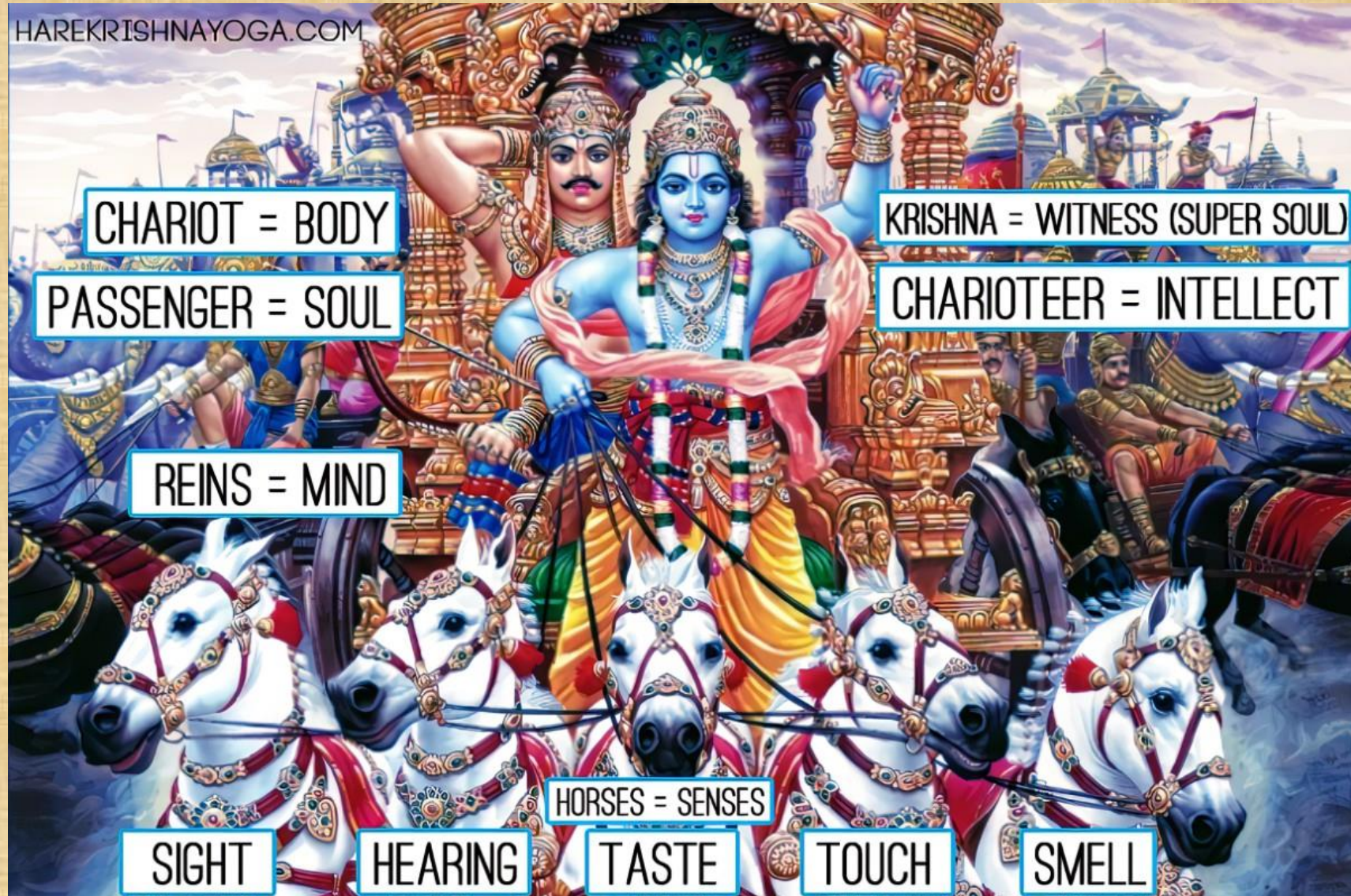
yatato hy api kaunteya  
purusasya vipascitah  
indriyani pramathini  
haranti prasabham manah

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

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.

## Verse 2.61 - Bhakti

*Shravana* - Listen to the Lords name, stories, scriptures

*Kirtana* - Sing praise to the Lord

*Smarana* - Remember the Lords name and form

*Pada Sevana* - Serve at the Lords feet (Service to the needy)

*Archana* - Worship of the Lord

*Vandana* - Devotional prostration to the Lord

*Dasya* - Attitude of Servitude to the Lord

*Sakhya* - Friendship with the Lord

*Atma Nivedana* - Surrender to the Lord

# Verse 2.62 & 2.63





## Verse 2.62 & 2.63

dhyayato visayan pumsah sangas tesupajayate  
sangat sanjayate kamah kamat krodho 'bhijayate

krodhad bhavati sammohah sammohat smrti-vibhramah  
smrti-bhramsad buddhi-naso buddhi-nasat pranasyati

V2.62 & 2.63

When we think of an object, attachment for the object arises. From the attachment desire arises. From desire arises anger.

With anger comes delusion. From delusion comes 'loss of memory', from 'loss of memory' comes the 'destruction of discrimination', from 'destruction of discrimination' he 'perishes'.

# Ladder of Fall

1. Thought *Dhyayato*

2. Attachment *Sangah*

3. Desire *Kamah*

4. Anger *Krodhah*

5. Delusion *Moha*

6. Loss of Memory *Smriti Bhramsad*

7. Destruction of Discrimination

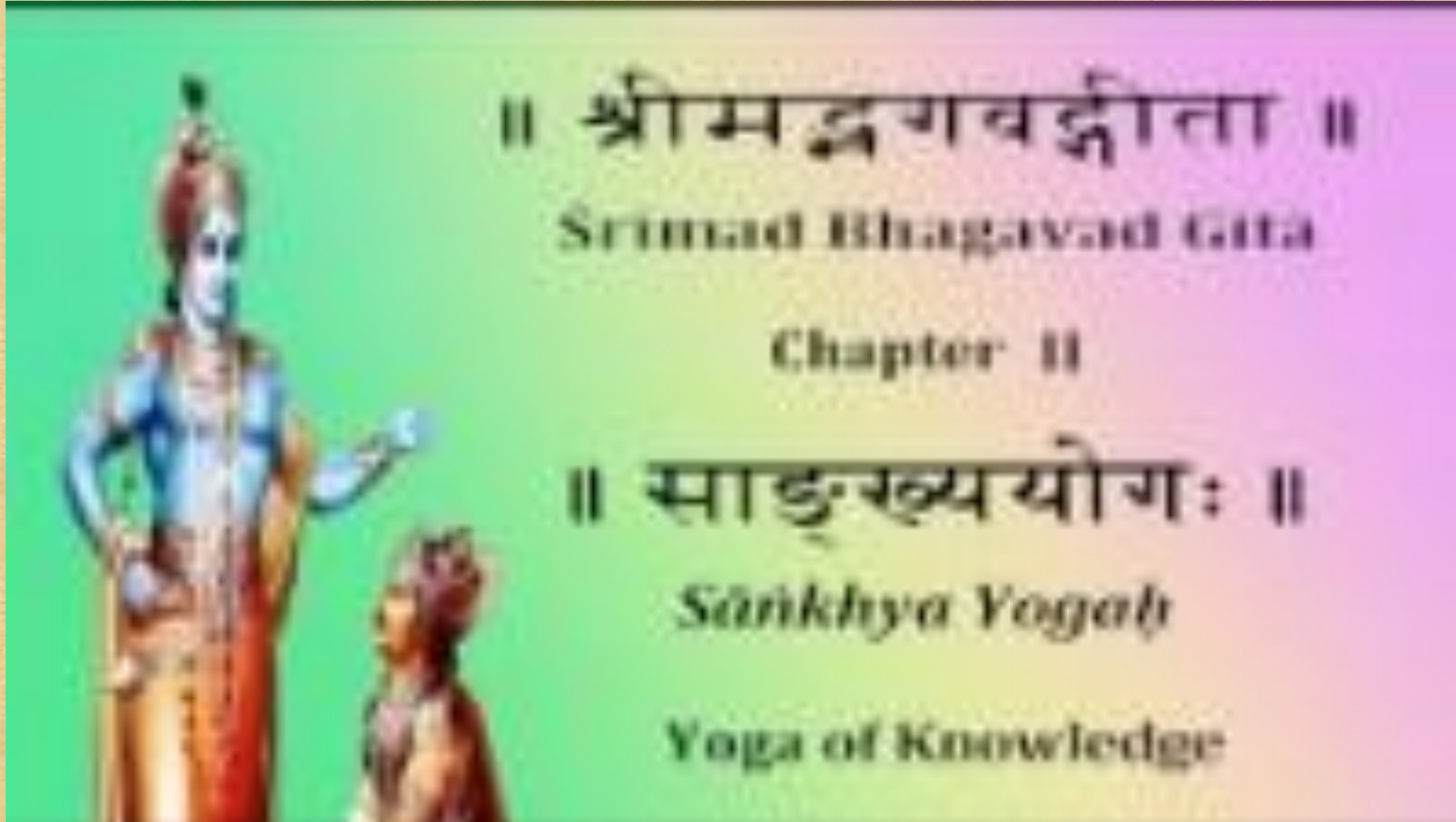
*Buddhi Nasha*

8. Fall from the correct path

*Pranasyati*



# Verse 2.64





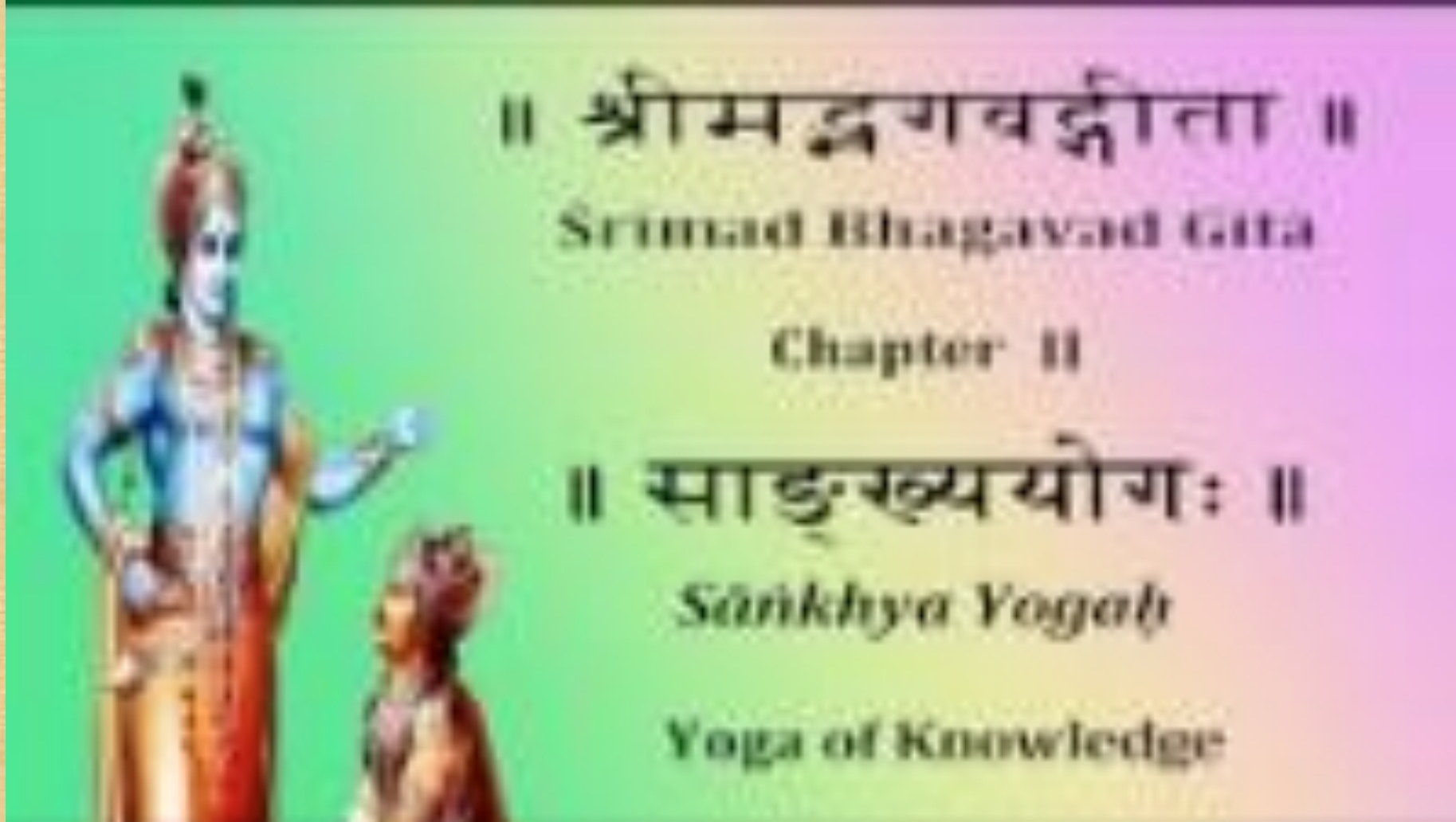
## Verse 2.64

raga-dvesa-vimuktais tu  
visayan indriyais caran  
atma-vasyair vidheyatma  
prasadam adhigacchati

V2.64

The self-controlled person moving among objects with senses under control and free from attraction and repulsion attains peace.

# Verse 2.65



## Verse 2.65

prasade sarva-duhkhanam  
hanir asyopajayate  
prasanna-cetaso hy asu  
buddhih paryavatisthate

V2.65

In that peace all pains and sorrows are destroyed as the intellect of the tranquil minded becomes steady.



# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 19 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