

# 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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# Summary

Chapter 1. Arjuna Vishad Yoga - *Path of Arjuna's Despondency*

Chapter 2. Sankhya Yoga - *Path of Knowledge*

Chapter 3. Karma Yoga - *Path of Action*

- Ishvara Arpan buddhi
- Prasad buddhi

Chapter 4. Gyana Karma Sannyasa Yoga -

*Path of Renunciation of Action in Knowledge*

# Summary

## Chapter 4. Gyana Karma Sannyasa Yoga *Path of Renunciation of Action in Knowledge*

- Avatar
- Know Krishna in his true nature and action
- Underlying Oneness in this world of variety
- Recognise inaction in action
- See Brahman in all actions
- 12 Yagna practices
- Knowledge

## Verse 4.41

yoga-sannyasta-karmanam  
jnana-sanchinna-samsayam  
atmavantam na karmani  
nibadhnanti Dhananjaya



V4.41

He who has renounced actions by yoga,  
whose doubts are destroyed by Knowledge,  
who is situated firmly in the self,  
actions do not bind him, O Dhananjaya.

## Verse 4.42

tasmad ajnana-sambhutam  
hrt-stham jnanasinatmanah  
chittvainam samsayam yogam  
atisthottistha Bharata



V4.42

Therefore the doubts which have arisen  
in your heart out of ignorance  
should be slashed by the weapon of knowledge.  
Armed with yoga, O Bharata, stand and fight.

# Chapter 5

## Karma Sannyasa Yoga

### The Path of Renunciation of Action



## Verse 5.1

arjuna uvaca  
sannyasam karmanam krsna  
punar yogam ca samsasi  
yac chreya etayor ekam  
tan me bruhi su-niscitam

V5.1

Arjuna says

O Krishna! You praise renunciation of actions and also Karma Yoga.  
Tell me definitely which is the better of the two.



## Verse 5.2

sri-bhagavan uvaca  
sannyasah karma-yogas ca  
nihsreyasa-karav ubhau  
tayos tu karma-sannyasat  
karma-yogo visisyate

V5.2

Shri Bhagavan says

Both renunciation (of action) and performance of action as karma yoga lead to liberation. But of these two, the performance of action as karma yoga is better than renunciation of action.



# Chapter 5

**Karma Yoga**

Ishvara Arpan  
Buddhi  
Prasad Buddhi  
Yagna spirit



**Inner Purification**

Vasanas become sattvik  
Tranquil mind



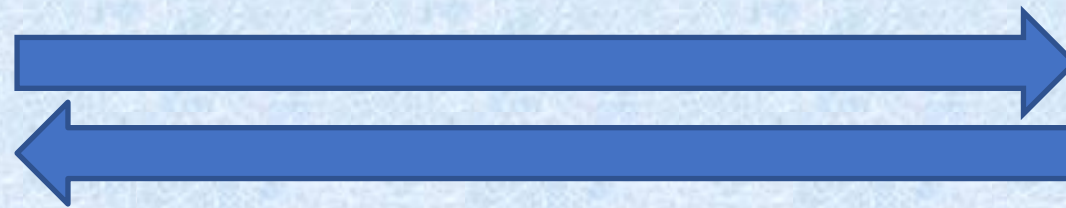
**Meditation**

Effortless Detachment



**Renounce**

**Action**



**Get Knowledge**

## Verse 5.3

jneyah sa nitya-sannyasi  
yo na dvesti na kanksati  
nirdvandvo hi maha-baho  
sukham bandhat pramucyate



V5.3

The person who neither hates nor longs (for anything)  
should be known as always a renunciate (sannyasin), Arjuna  
One who is free from the opposites (likes and dislikes)  
is indeed effortlessly released from bondage.

# 4 Stages of Life (Ashrama)

*Brahmacharya* (Student)

*Grihastha* (Householder)

*Vanaprastha* (Forest Dweller)

*Sannyasa* (Renunciate)

# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 30 Nov 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