

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

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

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.

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Verse 4.31

yajna-sistamrta-bhujo
yanti brahma sanatanam
nayam loko 'sty ayajnyasya
kuto 'nyah kuru-sattama



V4.31

The eaters of nectar (remnant of the sacrifice)
go to the Eternal Brahman.

Even this world is not for the nonperformer of sacrifice;
how then the other world, O best of the Kurus?

Verse 4.32

evam bahu-vidha yajna
vitata brahmano mukhe
karma-jan viddhi tan sarvan
evam jnatva vimoksyase



V4.32

Thus innumerable sacrifices lie spread out
before Brahman (at the mouth of Brahman).
Know them all as born of action,
and thus knowing, you shall be liberated.

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Questions & Comments



Bhagavad Gita

Next class 21 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