

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

Chapter 5

Karma Sannyasa Yoga

The Path of Renunciation of Action

Chapter 5

Summary

1. Which is best - Sannyasa or Karma Yoga?
2. Both lead to Self Realisation but Karma yoga is better.
3. A sannyasin has no hates or craving, no likes or dislikes

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.

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 5.8 & 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.

Verse 5.10

brahmany adhaya karmani
sangam tyaktva karoti yah
lipyate na sa papena
padma-patram ivambhasa



V5.10

He who does actions, offering them to Brahman
abandoning attachment, is not tainted by sin,
just as a lotus leaf remains unaffected by the water on it.

Verse 5.11

kayena manasa buddhya
kevalair indriyair api
yoginah karma kurvanti
sangam tyaktvatma-suddhaye

V5.11

Yogis, having abandoned attachment,
perform actions merely by the body, mind intellect and the senses
for the purification of the self.



Identity Evolution

Ego Identity



Karma Yoga

Witness / Observer Identity



Meditation

Brahman Identity

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 14 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