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1. Episode Title: Episode 139 – Bhagavad Gita (Chapter 2, Episode 139)

2. Topics & Tags:

TOPICS: The importance of focused intellect (eka:gra buddhi) for peace, the relationship between the mind (manas), senses (indriya:s), and the body, the necessity of engaging the mind for self-realization, the teachings of Sage Kapila on controlling the mind and senses, the significance of meditating on the Lord's lotus feet.

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 2, eka:gra buddhi, Arjuna, Krishna, mind, senses, self-realization, Sage Kapila, meditation, lotus feet, peace

3. Main Content:

Jai Srimannarayana! Priya Bhagavadbandhus (Dear devotees of the Lord), We are taking a bird’s eye view of Bhagavad Gita chapter 2. Lord Krishna indicated that one needs to attain eka:gra buddhi (focused intellect). Only then can one attain peace.

Before we can attain eka:gra buddhi, there is manas (mind) before the buddhi (intellect). And there are indriya:s (senses) ahead of manas. The body is further ahead of the senses. Hence, to attain eka:gra buddhi, manas has to listen to us first. For manas to listen, indriya:s have to listen. For indriya:s to listen to us, the body which is ahead of them should listen to us first.

The goal for our intellect is to attain self-realization and meditate upon God. Manas has to cooperate for that. However, manas has the tastes and instincts of what it experienced in the past. Therefore, manas keeps bringing them up and our attention goes towards them. Before that, there are indriya:s that are habituated to some things. Whatever they are habituated to, they try to attain them.

Hence, what should be done? Should we restrain them forcibly or use them in an appropriate way? What is good? This was the question.

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SLOKA WORD -

a:pada:m apahartha:ram da:tha:ram sarva sampada:m

lo:ka:bhi ra:mam sri:ra:mam bhu:yo: bhu:yo: nama:myaham

SLOKA MEANING -

I bow repeatedly to the Lord who removes all obstacles and bestows all wealth.

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Krishna asked, "What is good in your opinion?" Arjuna replied, "I will restrain them." Krishna responded, "It is not possible for you. Why? Whatever tastes and instincts pop up to the top of the manas, our intellect thinks about them. If we are offering flowers to God or meditating in our home temple, and we smell something from the kitchen, our thoughts go towards that. Similarly, our manas starts thinking about whatever instincts and tastes pop up from inside them and… indriya:s will try to experience them and the body also goes in that direction."

Hence, it is very important to clean the manas first. Is that in your control? If you don’t want to see, you close your eyes. If you don’t want to listen, you can close your ears by putting something in the ears. If you don’t want to smell, you can practice holding it for some time. If you don’t want to eat, you can close your mouth. If you don’t want the body to do anything, you can tie it up and put it in a corner. What can you do to manas? God didn’t give covers like eyelids to manas. It is meant to be free. And it doesn’t stay still even for a moment.

We see sparrows flying. They are never still. They fly from one place to another, up, down. Manas is even more on the move. It can’t exist without doing something. Its nature is to be active. As it is always active, we have to somehow engage it. Restraining it is not in our hands. We have to constantly engage the mind. Hence, what should we do? If we say, ‘we will keep the objects away’ - our goal is not keeping the objects away. Our goal is self-realization and contemplation of God. Use it (mind) for that goal. How do we use it?

Krishna asked, "Are you going to make efforts to use it?" Arjuna replied, "I should be the one doing it." Krishna said, "If you think you are the doer, it won’t listen to you. Instead of making yourself responsible, put the responsibility on someone who is capable. Put it in the hands of someone who has previously conquered it."

Arjuna responded, "To do that, I need to pay fees to them, right? Also, they have to be with me when I need them. Without knowing how long they will be with me… once they leave, if my manas wanders, then what should I do?" Krishna replied, "True. That’s why instead of putting it in someone's hands, put it in the hands of a capable one like me. Put it in my hands."

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SLOKA WORD -

tha:ni sarva:ni samyamya yuktha a:si:tha math paraha vase:hi

SLOKA MEANING -

By controlling all the senses, one should sit focused on Me.

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Krishna continued, "If you put it in my hands, I will make sure it is in your control. Do you have faith that I am the capable one?" Arjuna answered, "Yes, I do." Krishna said, "Then put it in my hands. How much salary should I give you?"

"I don’t need any salary. How much salary does a mother need to bring up her child? If you appoint a nanny, then you have to pay her salary. In spite of that, she may not come if she has work at her home. However, I am not going to go anywhere. I am always going to be with you and within you. Also, I am capable. I am all-powerful and all-knowledgeable. The phrase math paraha (in my hands) carries great power."

Firstly, I am easily accessible to you. Secondly, I am attractive and capable. In Srimad Bhagavatam, a discussion ensues between Sage Kapila and his mother Devahuthi, at the end of the third canto. How to control mind and senses? He explains this in great detail to his mother. In the 28th chapter, he begins from verse 21, 22 onwards, how one needs to do it and the practice needed.

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SLOKA WORD -

sanchintha ye:th bhagavathascharana:ravindam

SLOKA MEANING -

We have to think of God’s lotus feet.

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Kapila teaches, "How are they?"

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SLOKA WORD -

vajra dwaja:nkusha saro:ruha la:nchana:dyam

SLOKA MEANING -

There are many beautiful marks on His feet. Each mark depicts one of His many different capabilities.

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"We have to take shelter of the feet with those marks. How are they?"

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SLOKA WORD -

utthunga raktha vilasan nakha chakra va:la jyothsna:bhihi a:ha:ha mahath hrudaya:ndhaka:ram

SLOKA MEANING -

The glow of the beautiful pink toenails, which are on the beautiful toes of the Lord, is so powerful that it drives away all the darkness in the heart.

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"The toenails of the Lord are like beams of light which can drive away all that darkness. However, getting rid of darkness is not our only goal. Our goal is to remember God, not just keep the objects away. Because it (darkness) is the blocker, it should be eradicated. However, afterwards, if we don’t get that (contemplation about God), then whatever practice you did to get rid of (darkness) will be a waste."

Kapila preaches very wonderfully about the power of the Lord’s feet and what they do after they get rid of it (darkness).

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SLOKA WORD -

yath soucha nissrutha sarith pravaro:dha:ke:na

SLOKA MEANING -

His feet are the source of the river Ganges.

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"It is said that rivers flow from Sahya mountains. Similarly…"

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SLOKA WORD -

soucha nissrutha sarith pravara uda:ke:na

SLOKA MEANING -

Do you know what the holy water which flows from His feet does?

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"The purity which it bestows to this world can’t be bestowed by anything else. What happens with that?"

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SLOKA WORD -

a:thi:rthe:na mu:rdhni adhikruthe:na sivaha sivo:bhu:th

SLOKA MEANING -

Brahma’s son is called Rudra. Because he received this holy water on his head, he was called Siva instead of Rudra.

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"He became auspicious to the whole world. All his defects were removed and he became sanctified."

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SLOKA WORD -

pa:do:dhuke na sa sivaha siro:dhruthe:na

SLOKA MEANING -

What does the holy water off His feet do?

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"Whoever remembers and keeps the Lord’s feet in their heart, the different sailas (mountains) of sins in their manas (mind) are not in single digits, or in dozens or thousands. They are in zillions or trillions. They are the size of mountains. The glow of His feet and the jewel marks on His feet have the power to destroy these huge mountains."

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SLOKA WORD -

dhya:thuhu manasya mala saila nissrushta vajram

SLOKA MEANING -

It is the diamond which ‘cuts through’ the mountain.

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"For that reason, we have to constantly meditate on the Lord’s lotus feet. It does two things. First, it removes what needs to be removed from inside. It then fills it (manas) with that, with which it can attain the best state. It takes out what is not necessary and gives what is necessary."

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SLOKA WORD -

dhya:ye:th chiram bhagavatha scharana:ravindam

SLOKA MEANING -

His lotus feet are capable of bestowing both.

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"Hence, I am yours. You don’t need to give me any fees for it or submit any specific application for it. I am always with you. Hence…"

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SLOKA WORD -

yuktha a:si:tha math paraha

SLOKA MEANING -

Stay with Me. Keep Me in your heart. Leave your responsibility to Me.

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"I will teach you which direction the body should work. I will tell you how the senses must act to behave properly. Since the nature of manas is to keep moving, I will make sure it moves properly. I will take you to the destination which you should reach. Hence, remember that I am important. Let go of the ego that can make this work on your own."

This is the message which Krishna gave to Arjuna. Arjuna is listening to that. What do you achieve with that?

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SLOKA WORD -

sa sa:nthi ma:pno:thi

SLOKA MEANING -

He attains mental peace with that.

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"Lord explained this in the last two verses of chapter 2. Let’s listen to how He explains."

Jai Srimannarayana!

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