

# 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 How to reach freedom - moksha
- 10 Be free from attachments, fear and anger  
Be fully absorbed in Him, Take refuge in Him  
Become purified by the Knowledge of Him
- 11 In whatever way you approach Him he reciprocates.  
All are treading His path.

# Chapter 4

- 12 Some people look for satisfaction in this world as it is quickly obtained.
- 13 From the various people in society there are 4 castes by their gunas (qualities) and their karmas (occupations).
- 14 No work affects Me nor do I aspire to the fruits of action. Knowing the Truth of this, one does not get entangled in this world.

## 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.



## 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

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

## Verse 4.18

karmany akarma yah pasyed  
akarmani ca karma yah  
sa buddhiman manusyesu  
sa yuktaḥ kṛtsna-karma-kṛt



V4.18

One who sees inaction in action, and action in inaction, lives in wisdom.  
Their consciousness is unified and their every act is done with complete awareness.

# Verse 4.18

- Drg Drshya Viveka
- Witness Consciousness
- Detached Observer



## Verse 4.18

| <b>Self (Atma)</b> | <b>Non-self (BMI)</b> |
|--------------------|-----------------------|
| One                | Many                  |
| Unchanging         | Constantly changing   |
| Unlimited          | Limited               |
| Untroubled         | Troubled              |
|                    |                       |
| No action          | Constant activity     |
|                    |                       |

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# Chariot

Body (Śarīra)

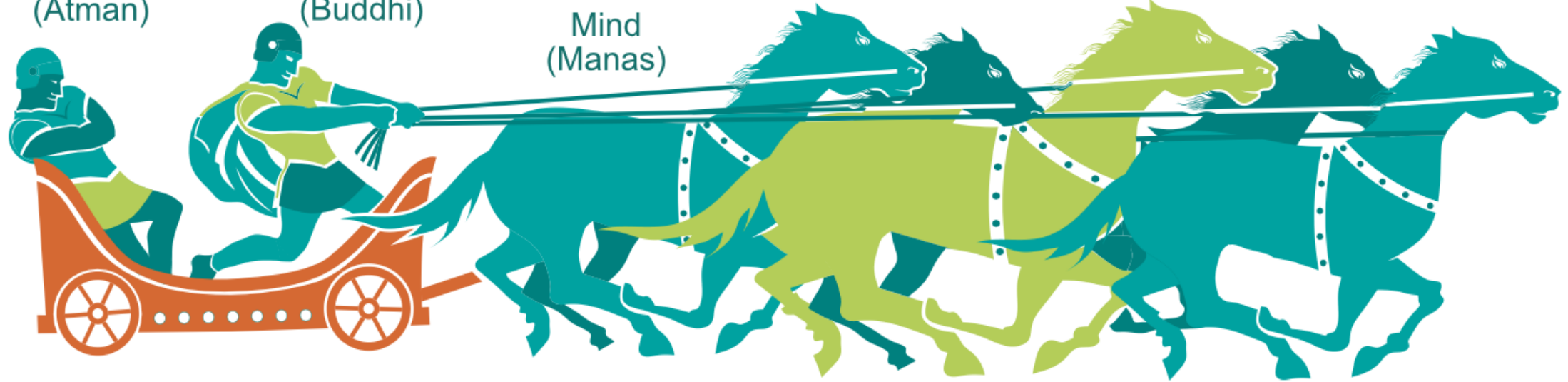


Consciousness  
(Ātman)

Higher Intellect  
(Buddhi)

Mind  
(Manas)

Senses (Indriyas)



(based on the Katha Upanishad)



# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 6 July 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