

Bhagavad Gita

Vedic Society Hindu Temple,
Southampton



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

Chapter 2

Sankhya Yoga

The Path of Knowledge

Summary

Arjuna's grief

1. Identity

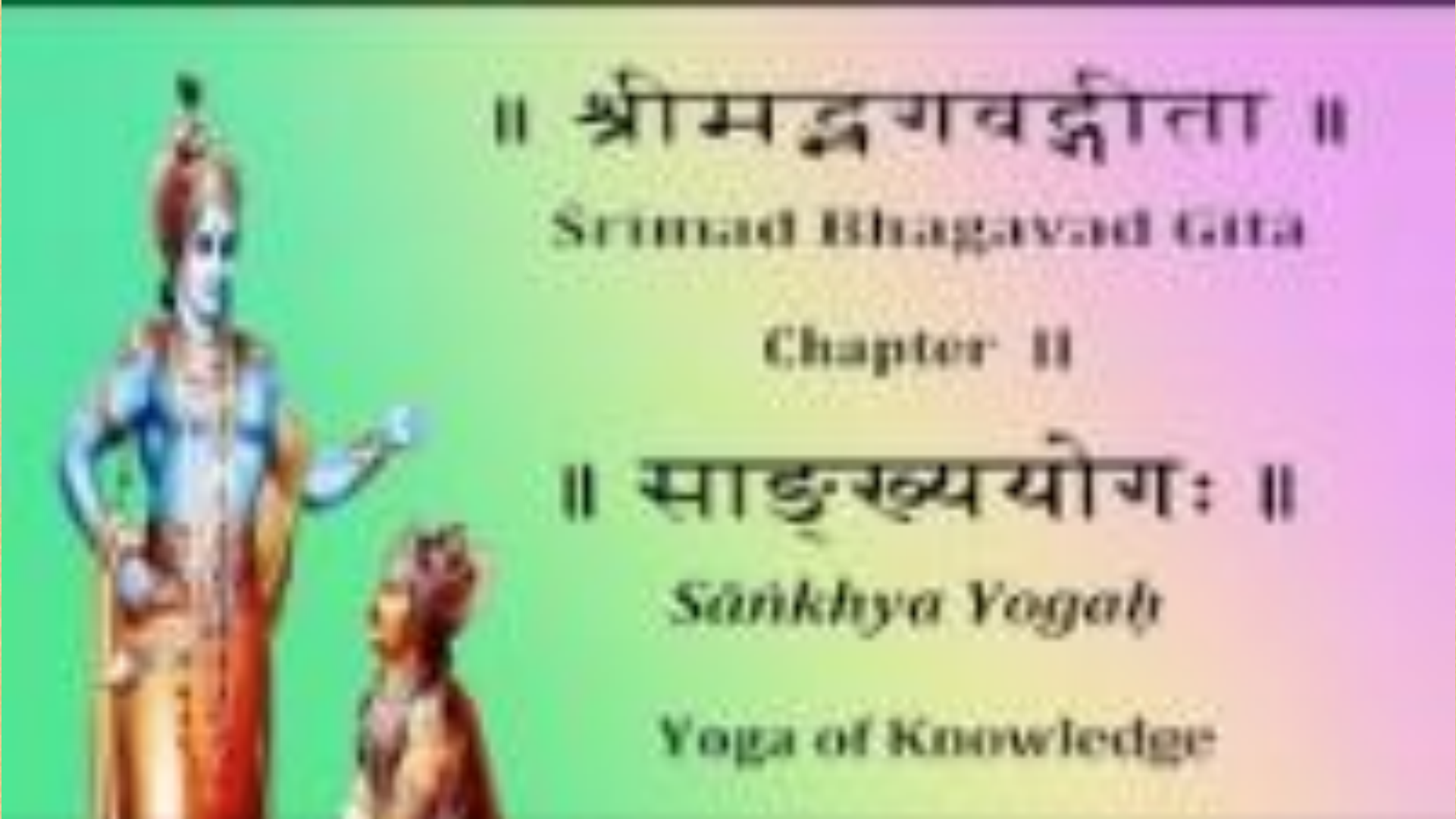
2. What action

Chapter 2 - Sankhya Yoga

1 - 9 To receive knowledge one needs to surrender.
These verses shows how Arjuna surrenders to Krishna.

10 to 13 1. Atman - The Self
 2. Atman, the Self is Eternal
 3. Reincarnation

Verse 2.11 to 2.13



Verse 2.11

sri-bhagavan uvaca

asocyan anvasocas tvam prajna-vadams ca bhasase
gatasun agatasums ca nanusocanti panditah

V2.11

Bhagavan said:

You grieve for those that should not be grieved for; yet you speak words of wisdom. The wise grieve neither for the living nor for the dead.

Verse 2.12

na tv evaham jatu nasam na tvam neme janadhipah
na caiva na bhavisyamah sarve vayam atah param

V2.12

Never was there a time when I did not exist, nor you, nor all these kings;
nor in the future shall any of us cease to be.

Verse 2.13

dehino 'smin yatha dehe kaumaram yauvanam jara
tatha dehantara-praptir dhiras tatra na muhyati

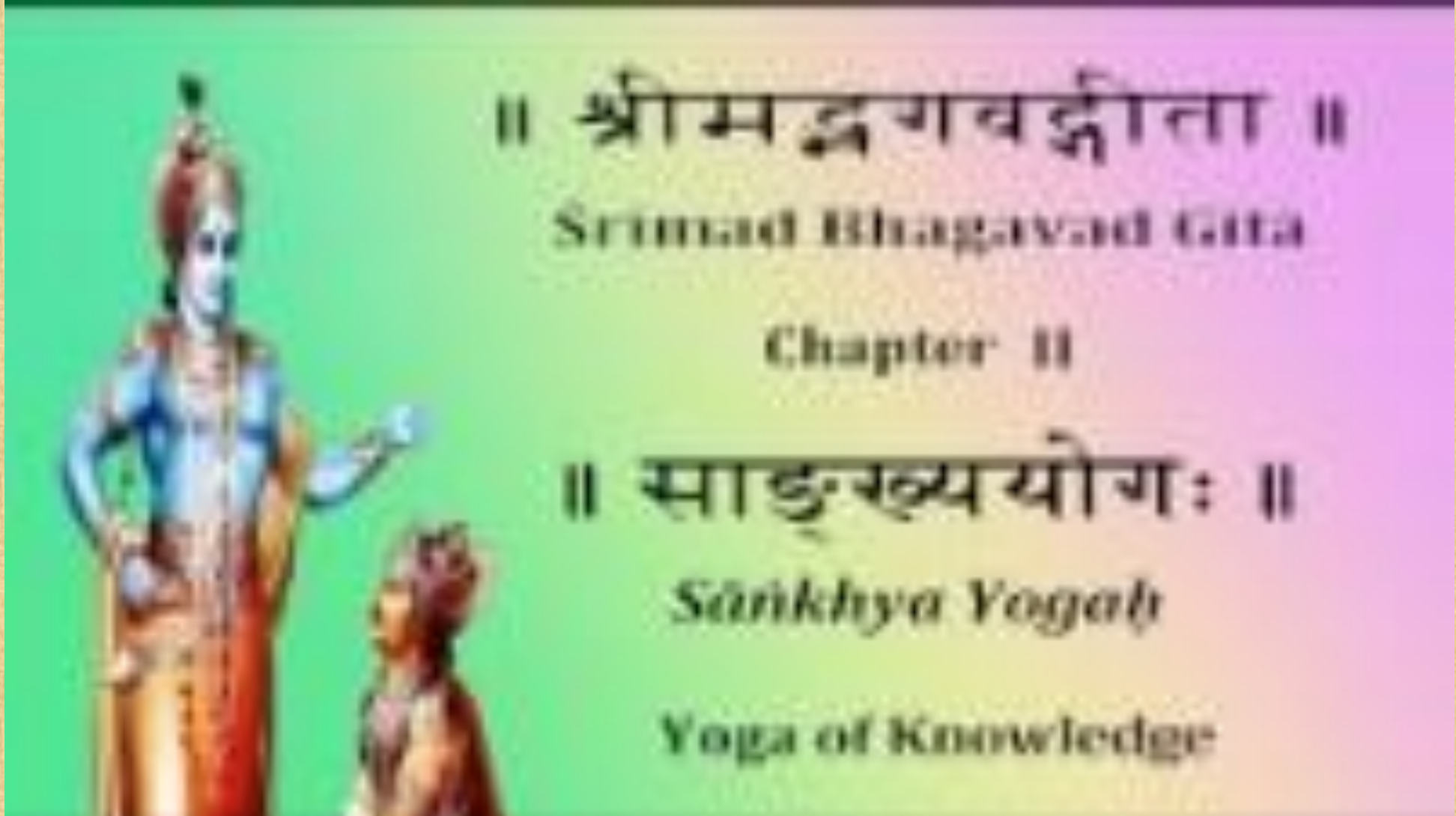
V2.13

Just as in this body the embodied atman passes into a childhood body, youth body and old age body, so also does the atman pass into another body after death; the firm man does not grieve at it.

Reincarnation (Transmigration)

- Key belief in Sanatan Dharma (Punarjanma)
- Evidence base for this – Shruti, Yukti, Anubhuti
- Also key belief in Sikhism, Jainism, Buddhism
- Also in Judaism and other religions
- Many great thinkers, philosophers believe in Reincarnation
- Child prodigies – Mozart
- Law of Karma

Verse 2.14



Verse 2.14

matra-sparsas tu kaunteya sitosna-sukha-duhkha-dah
agamapayino 'nityas tams titikhasva bharata

V2.14

The contacts of senses with objects, O son of Kunti, which cause heat and cold, pleasure and pain, have a beginning and an end; they are impermanent; endure them bravely, O descendant of Bharat.

Verse 2.14 - Titiksha



Verse 2.14

matra-sparsas tu kaunteya sitosna-sukha-duhkha-dah
agamapayino 'nityas tams titiksasva bharata

V2.14

The contacts of senses with objects, O son of Kunti, which cause heat and cold, pleasure and pain, have a beginning and an end; they are impermanent; endure them bravely, O descendant of Bharat.

Verse 2.14

We experience the world through the senses.

All objects and experiences are transient.

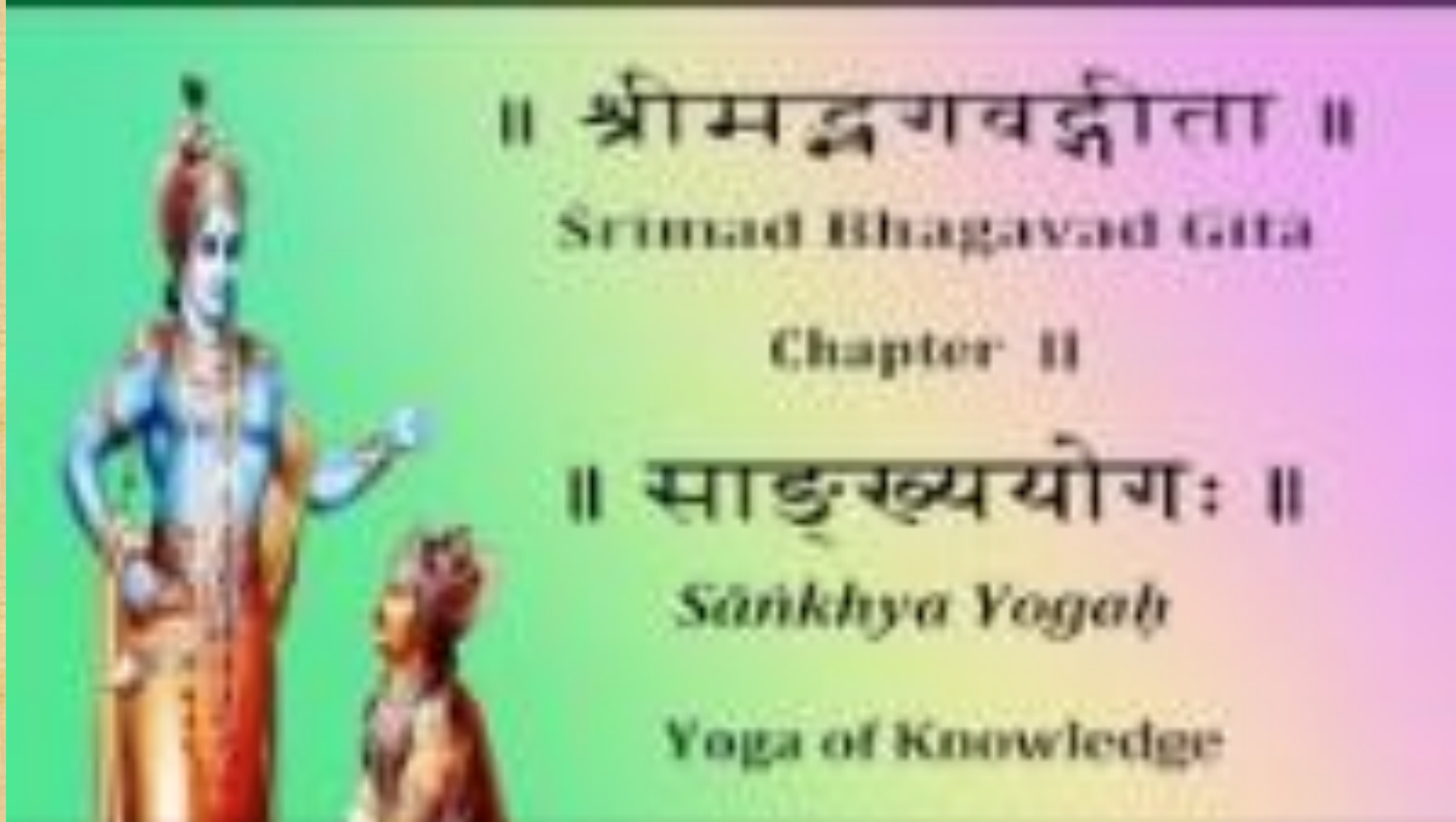
Titiksha – Forbearance. Endure adversity. It too shall pass.

Become a witness

The ego strategy is to rationalize and justify. A temporary solution.

The Self strategy is to be in true knowledge. Endure without grief.

Verse 2.15



Verse 2.15

yam hi na vyathayanty ete purusam purusarsabha
sama-duhkha-sukham dhiram so 'mrtatvaya kalpate

V2.15

O chief among men, that firm man who is not disturbed by pleasure and pain and is steady in both, is fit for realising the Immortality of the Self.

Verse 2.15

When you're not disturbed by pain and pleasure then you are fit for realising the immortality of the self.

Calm endurance, mental equipoise, in pleasure and pain is necessary for the right knowledge of the Self.

One is not self-realised yet but fit for it.

We should endure the pinpricks of life.

If we live in the body as the body we will suffer.

If we realise that there's another Reality we are fired up to endure.

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Questions & Comments



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Discussion

How does the Gita empower you in managing grief?

Titiksha - Forbearance

Your views

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 18th August at 7:30pm

Read verses 16 and 17

