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

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Revision Questions

Q 1: What was the main teaching in Chapter 2 that Krishna passed to Arjuna?

Q 2: Does this Knowledge from Chapter 2 change how you act in your day to day activities? If so how does this show itself? If not why not?

Revision Questions

Q 3: What is your understanding of Karma Yoga as taught by Shree Krishna?

How would you describe it to your friend who knows nothing about it.

Q 4: How would you bring Karma Yoga into your life?

Revision Questions

Q 5: Why is Shree Krishna said to be an avatar of Vishnu?

Q 6: So far in Chapter 4 Shree Krishna has shown us 3 ways to Self-realisation. Can you describe these?

Chapter 4

Consequences of being Self-realised

19. Karma Yoga happens automatically.

20. Active but ever-satisfied and independent.

21. No selfish desires, mind and intellect under control, renounces all proprietorship of possessions.

yadrccha-labha-santusto

dvandvatito vimatsarah

samah siddhav asiddhau ca

krtvapi na nibadhyate

V4.22
Content with what comes to him without effort,
free from the pairs-of-opposites and does not compete,
even minded in success and failure,
though acting is not bound.

Bhagavad Gita

Next class 24 Aug 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