

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

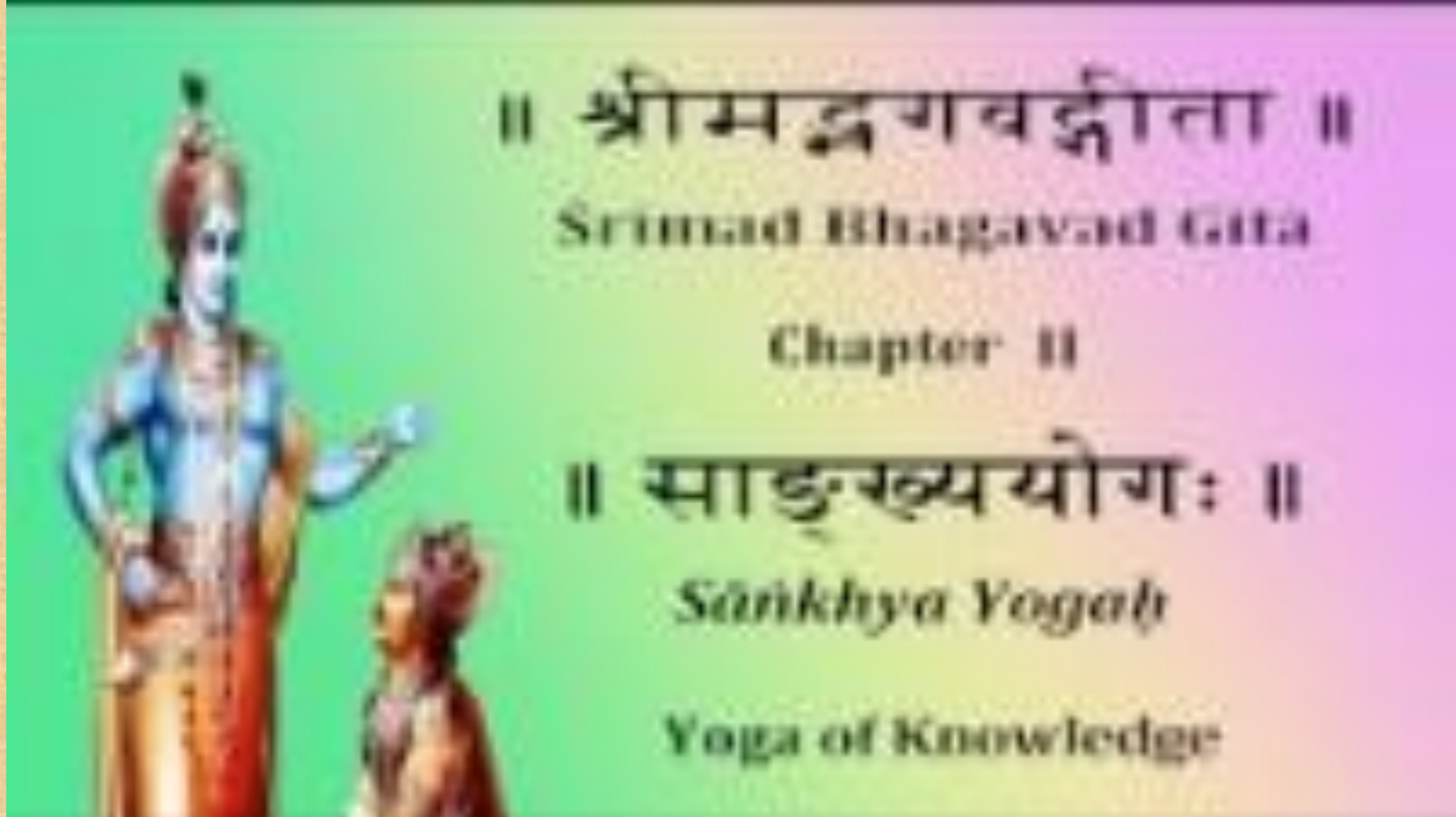
- Given up all desires
- Satisfaction in the Self by the Self
- Equipoise in adversities and in prosperity
- Free from attachments, fear and anger
- Conscious control of his senses - tortoise
- Longing for sense objects leaves him

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
- Ladder of Fall
- Peace result from sense control and avoiding likes and dislikes
- In that peace all pain and sorrows are destroyed

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 contemplate on 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 & 65



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.

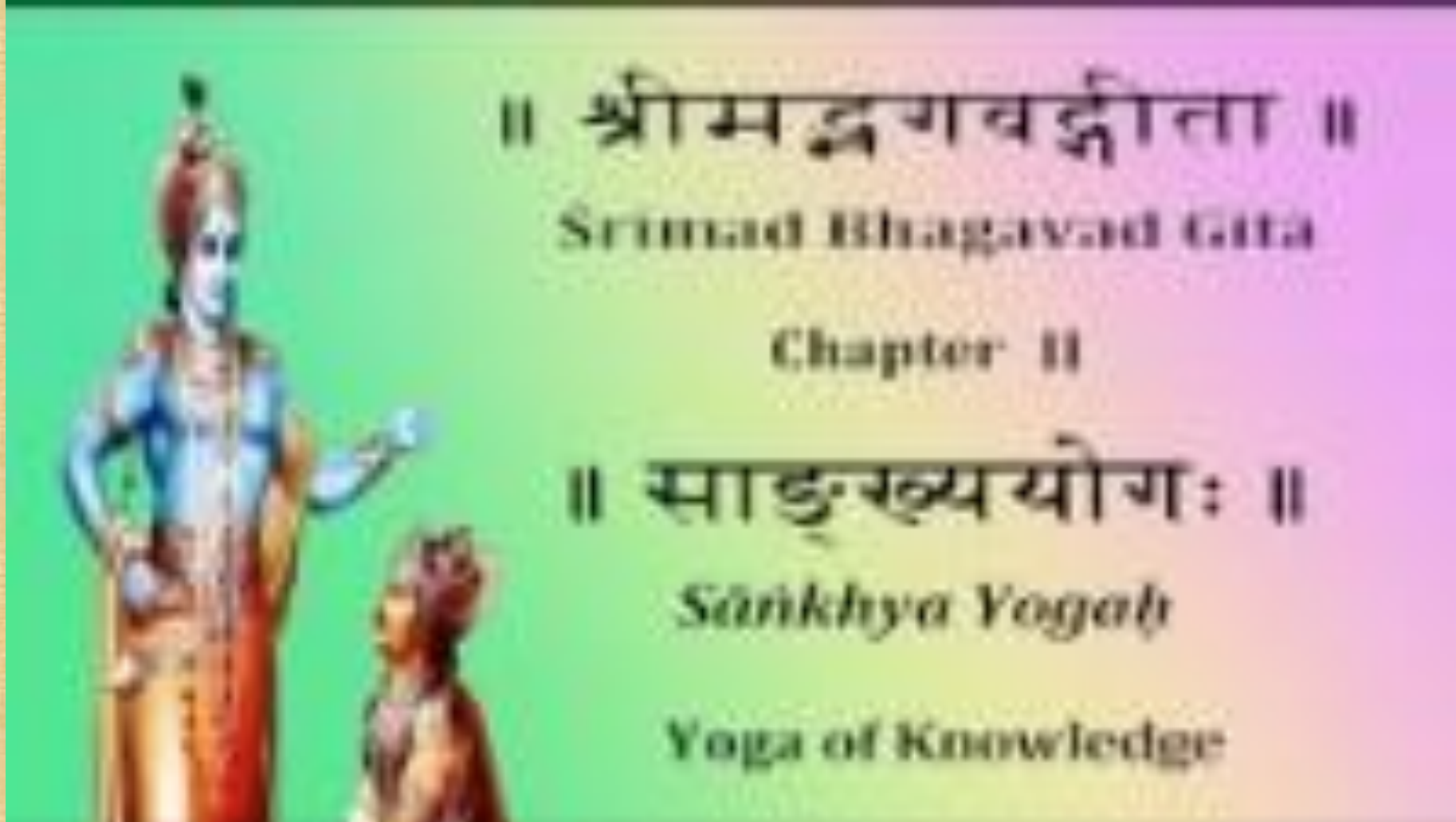
Verse 2.65

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.

Verse 2.66



Verse 2.66

nasti buddhir ayuktasya
na cayuktasya bhavana
na cabhavayatah santir
asantasya kutah sukham

V2.66

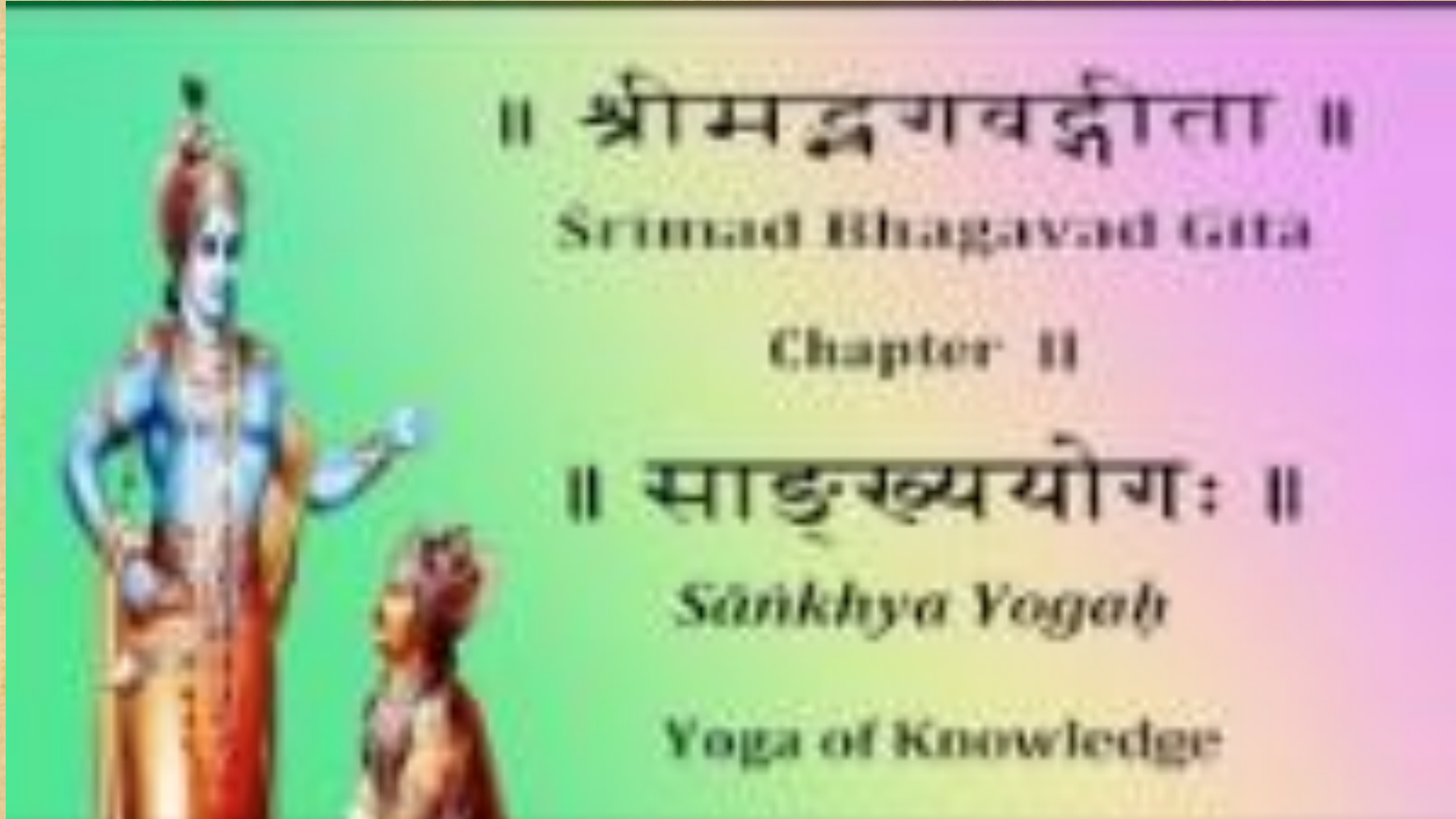
For one with an unsteady mind there is no knowledge of the Self and no meditation, if there is no meditation then there is no Peace.

Without Peace how can there be Happiness?

Path to Happiness



Verse 2.67



Verse 2.67

indriyanam hi caratam
yan mano 'nuvidhiyate
tad asya harati prajnam
vayur navam ivambhasi

V2.67

Just as a boat on the waters can be carried away by the winds,
the intellect can be carried away by one of the senses
that the mind focuses on.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 26 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