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1. Episode Title: Episode 132 – Bhagavad Gita (Chapter 2, Episode 132)

2. Topics & Tags:

TOPICS: The importance of identifying the root cause of issues, Krishna's teachings on meditation and focus, Understanding the different emotional states (bha:vana), The significance of meditating on the divine, The role of karma in our actions and thoughts

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 2, meditation, Krishna, karma, bha:vana, Arjuna, spiritual guidance, self-realization

3. Main Content:

Jai Srimannarayana! Priya Bhagavadbandhus (Dear devotees of the Lord), today we will explore the profound teachings of the Bhagavad Gita, particularly focusing on the importance of meditation and identifying the root causes of our distractions.

What should you reflect on? Whatever is the root cause, reflect on it. This is a beautiful saying. Just like a doctor identifies the root cause of a patient's illness to prescribe the right treatment, we too must identify the root cause of our troubles. For a seeker (sa:dhaka), we need to pinpoint what distracts them from their practice and provide solutions that help them stay focused.

Chapter 2 of the Bhagavad Gita discusses how to remove the hurdles in our journey towards God or self-realization. It raises important questions: Whom should we meditate upon? How do we discipline our senses and mind (manas)? Who will support us in this endeavor? Sri Krishna provides an answer in verse 2.61.

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SLOKA WORD -

tha:ni sarva:ni samyamya yukthaha a:si:tha mathparaha |

SLOKA MEANING -

Focus your mind on Me. Perform all your activities as service to Me.

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Krishna emphasizes that only then will our senses and mind be under control, as He is an auspicious support (subha:srayam). The question of whom to meditate upon during worship (upa:sana) is significant. The seers have beautifully explained that everything in this world is filled with three types of emotional states (bha:vana): karma bha:vana, bramha bha:vana, and ubhaya bha:vana.

Every object in this universe embodies one of these states, from the smallest insect to the four-headed creator, Brahma. Some are driven by karma bha:vana, while others are immersed in bramha bha:vana, and some possess both.

Karma bha:vana means acting according to our past actions (karma). We often find ourselves doing things not entirely of our own choosing, as if pushed by an unseen force. Arjuna questions this in Chapter 3:

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SLOKA WORD -

attha ke:na prayuktho::yam pa:pam charathi pu:rushaha |

SLOKA MEANING -

What is this Krishna? I don’t intend to do anything bad, but some tasks just get accomplished by me as if someone is pushing me from behind.

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Krishna answers this later, but the key point is that we are all influenced by karma. Therefore, meditating on those driven by karma is not beneficial, as we become like what we meditate upon.

The second state, bramha bha:vana, is represented by great seers like Sanaka and Sanandhana, who are always focused on God. While we can meditate on them, we may not aspire to renounce the world entirely. We desire to live happily, eat, and experience life while staying true to our goals.

Thus, we need to find something beyond these emotional states to meditate upon. The only entity that transcends these bha:vana is Narayana. Krishna states in Chapter 2:

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SLOKA WORD -

yuktha a:si:tha mathparaha

SLOKA MEANING -

Focus on Me.

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He assures us that He is not affected by these emotional states, encouraging us to engage our minds with Him. When we do this, our senses and intellect will also be under control. Krishna promises that He will guide us positively.

He uses the analogy of fire to illustrate this point. Just as a small fire can ignite a large area of dry wood, meditating on God can burn away the accumulated sins from our past lives:

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SLOKA WORD -

harir harathi pa:pa:ni dushta chiththairapi smruthaha

SLOKA MEANING -

If you place the name Hari in your mind, the sins collected over many lifetimes will be burnt to ashes.

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When we hold Vishnu in our hearts, He cleanses us of our bad karma. The Bhagavad Gita teaches that when we place Vishnu within us, He helps us overcome distractions and align our senses and mind towards our goals.

We should strive to establish Lord Vishnu firmly in our thoughts, just as great souls like Go:da Devi’s father, Vishnu Chitthulu, did. By doing so, we can nurture our spiritual growth and become worthy of worship ourselves.

Let us take Krishna's teachings to heart and make Him our sole focus in meditation. This is the beautiful and powerful means He has provided us. Let us try and see.

Jai Srimannarayana!

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