

Swami Dayatmananda on Bhagwat Gita

Gita Class 1 dated 26/03/16.

Subject: Introduction & Bird Eye View.

Related Subjects: What Bhagwat Gita contains and teaches? What is Maya? What is Yoga?Three Foundational scriptures, Three-fold sufferings, Six stages of life, What is the meaning of Upanishad? Three definitions of Yoga, Classification of 18 chapters of Gita, Six steps of spiritual progress.

Swamij is explaining to us how to pronounce verses properly .

There are two types of verses:

1) First type of verses are called ***Anustuk Chanda* अनुष्टुक छन्द. छन्द** *Chanda* means metre. 95% or more verses are composed as ***Anustuk Chandas***, which means a verse which is divided into 4 parts. Each part has 8 syllables, 8x4 = 32 syllables in each **छन्द** *Chanda.*

2) There are other verses in different metre and length.

Swamiji gives us advice to practice v**erses 2,3,4,5,6 & 8 of Gita Invocation.**

Birds Eye View of Bhagwat Gita" by Swamiji: Swamiji gives us Bird Eye View of Gita so that we can understands the essence of the Gita.

What Bhagwat Gita contains and teaches us has been described at the end of each chapter of Gita. Swamji explains us:

1) Gita is an सूपनिषत्सू **Essence of Upanishads**. Upanishads teaches us **BramhVidya.**
2) Gita: teaches **us Bramha Vidya ब्रम्हविघायां**: There is only one Reality. *Bramha Vidya* is Atma Vidya which is the truth about the reality.
3) Gita is also **" Yog Shastra योग शास्त्रे "**, Yoga means union with Reality/ God. It should be very practical to be useful. There are 4 yogas.
4) Gita is also "**Dharma Shastra धर्म शास्त्रे** " and teaches us the Dharmic way or right way to lead life .

What is Maya: Swamiji explains us .

Maya is neither reality nor unreality. Maya is also called **Avidya अविधा or Mithya मिथ्या**. Maya means , truth is perceived in a distorted way. It is seeming reality or partial reality.

What is Yoga?

Swamiji explains to us.Yoga means union with God. God means "Self". Yoga is actually realisation that I am Self. Stick in water appears to be divided into two parts.

Similarly Brahman appears to be divided into Universal soul परमात्मा and Individual soul जीवात्मा but actually it is One.

Three Foundational scriptures:

There are **three foundational scriptures called प्रस्थानात्रया *Prasthanstraya* in Sanskrit. *Tyraya*** means three**, *Prasthan*** means which takes us to highest abode. These three foundational Scriptures are,

1) **Upanishads are called *Struti prastha*n श्रुति प्रस्थान.**
2) **Brahma Sutras are called *Nayayprasthan* न्याय प्रस्थान.**
3) **Gita is called *Smriti prasthan* स्मृति प्रस्थान.**

Why do we want Brahma Vidya?.

We want **Brahma Vidya** because the **World or संसार *Sansara*** exposes us to three types of sufferings related to **Gross body स्थूल शरीरा, Subtle body सुक्ष्म शरीरा and Causal bodies कारण शरीरा.**

T**hree-fold sufferings** means the following three types of sufferings:

1) *Adhidaivika* आधिदैविक (of divine origin).

2) *Adhibhautika* आधिभौतिक (originated in the physical, material beings).

3) *Adhyatmika* आध्यात्मिक (created by ourselves).

World can only give us partial remedy for these sufferings. Self realisation and knowledge of reality gives us permanent relief from these sufferings and eternal peace.

World in Sanskrit is called ***Sansaara* संसार or जगत Jaga**t or ***Prapancha* प्रपंच।**

Sansaara संसार means constantly changing.

Jagat जगत means constant movement.

Prapancha प्रपंच means five elements, World is made up of five elements.

Because world is constantly changing therefore we do not feel secured.

So long as we are identified with body and mind we will remain unsecured.

Six stages of life षडविकारा

Six stages of life are Conception, Steadiness, Birth, Growth, Disease and Death.

To get freedom from this changing world we need to realise unchanging **ATMAN आत्मा।**

We all want two things from our life .

1) **Dukha Nivratti दुख निव्रति** freedom from sorrow।
2) **Parmanada prapti or परमानन्द प्राप्ति or Eternal Happiness.**

Gita teaches us How to get established in our true nature and achieve **Eternal Happiness.**

What is the meaning of Upanishad?

Upanishad word consists of three words **Upa उपा+ Ni नि+ Sat सत्.**

***Upa* उपा**means near. Upanishad means knowledge which teaches us to loose the bondage and takes us nearer to God.

Shri Ramakrishna's definition of Gita: When we pronounce Gita repeatedly then it sounds like " ***Tyagi***". *Tyaga* means renunciation. Renounce ignorance which is the cause of our bondage and become Free.This is the essence of Bhagwat Gita. **Recording 42 minutes**

Swamiji explains us **Chapter 18 Verse 66:**

सर्व धर्मान परित्यज्य मामेकं शरणम् व्रज। अहम् त्वाम् सर्वपापेभ्यो मोक्षयिष्यामी मा शुचः ।।

सर्वधर्मान् परित्याज्य *Sarvadarman parityajate* means total surrender -

Total surrender means ***Saranagati* शरणागति.**

Gita gives us three definitions of Yoga.

1) **समत्वम् योग उच्चते Samatvam Yoga Uchayate** means keep mind in perfect balance under all circumstances .
2) **योग: कर्मसु कौशलम् Yoga Karmasu Kausalam** Yoga is dexterity in action. Yogi can focus in his action and can do any work more efficiently. For a Yogi result of all actions is God Realisation.
3) **दुख:संयोग वियोग: Dukha samyoga viyoga.** Yogi may encounter sufferings in life but he is not attached at all. He can free himself from sufferings.

There are six steps of spiritual progress.

1) Dharma धर्म leads to **2) Chitta shuddhi चित्ताशुद्धी** to **3) Jijnasaजिज्ञासा,** take help of any of the four Yogas **4) Yoga** which will leads **to 5) Atma jnana आत्माज्ञान** and finally **to 6) Mukti मुक्ती.**

All four Yogas are valid and can lead to Mukti .

<u>Classification of 18 chapters of Gita.</u>

<u>Gita has 18 chapters.</u>

These 18 chapters have been classified into **3 *Shatkas* शटका (*Shatak* means 6)** with 6 chapters in each section**.**

1) **Karma Shatka includes chapters from 1-6**
2) **Bhakti Shatka includes chapters from 7-12**
3) **Jnana Shatka includes chapters from 13-18**

Bhagwat Gita teaches us that if we wish to get freedom from Maya ,we do need Grace of God .

Swamiji explains us a verse from Chapter7 Verse 14

दैवी ह्येषा गुणमयी मम माया दुरत्यया। मामेव ये प्रपद्यन्ते मायामेतां तरन्ति ते॥ 14॥

Om Shanti Shanti Shanti Om. Total words 977

Session ends

With regards. Mamta