

## **BHAGAVAD GITA- FIVE DAYS COURSE**

**DATE 24.09.2024, SESSION 5**

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*Hare Krishna Hare Krishna, Krishna Krishna Hare Hare  
Hare Rama Hare Rama, Rama Rama Hare Hare.*

Today the subject matter of Prakriti (Material Nature), Time (Kaal) and how to imbibe the principles of Bhagavad Gita practically into daily life will be elucidated:-

### **Prakriti (Material Nature) / Kaal (Time)**

**Material nature is eternal in manifested and non-manifested form. The existence of time is relative in nature.**

**Example :-**

In science, there is concept of Einstein theory of relativity. Similarly,

This concept is mentioned in scriptures as relative existence of time. Which means in the material world, the existence of time scale is measured differently at different levels.

### **Vedic planetary system**

There are 14 planetary systems in the universe which are divided into three lokas.

Heavenly planets (swarg loka) - constitute 7 planets

Earth planet (prithvi loka)

Hellish planets (naarkiya loka)- constitute 6 planets

### **Time on prithvi loka**

On earth one day has 24 hours (approximately :-12hours is day time, 12 hours is night time).

Time on Earth planet is measured with yugas.

### **Chatur yuga / Maha yuga / Divya yuga**

Kali yuga, Dwapara yuga, Tretya yuga and Satya yuga put together makes one Chatur yuga.

### **Time span of chatur yuga:-**

Time span of Kali yuga is 432000 years.

Time span of Dwapara yuga is double kali yuga years.

Time span of Tretya yuga is triple kali yuga years.

Time span of Satya yuga is four times kali yuga years.

Consolidated time of all the four yuga that makes one chatur yuga which is 43 lakhs 20000 thousand years.

### **Time in the upper planetary systems**

One day of the heavenly planet is equivalent to 6 months on earth, and likewise one night of the heavenly planet is equivalent to 6 months on earth.

Topmost heavenly planet is Brahma Loka also known as Satya loka .

Time of one full day of Satya Loka is equivalent to 2000 chatur yugas on Earth.

[1000 chatur yugas makes a day + 1000 chatur yugas makes one night.]

### **Life span of Brahma ji**

1000 chatur yuga makes one day of Brahmaji & likewise 1000 chatur yuga makes one night of Brahmaji.

Total 2000 chatur yugas of earth is called as one Divas (one full day ) of Brahmaji.

Total Life span of Brahmaji is 100 divas years

(1 year on earth = 365 days).

Total Solar years in life span of Brahma ji is :-

$100 * 365 * 2000 * 4320000 = 311 \text{ trillion years of Earth.}$

After every yuga there is pralaya (cataclysm). After every chatur yuga there is another pralaya. Maha pralaya (complete annihilation of the material world) occurs when life span of Brahmaji finishes. When Brahmaji goes to

sleep at night, the material world is left ungoverned, all material nature then enters in the body of Maha Vishnu. When Brahmaji wakes up material nature manifests again.

### **Three forms of Visnu**

A verse from the scripture Laghu-bhagavatamrta in Sri Caitanya-caritamrta CC madhya 20/251

**‘Visnos tu trini rupani’.**

Viṣṇu has three forms with different functional roles in the material world.

Mahā-Viṣṇu, Garbhodakaśāyī-Viṣṇu, Kṣīrodakaśāyī-Viṣṇu.

In Bhagavad Gita there is not much description of three Visnu. The detailed information of three Visnu's is available in Sātvata-tantra.

### **Creation of the Universe**

**Mahā-Viṣṇu** :- From the sweat pores of Maha Visnu emerge many universes (brahmand). The size of the universe is so extensive one cannot imagine the immeasurable expanse of its creator.

#### **In brahma samhita :-5.48**

**yasyaika-nishvasita-kalam athavalambya  
jivanti loma-vilaja jagad-anda-nathaha  
vishnur mahan sa iha yasya kala-vishesho  
govindam adi-purusham tam aham bhajami**

When Maha Vishnu exhales from His sweat-pores emanate many universes in the form of seeds. As the seed grow the universe also expands. When Maha Visnu inhales the entire universes annihilate (Brahmaji life span of 100 years gets over) and merge back inside the body of Maha Visnu.

So, one breath of Lord Visnu is equivalent to 100 years of Brahma ji & that is 311 trillion Solar years.

**Such magnificent Lord Visnu is the creative expansion of Lord Sri Krishna.**

## **Timeline of the civilization on earth**

These timeline described in scriptures is beyond the understanding of the scientists who do not have any idea & information of the existence of the civilization before 5000 years. But scriptures gives us the insight that the civilization existed millions of years ago.

**As per the scriptures, the existence of civilization in this chatur yuga on Earth is 3893000 years old .**

Time period of 4320000 total years in one chatur yuga - 427000 years left of kali yuga = 3893000 years have already passed.

## **Time line of our presence in universe :**

In 1 day of Brahmaji, there are 14 manvantara. Each manvantara is divided into 71 maha-yuga cycles.

**According to the Vedic texts, current age of Brahmaji is 50 Brahma loka years.**

We are in the 1st day of 2nd half of Brahmaji life span and we are in the seventh manvantara, in the 28th turnover of its 71 yuga cycles.

## **Historical Evidence of the civilization**

We won't be able to trace the civilization with relics and fossils because in universe everything gets destroyed in pralaya (cataclysm) after some time span.

**At the most we can trace the history limited to one chatur yuga only.**

### **Example:-**

- We have the artefacts and sites related to the events of Ramayana, and Mahabharata can be traced.
- Earlier, people didn't believed in Ram-Setu until it was recognized by NASA as Adam's Bridge.
- The archaeological evidence of Dwarka, which is submerged in ocean, confirms the existence of a city-state of that era of Dwapara yuga

- Many artefacts of Hastinapur are available dating 5000 years ago.
- Many scientists have not disclosed the truth of some archeological findings like :- very very old carvings related to Ramayana were found on the riveredge in Bali.

Many evidences have come up showing Lord Krishna is not only worshiped in India but there are few sect of communities abroad apart from Hinduism worshiping Lord Krishna in some form.

### **How the prakriti works.**

**Bhagavad Gita verse 9.10**  
**mayādhyakṣeṇa prakṛtiḥ sūyate sa-carācaram**  
**hetunānena kaunteya jagad viparivartate**

**Jagad viparivartate** means prakriti works under the direction of the Supreme Personality of Godhead. (explained in Bhagavad Gita.

*In brahma samhita verse 5.44:-*

***srishti-sthiti-pralaya- sadhana-shaktir eka***  
***chayeva yasya bhuvanani vibharti durga***  
***icchanurupam api yasya che cheshtate sa***  
***govindam adi-purusham tam aham bhajami***

Maintenace and annihilation of material nature is conducted under the leadership of Durga Devi. She is the (prakriti swaroop) energy shadow of the Supreme Lord. She works under the directions of Lord Sri Krishna as per His desires.

### **Components of prakriti/ material nature**

**'Trigunmayi Maya'** refers to the three modes of prakriti, or the three qualities that controls the entire material world:-

- Tamo guna:- the mode of ignorance

- Rajo guna: the mode of passion
- Sattva guna: the mode of goodness

***In Bhagavad gita verse 7.4***  
***bhūmir āpo 'nalo vāyuḥ khaṁ mano buddhir eva ca***  
***ahaṁkāra itīyaṁ me bhinnā prakṛtir aṣṭadhā***

All material nature is made of eight elements (all non living thing and all living entities) which are:-

**5 gross elements**:- earth, air , water, fire and ether

**3 subtle elements**:- mind, intelligence. false ego

### **The Supreme Personality of Godhead is the Ultimate proprietor**

The Supreme Lord is the ultimate proprietor of all material nature and hence one must use all the material things in the service of the Supreme Lord.

According to Bhagavad Gita, if one uses the material things for their own sense pleasure then it will be regarded as stolen by a thief.

#### **Example:-**

Office provides a car to his employee for office work, if that employee uses this car for tourist purposes roaming with his family, is illegal and mis-utilization of the company things will be considered as stolen.

Similarly,

Body is like a car given by God & we are wasting it engaged here & there. Then God will take it back and give four legged car (animal life in next birth).

Therefore, it is very important to acknowledge the proprietorship of the Supreme Lord and utilize things in his service. Body and possessions of a being are the facilities provided to us for the service of the Supreme Personality of Godhead.

**In bhagavad Gita verse 3.12**

*iṣṭān bhogān hi vo devā dāsyante yajña-bhāvitāḥ  
tair dattān apradāyaibhyo yo bhuñkte stena eva  
saḥ*

One is regarded as the thief who uses material things for his own sense gratification and not offering them to the Supreme lord is regarded as a thief.

A Thief cannot expect a smooth and happy life, but they will be captivated and put in jail to be punished.  
**Therefore it's the compulsion to engage ourselves and our possessions in the service of the Supreme Lord.**

## **The Supreme Personality of Godhead is the Supreme Controller**

**The Supreme Lord is controlling everything in the universe with his three modes of nature.**

**Example :-**

Puppet-dance. Puppeteer ties thread in his fingers, using strings and he makes the puppets dance.

Similarly,

**Maya ties us with **guna** (rope) and controls us.**

Scriptures suggest to not to be captivated in the hands of gunas of material nature, rather one must consciously engage in the positive activities (devotional services).

## **Sitting idle is not the solution**

**In bhagavad gita verse 3.5:-**

*na hi kaścit kṣaṇam api jātu tiṣṭhaty akarma-kṛt  
kāryate hy avaśaḥ karma sarvaḥ prakṛti-jair guṇaiḥ*

Although the person tries to stay idle but still the modes of nature will acts upon him and hence, he helplessly engages in some work as he is forced to act in a particular way, depending on the mode that person is in. Gunas/ropes of the material nature will make us dance.

Lord Krishna says one cannot save himself by sitting idle. No-one can free from the bondage of sinful results by ceasing all actions/karma and sitting idely, is not recommended in scriptures.

While sitting idle, one commits many sins by eating food, drinking water, one takes in many micro organisms for which he has to suffer. While walking many insects die. Many such activities are unavoidable & one cannot be saved from the bondage.

### **Offering food to the Supreme Lord**

#### **Bhagavad Gita in verse 3.13**

*yajña-śiṣṭāśinaḥ santo mucyante sarva-kilbiṣaiḥ  
bhuñjate te tv aghaṁ pāpā ye pacanty ātma-  
kāraṇāt*

One is released from all kinds of sins when the food is first offered to the Supreme Lord.

By offering food we are sanctifying the food for the pleasure of the Supreme Lord we are purifying the inputs of all the karmas. Parshadam is karma free diet which liberates from all kinds of bondage .

### **Performing activities keeping God as the centre**

#### **In bhagavad gita verse 3.9**

*yajñārthāt karmaṇo 'nyatra loko 'yaṁ karma  
bandhanaḥ  
tad-arthaṁ karma kaunteya mukta-saṅgaḥ  
samācara*

If one works for Visnu, then he gets freed from all the fruitive results of the karma. If one works for fulfilling their own sense gratification, it will bound the person.

One cannot expect to be happy when he is not abiding the principles of the Supreme Lord & not leading the life as per the recommendation of the lord.



As parents won't harm their child as there is bond of love and care that has developed in the course of 70 years life span.

Lord Krishna will never recommend those activities which could harm us. Because He is our father, our relationship with him is eternal, He deeply loves us.

Therefore, whatever Lord Krishna recommends in Bahgavad Gita is solely for our benefit.

**One must perform every activity keeping in mind the Supreme Lord as the centre. one gets freed from all the fruitive results of the karma.**

### **Five things are recommended in daily life.**

Prerequisites of spiritual life can be understood by a spiritual acronyms :- A, B,C,D,E

#### **A - Association of the devotees.**

A person is ruled by the company he keeps. There is the major **influence of the association** on the personality and mindset of the person.

If one keeps associating with the materialistic people, one will remain materialistic.

If one wants to intensify the spiritual aspects of their life, then one must bring a change in their association.

So, while associating with the devotees, you will slowly and gradually cultivate the habits, thinking, activities of the devotees.

**People often hear on the subject related to spirituality but unable to practice those principles.**

The main cause is the lack of association.

In Bhagavat there is a saying :- **'Sanghe Shakti Kaliyuge'**

In kali yuga only one kind of strength works and that is the power of association. One gain strength in association.

We are all living in Kali yuga and its difficult to practice spiritual life. In association we get the **motivation**, with the help of others and firmly connected to others then spiritual devotion with others can be practised.

#### **Example :-**

On the banks of river Ganga, lone person wouldn't able to tolerate the strong currents of the river Ganga. But one can easily take the dip in the holy waters of Ganga by firmly holding hands together.

One can associate through :-

Yatra; online sessions; weekly association in temple.

## **B - Books**

One must save time of 20-30 minutes from reading newspaper, magazine, social media messages, from busy schedule to read everyday the Holy scriptures like Bhagavad Gita and Bhagavatam. Spirituality cannot be practised blindly, One must be convinced to invest their heart, emotions and feelings by conveying them properly in the right direction and guidance of the scriptures.

To know what is Sanatana dharma one must read small books in the prescribed sequence before directly reading the major books to develop the basic understanding of the books.

## **C - Chanting the Holy name of the Supreme Lord**

The ultimate concluding activity one has to do after acquiring the knowledge of all the scriptures and after hearing all the lectures is to chant the names of God everyday (The Supreme Lord Krishna).

**In the scripture:- Nector of instruction verse 8**

*tan-nāma-rūpa-caritādi-sukīrtanānu-*

*smṛtyoḥ krameṇa rasanā-manasī niyojya  
tiṣṭhan vraje tad-anurāgi janānugāmī  
kālaṁ nayed akhilaṁ ity upadeśa-sāram*

One must utilize the entire time of life by imbibing the essence of all the instructions of the scriptures and live a life practicing it by following the it's principles.

One must give time to perform **kirtana** of Lord's name, His form, His qualities - is the essence of all the scriptures.

It is recommended to practice chanting by joining the morning japa sessions.

In Bhagavad Gita in the 18<sup>th</sup> chapter Lord Krishna says that the person who spreads the His Holy name is most dearer to Him.

## **D - Diet**

**In a bhajan there is a saying :-  
'bukhe pet bhajan na hoye gopala'**

It is not recommended in Kali yuga to leave the house and stay in forests to perform severe austerities. Only expectation of the Supreme Lord is to have prasadam (eating after serving it to the Supreme Lord). While offering the food Lord Krishna purifies the food and returns it back.

People tend to offer sweet butter (makhan mishri) to Him and we enjoy delicious feasts which is not right.

**In Bhagavad Gita verse 3.13:-  
yajña-śiṣṭāśinaḥ santo mucyante sarva-kilbiṣaiḥ  
bhuñjate te tv aghaṁ pāpā ye pacanty ātma-  
kāraṇāt**

Those who eat food (vegetarian food) for their sense gratification without offering it to the Lord eat sins. This way whole mind, body and soul will be healthy.

## **E - Engagement**

We have a multi-universal company whose owner is Lord Krishna. One must utilize their some time and energy in engaging in services of Lord Krishna spreading His message of Bhagavad Gita. Services like registering for the Bhagavad Gita Course, making notes, quizzes, calling seva's etc ....

The Supreme Personality of Godhead expects only two things from us:-

1. Practice the principles instructed in Bhagavad Gita.
2. To spread the message of Bhagavad Gita.

In Bhagavad Gita its said that the sacrifice (yagya) is considered tamsic if there is no parshadam and gurudaksana at the end of the sacrifice. to a Brahman daksana is repaying spiritual master by following these five things in life at the end of the sacrifice.

**Hare Krishna!**