

# 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 4.7

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.

## 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.

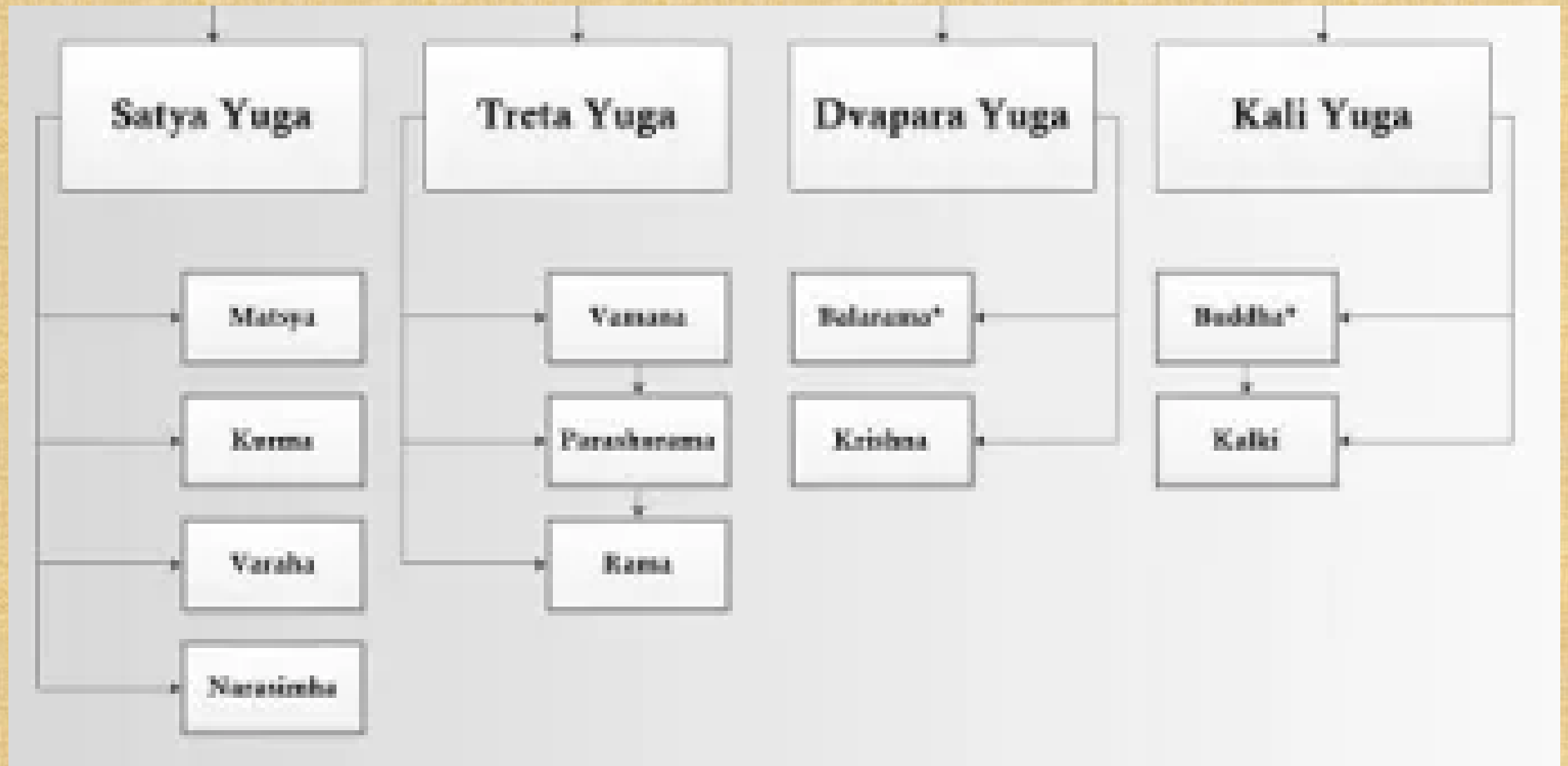
# Yuga

- 4 Yuga - Satya, Treta, Dvapara, Kali
- Each cycle of the 4 yugas is 4,320,000 years. (12,000 divine years)
- Kali Yuga, the fourth and present age, started in 3102 BCE
- 1000 cycles of these is 1 Kalpa
- A Kalpa is one Brahma day. And another one is Brahma night.
- Brahma 'lives' for 100 years and then the creation dissolves to be recreated.

# Yuga



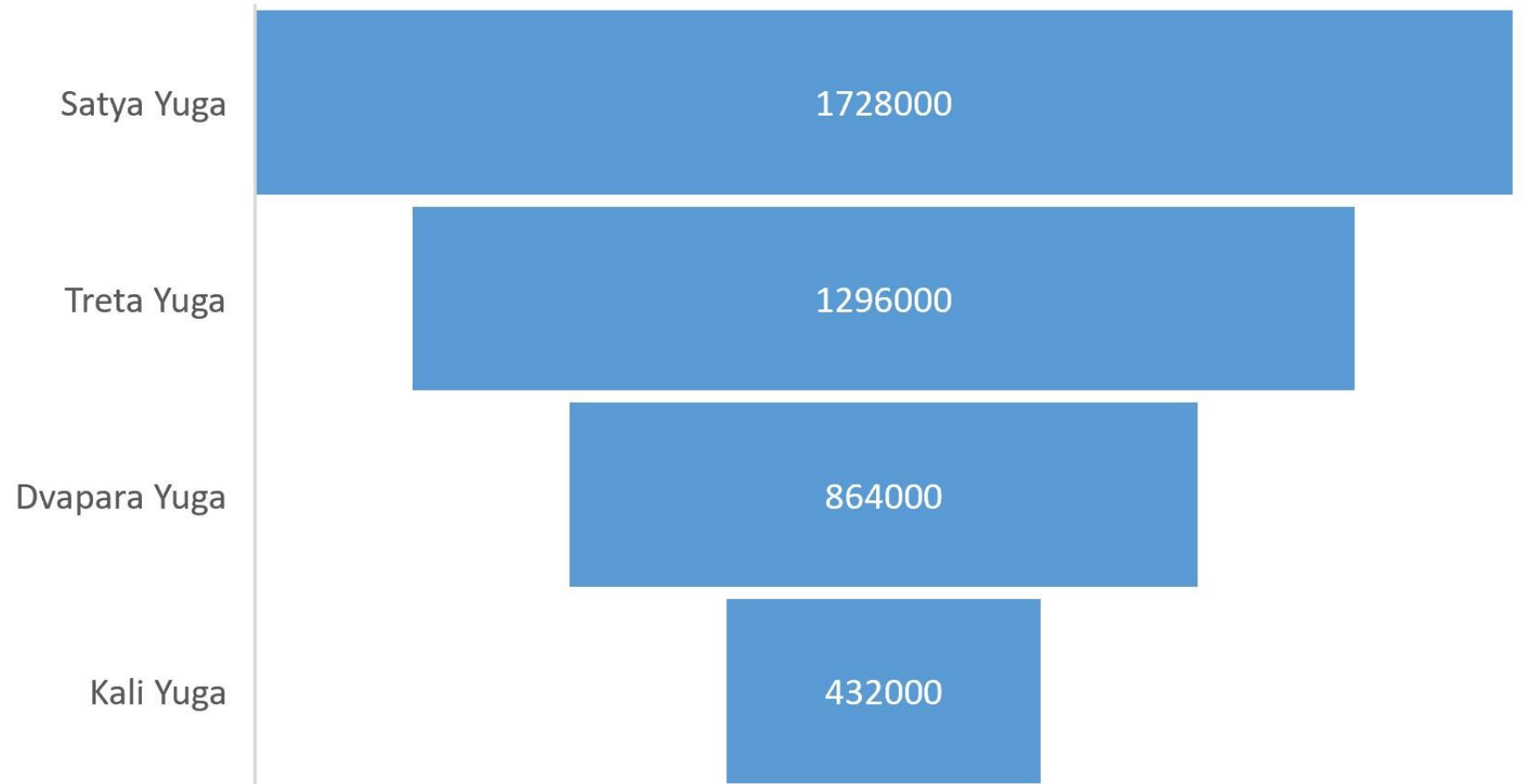
# Yuga



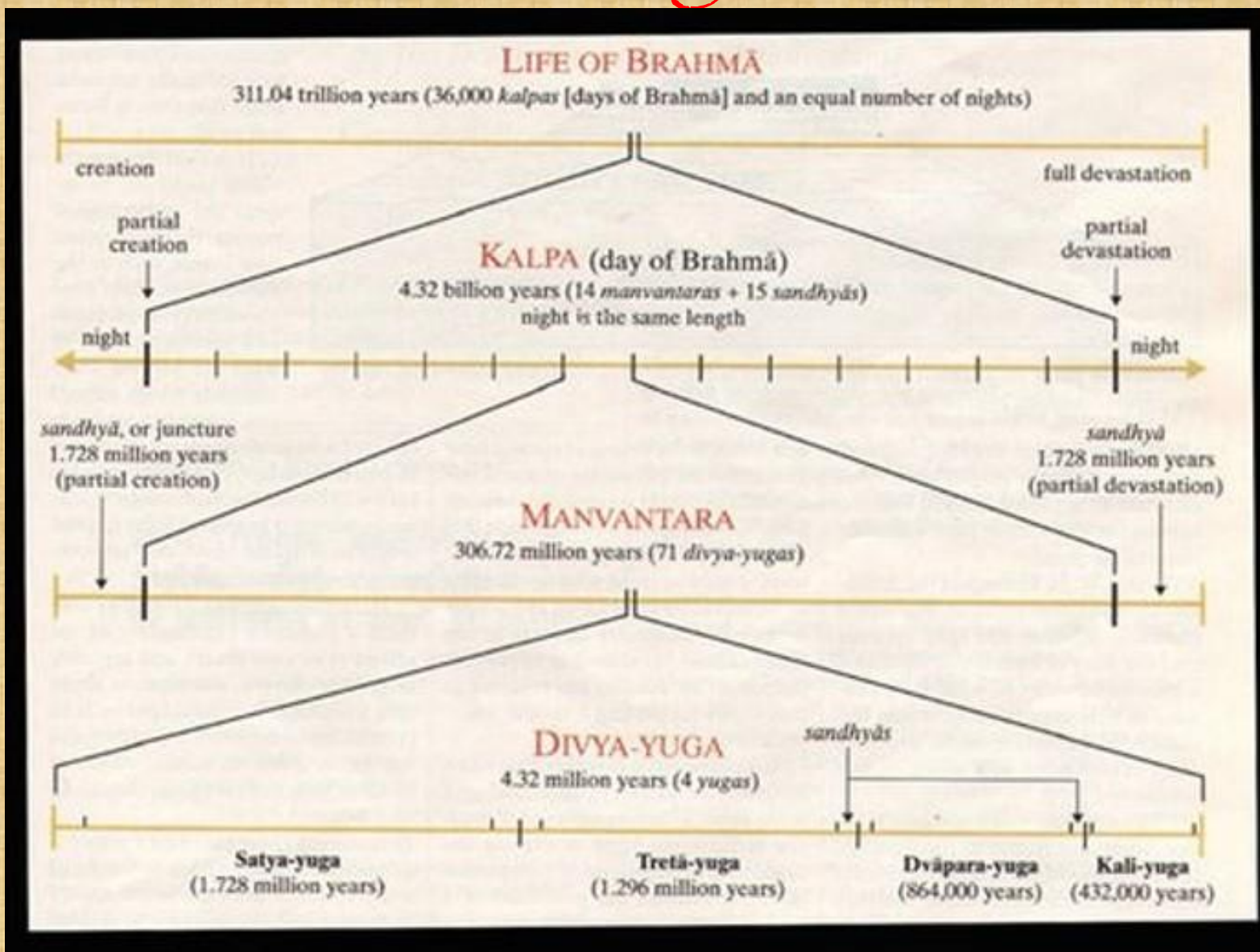


# Yuga

Years / yuga



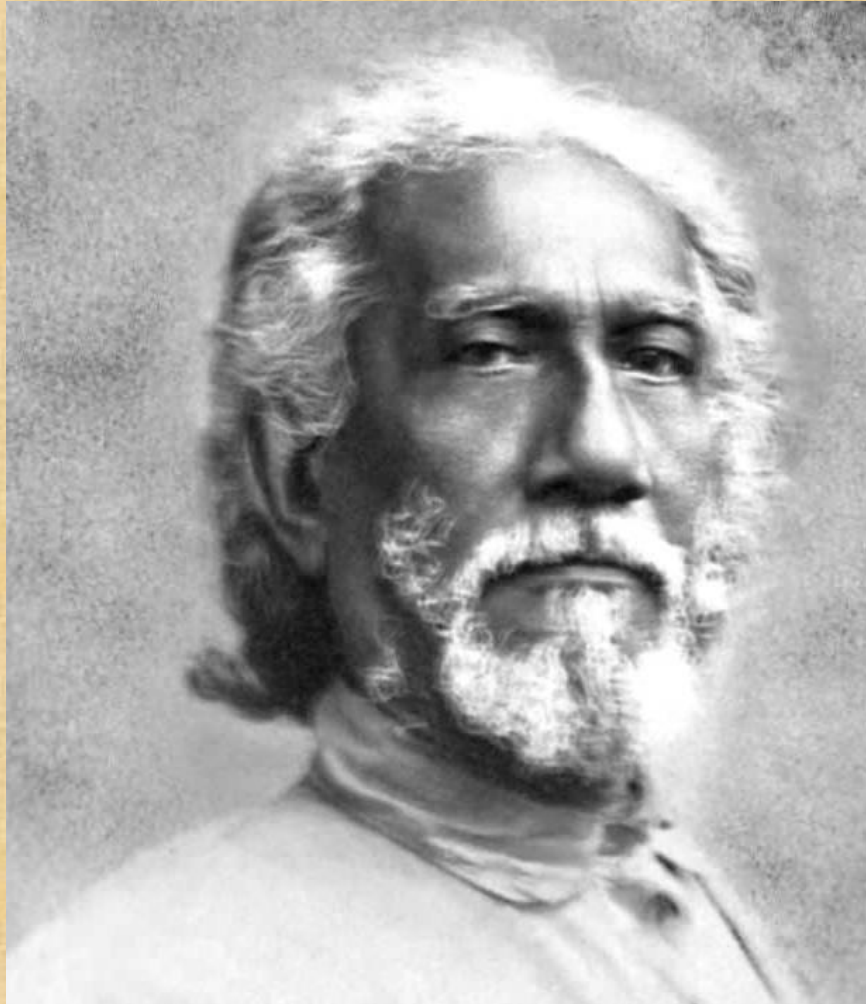
# Yuga



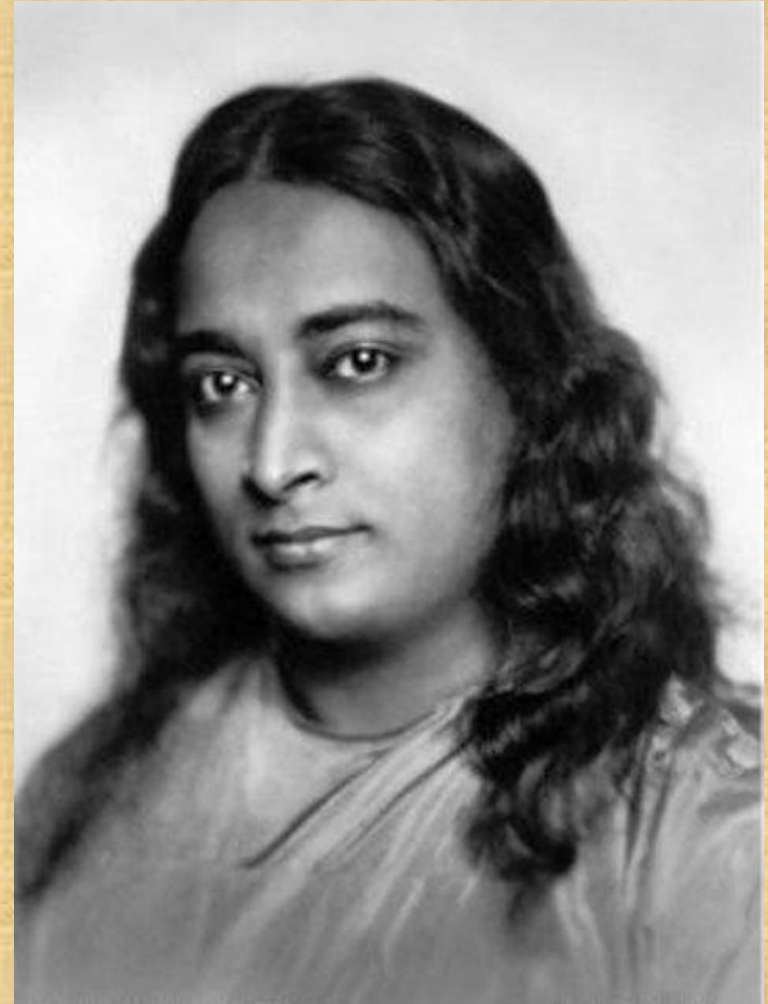
# Yuga

- Universe is 13.7 billion years
- Sun is 5 billion years and has a total lifespan of 10 billion years
- Earth is 4.5 billion years
- Homo sapiens 190,000 years

# Yuga



Sri Yukteswar Giri

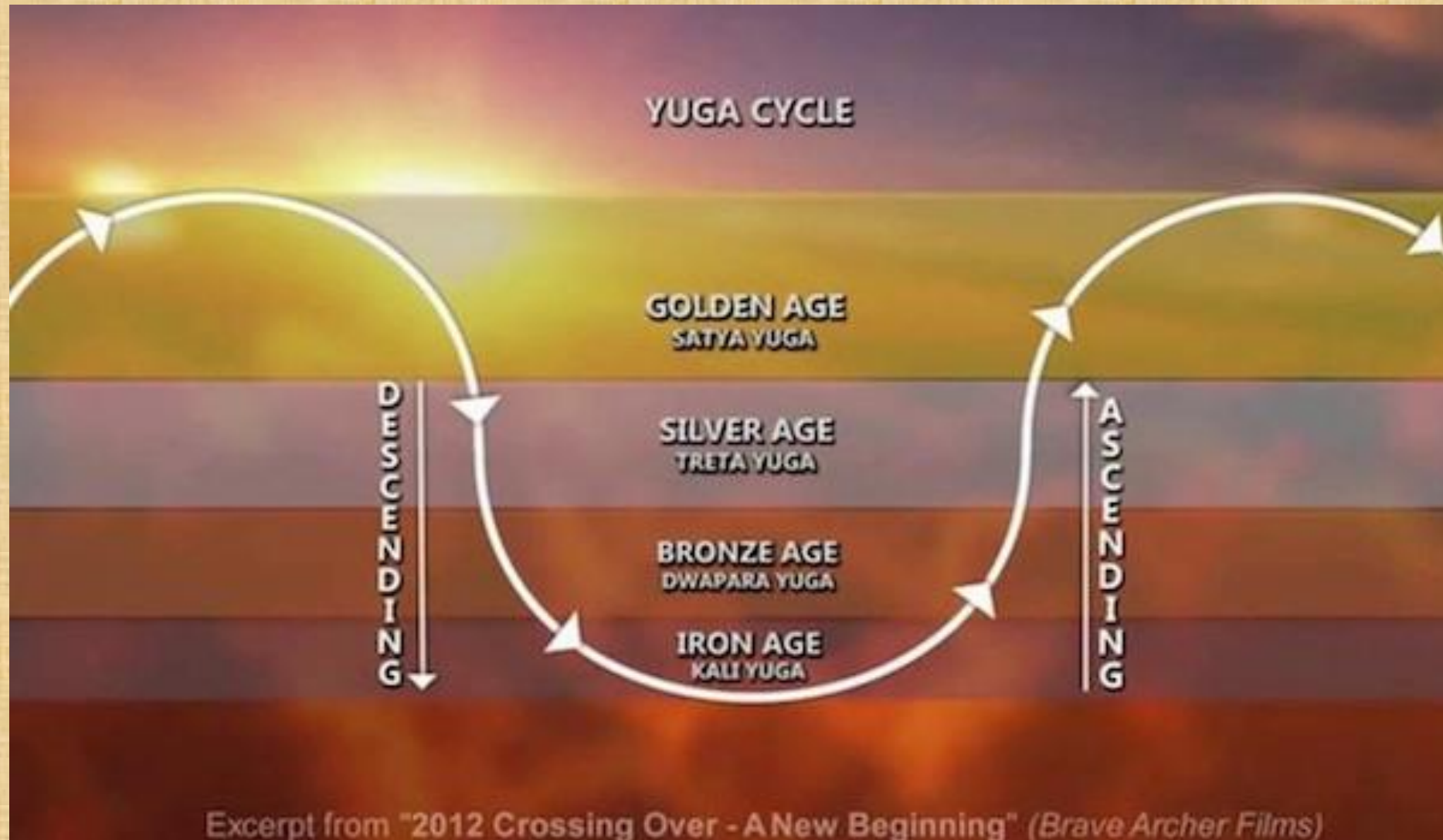


Paramhansa Yogananda

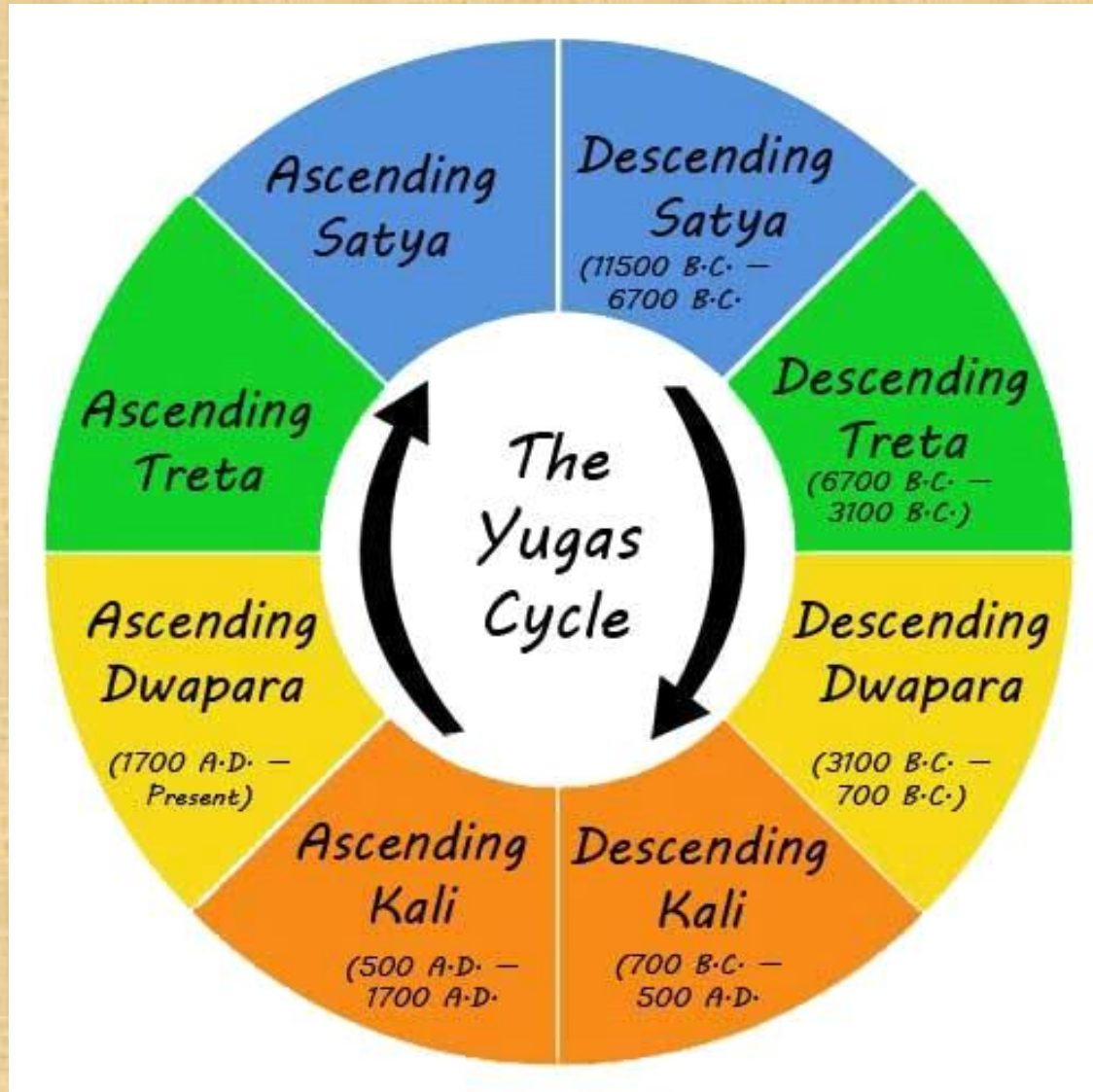
# Yuga

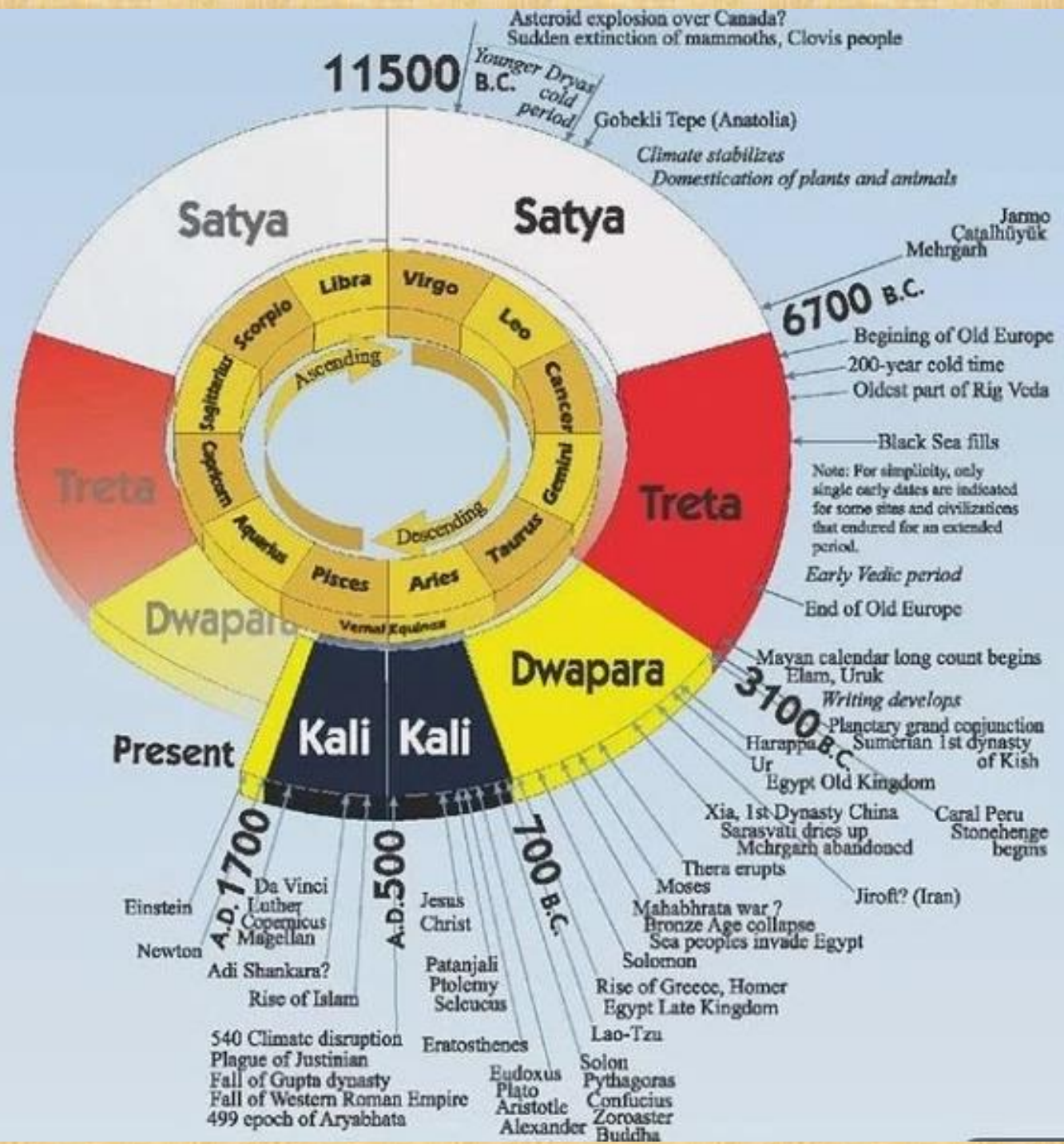
Sri Yukteswar's Yuga Cycle		
<i>Yuga</i>	Start (– End)	Length
Descending (12,000 years):		
<i>Krita (Satya)</i>	11,501 BCE	4,800
<i>Treta</i>	6701 BCE	3,600
<i>Dvapara</i>	3101 BCE	2,400
<i>Kali</i>	701 BCE	1,200
Ascending (12,000 years):		
<i>Kali</i>	499 CE	1,200
<i>Dvapara*</i>	1699 CE	2,400
<i>Treta</i>	4099 CE	3,600
<i>Krita (Satya)</i>	7699 CE – 12,499 CE	4,800
<b>Years: 24,000</b>		

# Yuga

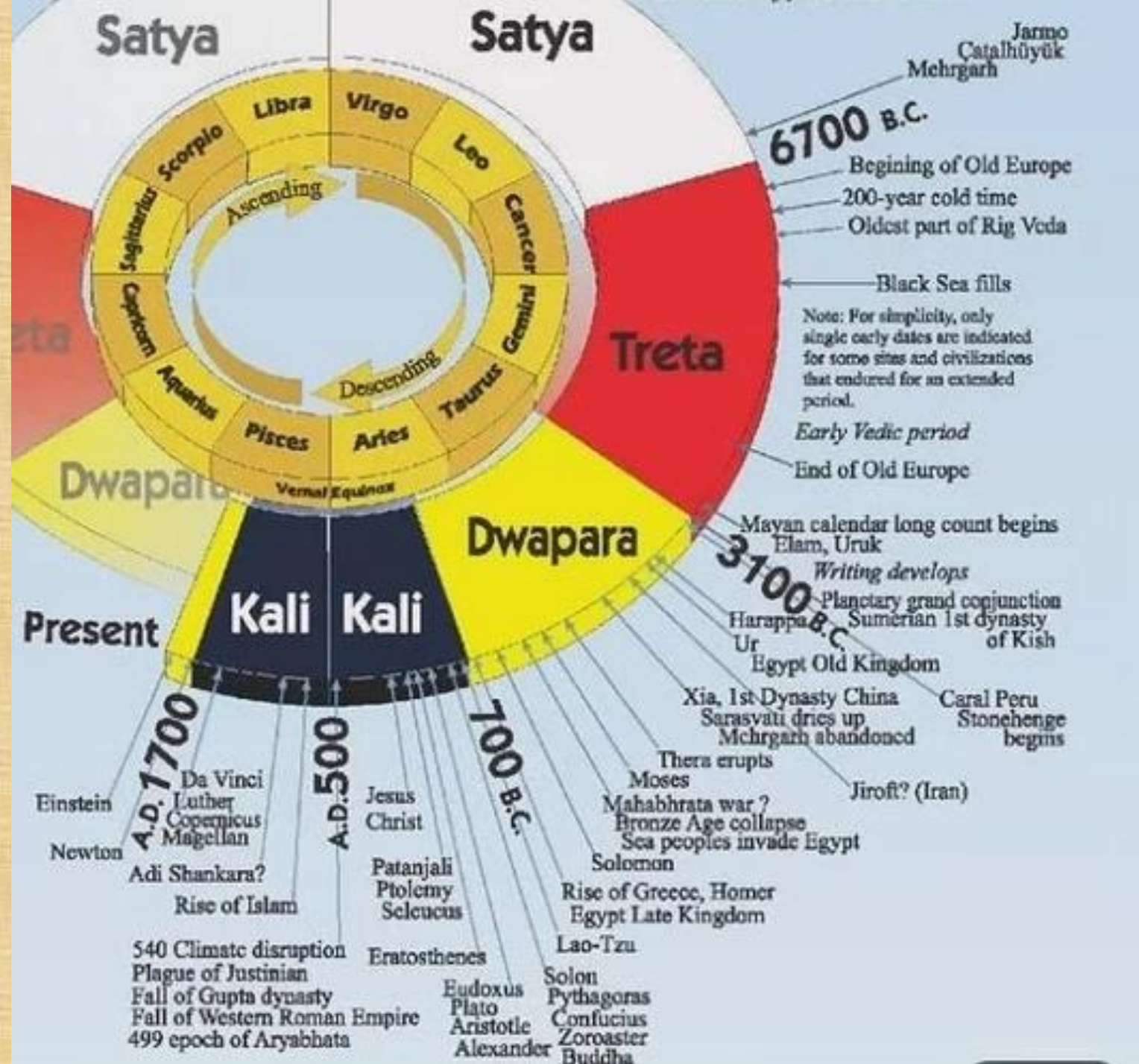


# Yuga









## Verse 4.8

paritrānaya sādhuṇam  
vīnāśaya ca duṣkṛtam  
dharma-samsthāpanārthaya  
sambhāvāmi 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.

## Verse 4.10

vita-raga-bhaya-krodha  
man-maya mam upasritah  
bahavo jnana-tapasa  
puta mad-bhavam agatah



V4.10

Being freed from attachment, fear and anger,  
being fully absorbed in Me and taking refuge in Me,  
many persons in the past became purified by knowledge of Me  
many have attained My Being.

## Verse 4.11

ye yatha mam prapadyante  
tams tathaiva bhajamy aham  
mama vartmanuvartante  
manusyah partha sarvasah



V4.11

In whatever way people approach Me,  
I reciprocate (reward, serve) them accordingly;  
Everyone treads My path in all ways O son of Pritha.

# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 15 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