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# WHAT DID WE LEARN FROM CHAPTERS 4-7 OF BHAGAVADGITA?



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*A Mini Pravachan*

*By*

*Dr. Ram*

*Sunday, August 18, 2019*



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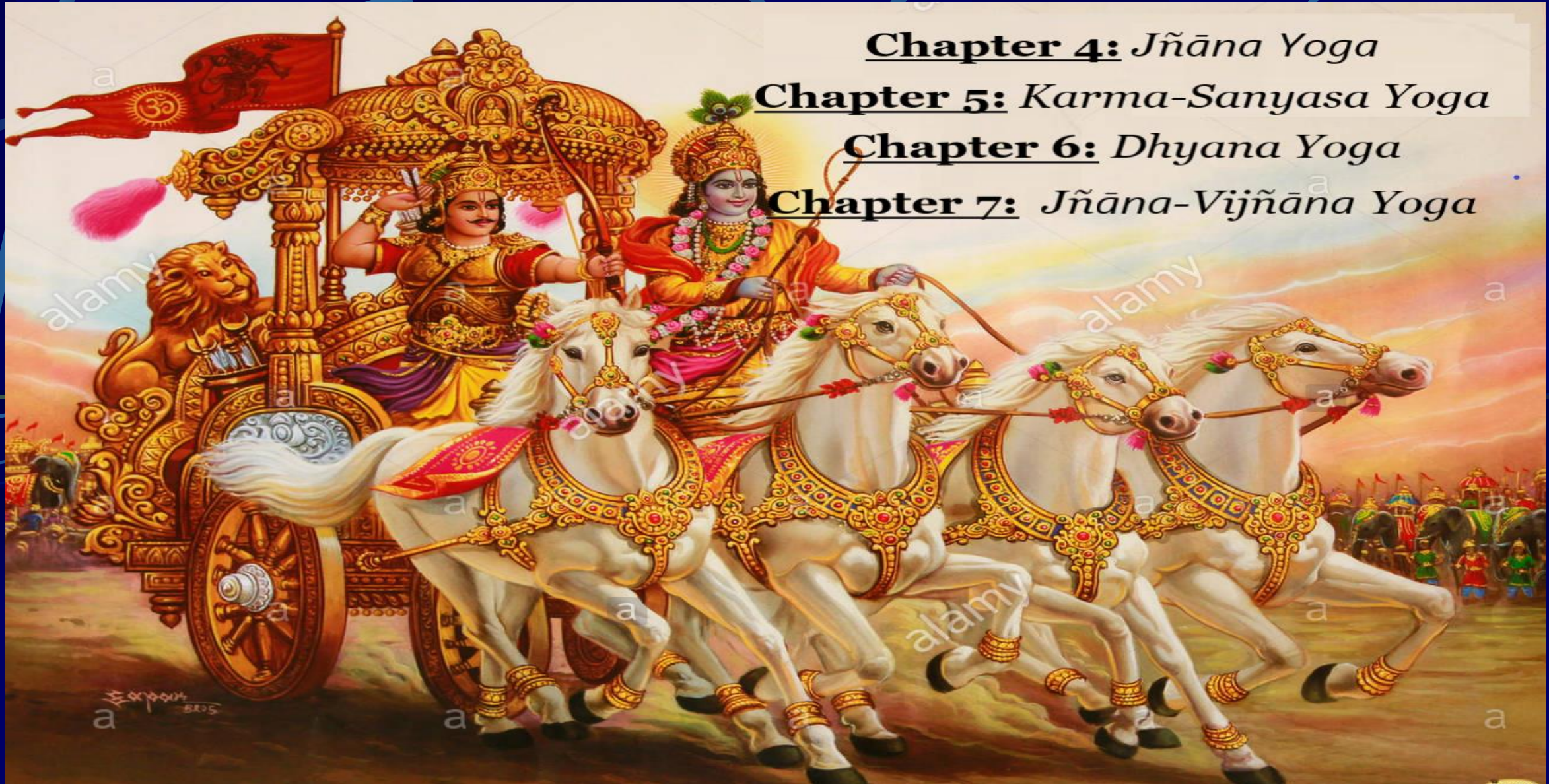
# CHAPTER TITLES

**Chapter 4:** *Jñāna Yoga*

**Chapter 5:** *Karma-Sanyasa Yoga*

**Chapter 6:** *Dhyana Yoga*

**Chapter 7:** *Jñāna-Vijñāna Yoga*



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# I-LINE SUMMARIES OF CHAPTERS 4-7

**Chapter 4:** *“There exists no purifier on earth equal to knowledge.”*

**Chapter 5:** *“Offering the results of all activities to God, the Karma Yogis attain everlasting peace.”*

**Chapter 6:** *“For those who have conquered their mind, it is their friend. For those who have failed to do so, the mind works like an enemy.”*

**Chapter 7:** *“O Arjuna, with the mind attached exclusively to Me, and surrendering to Me through the practice of bhakti yoga, you can know Me completely, free from doubt.”*

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# CHAPTER 4: JÑANA YOGA THE WAY OF KNOWLEDGE

यदृच्छालाभसन्तुष्टो द्वन्द्ववातीतो विमत्सरः ।  
समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥22॥

*“Content with whatever gain comes of its own accord, and free from envy, they are beyond the dualities of life. Being equipoised in success and failure, they are not bound by their actions, even while performing all kinds of activities.”*

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।  
तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ॥38॥

*“In this world, there is nothing as purifying as divine knowledge. One who has attained purity of mind through prolonged practice of Yoga, receives such knowledge within the heart, in due course of time.”*

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# CHAPTER 5: KARMA-SANYASA YOGA THE WAY OF RENOUNCING THE FRUITS OF WORK

संन्यासः कर्मयोगश्च निःश्रेयसकरावुभौ ।  
तयोस्तु कर्मसंन्यासात्कर्मयोगो विशिष्यते ॥2॥

*“Both the path of Karm Sanyās (renunciation of actions) and Karma Yoga (working in devotion) lead to the supreme goal. But Karm Yoga is superior to Karm Sanyās Yoga.”*

युक्तः कर्मफलं त्यक्त्वा शान्तिमाप्नोति नैष्ठिकीम् ।  
अयुक्तः कामकारेण फले सक्तो निबध्यते ॥12॥

*“Offering the results of all activities to God, the Karm Yogis attain everlasting peace. But those who, being impelled by their desires, work with a selfish motive become entangled as they are attached to the fruits of their actions.”*

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## CHAPTER 6: DHYANA YOGA THE WAY OF MEDITATION

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।  
अनात्मनस्तु शत्रुत्वे वर्ते तात्मैव शत्रुवत् ॥6॥

*“For those who have conquered the mind, it is their friend. For those who have failed to do so, the mind works like an enemy.”*

शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ।  
नात्युच्छ्रितं नातिनीचं चैलाजिनकुशोत्तरम् ॥11॥

*“To practice Yoga, one should make an āsan (seat) in a sanctified place, by placing kuśha grass, deer skin, and a cloth, one over the other. The āsan should be neither too high nor too low.”*

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## DHYANA YOGA (CONTD.)

तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ।  
उपविश्यासने यञ्ज्याद्योगमात्मविशुद्धये ॥12॥  
समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।  
सम्प्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥13॥

*“Seated firmly on it, the yogi should strive to purify the mind by focusing it in meditation with one pointed concentration, controlling all thoughts and activities. He must hold the body, neck, and head firmly in a straight line, and gaze at the tip of the nose, without allowing the eyes to wander.”*

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# CHAPTER 7: JÑANA-VIJÑANA YOGA THE WAY OF SELF-REALIZATION

मय्यासक्तमनाः पार्थ योगं युञ्जन्मदाश्रयः ।  
असंशयं समग्रं मां यथा ज्ञास्यसि तच्छृणु ॥१॥

*“O Arjuna, with the mind attached exclusively to Me, and surrendering to Me through the practice of bhakti yoga, you can know Me completely, free from doubt.”*

मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय ।  
मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव ॥७॥

*“There is nothing whatsoever higher than Me, O Arjun. Everything rests in Me, as beads strung on a thread.”*



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# JÑANA-VIJÑANA YOGA (CONTD.)

चतुर्विधा भजन्ते मां जनाः सुकृतिनोऽर्जुन ।  
आर्तो जिज्ञासुरर्थार्थी ज्ञानी च भरतर्षभ ॥16॥

*“O best amongst the Bharatas, four kinds of pious people engage in my devotion—the distressed, the seekers after knowledge, the seekers of worldly possessions, and those who are situated in knowledge.”*

बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते ।  
वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ॥19॥

*“After many births of spiritual practice, one who is endowed with knowledge surrenders unto Me, knowing me to be all that is. Such a great soul is indeed very rare.”*

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# JÑANA-VIJÑANA YOGA (CONTD.)

वेदाहं समतीतानि वर्तमानानि चार्जुन ।  
भविष्याणि च भूतानि मां तु वेद न कश्चन ॥ 26॥

*“O Arjun, I know of the past, present, and future, and I also know all living beings; but no one really knows Me.”*

साधिभताधिदैवं मां साधियज्ञं च ये विदुः ।  
प्रयाणकालेऽपि च मां ते विदुर्युक्तचेतसः ॥ 30॥

*“Those who know me as the governing principle of the adhibhūta (field of matter) and the adhidaiiva (the celestial gods), and as adhiyajña (the Lord all sacrificial performances), such enlightened souls are in full consciousness of me even at the time of death.”*

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THE END