

Bhagavad Gita

Please put your mobiles on silent.

Those on Zoom please remain on mute especially during the prayers and chanting.

We plan to record and share this Zoom meeting.

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

Study of the Gita

- Read
- Understand
- Put in practice

How?

- Shravanam - Hear the Truth
- Mananam - Contemplate the Truth
- Nidhidhyasana - Live the Truth

Study of the Gita

3 things to keep in mind when studying the Gita

1. Why am I studying the Gita
2. Who is teaching
3. How do I use the teachings in my life

Summary of Chapter 1

- Pandava and Kaurava armies have assembled to fight a war.
- The battle is about to commence.
- Arjuna asks Krishna to take the chariot between the armies.
- He sees Bhishma, Drona and other relatives and friends.
- He is affected by severe anxiety. He does not want to fight.
- Arjuna has a crisis of identity and crisis of choice of action.
- Why is this?

Reason for Arjuna's distress

- Choices being made in Ignorance
- He wants knowledge
- Krishna has the Knowledge
- Knowledge of the Self - Atman

Chapter 2

Sankhya Yoga

The Path of Knowledge

Chapter 2 – Sankhya Yoga

- Sankhya means Reasoning, Logic, Knowledge
- Sankhya is one of the school of Hindu philosophy – Logic
- Summary of the Gita

Chapter 2 - Sankhya Yoga

1 - 9 To receive knowledge one needs to surrender.

These verses shows how Arjuna surrenders to Krishna.

10 - 30 Gyana Yoga - Path of Knowledge of the Self

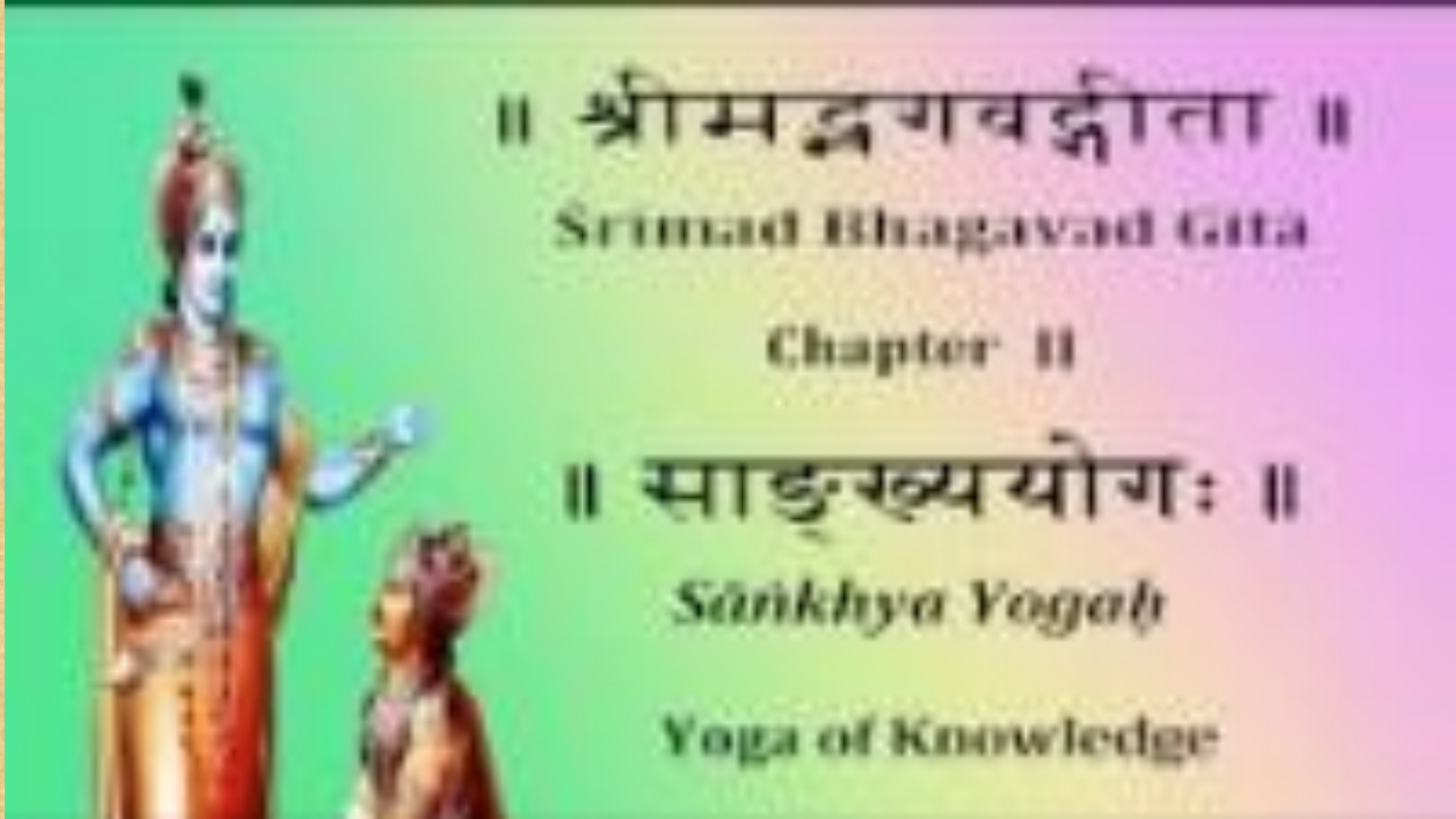
31 - 49 Karma Yoga - Path of action

50 - 51 Bhakti Yoga - Path of Devotion

52 - 53 Yoga of Renunciation

54 to 72 Self-realized Person

Verse 2.1



Verse 2.1

sanjaya uvaca

tam tatha krpayavistam asru-purnakuleksanam

visidantam idam vakyam uvaca madhusudanah

Sanjaya said:

V2.1

To him who was thus overcome with pity and despondency,
with eyes full of tears and agitated, Madhusudana spoke these words.

Verse 2.1

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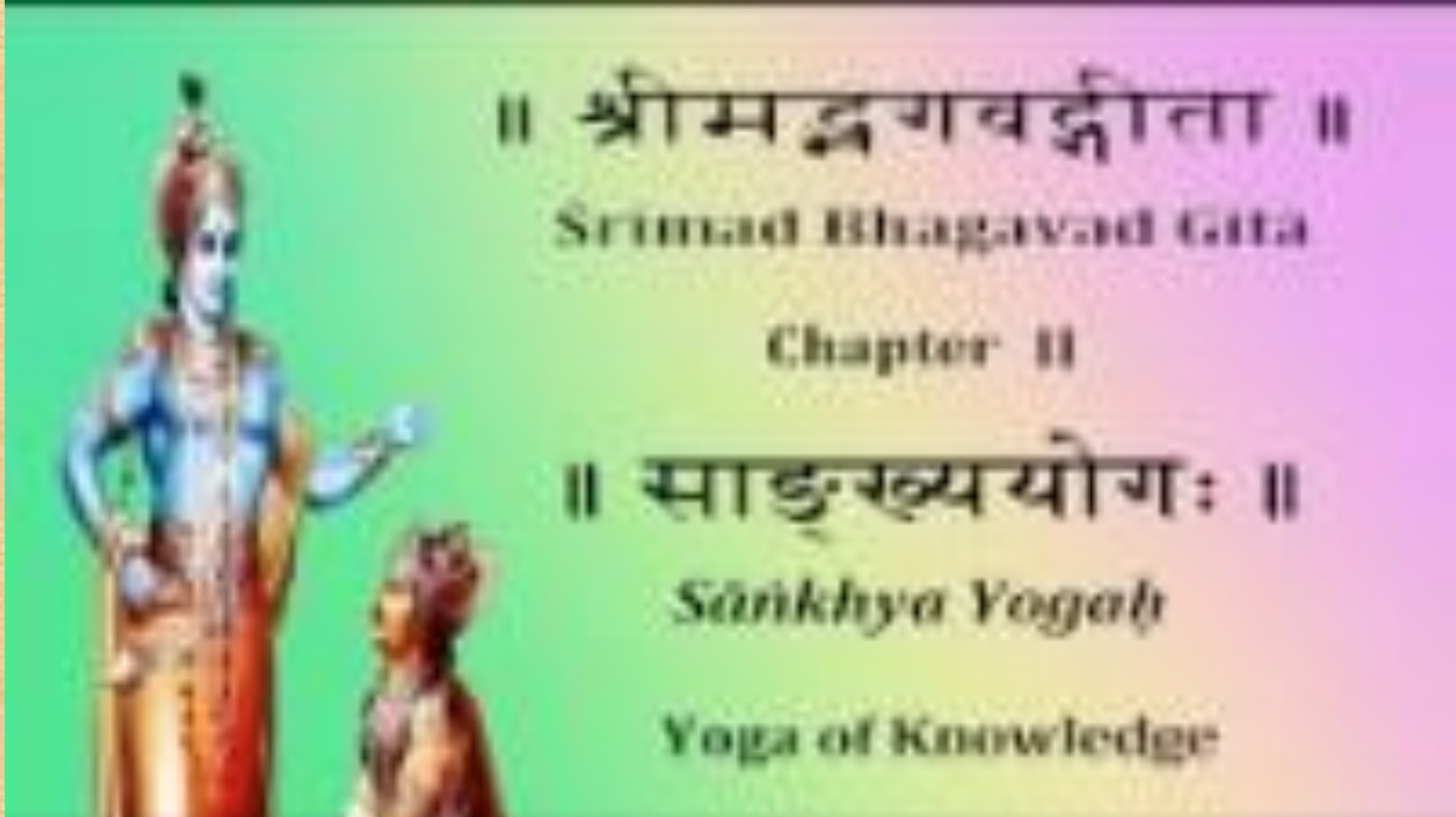
Arjuna overcome by emotion. Intellect not in charge.

To act in Dharma one needs clarity of thought.

Krishna is called Madhusudana = Slayer of the demon Madhu.

Destroyer of chaos is Krishna

Verse 2.2



Verse 2.2

sri-bhagavan uvaca

kutas tva kasmalam idam, visame samupasthitam
anarya-justam asvargyam, akirti-karam arjuna

Shri Bhagavan speaks

V2.2

How have these impurities come upon you in this time of crisis,
un-Aryan like, heaven-excluding, disgraceful, O Arjuna?

Chapter 2.2 - Bhagavan

Shri Krishna is described as Bhagavan.

Bhagavan means God or a noble person

Bhaga = clothes

Van = occupier or Lord

The indweller, occupier of the physical body is Bhagavan

Chapter 2.2 - Bhagavan

Bhagavan has 6 Divine Glories

1. Ishvarya - Lordship
2. Dharma - Righteousness
3. Bala - Fame
4. Shri - Prosperity
5. Vairagya - Detachment
6. Gyana - Knowledge for Liberation

Chapter 2.2

kutas tva kasmalam idam visame samupasthitam
anarya-justam asvargyam akirti-karam arjuna

How have these impurities come upon you in this time of crisis,
un-Aryan like, heaven-excluding, disgraceful, O Arjuna?

Krishna says

Where has this impurity come from? This is a dangerous condition.

Anarya Asvargyam, Akirti

Chapter 2.2

Un-Aryan, Heaven excluding, Disgraceful
3 levels of control

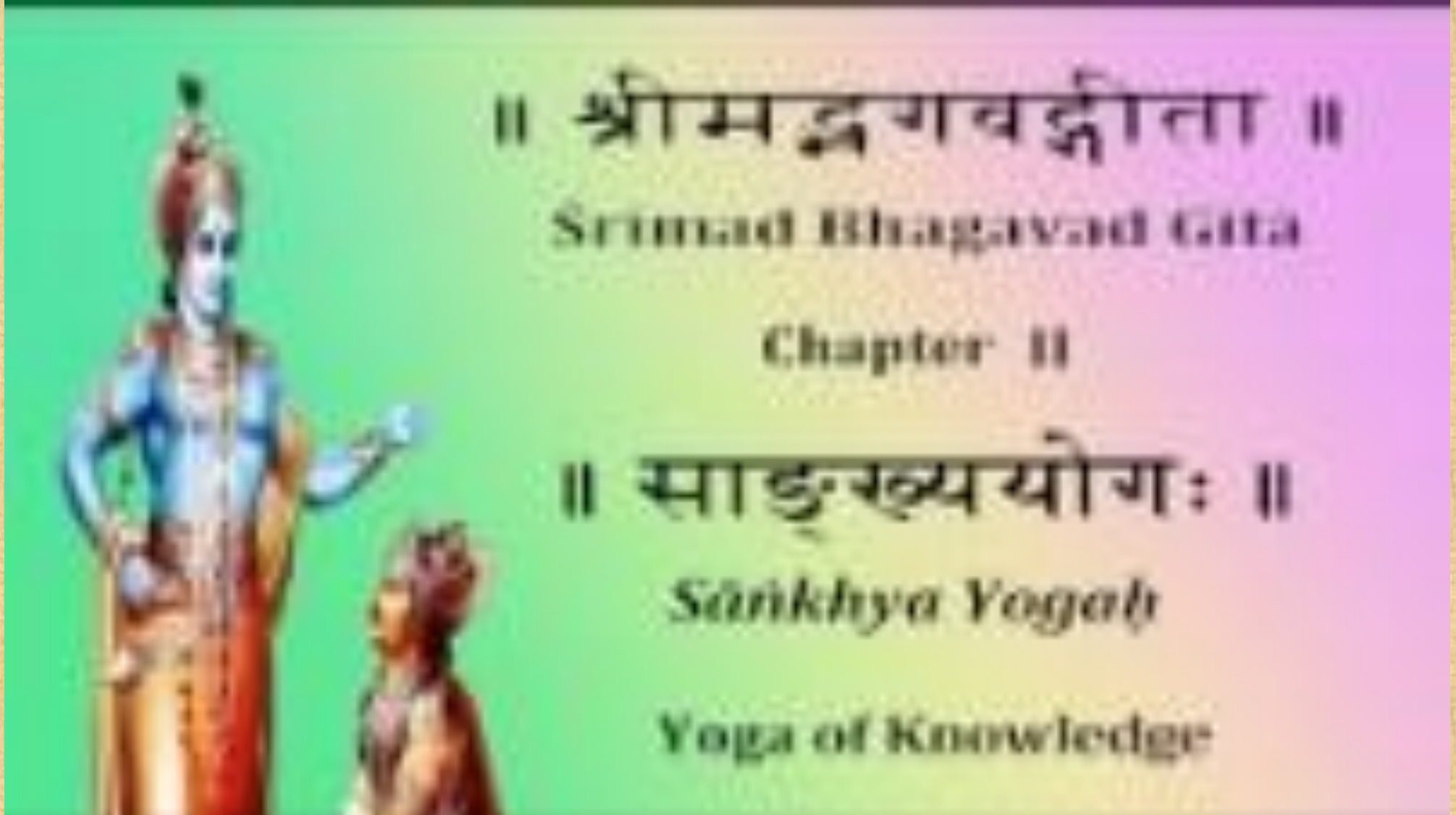
Arya = Noble intelligent person. Not a race of people

Heaven excluding - Adharmic

Disgraceful - Akirti

Krishna verbally shakes Arjuna out of his state

Verse 2.3



Verse 2.3

klaibyam ma sma gamah partha, naitat tvayy upapadyate
ksudram hrdaya-daurbalyam, tyaktvottistha parantapa

V2.3

Yield not to impotence, O Partha! It does not benefit you.

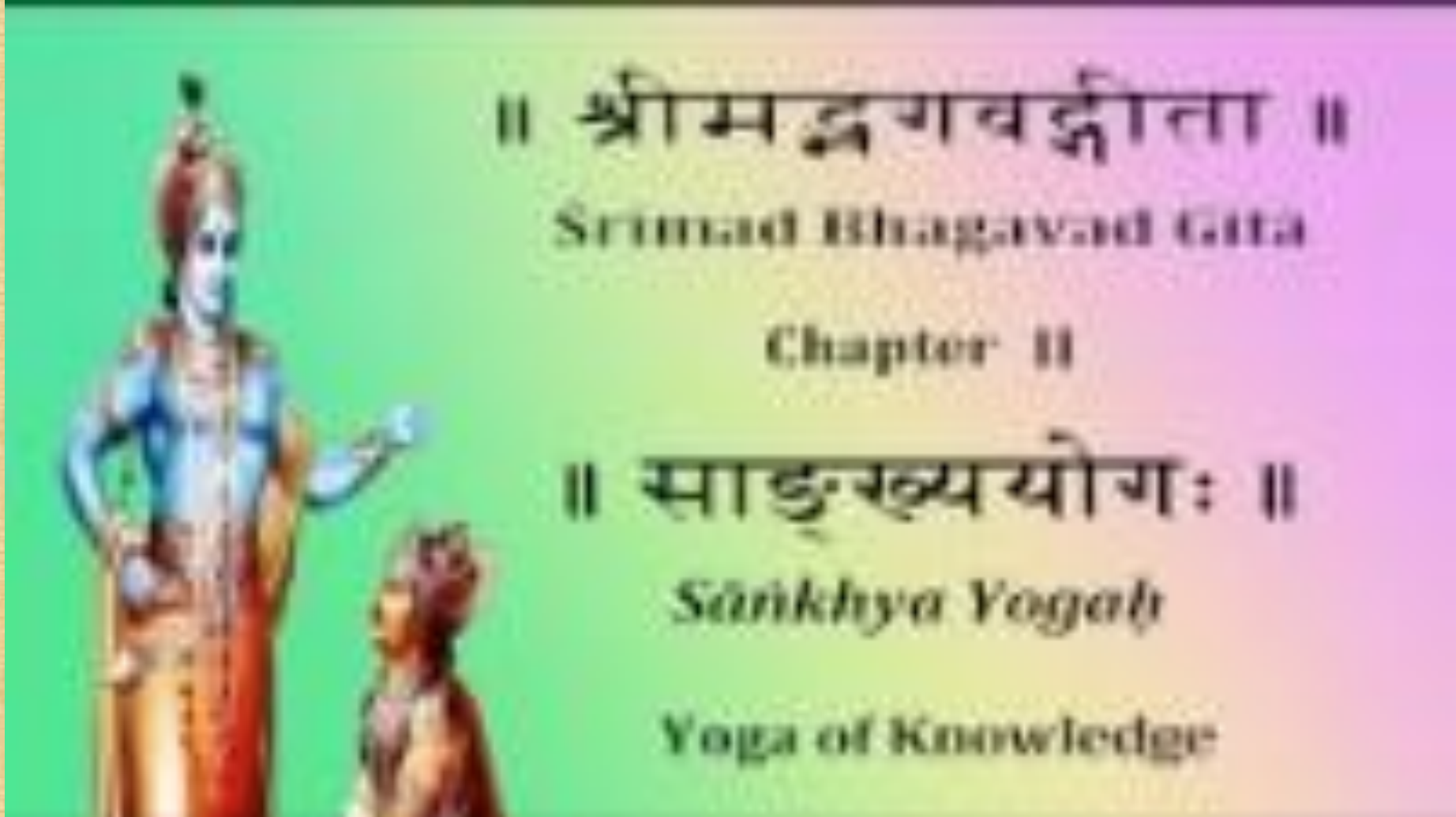
Give up this petty weakness of heart!

Stand up, O Parantapa – scorcher of foes!

Verse 2.3

- Klaibyam = impotence
- Partha - Son of Kunti (warrior Queen)
- Uthistha - Stand up - A command!
- Parantapa - Scorcher of foes

V2.4 & 2.5



Verse 2.4 & 2.5

Arjuna said

V2.4

O Madhusudana, how shall I fire arrows against Bhishma and Drona in battle, who are fit to be worshipped, O destroyer of enemies!

V2.5

It is better to live as a beggar in this world, than to slay these great souls, the most noble of teachers.

If they are killed, everything we enjoy will be tainted with blood.

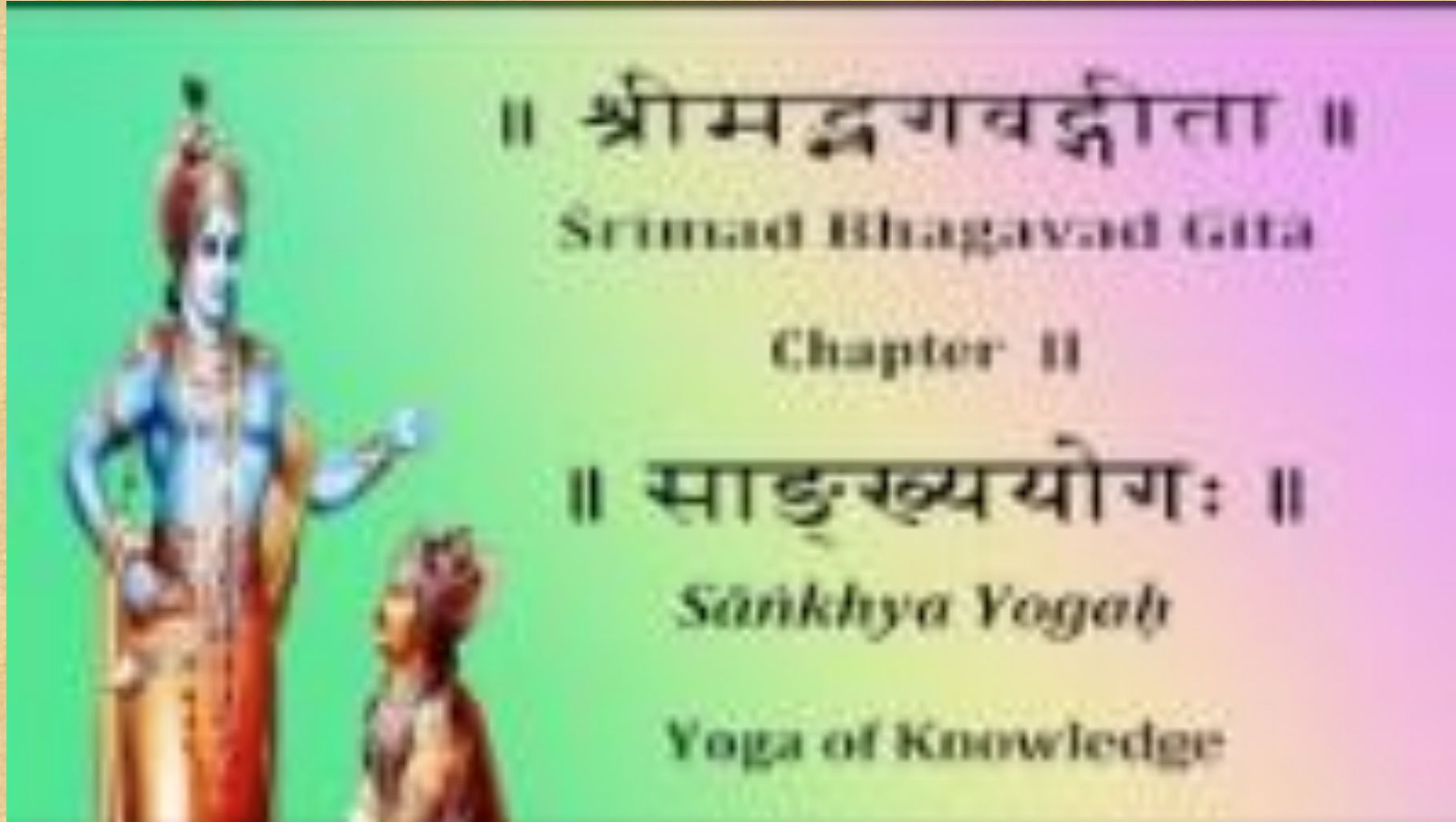
Verses 2.4 to 2.5

- Arjuna speaks. How can I fire arrows at Bhishma and Drona who are worthy of worship?
- It is better to be a beggar than to slay the most noble teachers.
- If I kill them the victory will be stained by the blood of Bhishma and Drona.
- How can I enjoy the wealth and desires?

Verses 2.4 to 2.5

- Arjuna is seeing the situation through his individual ego
- War between Kauravas and Pandavas / Adharma and Dharma
- Identify with a larger identity and the confusions disappear

Verses 2.6



Verses 2.6

na caitad vidmah kataran no gariyo yad va jayema yadi va no jayeyuh
yan eva hatva na jijivisamas te 'vasthitah pramukhe dhartarastrah

V 2.6

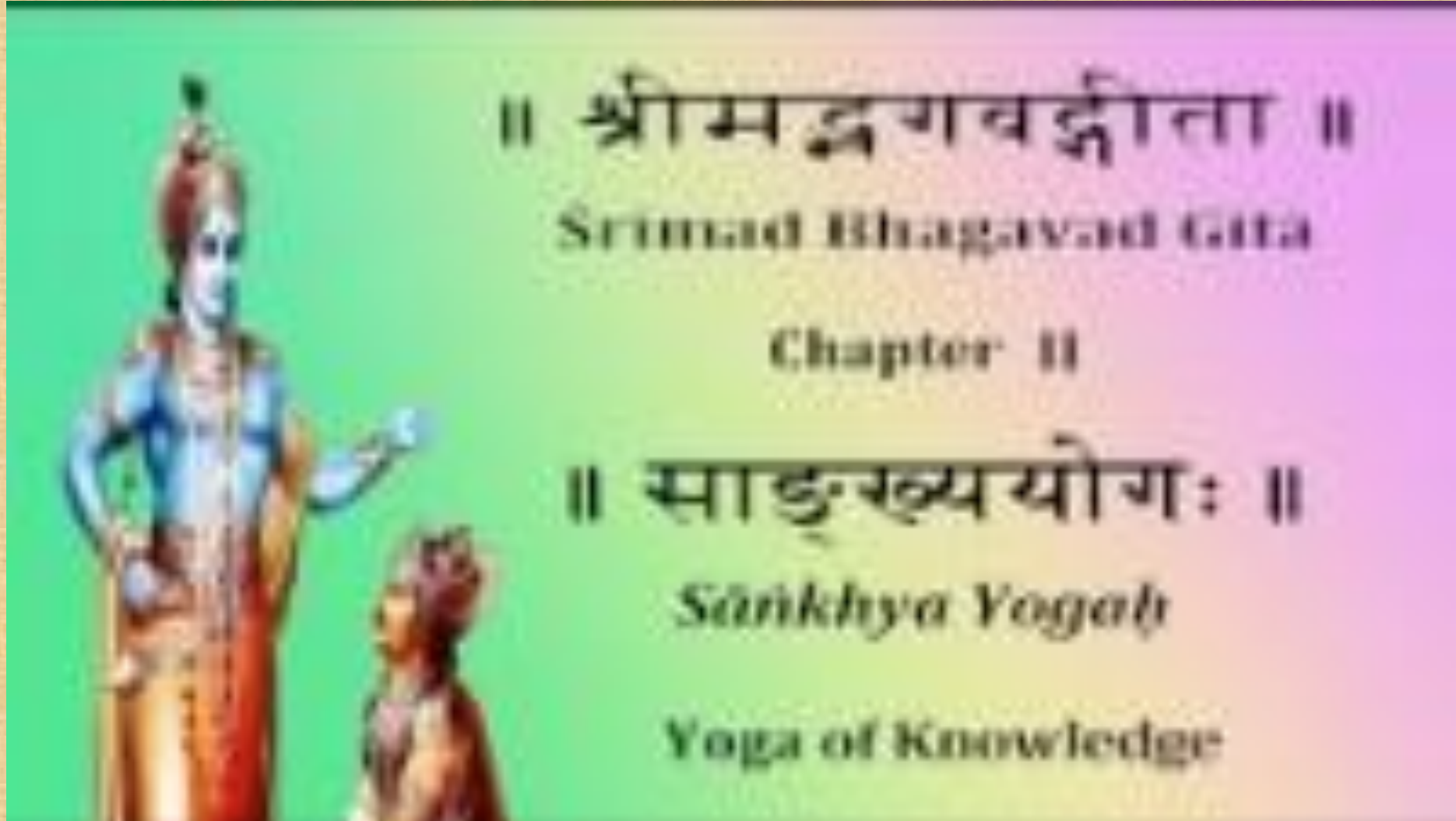
I can scarcely say which will be better;

conquering them or being conquered by them.

If we killed the sons of Dhritarashtra we should not care to live.

Yet they are now standing before us on the battlefield.

Verse 2.7



Verse 2.7

karpanya-dosopahata-svabhavah
prcchami tvam dharma-sammudha-cetah
yac chreyah syan niscitam bruhi tan me
sisyas te 'ham sadhi mam tvam prapannam

V2.7

My heart is overpowered by the taint of pity;
my mind is confused as to duty.

I ask You. Tell me decisively what is best for me.

I am Your disciple and a soul surrendered to You. Please instruct me.

Verse 2.7

Arjuna realises he is hopelessly confused.

He surrenders to Krishna totally.

He is willing to change. Are we willing to change?

Verse that people often chant when faced with a problem

Krishna has moved him from a Tamasic state to Rajasic state

Arjuna is thinking and questioning.

Verse 2.7

Karpanya Dosa

Karpanya = miser - unable to let go, attached

Dosa = weakness, defect

We are all in this state of Karpanya dosa.

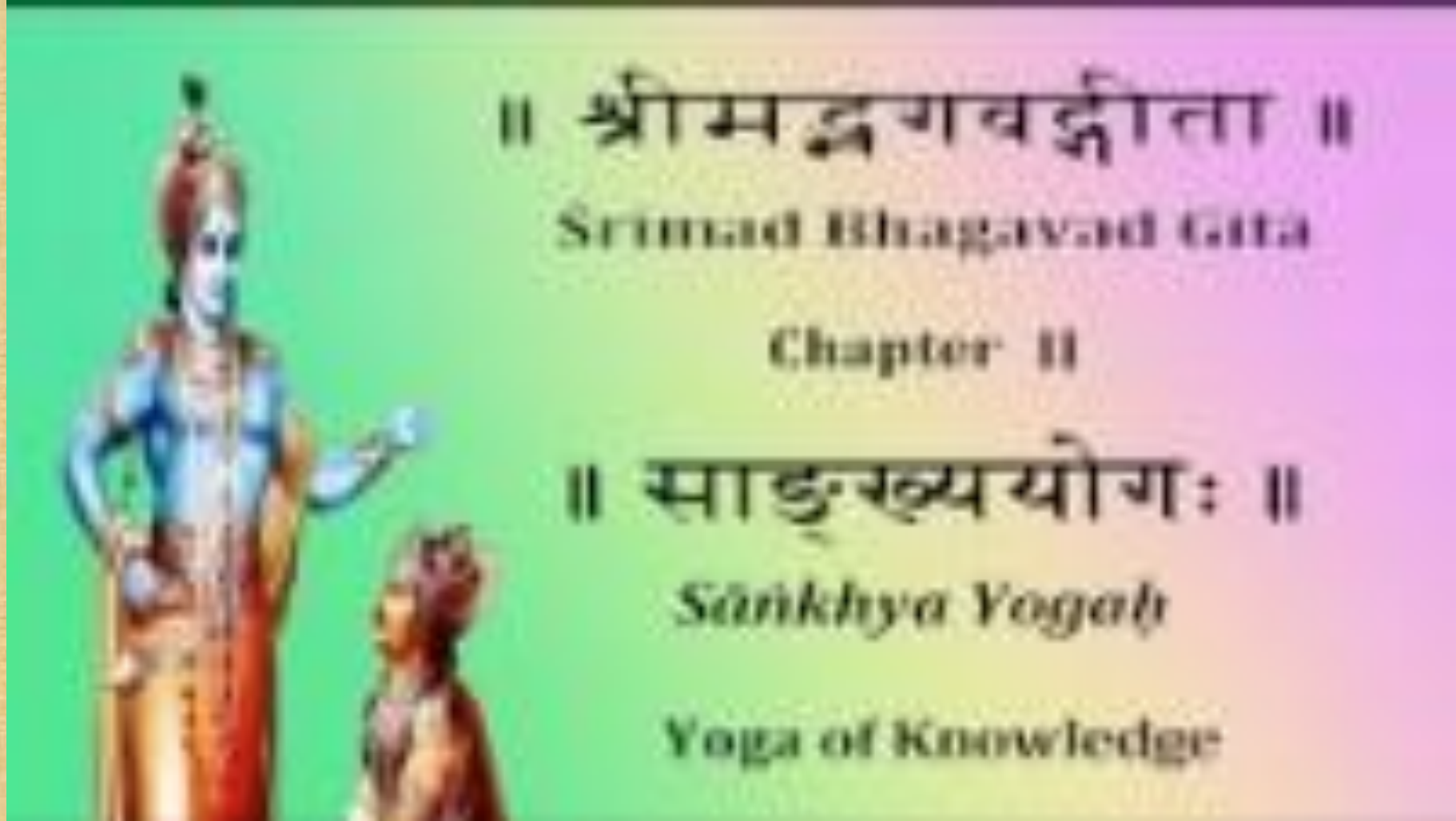
‘Tell me decisively what is good for me’

Arjuna is asking for the highest human goal

4 Goals = Artha, Kama, Dharma and Moksha

‘I am thy disciple’ - Surrender to the Guru

Verse 2.8



Verse 2.8

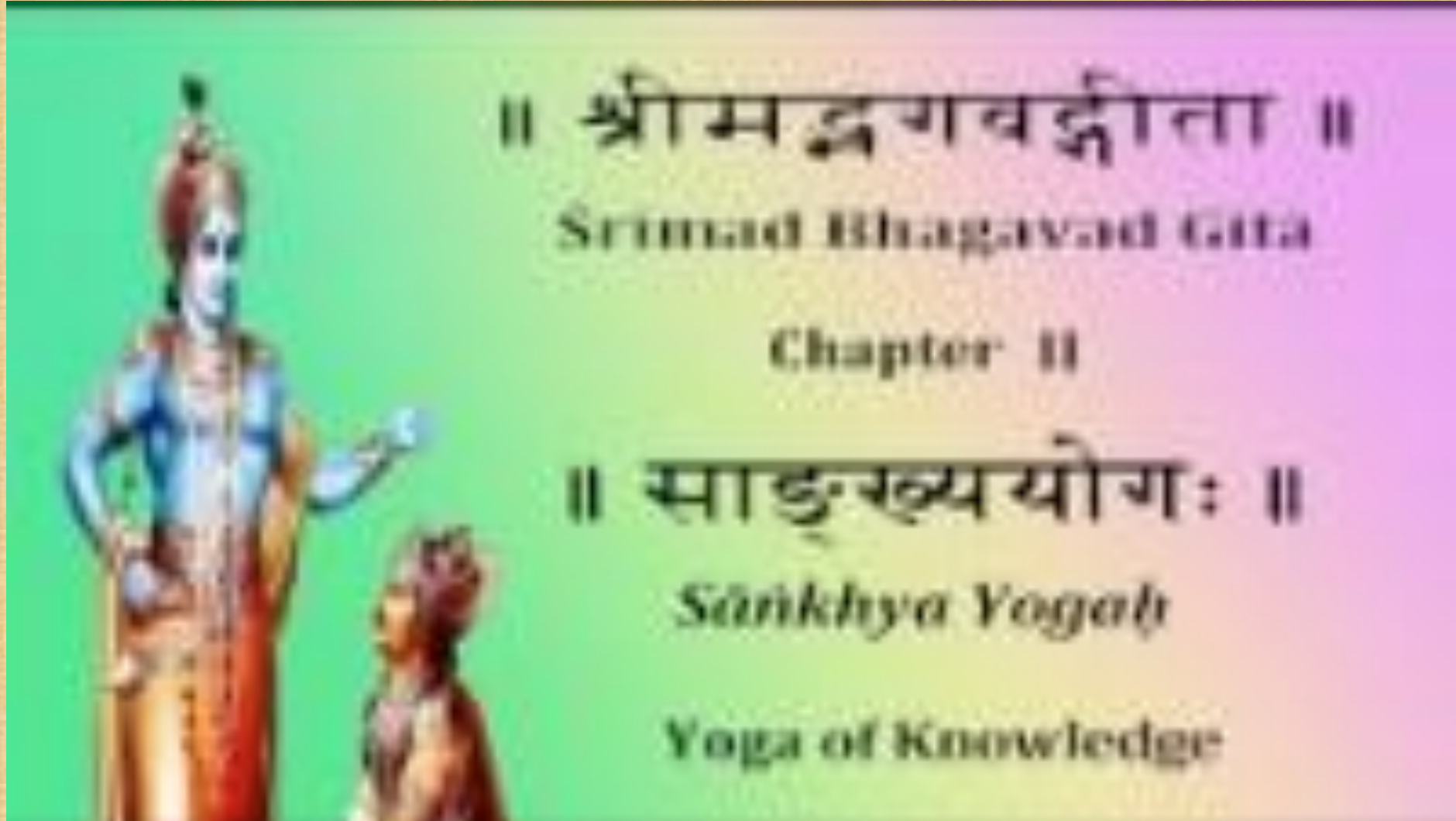
na hi prapasyami mamapanudyad yac chokam ucchosanam
indriyanam

avapya bhumav asapatnam rddham rajyam suranam api cadhipatyam

V2.8

I do not see that it would remove this sorrow that burns up my senses,
even if I should attain prosperous and unrivalled dominion on earth,
or even Lordship over the gods.

Verse 2.9



Verse 2.9

sanjaya uvaca

evam uktva hrsikesam gudakesah parantapah
na yotsya iti govindam uktva tusnim babhuva ha

V2.9

Sanjay said: Having spoken thus to Hrishiksha,
Gudakesha, the destroyer of foes, said to Govinda:
'I will not fight' and became silent.

Verse 2.9

- Arjuna goes quiet in distress
- The sense of ego and arrogance reduces
- In the quietness God comes to help

- Is my ego identity getting in my way to connect to the Lord?

- God comes to help in different ways.
- See all sorrows as a wake up call.

Bhagavad Gita

Questions



Bhagavad Gita

Discussion

Arjuna surrenders to Krishna.

How difficult is it to surrender oneself?

What holds us back?

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

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Next class 4th August at 7:30pm

