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1. Episode Title: Episode 111 – Bhagavad Gita (Chapter 2, Episode 111)

2. Topics & Tags:

TOPICS: The meaning of yoga and its various interpretations, Understanding the relationship between action and knowledge, The importance of equanimity in performing duties, The role of listening in spiritual growth, The connection between actions and liberation (moksha)

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 2, Yoga, Arjuna, Krishna, action, knowledge, equanimity, moksha, listening, self-realization

3. Main Content:

Jai Srimannarayana! Priya Bhagavadbandhus (Dear devotees of the Lord), Bhagavad Gita is a yoga scripture, a scripture of yoga. At the end of each chapter, there is a pushpika, the last set of words in a section. It states the name of the chapter, what the chapter describes, or the intended audience. The line that states all these is called churika, an unbroken harmonious line of prose. Such an informational statement is called pushpika. It is at the end of each chapter.

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SLOKA WORD -

ithi srimad bhagavad gi:tha:su upanishathsu bramha vidya:yam yo:ga sa:sthre sri krushnarjuna samva:de

SLOKA MEANING -

Thus, in the Bhagavad Gita, which is a scripture of yoga, in the dialogue between Krishna and Arjuna.

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This scripture is named as yoga sastra (scripture of yoga). There is the yoga abhyasa (practice of yoga) that includes various types of pranayamas (breathing exercises) and exercises. All that is referred to as yoga. It is also called yoga. However, the one being expressed in Bhagavad Gita is not that type of yoga. Sri Krishna uses the term yoga in various ways and in different contexts. Especially in the second chapter itself, He used it in different ways. In the beginning itself, He said…

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SLOKA WORD -

yo:gastha kuru karma:ni

SLOKA MEANING -

Be in yoga and perform your duties.

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Prior to that, He said, ‘I have told you about sankhya buddhi (knowledge of the soul), now listen about yoga buddhi (knowledge of action).‘

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SLOKA WORD -

e:sha the: abhihitha sa:nkhye buddhi yo:ge thu ima:m shrunu

SLOKA MEANING -

This is what has been explained as sankhya buddhi; now listen to the yoga buddhi.

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He said, “I explained sankhya buddhi until now. Now, I will tell you about yoga buddhi, knowledge about action. Listen.” Later on, He says, samathvam yoga uchchyathe (equanimity is called yoga), yoga karma su kausalam (skill in action is called yoga). He said yoga in so many instances. What is this yoga? What is that yoga? What is the yoga He spoke of next and again later? We need to know that, right?

One of the meanings of yoga is karma (action), any activity we do. It is linking us with an activity. Hence, it is called yoga. The meaning of yoga is yuk (to link or to attach). As it joins us with a task, it is also called yoga. The second meaning of yoga is the underlying knowledge with which one performs an activity as a means to attain something. That knowledge is also called yoga, yoga sthah kuru karma:ni.

In another instance, samathvam yoga uchchyathe. Once you do a task, if you are not disturbed by the loss or benefits that result, that is also called yoga. It is called equanimity, the ability to accept it with balance. That samathva buddhi (equanimous intellect) is also called yoga.

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SLOKA WORD -

karmasu yoga kausalam

SLOKA MEANING -

Lord says it is very difficult to attain this equanimous intellect.

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In verse 2.53, thada: yoga ava:psya:si, Lord says, ‘if you do this, you will attain yoga’. How can you attain yoga if you do yoga? If you do karma (work), you should get the result of the karma. How can you get karma if you do karma? Yoga doesn’t mean karma in this context. It is the final goal you attain. It is attaining atma sakshatkara (self-realization), not simply clarity on atma jnana (knowledge of the soul). This is also called yoga, the ultimate goal.

Let’s discuss an example to understand it better. We see objects with our indriyas (senses). I am seeing a pillar in front of me with my eyes. A pillar is ‘something that is visible to the eye’. For that to be visible, there is some connection from me to the pillar. This connection also has a name. With the help of that connection, the object at a distance is seen by the eye. Just having an eye is not enough. The vision should be clear and it should go towards the pillar. We are talking about one indriya. We should correlate this understanding to other indriyas.

Indriyas are called aksham (senses). The object accessible to indriyas is called prathi aksham (perceived object). The pillar is in front of the indriya. Hence, it is prathi aksham or prathyaksham (directly perceived). We all know this word. What is that which is named prathyaksham? Prathyaksham is the name of the pillar. Why is it called so? As the object is accessible to indriyas, it is called prathyaksham. Prathyaksham means a visible object. It is not limited to that only. The means to see the object is the eye, hence, it is also called prathyaksham.

What do we call the eye? Prathyaksham. Not only the eye, but also the nose that smells, the ear that hears, the skin that can sense touch, the tongue which tastes - all these can be called as prathyakshams, i.e., indriyas. Ones perceivable by the indriyas are called prathyakshams. Indriyas are also called prathyakshams. There is some activity happening between the indriya and the object. That activity is also called prathyaksham. The instrument, means, and the object, all are called prathyakshams.

Similarly, for the term yoga as well. Yoga means karma. Yoga means the knowledge that must drive the karma. Yoga means the samathva nischaya (decisive equanimity), which results from that knowledge. Yoga means the activities which you do with this nischaya, where the final result, atma sakshatkara, is attained after forgoing temporary benefits. That is also called yoga. We hope this is clear and not confusing you.

HH’s word - insist | In the second chapter, yoga is used in many contexts. Just so you don’t get flustered, we are insisting on it. Remember this. Know that atma sakshatkara is the highest benefit. Recognize that the work we are required to do now is the means for it. With the knowledge that it is your duty, do it. To know all this, one needs to listen. One needs to read it. Even if one doesn’t read it, if someone is explaining about it, one should listen to it from that someone, right? He should pay attention to whatever he listens to. Whatever he pays attention to, he should keep in his heart. He should introspect on whatever he keeps in the heart. After introspection, he should firmly establish it within the heart. All this happens from listening. Hence, listening is very important. It is the reason you feel nirvedam (repentance).

It [listening] is the reason nirveda is able to cleanse your knowledge. Applying the cleansed knowledge, if the tasks you do are pure, they become the means for moksha (release from birth and death). If you do a job that way, your job is a means for moksha. If you do farming, cooking, or studies - they become a means for moksha.

HH’s words - the entire frame | If you do them with proper knowledge and proper awareness, any activity you do will become a means for moksha. Any movement you do with the body, inhaling and exhaling, opening and closing the eyes, stretching your hand front and back, sitting, standing, sleeping, eating, moving about, taking a shower - do any kind of activity, it becomes a means for moksha, only when you understand this tool (body) is given for that purpose.

However, what causes the lack of this nischaya (decisiveness in knowledge)? What causes this lack of belief in us? The karma bijas (imprints of past actions), where are they located? Right, next to us. In our manas (mind). That’s where the problem is. Salya was sitting as a charioteer right in front of Karna and was saying sarcastically that Karna didn’t do a great job, can’t win, his strength is not that great, etc. What is it called?

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SLOKA WORD -

salya sa:ra:dhyam

SLOKA MEANING -

Deceiving and deceived.

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HH’s words: deceiving and deceived. | Always deceiving through sarcastic words, never encouraging. How can Karna win if he is always discouraged? Even if one fails at times, if he is encouraged, ‘it is fine, next time do better’. Then he will be enthused and can do better. Even when performing well, if he is discouraged, he feels terrible and loses whatever energy he has. Isn’t it?

Firstly, we need good encouragement and good listening. We need good and clear knowledge. We need to work on procuring this. Pay attention to your manas, which is not letting you have these. Manas is the one that discourages you and fills you with all unnecessary information. Be careful with your own manas. If your manas cooperates, you can do anything in the world.

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SLOKA WORD -

mana e:va manushya:na:m ka:ranam bandha mo:kshayo:ho

SLOKA MEANING -

Manas is the reason for a person to be degraded or reformed.

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Manas is the reason for a person to be degraded or reformed.

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SLOKA WORD -

bandha:ya vishaya: sangi

SLOKA MEANING -

The manas which fills you with unnecessary topics will only destroy you.

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The manas which fills you with unnecessary topics will only destroy you.

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SLOKA WORD -

mo:ksha:ya nirvishayam manaha

SLOKA MEANING -

If you don’t fill it with unnecessary topics, it will liberate you.

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If you don’t fill it with unnecessary topics, it will liberate you. The irony is, if you don’t have dirty fuel in the engine, with the help of wind or waves, it [boat] might reach the shore one day. However, if polluted, then it [boat] keeps going in different directions and will try to drown you. So, whether you fill it with good thoughts or not, remove unnecessary information as the first step.

Our people say, ‘eat healthy and necessary food if you can, otherwise don’t eat’. There is no loss with that. It is initially enough simply to not eat unnecessary junk. If you don’t eat that, you will be fine inside. It is fine if you don’t eat. You may feel weak for a few days. Your body will make use of what you already have. You can then begin eating healthy food; that’s better.

Since manas is the primary instrument, if you can take out the unnecessary information about temporary benefits - if you can get rid of it - then what are you able to do?

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SLOKA WORD -

karmajam phalam thyakthva

SLOKA MEANING -

You are renouncing the results of your actions.

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You are renouncing the results of your actions. Then you will get nirvedam and your manas will become clean. Then, srothavyasya shruthasya - You will be excited about what you have heard so far and what you will continue hearing in the future. You will have increased enthusiasm for listening. First, empty it [manas]. After that, you have to fill it with what needs to be filled.

What needs to be filled are teachings about beneficial topics from wise people. What are those beneficial teachings about? Paramatma (Supreme Soul) and atma (soul), which give permanent benefit. Know about them. In the world, whatever you set as a goal, know about it. Focus on its characteristics, its benefits, etc. Pay attention to them; the rest will move aside [in your mind].

If you want to pass the civil services exam, keep aside watching movies and playing games. Think about your goal constantly. Listen to its benefits. Then if not today, tomorrow you will succeed. This is what Sri Krishna is saying. We have to listen. Listening is a great art. We definitely have to learn this. In verse 2.53, Sri Krishna elaborates on the characteristics of listening. Let’s learn about them.

Jai Srimannarayana!

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