

# 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

# Chapter 4

- This Knowledge is ancient.
- Krishna as Avatar.
- Four castes according to gunas and karmas.
- Inaction in action, action in inaction.
- Self-realised characteristics.

# Chapter 4

Consequences of being Self-realised - The Wise

19. Acts without selfish desires and not attached to the fruits of action.
20. Active but ever-satisfied and independent.
21. No selfish desires, mind and intellect under control, renounces all proprietorship of possessions.
22. Content, free from pairs of opposites, does not compete, even-minded, not bound by actions.
23. Detached, liberated, in Knowledge, acts in Yagna spirit.

## 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 a sacrifice in  
the fire of Brahman.  
(the sacrifice of the self into the Higher Self).



## 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 functions of the prana (vital energy)  
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

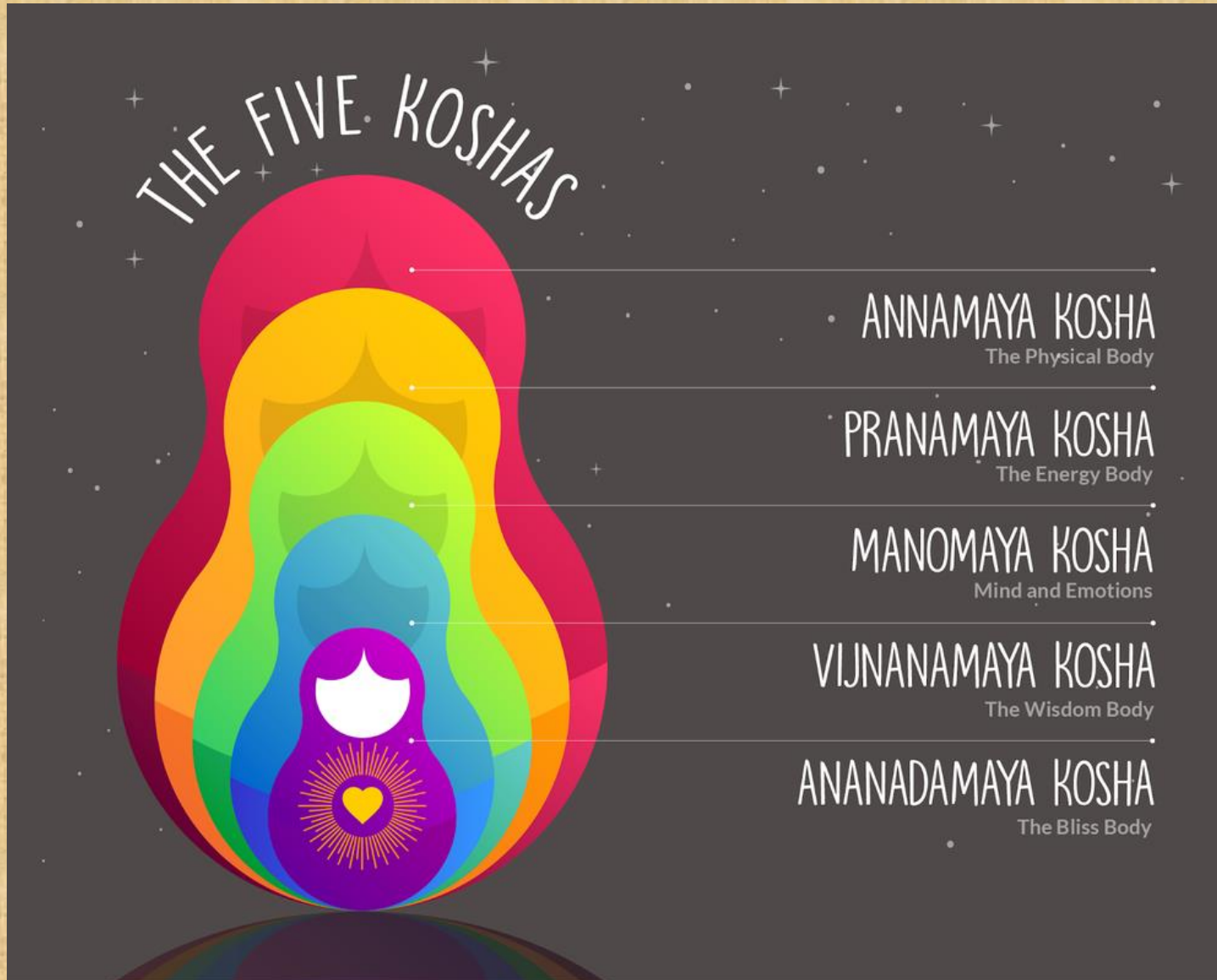
apane juhvati pranam  
prane 'panam tathapare  
pranapana-gati ruddhva  
pranayama-parayanah



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

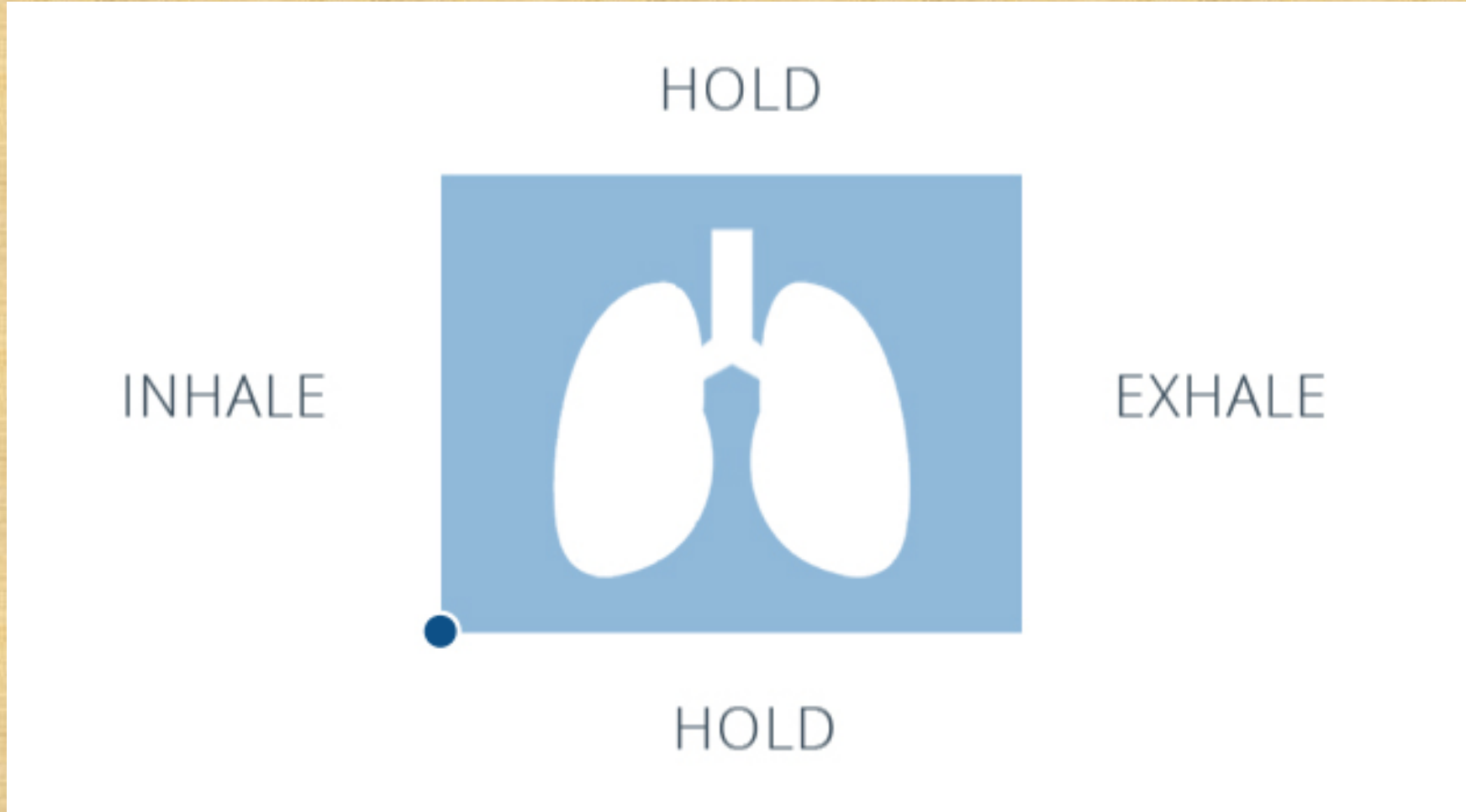
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pranayama-parayanah



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.



# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 28 Sept 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