

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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Chapter 4

Gyana Karma Sannyasa Yoga

The Path of Renunciation of Action in Knowledge

Verse 4.24

brahmarpanam brahma havir
brahmagnau brahmana hutam
brahmaiva tena gantavyam
brahma-karma-samadhina



V4.24

Brahman is the oblation;
Brahman is the clarified butter, etc., constituting the offerings;
by Brahman is the oblation poured into the fire of Brahman;
Brahman verily shall be reached by
him who always sees Brahman in all actions.

Verse 4.25

daivam evapare yajnam
yoginah paryupasate
brahmagnav apare yajnam
yajnenaivopajuhvati



V4.25

Some yogis perform sacrifice to the deities;
while others offer the self as sacrifice
by the Self in the fire of Brahman alone

Verse 4.26

srotradinindriyany anye
samyamagnisu juhvati
sabdadin visayan anya
indriyagnisu juhvati



V4.26

Some again, offer hearing and other senses
as a sacrifice into the fires-of-restraint;
others offer sound and other sense objects
as sacrifice into the fires of the senses.

Verse 4.27

sarvanindriya-karmani
prana-karmani capare
atma-samyama-yogagnau
juhvati jnana-dipite



V4.27

Others, again, sacrifice all the functions of the senses and the vital energy (prana) in the fire of the Yoga of self-restraint, kindled by Knowledge.

Verse 4.28

dravya-yajnas tapo-yajna
yoga-yajnas tathapare
svadhyaya-jnana-yajnas ca
yatayah samsita-vratah



V4.28

Others again offer wealth, austerity
and Yoga as sacrifice,
while ascetics of self-restraint and rigid vows
offer study of scriptures and knowledge as sacrifice.

Verse 4.29

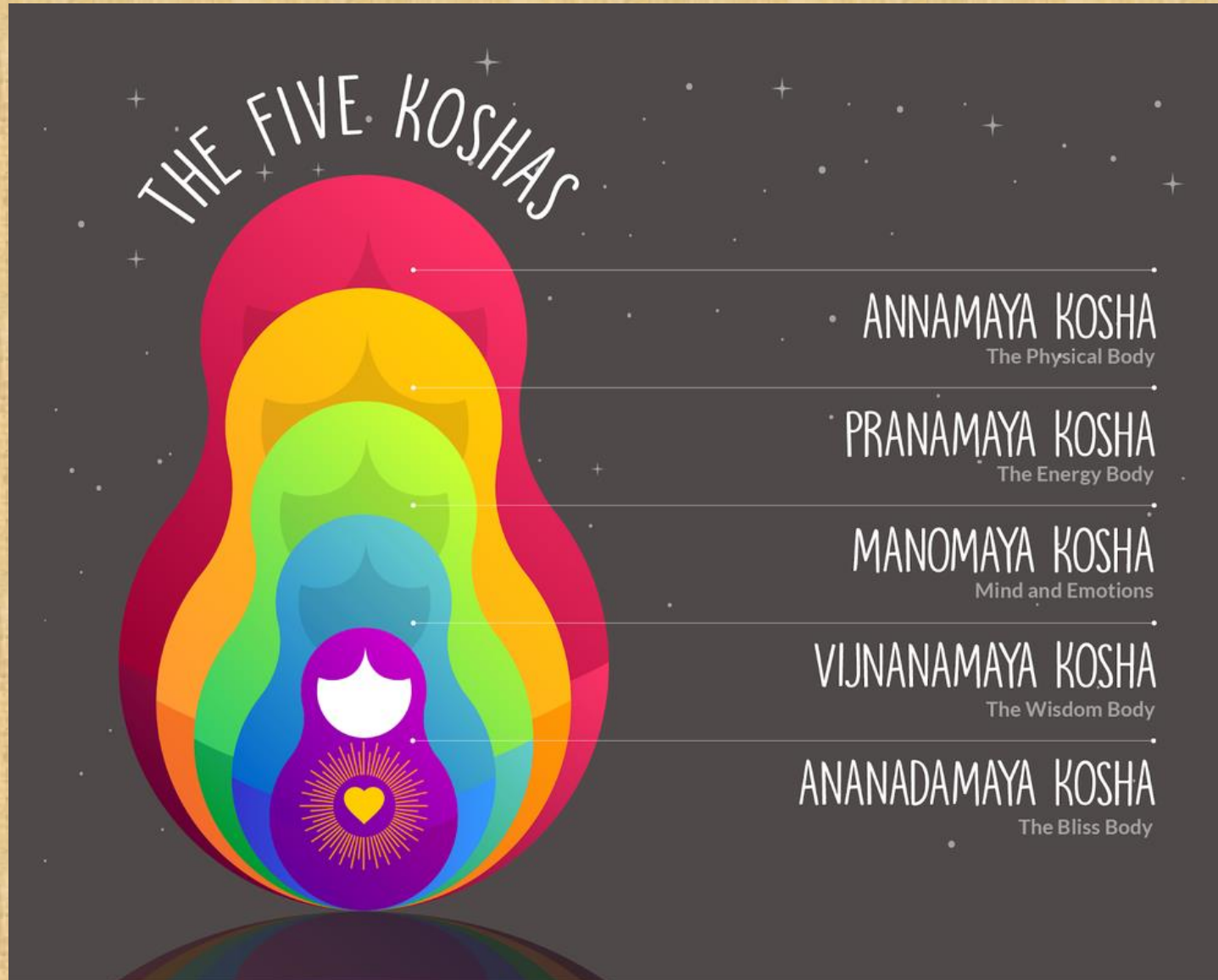
apane juhvati pranam
prane 'panam tathapare
pranapana-gati ruddhva
pranayama-parayanah



V4.29

Others offer as sacrifice the outgoing breath in the incoming, and the incoming in the outgoing, restraining the courses of the outgoing and incoming breaths, solely absorbed in the restraint of breath.

5 Koshas



Verse 4.29

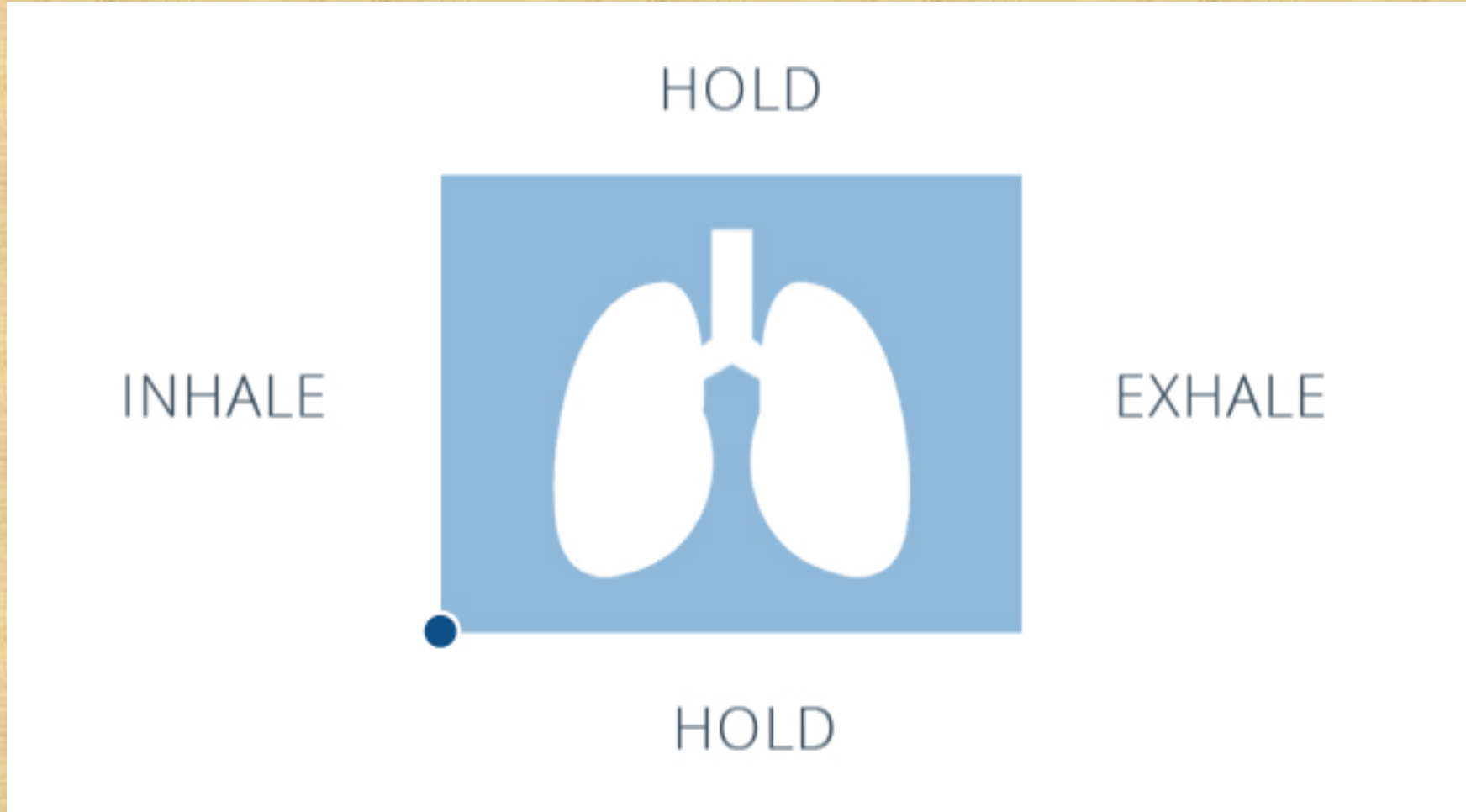
apane juhvati pranam
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pranayama-parayanah



V4.29

Others offer as sacrifice the outgoing breath in the incoming, and the incoming in the outgoing, restraining the courses of the outgoing and incoming breaths, solely absorbed in the restraint of breath.

Square Breathing



Verse 4.29

apane juhvati pranam
prane 'panam tathapare
pranapana-gati ruddhva
pranayama-parayanah



V4.29

Others offer as sacrifice the outgoing breath in the incoming, and the incoming in the outgoing, restraining the courses of the outgoing and incoming breaths, solely absorbed in the restraint of breath.

Verse 4.30

apare niyataharah
pranan pranesu juhvati
sarve 'py ete yajna-vido
yajna-ksapita-kalmasuk



V4.30

Others, with well-regulated diet, offer vital-airs in the Vital Air.

All these are knowers of sacrifice, whose sins are destroyed by sacrifice.

12 Yagnas

1. Deva Yagna

3. Indriya Yagna

5. Dravya Yagna

7. Yoga Yagna

9. Gyana Yagna

11. Pranayama Yagna

2. Brahman Yagna

4. Samyama Yagna

6. Tapo Yagna

8. Swadhyaya Yagna

10. Vrata Yagna

12. Nitya Ahara Yagna

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 14 Sept 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