

# 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.

# 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

# Chapter 2 - Sankhya Yoga

1 - 9 Arjuna surrenders to Krishna.

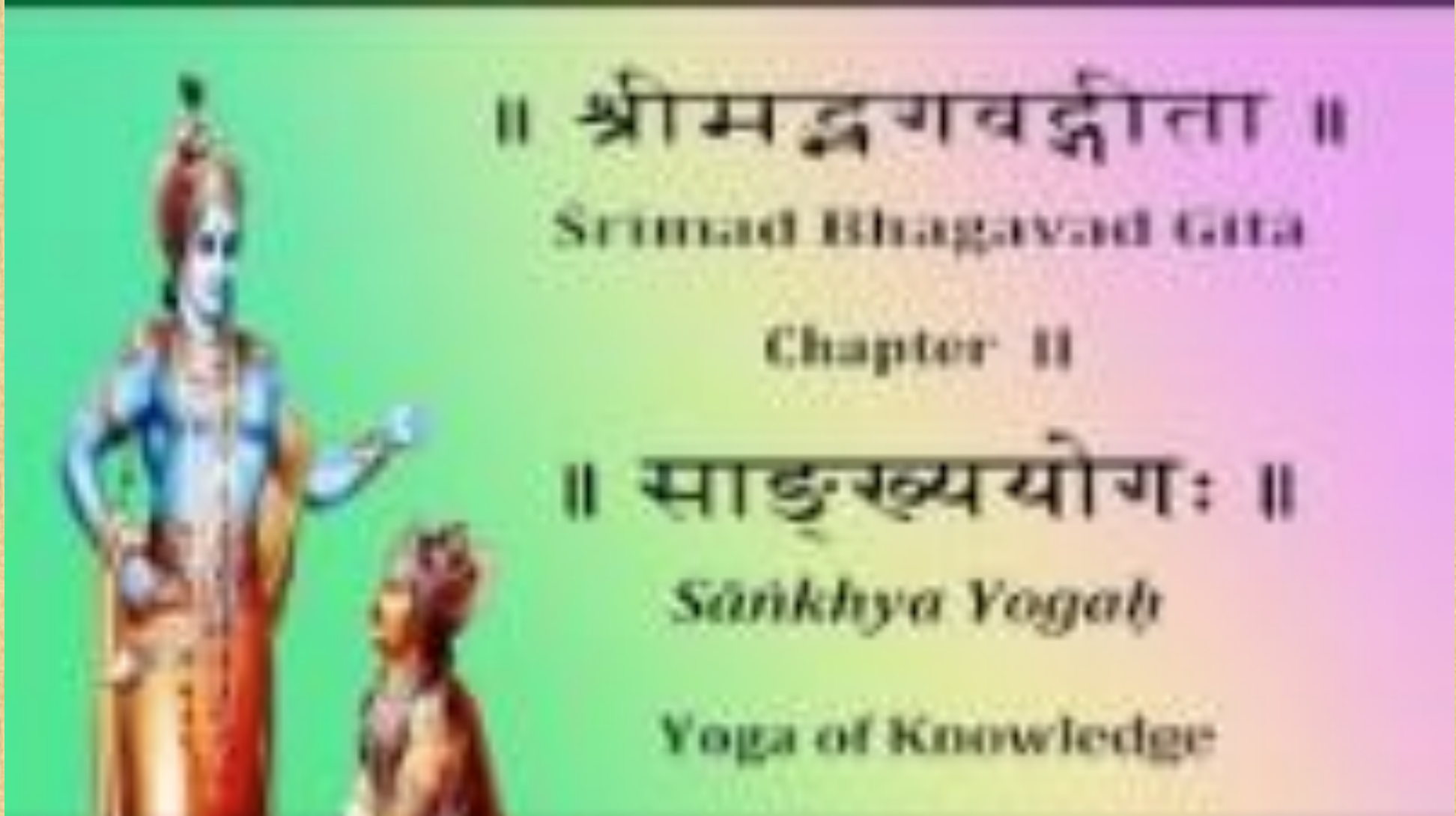
10 to 13

1. Atman - The Self
2. Atman, the Self is Eternal
3. Reincarnation (Punarjanma)

14 - 15

4. Endure adversities with patience
5. Fit for Self-Realisation

# Verse 2.14 & 2.15



## 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 2.15

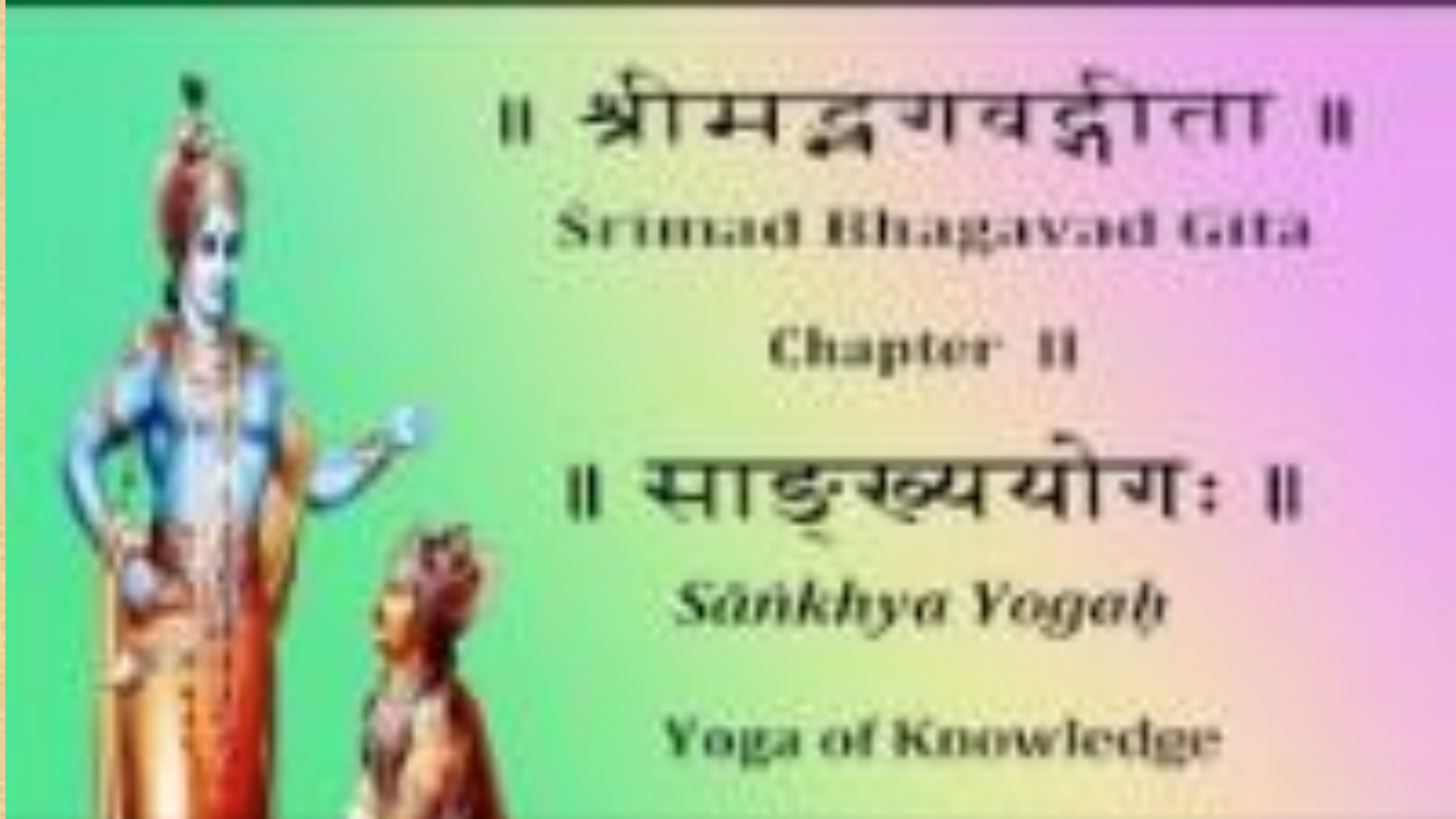
yam hi na vyathayanty ete purusam purusarsabha  
sama-duhkha-sukham dhiram so 'mrtatvaya kalpate

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 2.16



## Verse 2.16

nasato vidyate bhavo nabhavo vidyate satah  
ubhayor api drsto 'ntas tv anayos tattva-darsibhih

V2.16

**Swami Chinmaya**

The unreal has no being; there is no non-being of the Real;  
the truth about both of these has been seen by the Seers of the Truth.

**Swami Prabhupada**

Those who are Seers of the Truth have concluded that of the non-existent (the material body) there is no endurance and of the eternal (the atman) there is no change. This they have concluded by studying the nature of both.

## Verse 2.16

Sat – Real:

That which remains the same in all periods of time: past, present and future.

Asat – unreal

That which was not in the past and which will not be in the future but **seems to exist** only in the present.

# Verse 2.16



# Verse 2.16



# Verse 2.16



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V2.16

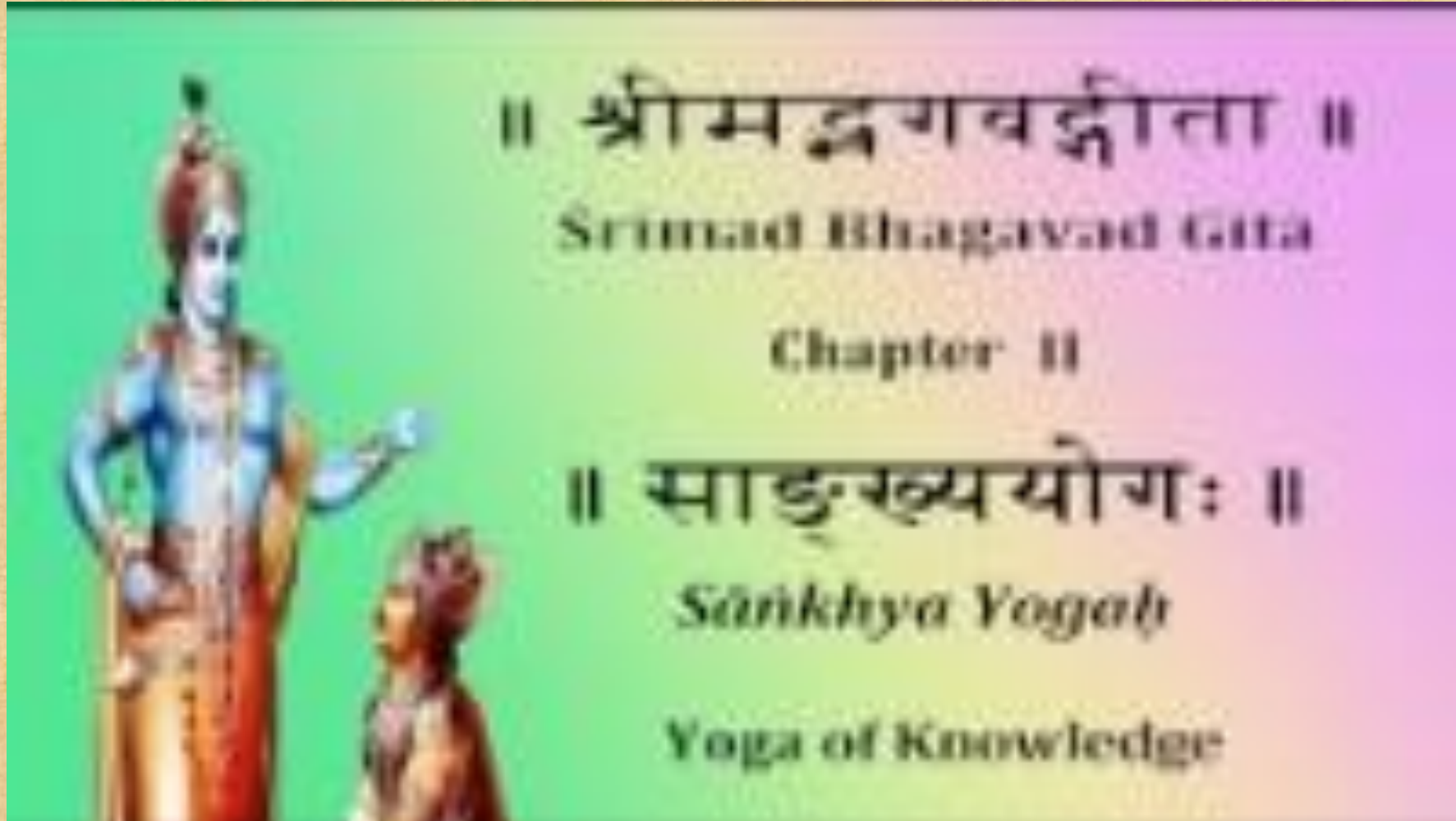
**Swami Chinmaya**

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Those who are Seers of the Truth have concluded that of the non-existent (the material body) there is no endurance and of the eternal (the atman) there is no change. This they have concluded by studying the nature of both.

# Verse 2.17





## Verse 2.17

avinasi tu tad viddhi yena sarvam idam tatam  
vinasam avyayasyasya na kascit kartum arhati

V2.17

Know That to be Indestructible by which all this is pervaded.

None can cause the destruction of That - the Imperishable.

# Verse 2.17



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## Questions & Comments



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## Discussion

What is your understanding of  
Sat and Asat  
Real and unreal ?

# 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

# Bhagavad Gita

Next class - Thurs 1 Sept at 7:30pm

