

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

Chapter 4

- 1 to 5 Krishna says this teaching is ancient
- 6 to 8 Krishna reveals he is an avatar and the purpose of avatar
- 9 to 11 How to reach freedom - moksha
- Be free from attachments, fear and anger
- Be fully absorbed in Him
- Take refuge in Him
- Become purified by the Knowledge of Him
- In whatever way you approach Him he reciprocates.
All are treading His path.

Verse 4.12

kanksantah karmanam siddhim
yajanta iha devatah
ksipram hi manuse loke
siddhir bhavati karma-ja



V4.12

People who long for satisfaction from actions in this world,
make sacrifices to the gods; because satisfaction is quickly obtained
from actions in the world of objects.

Verse 4.13

catur-varnyam maya srstam
guna-karma-vibhagasah
tasya kartaram api mam
viddhy akartaram avyayam



V4.13

I created the four divisions of human society
based on aptitude (gunas) and vocation (karma).

Although I am the author of this system of division of labour,
one should know that I do nothing directly and I am unchanging.

Verse 4.14

na mam karmani limpanti
na me karma-phale sprha
iti mam yo 'bhijanati
karmabhir na sa badhyate



V4.14

There is no work that affects Me;
nor do I aspire for the fruits of action.

One who understands this truth about Me also
does not become entangled in the fruitive reactions of work.

Verse 4.15

evam jnatva krtam karma
purvair api mumuksubhih
kuru karmaiva tasmāt tvam
purvaih purvataram krtam



V4.15

Having known this, the ancient seekers of freedom
also performed action; therefore you too perform action,
as did the ancients in the olden times.

Vedanta - 4 Pillars of Knowledge

Adi Shankaracharya told of 4 means for the Spiritual path.

1. **Viveka** - Discrimination. Real/unreal, Self/non-Self, Good/Pleasant.
2. **Vairagya** - Dispassion. Non-attachment / renunciation of worldly.
3. **Sat sampati** Six virtues -
 - a. Sama - Serenity of mind
 - b. Dama - Conscious intelligent control of senses
 - c. Uparati - Inner satisfaction from commitment to the Truth
 - d. Titiksha - Forbearance
 - e. Shraddha - Intense faith based on reasoning, evidence and experience
 - f. Samadhana - Mind fixed on the Truth
4. **Mumukshutva** - Intense desire for liberation.

Verse 4.16

kim karma kim akarmeti
kavayo 'py atra mohitah
tat te karma pravaksyami
yaj jnatva moksyase 'subhat



V4.16

Even the intelligent are bewildered in determining what is action and what is inaction. Now I shall explain to you what action is, knowing which you shall be liberated from all sins.

Verse 4.17

karmano hy api boddhavyam
boddhavyam ca vikarmanah
akarmanas ca boddhavyam
gahana karmano gatih



V4.17

The intricacies of action are very hard to understand. Therefore one should know properly what action is, what forbidden action is, and what inaction is.

Verse 4.17

LIFE

Activity

Inactivity

Karma

Vikarma

Actions to be done

Actions to be avoided

Nitya Karma
daily duties

Naimittika Karma
duties on special
occasions

Kamya Karma
desire prompted duties

Verse 4.17

Standpoint	Karma (Action)	Vikarma	Akarma (Inaction)
General	Movement		No movement
Karma Yoga	Doing duties. Right action does not bind. Vasanas get exhausted.	Doing prohibited actions. Wrong actions bind. Negative vasanas formed.	1. Not doing duties. Non-doing binds. Vasanas accumulate. 2. Action in right attitude. Not binding. Vasanas get exhausted.
Gyana Yoga	Doing action with notion of doer-ship. Doer becomes the enjoyer. Binding.		Doing action without notion of doer-ship. The non-doer is non-enjoyer. Non-binding

Verse 4.18

karmany akarma yah pasyed
akarmani ca karma yah
sa buddhiman manusyesu
sa yuktah krtsna-karma-krt



V4.18

One who sees inaction in action, and action in inaction,
is wise among men, and he is a Yogi and a true performer of all actions.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 29 June 2023 at 7:30pm



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