

Daily Wisdom from Bhagavad Gita

Daily (Mon-Fri) 9:00 pm CDT (7:30 AM IST)

Zoom Meeting ID: 84590458431



JKYog

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गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

GururBrahma GururVishnu GururDevo
Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri
Gurave Namaha

Meaning:

Guru is the Creator (Brahma), Guru is the
Preserver(Vishnu), GuruDeva is
Destroyer(Maheshwara)
Guru is the absolute (singular) Lord himself,
Salutations to that Sri Guru

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम्

vasudeva sutam devam kamsa
cāṇūramardanam |
devakī paramānandam kṛṣṇam vande
jagadgurum

Meaning:

I offer my obeisance's to Lord Kṛṣṇa, the
beloved son of Vasudeva, who killed the
great demons Kamsa and Cāṇūra,
who is the source of great joy to Mother
Devakī; and who is indeed a world teacher
and spiritual master of the universe

Shloka (In Sanskrit)

अर्जुन उवाच ।
 ज्यायसी चेत्कर्मणस्ते मता बुद्धिर्जनार्दन ।
 तत्किं कर्मणि घोरे मां नियोजयसि केशव ॥ 1॥
 व्यामिश्रेणेव वाक्येन बुद्धिं मोहयसीव मे ।
 तदेकं वद निश्चित्य येन श्रेयोऽहमाप्नुयाम् ॥ 2॥

Shloka (in English)

arjuna uvācha
 jyāyasī chet karmaṇas te matā buddhir janārdana
 tat kiṁ karmaṇi ghore māṁ niyojayasi keśhava
 vyāmiśhreṇeva vākyaena buddhiṁ mohayasīva me
 tad ekaṁ vada niśhchitya yena śhreyo 'ham
 āpnuyām

Commentary: <https://www.holy-bhagavad-gita.org/chapter/3/verse/1-2>

Short Translation:

BG 3.1-2: Arjun said: O Janardan, if you consider knowledge superior to action, then why do you ask me to wage this terrible war? My intellect is bewildered by your ambiguous advice. Please tell me decisively the one path by which I may attain the highest good.

Chapter 3 Verse 1-2

3.1-2

Holy Bhagavad Gita

Chapter 1

Introduced the setting in which Arjun's grief and lamentation arose, creating a reason for Shree Krishna to give spiritual instructions

Chapter 2

1 the Lord first explained knowledge of the immortal self

2

He then reminded Arjun of his duty as a warrior, and said that performing it would result in glory and the celestial abodes

3

After prodding Arjun to do his occupational work as a Kshatriya, Shree Krishna then revealed a superior principle—the science of karm yog—and asked Arjun to detach himself from the fruits of his works



Chapter 2 Verse 17 – Sankhya Yoga

3.1-2

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Sāṅkhya



complete analytical
knowledge of
something

=

Sāñ

+

Khya



comes from the
roots Sāñ, meaning
“complete,”



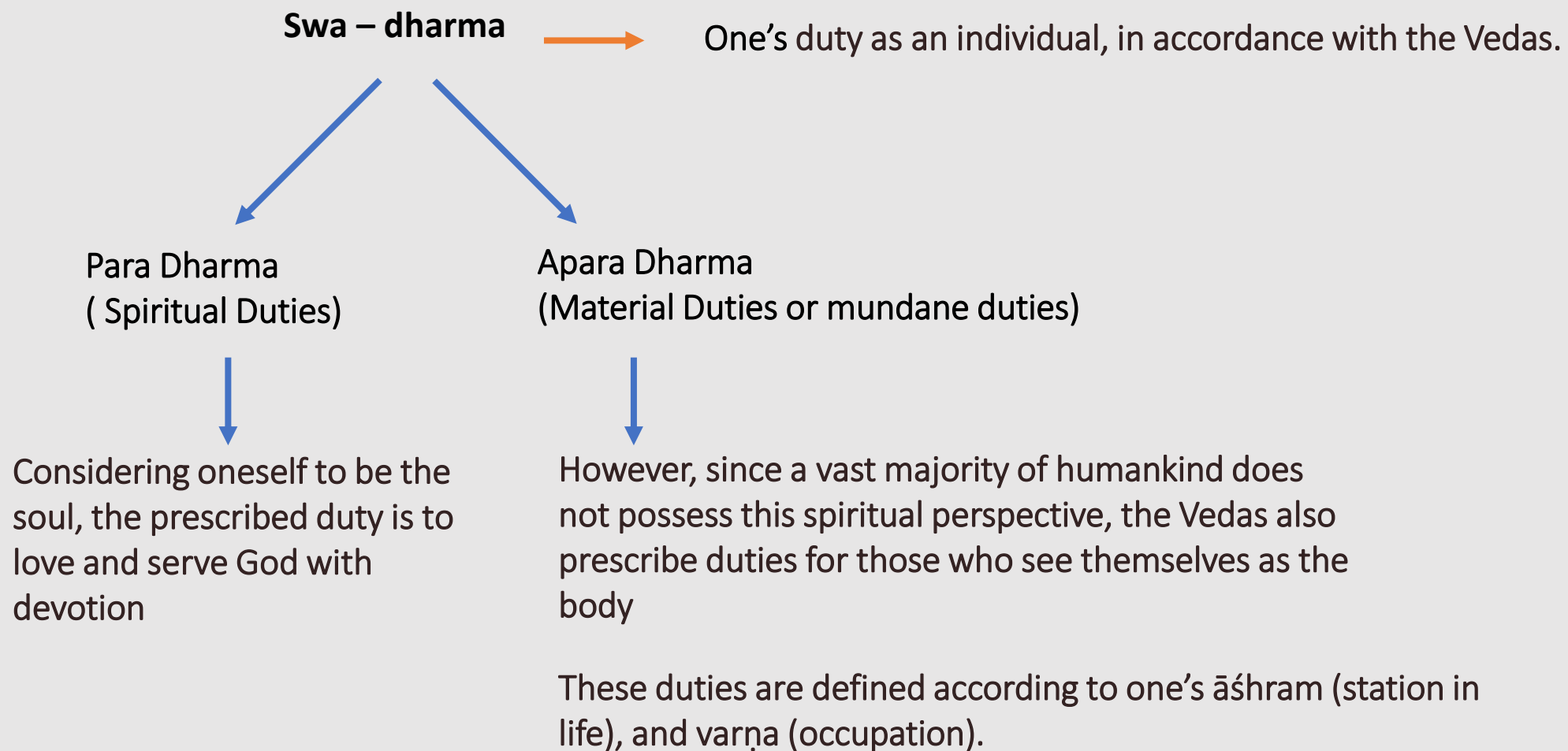
meaning “to know.”

Krishna first explained knowledge of the
immortal self - Sankhya Yog

Frequently Asked Questions	Answer
What is the location of the soul?	<p>The Vedas state that the soul resides in the heart: <i>hṛidi hyeṣha ātmā</i> (Prašnopaniṣhad 3.6) [v18] <i>sa vā eṣha ātmā hṛidi</i> (Chhāndogya Upaniṣhad 8.3.3) [v19] The word <i>hṛidi</i> indicates that the soul is seated in the region of the heart.</p>
Is consciousness and Soul the same?	Consciousness is the symptom of the soul
Why is consciousness not limited to heart alone then and how does spread to the whole body?	<p>Ved Vyas explains this concept as follows: <i>avirodhaśhchandनावत</i> (Brahma Sūtra 2.3.23) [v20] “Just as applying sandalwood to your forehead cools the entire body, similarly, the soul, although residing locally in the heart, infuses its consciousness throughout the body.” Ved Vyas: <i>vyaktireko gandhавत</i> (Brahma Sūtra 2.3.26) [v21] “Fragrance is a quality of the flower. But the garden where the flower grows also becomes fragrant.” This means that the flower is able to pass on its fragrant quality to the garden. Likewise, the soul is sentient, and it also makes the dead matter of the body sentient, by pervading its consciousness in it.</p>



Soul located
near the heart





If Arjun becomes victorious,
a kingdom on Earth awaits him



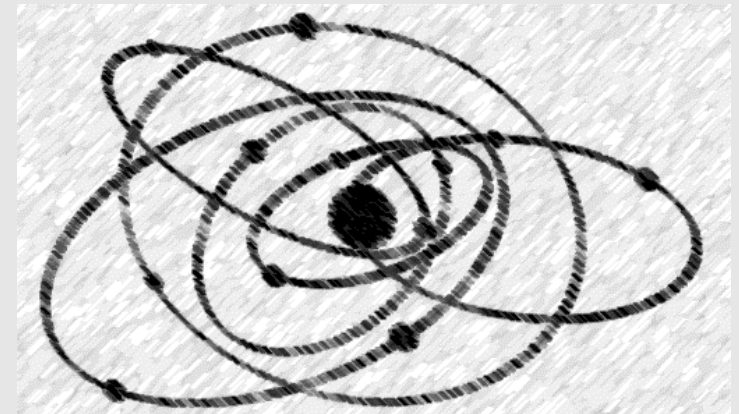
Krishna is trying to highlight to Arjuna the
benefits of fighting the war. If Arjun
becomes victorious, a kingdom on Earth
awaits him



**So in either case of the
result for his action, its a
win-win situation.**



and if he is forced to lay down
his life in the discharge of his
duty, he will go to the celestial
abodes.

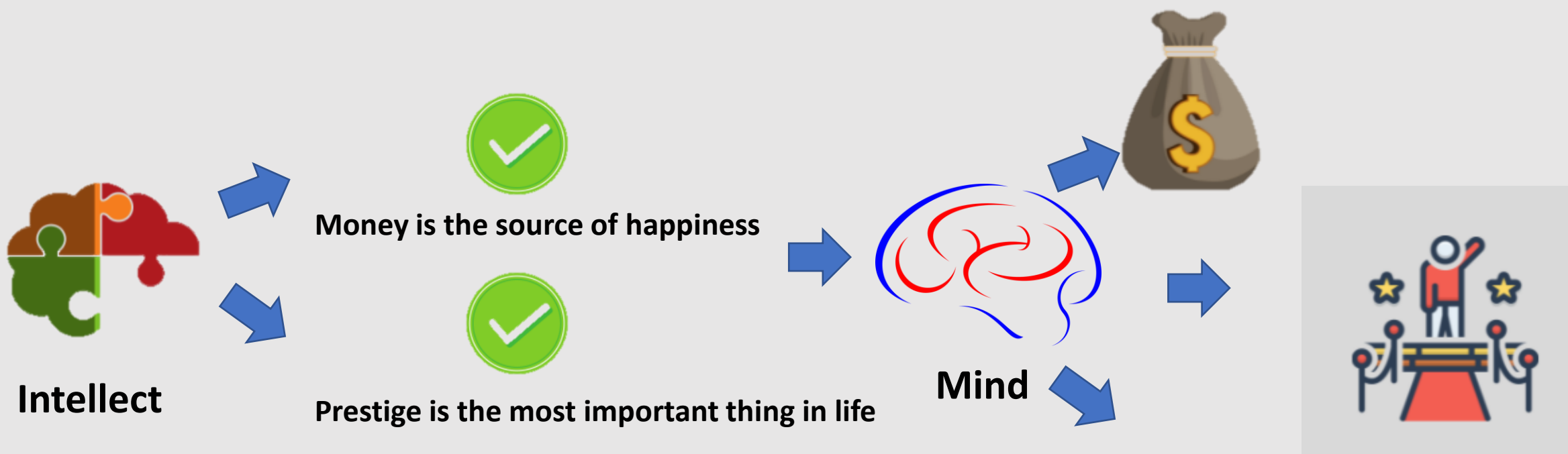


Mind needs approval of Intellect

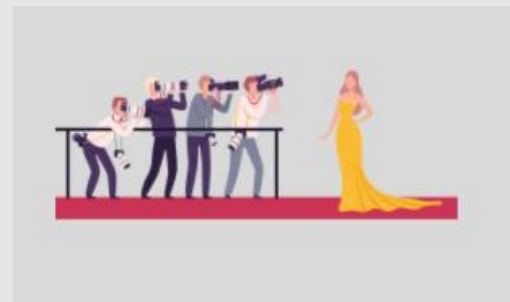
2.41

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Intellect makes decisions while the mind creates desires and gets attached to the object of affection as determined by the intellect



In other words, the mind develops desires in accordance with the knowledge of the intellect.



Chapter 2 Verse 47 – Karma Yoga

2.47

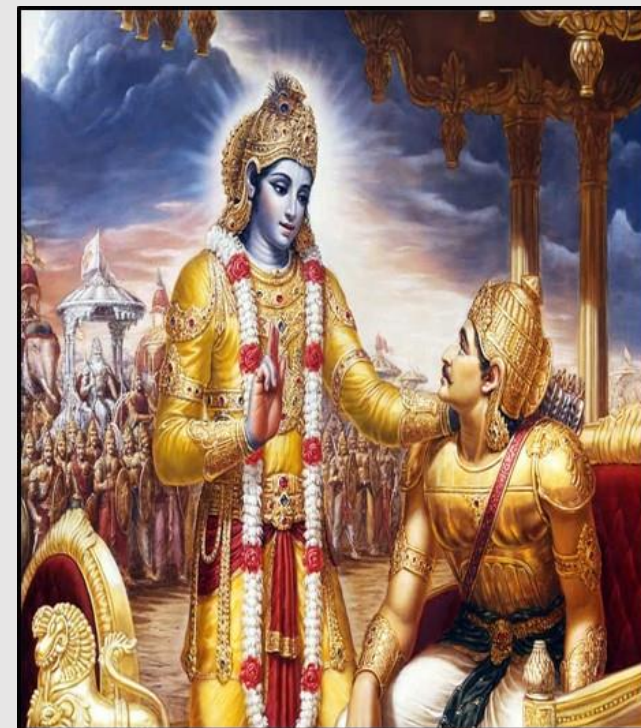
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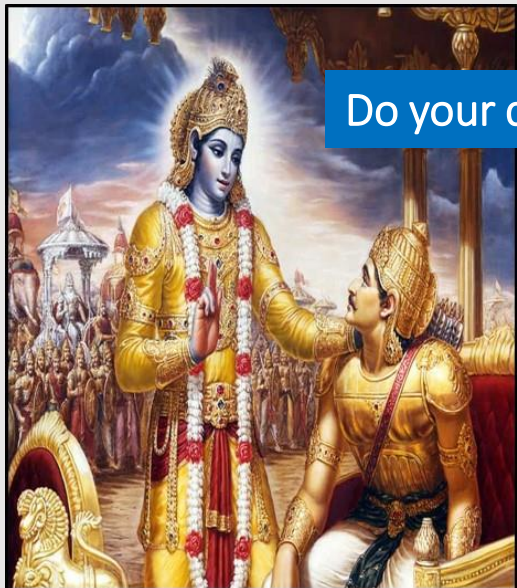
This is an extremely popular verse of the *Bhagavad Gita*, so much so that even most school children in India are familiar with it. It offers deep insight into the proper spirit of work and is often quoted whenever the topic of *karm yog* is discussed

Buddhi yog is the art of detaching the mind from the fruits of actions, by developing a resolute decision of the intellect that all work is meant for the pleasure of God

Karm Yog

- 1 Do your duty, but do not concern yourself with the results
- 2 The fruits of your actions are not for your enjoyment.
- 3 Even while working, give up the pride of doership
- 4 Do not be attached to inaction.



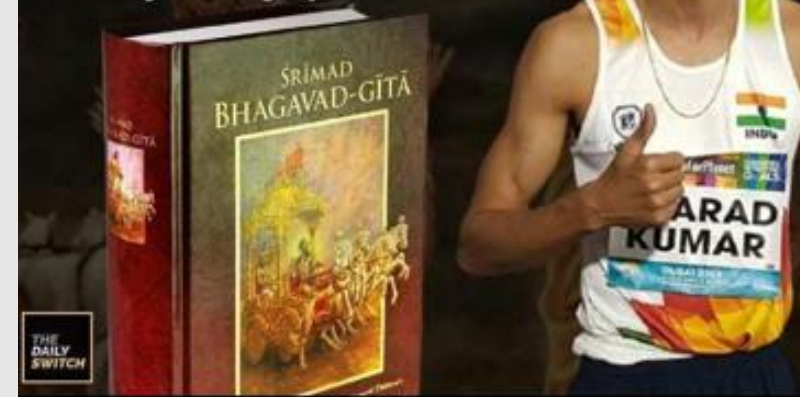


Do your duty, but do not concern yourself with the results

READING BHAGAVAD GITA HELPED ME WIN: PARALYMPICS MEDALIST

I had an injury on my leg. I cried the whole night and thought of pulling out. I spoke to my family. My father asked me to read Bhagavad Gita and focus on what I can do, and not on what I have no control over. So, I put the injury aside but every jump I took was a war.

SHARAD KUMAR,
Bronze Medal, T42 High Jump
Tokyo Paralympics 2020



Chapter 2 Verse 41

3.1-2

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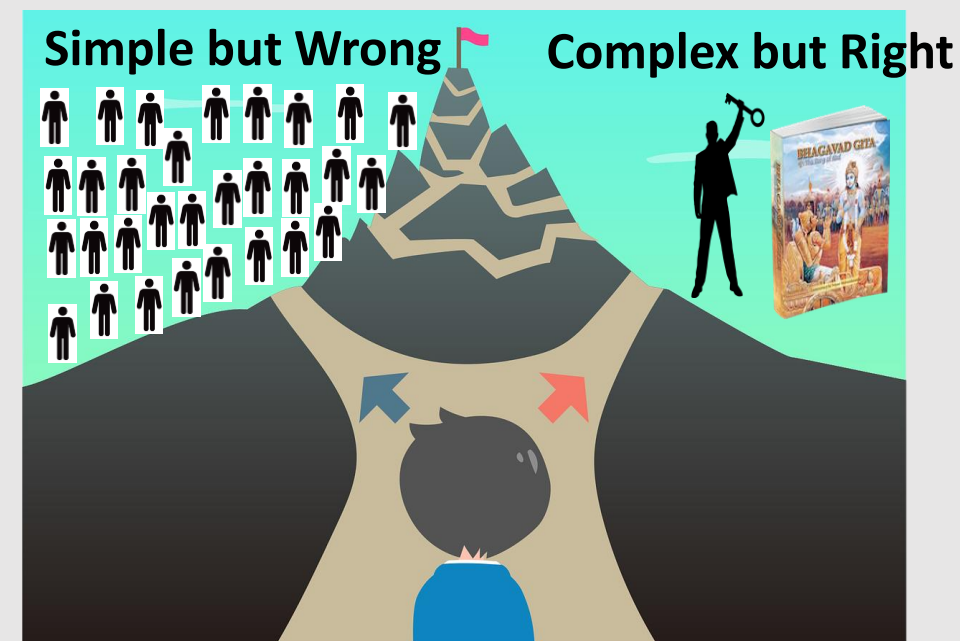
2.39 ➡ Hitherto, I have explained to you Sāṅkhya Yog, or analytic knowledge regarding the nature of the soul. Now listen, O Parth, as I reveal Buddhi Yog, or the Yog of Intellect. When you work with such understanding, you will be freed from the bondage of karma.

2.40 ➡ Working in this state of consciousness, there is no loss or adverse result, and even a little effort saves one from great danger.

2.41 ➡ O descendent of the Kurus, the intellect of those who are on this path is resolute, and their aim is one-pointed. But the intellect of those who are irresolute is many-branched.

2.53 ➡ When your intellect ceases to be allured by the fruitive sections of the Vedas and remains steadfast in divine consciousness, you will then attain the state of perfect Yog.

2.54 ➡ Arjun said : O Keshav, what is the disposition of one who is situated in divine consciousness? How does an enlightened person talk? How does he sit? How does he walk?



Arjuna is saying - By making contradictory statements, you are bewildering my intellect. I know you are merciful and your desire is not to baffle me, so please dispel my doubt.



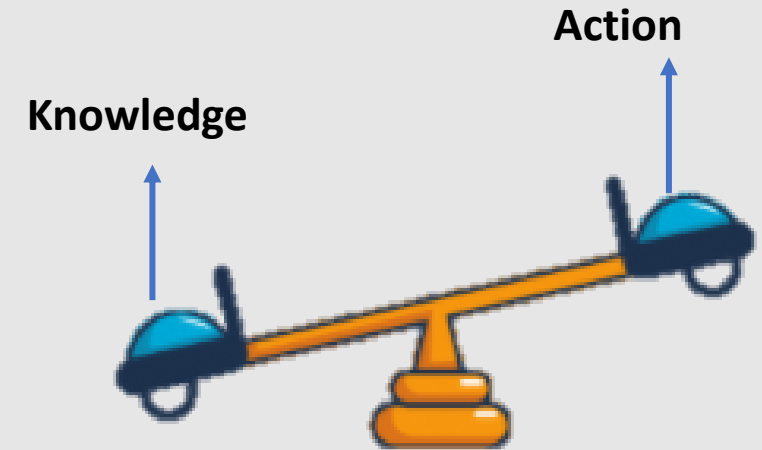
Chapter 3 Verse 1-2

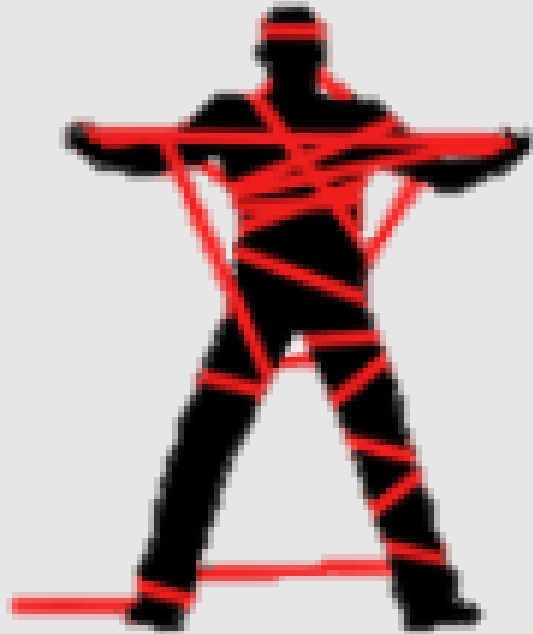
3.1-2

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Knowledge is greater than Action ?

Lord Krishna did not suggest that actions should be given up, but rather that attachment to the fruits of actions should be given up.





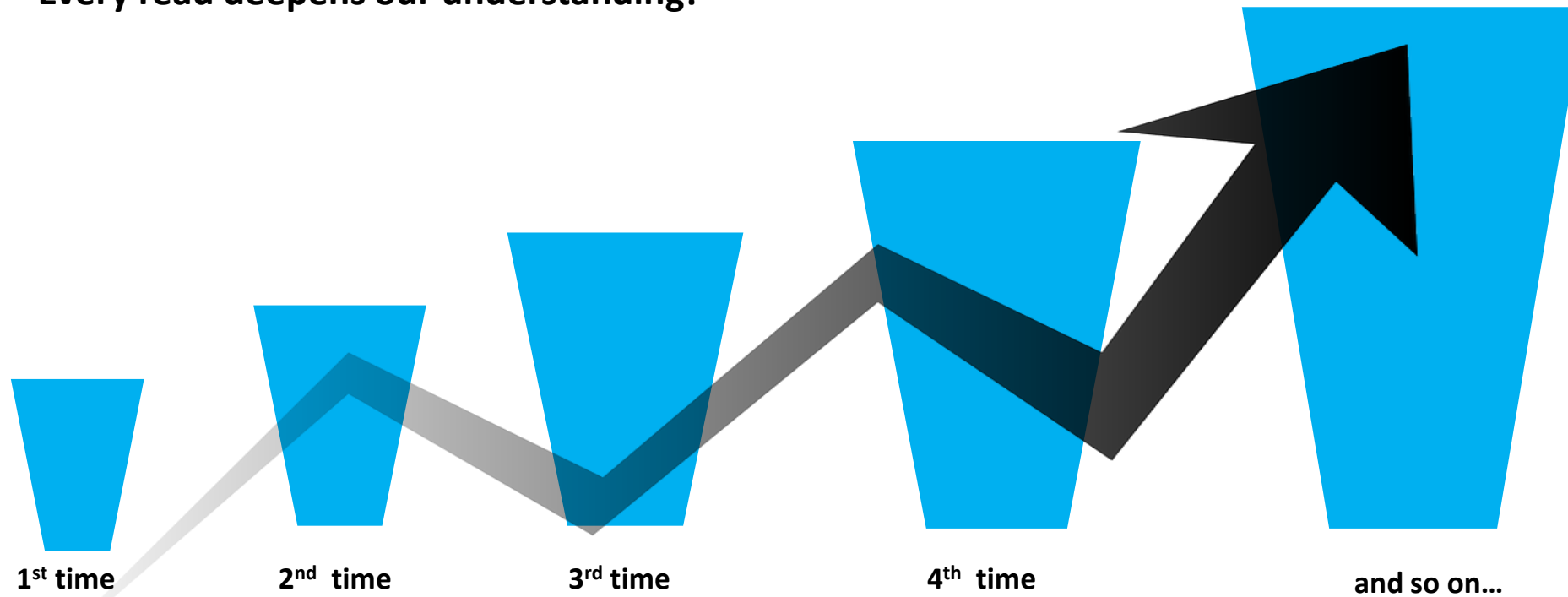
Working with a desire to enjoy the fruits of your work



Lord Krishna termed the science of working without desire for rewards as *buddhi yog*, or *Yog* of the intellect

Law of enhancing returns : We extract as much as the size of our vessel form the ocean of Bhagavad Gita

Every read deepens our understanding!



General impression is that spiritual life means to retire from the active life. People think that for cultivation of spiritual knowledge or self-realization they should go to some Himalayan cave or some secluded place.

Is it a correct understanding?

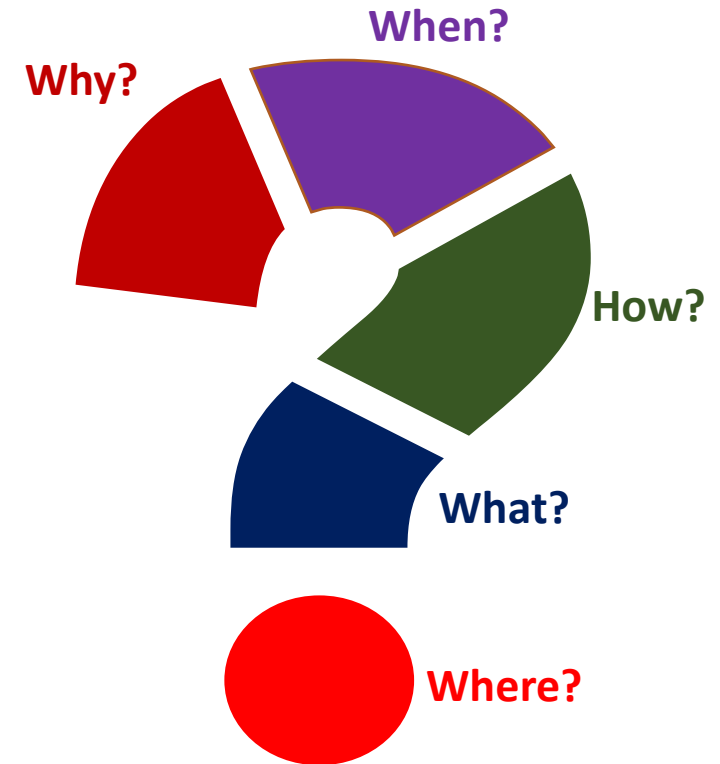
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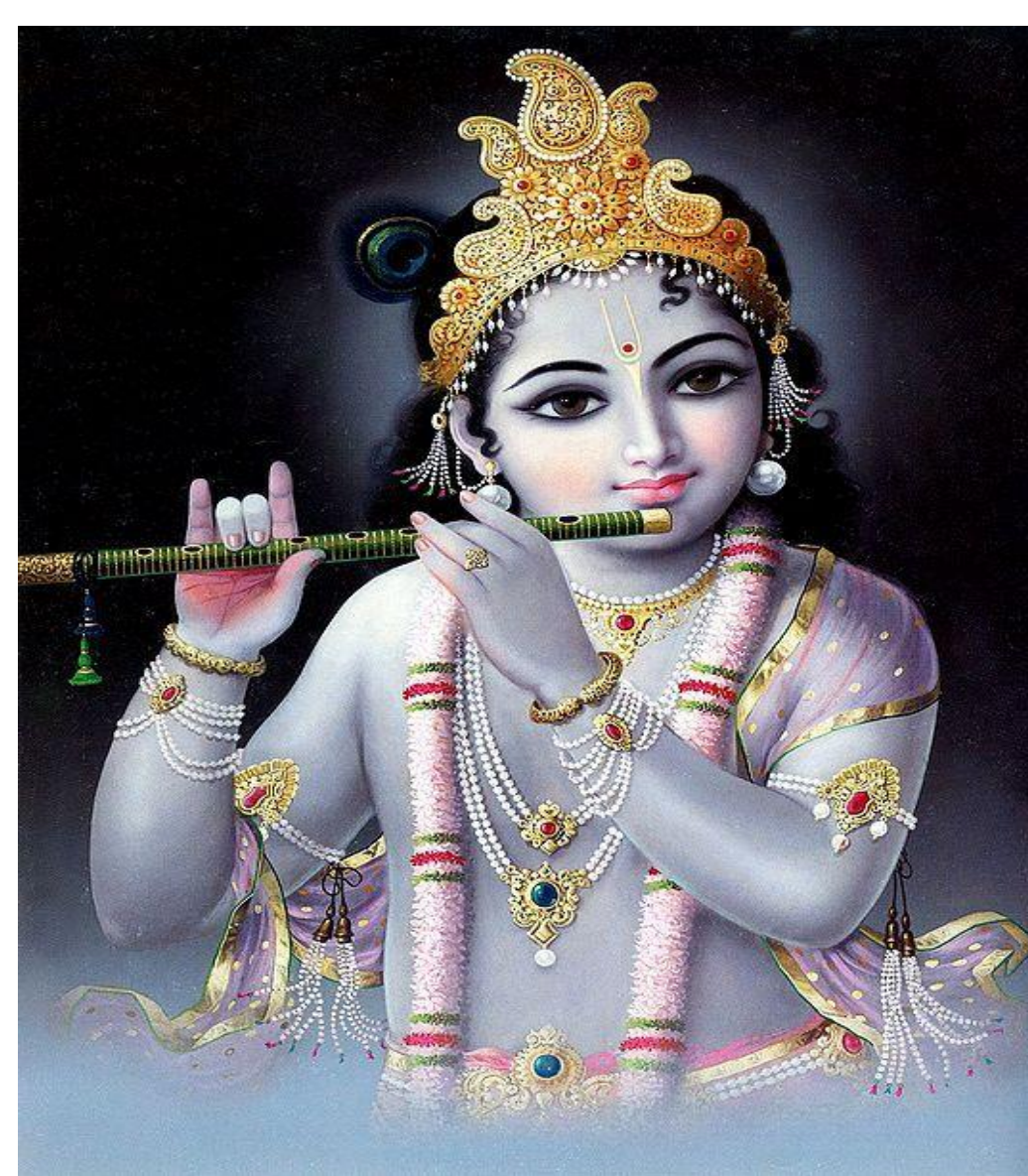
Question & Answers



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Closing Prayers



सर्वे भवन्तु सुखिनः
सर्वे सन्त निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

**Om, May All be Happy,
May All be Free from Illness.
May All See what is Auspicious,
May no one Suffer.
Om Peace, Peace, Peace.**

Thanks for
the
opportunity
to serve you

