

# 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 4

## Gyana Karma Sannyasa Yoga

The Path of Renunciation of Action in Knowledge

## Verse 4.6

ajo 'pi sann avyayatma  
bhutanam isvaro 'pi san  
prakrtim svam adhisthaya  
sambhavamy atma-mayaya



V4.6

Although I am unborn and am of imperishable nature,  
and although I am the Lord of all beings,  
yet ruling over My own Nature,  
I appear by My own Maya.

# Avatar



**MATSYA**



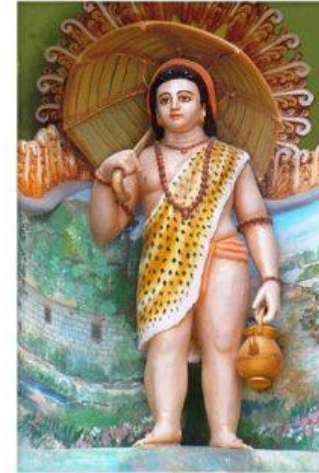
**KURMA**



**VARAHA**



**NARASIMHA**



**VAMAN**



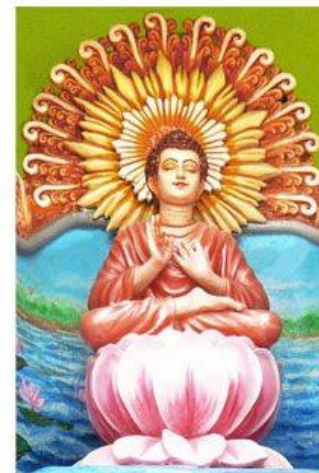
**PARASHURAM**



**RAMA**



**KRISHNA**



**BUDDHA**



**KALKI**

# Avatar

	Normal people	Avatar
Birth	Birth	Appearance, Manifest
Death	Death	Disappearance, Unmanifest
Cause of birth	Born due to our past Karma. Karma from our Ignorance and consequent Desires as we feel dissatisfied and not content.	Avatar is All Knowing. Avatar comes in Compassion. No Karma to use up.
Material	Matter	Yogamaya
Knowledge	Ignorance. Jiva in Bondage	Knowledge. Acts in Freedom
Purpose	To use up Prarabdha Karma To seek Liberation	Help the Good Re-establish Dharma

## Verse 4.7

yada yada hi dharmasya  
glanir bhavati bharata  
abhyutthanam adharmasya  
tadatmanam srijamy aham



V4.7

Whenever there is a decline in righteousness (dharma),  
O Bharata, and a rise of unrighteousness (adharma),  
at that time I manifest Myself.

# Dharma & Adharma

1. That which supports, unites, sustains and harmonises the individual and the society is Dharma. Example love.  
That which divides and causes conflict is adharma e.g. hate.
2. The inherent nature of a thing without which that thing cannot exist is its essential dharma e.g. heat of fire. To abide in our true nature of Sat-Chit-Ananda is the highest dharma.
3. Following laws of nature and those that govern society is dharma.
4. Material prosperity with spiritual growth is dharma.  
Prosperity without spiritual growth is adharma.



## Verse 4.8

paritranaya sadhunam  
vinasaya ca duskrtam  
dharma-samsthapanarthaya  
sambhavami yuge yuge



V4.8

For the protection of the good and to destroy the wicked,  
as well as to re-establish righteousness,  
I manifest Myself in every age.

## Verse 4.9

janma karma ca me divyam  
evam yo vetti tattvatah  
tyaktva deham punar janma  
naiti mam eti so 'rjuna



V4.9

One who knows in true light of My Divine  
appearance and activities, upon leaving the body,  
does not take birth again, but attains Me, O Arjuna.

# 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



# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 8 June 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