

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

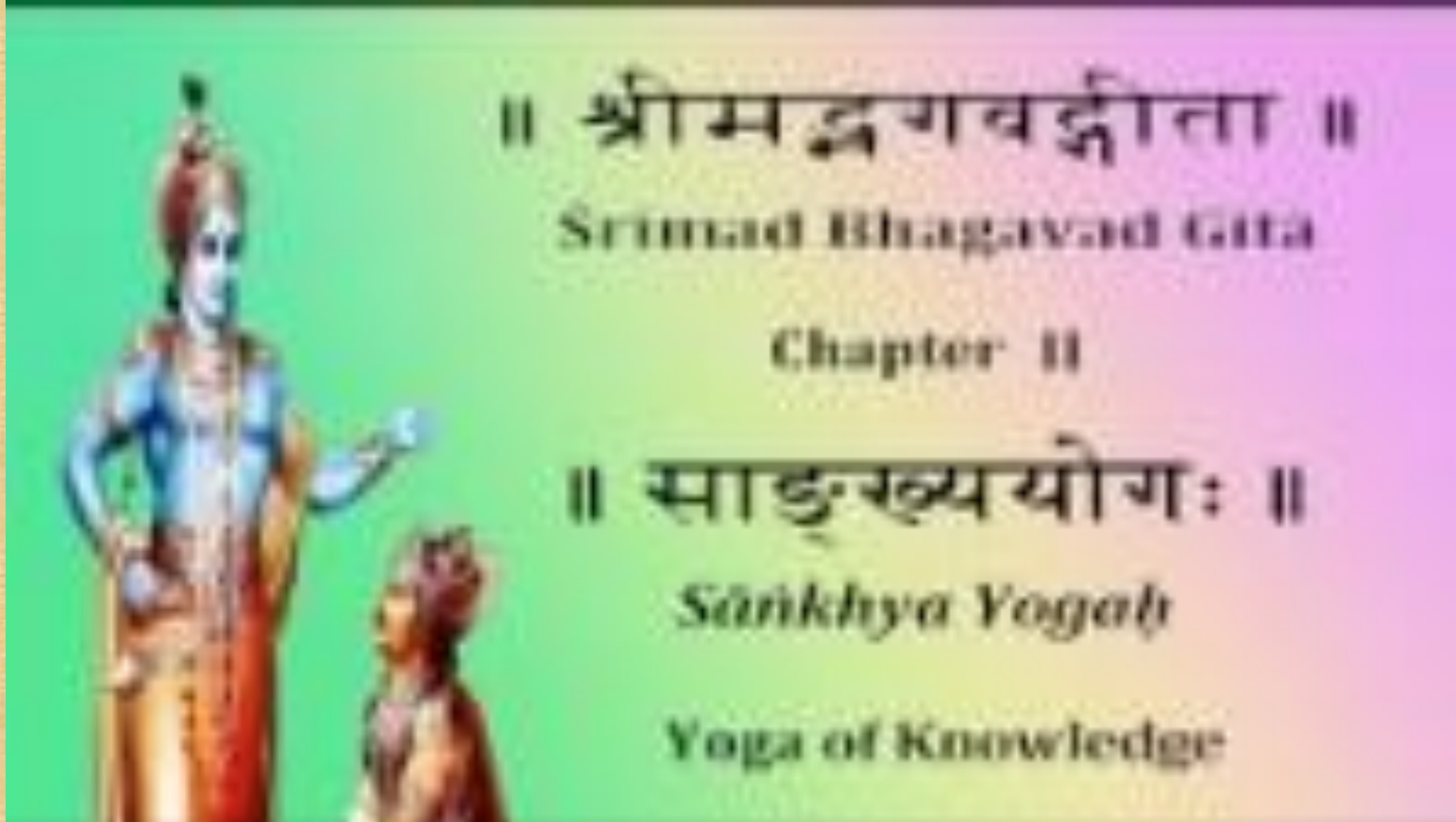
- Given up all desires
- Satisfaction in the Self by the Self
- Equipoise in adversities and in prosperity
- Free from attachments, fear and anger
- Conscious control of his senses - tortoise
- Longing for sense objects leaves him

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
- Peace of a steady mind leads to the Path to Happiness
- The mind and senses can blow the intellect off course

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.

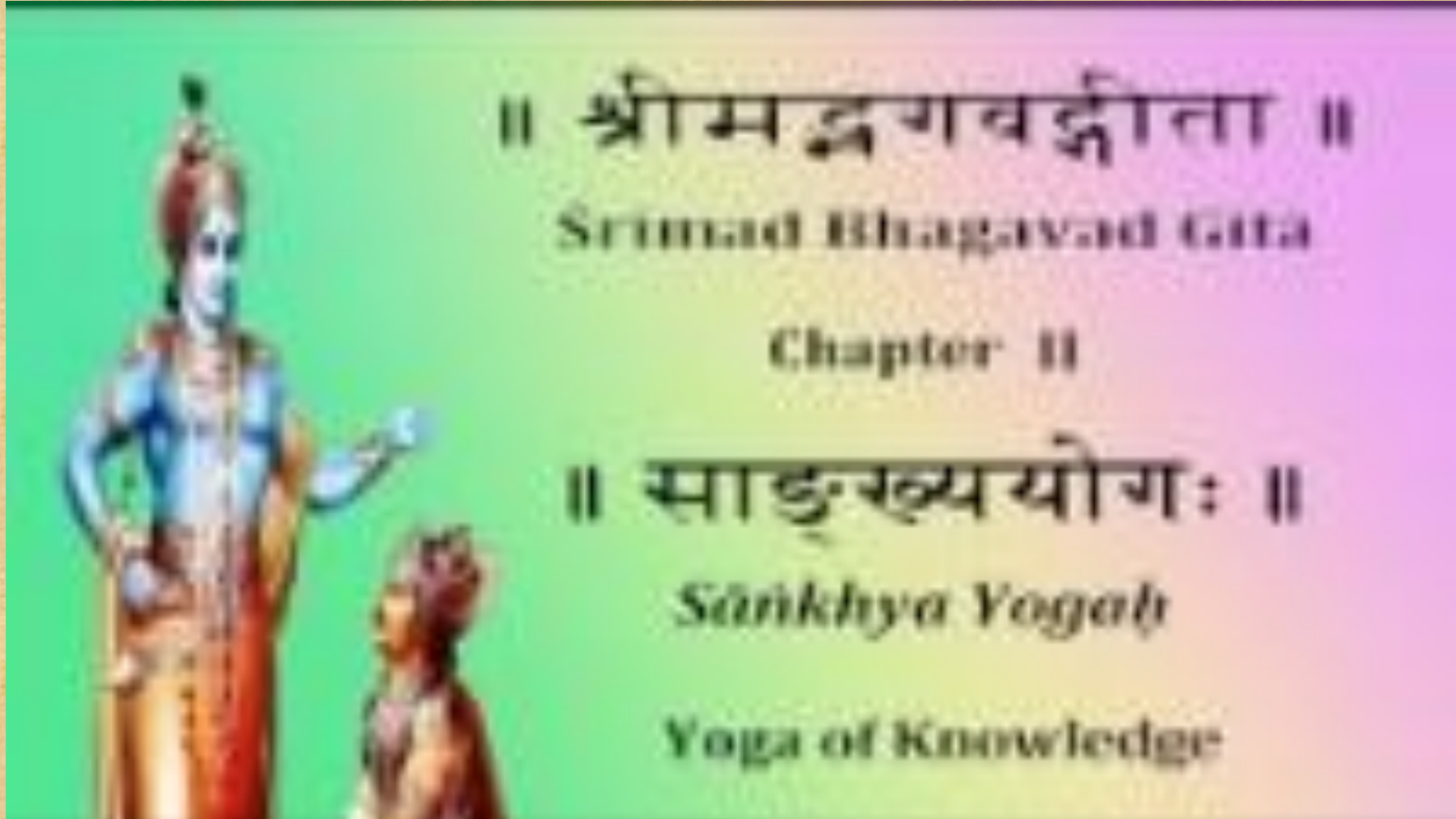
Without Peace how can there be Happiness?

Matrix of Spiritual Practice (Vedanta)

Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravanam</i> - Hear <i>Mananam</i> - Contemplate <i>Nidhidhyasana</i> - Meditate
<i>Vikshepa</i> – Unfocused	<i>Ekagrata</i> - Focus	<i>Upasana</i> – Meditate
<i>Chitta Mala</i> – Impure Mind	<i>Chitta Sudhi</i> – Purity of Mind	<i>Karma Yoga</i> – Path of Action

Based on Swami Sarvapriyananda talks

Verse 2.67



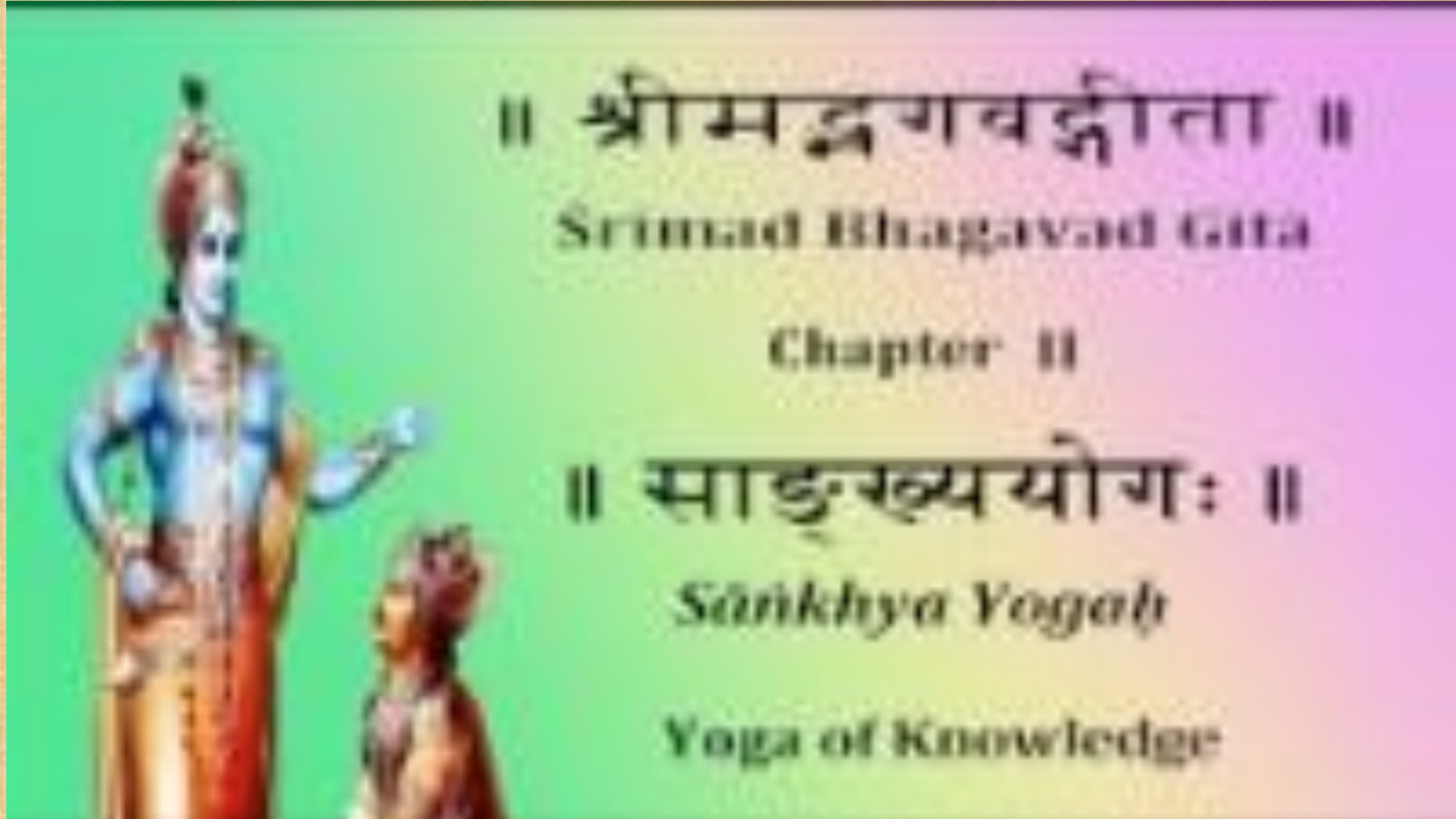
Verse 2.67

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.

Verse 2.68



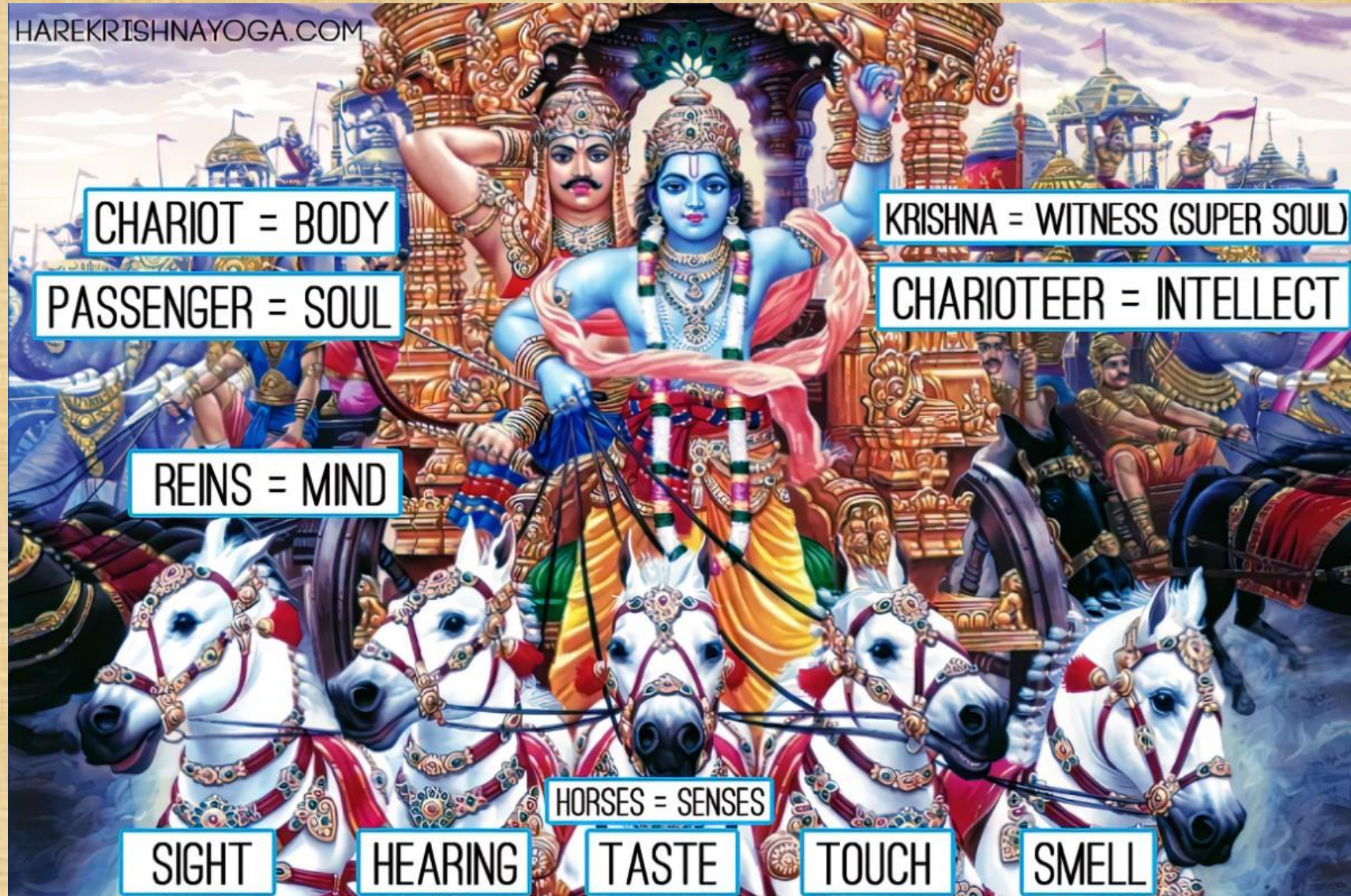
Verse 2.68

tasmad yasya maha-baho
nigrhitani sarvasah
indriyanindriyarthebhyas
tasya prajna pratisthita

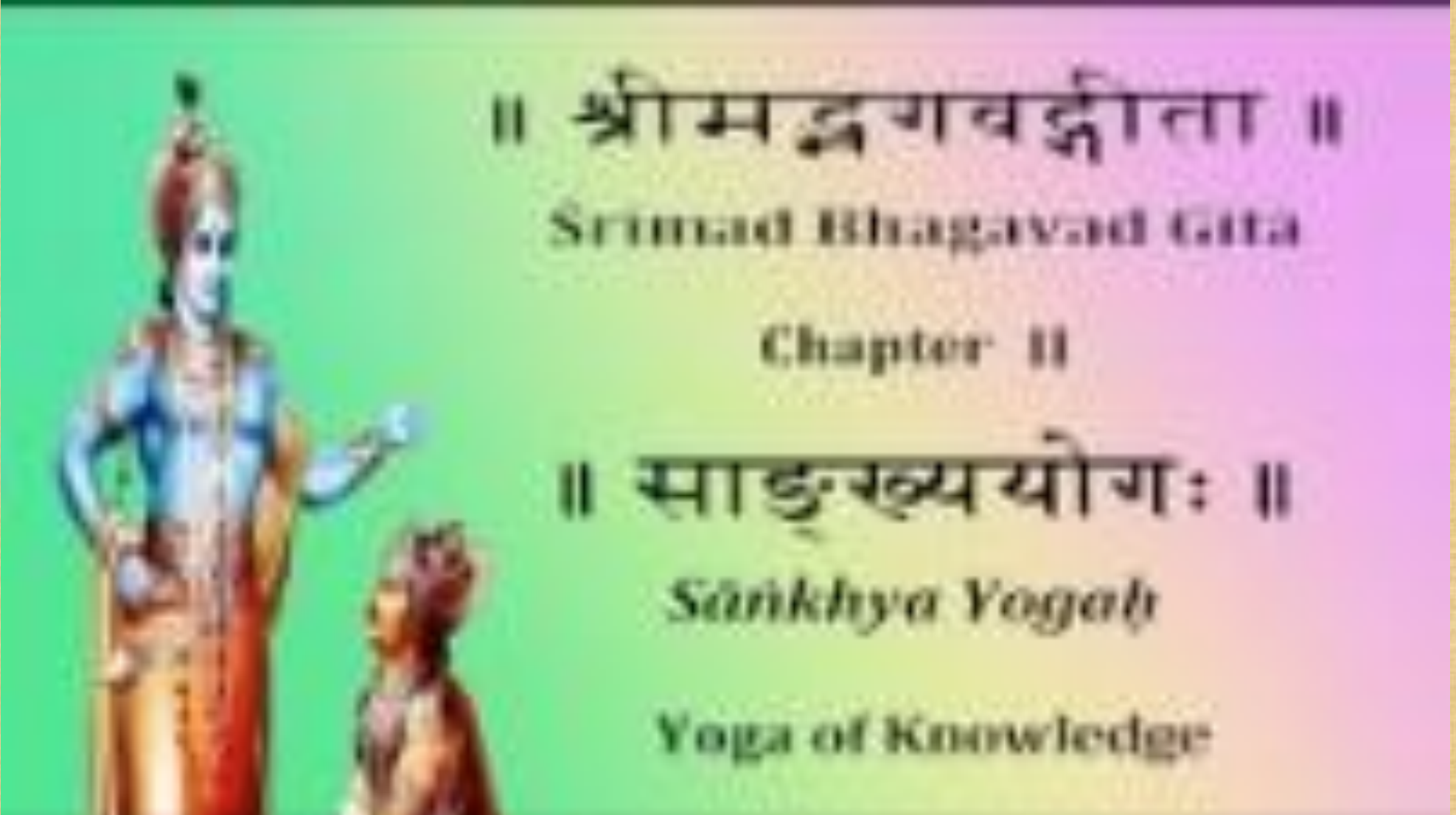
V2.68

Therefore, O mighty-armed, one whose senses are restrained from their objects is certainly steady in Knowledge.

Chariot



Verse 2.69



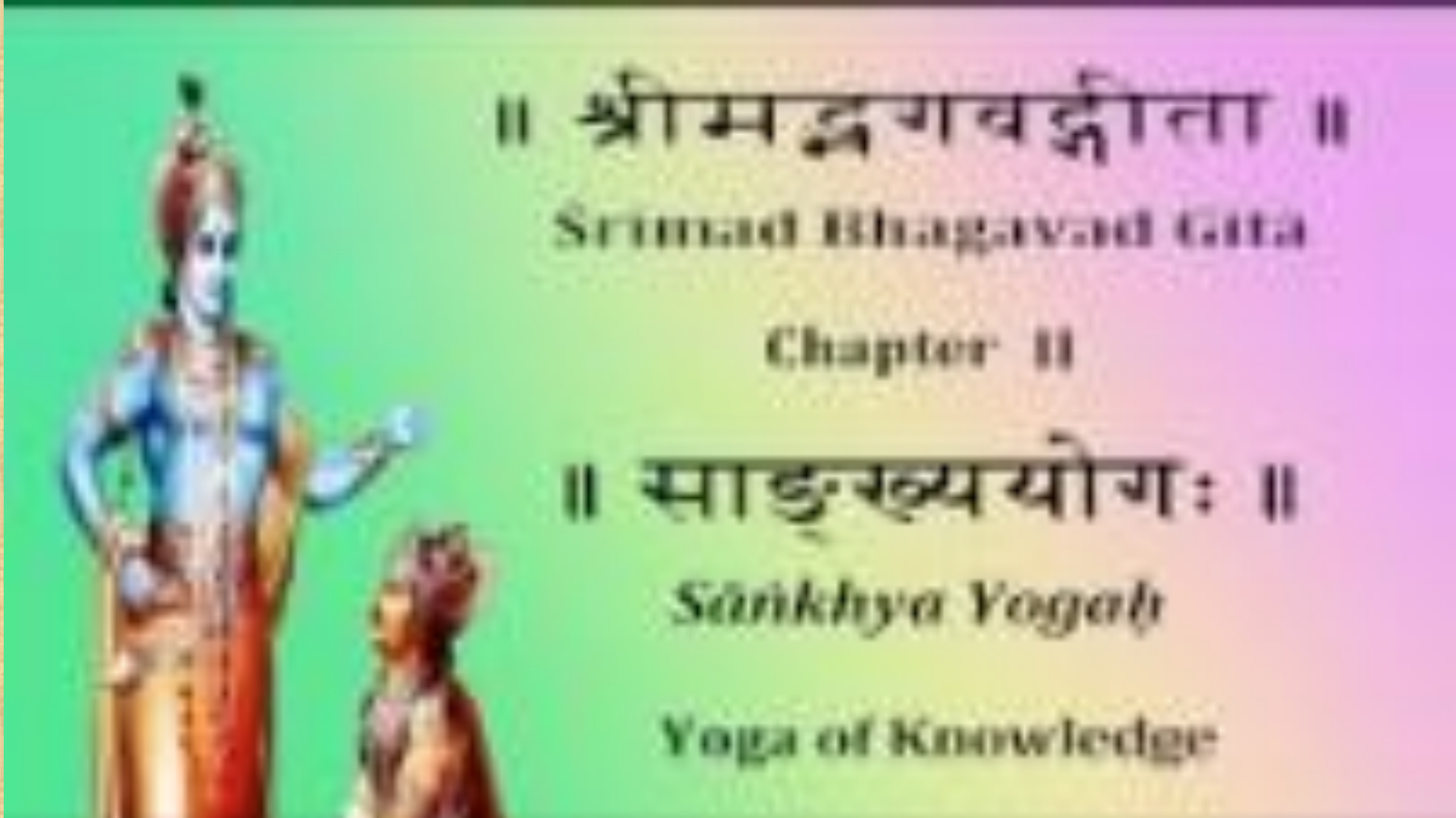
Verse 2.69

ya nisa sarva-bhutanam
tasyam jagarti samyami
yasyam jagrati bhutani
sa nisa pasyato muneh

V2.69

That which is night for all beings, the self-controlled person is awake.
Where others are awake that is night for the Sage who sees.

Verse 2.70



Verse 2.70

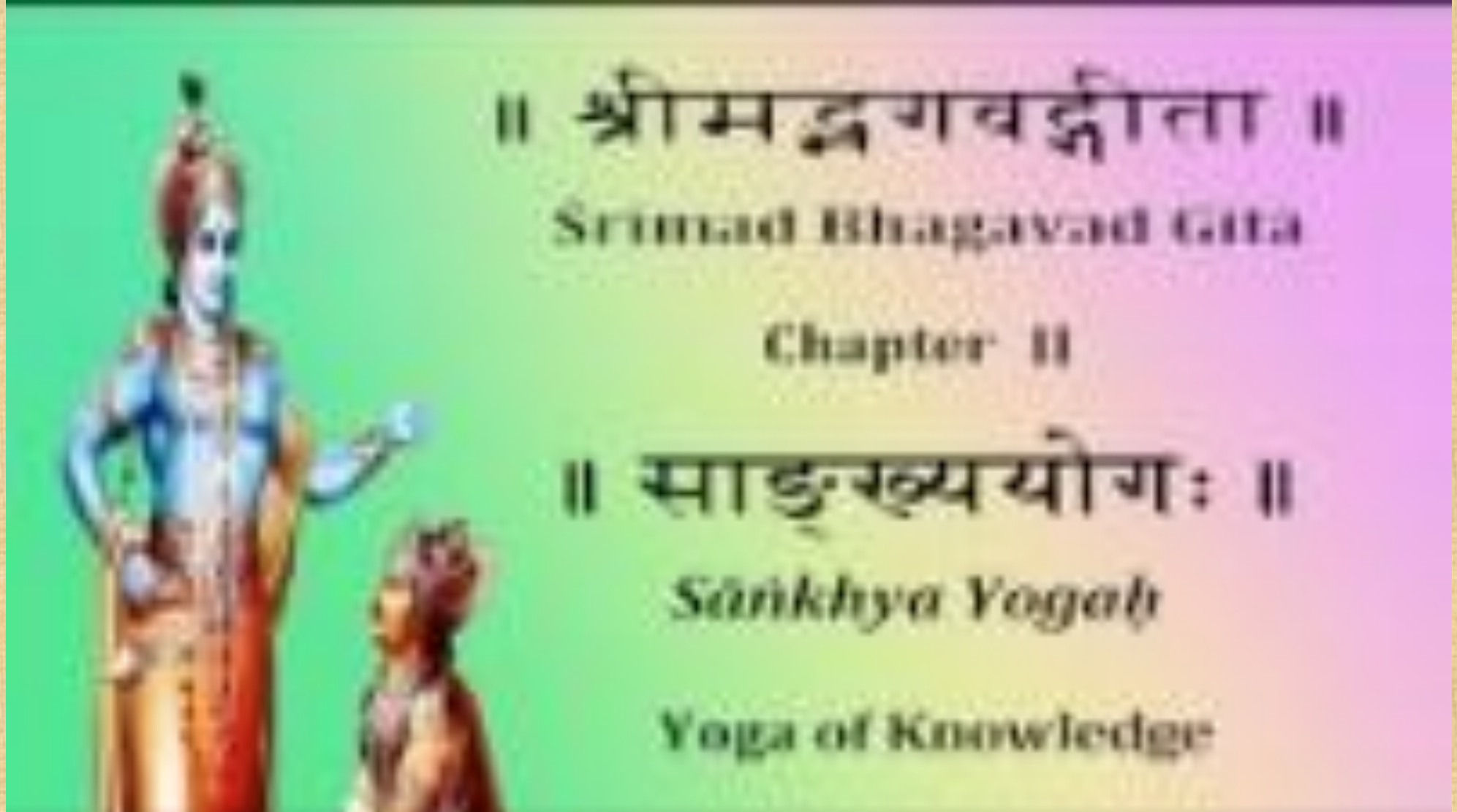
apuryamanam acala-pratistham
samudram apah pravrisanti yadvat
tadvat kama yam pravrisanti sarve
sa santim apnoti na kama-kami

V2.70

A person who is undisturbed by the continuous flow of desires,
like the ocean into which rivers flow and yet the ocean remains still,
only he achieves peace.

The person who is the desirer of desires will not achieve peace.

Verse 2.71



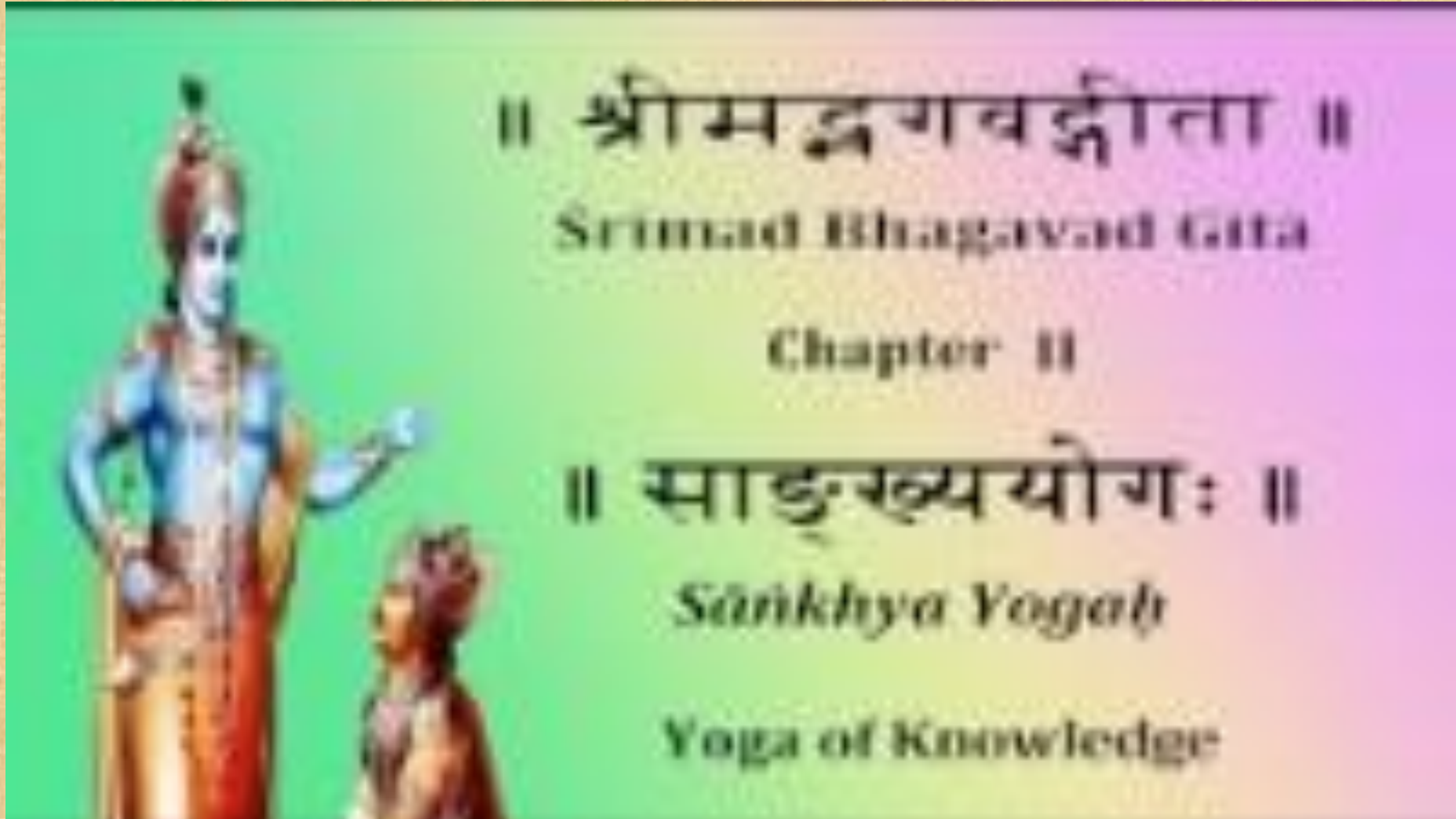
Verse 2.71

vihaya kaman yah sarvan
pumams carati nihsprhah
nirmamo nirahankarah
sa santim adhigacchati

V2.71

Abandon all desires for material objects,
move without longing and without the sense of I-ness or my-ness
and you attain peace.

Verse 2.72



Verse 2.72

esa brahmi sthitih partha
nainam prapya vimuhyati
sthitvasyam anta-kale 'pi
brahma-nirvanam rcchati

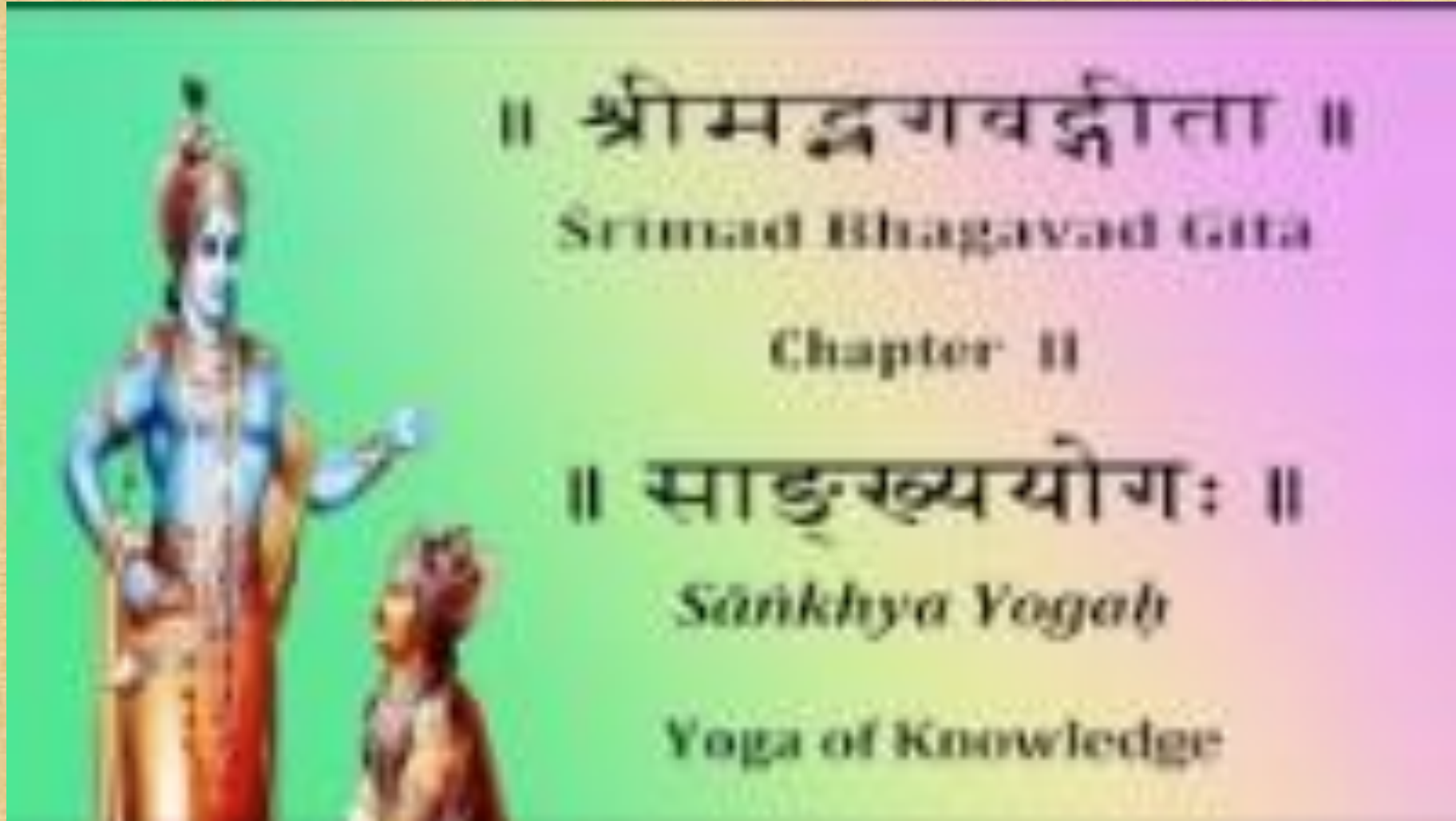
V2.72

O Arjuna, this is the Brahmi-state. Attaining this none is deluded.

If one becomes established even at the time of death

one can attain oneness with Brahman (attain the kingdom of God).

End of Chapter 2



Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 2 February 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