

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 5

Karma Sannyasa Yoga

The Path of Renunciation of Action

4 Stages of Life (Ashrama)

Brahmacharya (Student)

Grihastha (Householder)

Vanaprastha (Forest Dweller)

Sannyasa (Renunciate)

Bhagavad Gita

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

- Yagna spirit
- Knowledge

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



Get Knowledge

Renounce

Action



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.

Chapter 5

Inner attitudinal change

Karma Yoga

All actions in Yagna spirit

1. Offering to God (Ishvara Arpan Buddhi)
2. Not for the fruits (Prasad Buddhi)

Sannyasa

Effortless detachment

Verse 5.4

sankhya-yogau prthag balah
pravadanti na panditah
ekam apy asthitah samyag
ubhayor vindate phalam

V5.4

Children but not the wise argue that
Knowledge and Karma Yoga are different.
The person who follows even one (of the two) properly,
gains the result of both.



Verse 5.5

yat sankhyaih prapyate sthanam
tad yogair api gamyate
ekam sankhyam ca yogam ca
yah pasyati sa pasyati



V5.5

That place which is gained by the Sankhyas (gyanis)
is reached by Yogins (Karma Yogins).

He sees, who sees Sankhya and Yoga are the same

Verse 5.4 & 5.5

Karma Yoga - Yoga of Selfless Action
Renounce the fruits of actions

Sankhya Yoga - Yoga of Knowledge
Renounce doer-ship in all actions

Karma Yoga  *Knowledge*  *Self-Realisation*

Verse 5.6

sannyasas tu maha-baho
duhkham aptum ayogataha
yoga-yukto munir brahma
na cirenadhigacchati



V5.6

But renunciation, O mighty armed, is hard to attain without Yoga; the Yoga harmonised man of steady contemplation quickly goes to Brahman

Verse 5.7

yoga-yukto visuddhatma
vijitatma jitendriyah
sarva-bhutatma-bhutatma
kurvann api na lipyate



V5.7

He who is devoted to the path of action, a man of purified mind, one who has conquered the self, one who has subdued his senses, one who realises his Self as the Self in all beings. Though acting he is not tainted.

Verse 5.8 & 5.9

naiva kincit karomiti yukto manyeta tattva-vit
pasyan srnvan sprsan jighrann
asnan gacchan svapan svasan
pralapan visrjan grhnann unmisann nimisann api
indriyanindriyarthesu vartanta iti dharayan

V5.8 & 5.9

‘I do nothing at all’. Thus the harmonised knower of the Truth would think - seeing, hearing, touching, smelling, eating, going, sleeping, breathing, speaking, letting go, seizing, opening and closing the eyes, convinced that the senses move among the sense objects.



Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 7 Dec 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