

# 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

## Yagna Spirit

Self-dedicated activity for the service of the many

# 12 Yagnas

1. Deva (Deity) Yagna

2. Brahman (Self) Yagna

3. Indriya (Senses) Yagna

4. Samyama (Self-restraint) Yagna

5. Dravya (Material) Yagna

6. Tapo (Austerity) Yagna

7. Yoga (Worship) Yagna

8. Swadhyaya (Study) Yagna

9. Gyana (Knowledge) Yagna

10. Vrata (Vows) Yagna

11. Pranayama (Breath) Yagna

12. Nitya Ahara (Food) Yagna



## Verse 4.30

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



V4.30

Others, with well-regulated diet and offer the breath into the life energy.  
All these are knowers of sacrifice, whose mind is purified by sacrifice.

## 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?



# Matrix of Spiritual Practice (Vedanta)

Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravanam</i> - Hear <i>Mananam</i> - Contemplate <i>Nidhidhyasana</i> - Meditate
<i>Vikshepa</i> – Unfocused	<i>Ekagrata</i> - Focus	<i>Upasana</i> – Worship/Meditate
<i>Chitta Mala</i> – Impure Mind	<i>Chitta Sudhi</i> – Purity of Mind	<i>Karma Yoga</i> – Path of Action

Based on Swami Sarvapriyananda talks

## 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.

## Verse 4.33

sreyan dravya-mayad yajnaj  
jnana-yajnah parantapa  
sarvam karmakhilam partha  
jnane parisamapyate



V4.33

Sacrifice performed in Knowledge is superior  
to any mechanical material sacrifice, O Parantapa.  
All actions in their entirety, O Partha,  
culminate in Knowledge.



## Verse 4.34

tad viddhi pranipatena  
pariprasnena sevaya  
upadeksyanti te jnanam  
jnaninas tattva-darsinah



V4.34

Know that by long prostration,  
by question and service,  
the wise who have realised the Truth  
will instruct you in that Knowledge.

## Verse 4.35

yaj jnatva na punar moham  
evam yasyasi pandava  
yena bhutany asesani  
draksyasy atmany atho mayi



V4.35

Knowing that, you shall not, O Pandava, again get deluded like this;  
and by that, you shall see all beings in your Self and also in Me.

## Verse 4.36

api ced asi papebhyah  
sarvebhyah papa-krt-tamah  
sarvam jnana-plavenaiva  
vrjinam santarisyasi



V4.36

Even if you are the most sinful of all sinners,  
yet you shall verily cross all sins by the raft of Knowledge



# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 5 Oct 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