

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

Bhagavad Gita

4 Goals of Life (*Purushartha*)

Dharma (Righteous Duty)

Artha (Prosperity)

Kama (Pleasure)

Moksha (Self-realization)

Mahavakyas (Great sayings)

Tat Tvam Asi (You are That)

Aham Brahmasmi (I am Brahman)

Prajnanam Brahma (Consciousness is Brahman)

Ayam Atma Brahma (This Self is Brahman)

Bhagavad Gita Chapters

You - Are - That

Chapter 1 to 6 - You

Chapter 7 to 12 - Supreme

Chapter 13 to 18 - Relationship

Chapter 1

Arjuna Vishada Yoga

The Path of Arjuna's Despondency

Chapter 2

Sankhya Yoga

The Path of Knowledge

Chapter 3

Karma Yoga

The Path of Action

Verse 3.41 - 43



उत्सीदयुरिमे लोकाः
न कुर्यात् कर्म चेदहम् ।
साधुरस्य च कर्ता स्या
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdayurime lokāḥ
na kuryāt karma cedaham |
sādhusasya cha kartā syām
upahantyanimāḥ prajāḥ || 3-24 ||

Verse 3.41

tasmat tvam indriyany adau
niyamyā bharatarsabha
papmanam prajahi hy enam
jnana-vijnana-nasanam

V3.41

Therefore, O Arjuna, best of the Bharatas, in the very beginning curb this great symbol of sin (desire) by regulating the senses, and slay this destroyer of knowledge and wisdom.

Verse 3.42

indriyani parany ahur
indriyebhyah param manah
manasas tu para buddhir
yo buddheh paratas tu sah

V3.42

The senses are superior (to objects);
mind is higher than the senses;
intellect is still higher than the mind;
and the atman is even higher than the intellect.

Verse 3.42

Self (*Atman*)

Intellect (*Buddhi*)

Mind (*Manas*)

Senses (*Indriya*)

Objects

V3.42

The working senses are superior (to objects);
mind is higher than the senses;
intellect is still higher than the mind;
and the atman is even higher than the intellect.

Chariot

Body (Śarīra)



Consciousness
(Ātman)

Higher Intellect
(Buddhi)

Mind
(Manas)

Senses (Indriyas)



(based on the Katha Upanishad)

SequenceWiz

Verse 3.43

evam buddheh param buddhva
samstabhyatmanam atmana
jahi satrum maha-baho
kama-rupam durasadam

V3.43

Thus knowing the Self to be superior to the intellect
and becoming established in the Self
conquer this formidable enemy desire,
O mighty armed Arjuna.

End of Chapter 3



उत्सीदेषुरिमे लोकाः
न कुर्यात् कर्म चेदहम् ।
साधुरस्य च कर्ता स्यात्
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utsideyurime lokāḥ
na kuryāt karma cedaham |
sadhurasya cha kartā syāt
upahanyāmimāḥ prajāḥ || 3-24 ||

Sankalpa Vakya

om tat sat iti srimad bhagavadgeetaasu upanishatsu
brahma vidyaayaam yogashaastre
sri krishnaarjuna samvaade Karma yogo naama trtiyo'dyaayah
Harihi Om

Thus in the Upanishads of the glorious Bhagavad Gita,
the Brahma vidya (science of the Eternal),
Yoga shashtra (the scripture of Yoga),
the dialogue between Sri Krishna and Arjuna ends
the third chapter entitled the Path of Action.

Chapter 4

Gyana Karma Sannyasa Yoga

The Path of Renunciation of Action in Knowledge

Chapter 4

- | | |
|----------|--|
| 1 to 5 | It begins with Krishna explaining that this teaching is ancient |
| 6 to 8 | Krishna explains about avatar and the purpose of avatar |
| 9 to 13 | Actions to get Higher Knowledge to get freedom |
| 14 to 23 | How to perform these actions |
| 24 to 34 | Yagna spirit |
| 35 to 42 | How to obtain Knowledge from the guru.
Benefits of Knowledge. |

Verse 4.1



॥ श्रीमद्भगवद्गीता ॥

Śrīmad Bhagavad Gītā

Chapter IV

॥ ज्ञानकर्मसन्न्यासयोगः ॥

Jñānakarmasannyāsa Yogaḥ

Yoga of Renunciation of Action
in Knowledge

Verse 4.1

sri-bhagavan uvaca
imam vivasvate yogam
proktavan aham avyayam
vivasvan manave praha
manur iksvakave 'bravit

V4.1

The Blessed Lord said:

I instructed this imperishable spiritual Knowledge

to the sun-god, Vivasvan, and Vivasvan instructed it to Manu,

the father of mankind, and Manu in turn instructed it to Ikshvaku.

Verse 4.2



॥ श्रीमद्भगवद्गीता ॥

Śrīmad Bhagavad Gītā

Chapter IV

॥ ज्ञानकर्मसन्न्यासयोगः ॥

Jñānakarmasannyāsa Yogaḥ

Yoga of Renunciation of Action
in Knowledge

Verse 4.2

evam parampara-praptam
imam rajarsayo viduh
sa kaleneha mahata
yogo nastah parantapa

V4.2

This supreme Knowledge was thus handed down in succession, and the saintly kings understood it in that way.

But in course of time the succession was broken, and therefore the Knowledge as it is appears to be lost.

Verse 4.3



॥ श्रीमद्भगवद्गीता ॥

Śrīmad Bhagavad Gītā

Chapter IV

॥ ज्ञानकर्मसन्न्यासयोगः ॥

Jñānakarmasannyāsa Yogah

Yoga of Renunciation of Action
in Knowledge

Verse 4.3

sa evayam maya te 'dya
yogah proktah puratanah
bhakto 'si me sakha ceti
rahasyam hy etad uttamam

V4.3

That very ancient Yoga (science of the relationship with the Supreme) is today taught by Me to you because you are My devotee as well as My friend; therefore you can understand this Supreme Secret.

Verse 4.4



॥ श्रीमद्भगवद्गीता ॥

Śrīmad Bhagavad Gītā

Chapter IV

॥ ज्ञानकर्मसन्न्यासयोगः ॥

Jñānakarmasannyāsa Yogah

Yoga of Renunciation of Action
in Knowledge

Verse 4.4

arjuna uvaca

aparam bhavato janma

param janma vivasvatah

katham etad vijaniyam

tvam adau proktavan iti

V4.4

Arjuna said: The sun-god Vivasvan is senior by birth to You.

How am I to understand that in the beginning

You instructed this Knowledge to him?

Verse 4.5



॥ श्रीमद्भगवद्गीता ॥

Śrīmad Bhagavad Gītā

Chapter IV

॥ ज्ञानकर्मसन्न्यासयोगः ॥

Jñānakarmasannyāsa Yogah

Yoga of Renunciation of Action
in Knowledge

Verse 4.5

sri-bhagavan uvaca
bahuni me vyatitani
janmani tava carjuna
tany aham veda sarvani
na tvam vettha parantapa

V4.5

The Blessed Lord said:

Many, many births both you and I have passed.

I can remember all of them, but you cannot, O subduer of the enemy!

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 18 May 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