

# 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

# Bhagavad Gita

Vedic Society Hindu Temple,  
Southampton



# 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
- 4 & 5. The path of Knowledge and Karma are the same.
6. Sannyasa is hard to obtain without Karma Yoga.
7. Yoga Yukto with a purified mind and controlled actions and senses, realises his Self as the Self in all beings and is untainted by actions.
- 8 & 9. 'I do nothing' while carrying out all actions.

# Chapter 5

Karma Yoga

Ishvara Arpan  
Buddhi  
Prasad Buddhi  
Yagna spirit



Inner Purification

Vasanas become sattvik  
Tranquil mind



Meditation

Effortless  
Detachment



Get Knowledge

Sannyasa

*Renounce*

*Action*



## 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.





## Verse 5.12

yuktah karma-phalam tyaktva  
santim apnoti naisthikim  
ayuktah kama-karena  
phale sakto nibadhyate



V5.12

The one who is endowed with Karma Yoga,  
having abandoned the fruits of action, attains of Eternal Peace;  
whereas the one who is not committed to a life of Karma Yoga,  
led by desire and attached to the fruit, is bound.

## Verse 5.13

sarva-karmani manasa  
sannyasyaste sukham vasi  
nava-dvare pure dehi  
naiva kurvan na karayan



V5.13

Mentally renouncing all actions and fully self controlled,  
the 'embodied' one rests happily in the nine-gate city,  
neither acting nor causing others (body and senses) to act.

## Verse 5.14

na kartrtvam na karmani  
lokasya srjati prabhuh  
na karma-phala-samyogam  
svabhavas tu pravartate



V5.14

Atman creates neither doer-ship nor action for any person  
nor the connection with the results of action.  
But one's own nature leads to action.

# God

Brahman	The One Reality. Infinite.
Paramatman	Supreme Soul. Equivalent to Brahman.
Ishvara	Brahman with Name and Form. Brahman + Maya.
Avatar	Incarnation of God. Brahman + Maya.
Bhagavan	One with 6 qualities or opulences.
Prabhu	Lord, Prince, Master.
Mahaprabhu	Great Lord, Prince, Master.
Devas/Devatas	Controllers of Material Nature.

# Divine Glories of Bhagavan

Bhagavan has 6 Divine Glories

1. Ishvarya - Lordship
2. Dharma - Righteousness
3. Bala - Fame
4. Shri - Prosperity
5. Vairagya - Detachment
6. Gyana - Knowledge for Liberation

# Bhagavad Gita

## Questions & Comments



# Bhagavad Gita

Next class 4 Jan 2024 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