

unavoidable before the actual *Yoga* is started, even the initial mental condition is called, by a wishful anticipation, as *Yoga*. For learning and living the Geeta, the Arjuna-condition is the initial *Sadhana*.

Om Om Om Om Om

Chapter 2

Sankhya Yoga **The Yoga of Knowledge**

Sanjaya said: 1. To him who was thus overcome with pity and despondency, with eyes full of tears and agitated, Madhusudana spoke these words.

The second chapter opens with an announcement from Sanjaya which, with a few rightly chosen words, gives a complete picture of Arjuna's sad mental state of desperation. His mind had become overwhelmed with pity and sorrow. The very expression clearly indicates that Arjuna was not the master of the situation at that time, but on the contrary, the situation had Arjuna as its victim! To get ourselves over-ridden by life's circumstances is to