

BHAGAVAD GITA- FIVE DAYS COURSE

DATE 20.09.2024, SESSION 1

Speaker :- Sriman Vedant Chaitanya prabhuji.

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

HG Vedanta Chaitanya Prabhuji, performed prayers to our previous Acharyas (teachers) and Lord Krishna to impart us their mercy and intelligence to understand the message of Bhagavad Gita in right manner and subsequently the power of will and determination to inculcate this message in our lives.

Glorious contents of the Bhagavad Gita is the message of Lord Krishna which is relevant and life transforming.

In this session, the topics of discussion will be :-

- Etymology of Bhagavad Gita (understanding the term).
- Background and circumstances in which the context of Bhagavad Gita was spoken.
- Importance of understanding Bhagavad Gita.
- Relevance and validity of this scripture spoken 5250 years before, in modern era.
- Prerequisites (mood and spirit) to understand Bhagavad Gita. (Is it understandable to those who are not scholars of sanskrit language?)
- Divisions of the chapters in Bhagavad Gita.
- Discussion in Bhagavad Gita about 4 yoga systems.

Reason to read Bhagavad Gita.

Bhagavad Gita is the greatly enlightening philosophical song sung by Lord Krishna.

People are still willing to learn and understand the message of Bhagavad Gita by recalling the wonderful conversation between Lord Krishna and Arjuna that happened 5250 years before.

So in today's time many management gurus are referring Bhagavad Gita and based on it proposing their theories of the principles of management.

Here, Lord Krishna didn't only imparted His message to Arjuna but he made Arjuna the avenue to impart us His special Holy message.

Therefore, we must take out the time to read and understand the message Lord Krishna wanted to convey us. There's no ultimate benefit of transformation we derive out of the daily audio/video/text messages circulating in various social media platforms.

How will Krishna feel when we haven't taken out time to read and understand His Holy message sent by Him 5250 years ago is still unread till today.

Through this course we have received the chance to open this message to know what Lord Krishna actually wanted to tell us because He is the most important personality in the entire creation and not just an ordinary person.

Example :- How important and proud we will feel, if supposedly PM Modi sends us the message, we will immediately reply and show it to others.

Therefore, it's our responsibility to study (not simply reading) the message, assimilate it and imbibe in our lives.

Offering prayers to the Lord in temples

Daily we offer our prayers in front of the Lord in temples and we try to reveal our hearts and feelings and converse on many confidential things of our lives with Him. And we feel that our prayers are left unanswered.

It's that because we haven't read His reply.

He had already responded to us by answering to all our prayers by giving the solution of all the problems, safely documented in Bhagavad Gita.

Lord is most intelligent to answer all the queries beforehand as He knows all the solutions we need to solve our problems in the journey of our lives.

Therefore we must read it.

PURPOSE OF THE SHORT COURSE OF BHAGAVAD GITA .

In this five day course we may not be able to cover Bhagavad Gita end to end.

To generate the interest in the study of Bhagavad Gita , initially we will take the bird's eye view of Bhagavad Gita trying to understand it's summary and essence so that we become inquisitive to study further in detail and comprehend it.

In course of time detailed sessions of Bhagavad Gita will be taken up.

Importance of studying Bhagavad Gita

Defining the Purpose of Bhagavad Gita wants to achieve with its philosophy

The sole purpose of any authentic religion is the **TRANSFORMATION OF HEART.**

If somebody is observing rituals and there's no purification and transformation within, no freedom from the contamination's of lust, anger, greed, enviousness, then the purpose remains unsolved.

If will be in right direction if we understand the right purpose. Similarly if we study Bhagavad Gita then it must transform our hearts. Transformation within hearts occur when we are able to recognize our mistakes. People commit mistakes without realizing they were wrong .

One must perceive resolutions from within. (not new year resolutions which eventually breaks after few days.) **because one needs that kind of determination too for leaving the wrong habits.**

How come simple knowledge can transform my heart?

Yes it can. Prabhuji himself had witnessed many many life transformations with the help of Bhagavad Gita.

Example of a devotee :-

Devotee while sharing his heart told prabhuji that he met him one and half years before and at that time in his early twenties his life was of a complete drug addict, smoker and drinker, he had gone through love failure and

attempted suicide. Now he is able to come out of all the miseries and now even his friends are unable to recognize him.

Prabhuji, never told him to give up all this as he was unaware of his past life, he just gave him the positive engagement in accordance to the messages of Gita. And automatically he gained the determination to give up all bad habits . For an addict person it's really difficult to leave such addictions. Parents keep explaining their child to leave such addictions but with no outcomes. Its miracle that nobody asked him to leave such addictions and he gradually gave up all bad habits. Its only the power of Bhagavad Gita.

ANOTHER EXAMPLE FROM SCRIPTURES

In Bhagavad Gita Arjuna stood in front of Lord Krishna in overwhelming position unable to do war. Instead he wanted to live a life like of a begging saint. While saying this, Arjuna's was feeling very weak with his body shivering, his throat drying up and his body sweating and he was crying literally. For a katriya (army) man its big deal to cry. They become strong and hard hearted to live a life witnessing blood sheds. That person after hearing the message of Bhagavad Gita he said

Bhagavad Gita shloka 18.73

Arjuna uvāca

*naṣṭo mohaḥ smṛtir labdhā tvat-prasādān mayācyuta
sthito 'smi gata-sandehaḥ kariṣye vacanam tava*

O Lord, with your mercy my all attachments and illusion is destroyed, doubts are cleared. Now I am completely situated in knowledge and in this stage he told Krishna that:-

Kariṣye vacanam tava:- I will follow all the instructions as it is.

One can see that Arjuna who has lost all the confidence and wants to run away now speaks with full conviction to Krishna that he is ready to fight.

Bhagavad Gita is the first most motivational seminar in the entire creation.

Now a days there are many motivational speakers and life coaches on you tube. The ultimate base is Krishna. This first seminar didn't happen in the AC seminar hall with a projector and live presentation. But instead it happened in the battle-field. No motivational speaker will ever be able stand erect and motivate others without shivering limbs in between the battle field.

Krishna delivered this message when war already acceded after blowing the conch. In that tense situation Krishna instructed and enlightened Arjuna to regain his self confidence. Sri Krishna gave such a wondrous message in Gita that Arjuna got completely situated in the perfect confidence, complete commitment, surrender and dedication.

No motivational speech is ever so wonderful or better than Bhagavad Gita. Its realistic, fruitful, down to earth motivational speech, straight away from Krishna , and prabhuji is simply the medium to transparently deliver Lord Krishna's messages like a postman so that the content of the message is intact.

Five day austerity

Many demoniac forces may come in between such as our mind whose best friend is mobile. One must take up five days austerity to complete this course. Prabhuji is there to deliver the letter of God but one must try to receive the letter then only it will work.

Gita Mahatmya Sloka - 4

sarvopanishado gavo dogdha gopalanandana:
parthovatsa: sudheerbhoktha dugdham gitamrutam
mahat

This verse is taken from Gita mahatmya scripture written by Shankaracharya simply contains the glories of Bhagavad Gita.

Its mentioned in this scriptures that Bhagavad Gita is the essence of all the Upanishads and all shastras (scriptures). If someone is really able to understand the message of Bhagavad Gita , then he is able to capture the essence of all the scriptures.

In today's time we are unable to read Bhagavad Gita and shastras, then what can be comprehended and wont be able to reach any conclusions.



Lord Krishna has provided us the ready-made glass of milk to drink directly for the people of kaliyuga. Still the people of kaliyuga procrastinate to take the drink some time later on .

If all the scriptures are considered as a cow then Krishna is himself a cowherd Gopala to take out the milk from the cows. Cow gives milk for her calf, here the calf is Arjuna (partho vatsala), milk is Bhagavad Gita.

Lord Krishna presented the churned essence of all the scriptures to Arjuna. When cow gives milk then all milk is not drank by the calf, its available for us also.

Shankaracharya said in shloka :-
ekam śāstraṁ devakī-putra-gītam eko devo devakī-
putra eva
eko mantras tasya nāmāni yāni karmāpy ekam
tasya devasya sevā

One scripture is enough for the entire creation and to approve one's life only one shastra is required. Devaki son is Krishna and Bhagavad Gita is the song of the Lord Krishna.

Only one person is the Supreme Personality of Godhead - only one bhagavan is present. That is Nand Maharaj and Devaki son ; Lord Krishna. And only mantra is enough; the mantra of chanting the name of the Lord.

People bring big books in their temples and try to read with no correct pronunciation of the verses.

Shankracharya advises us not to memorize all the mantras but only one mantra of His Holy name is enough. Only one karma is different from all the karma's which is the loving devotional service of Lord Krishna.

That's why it's utmost important to read, study, understand and comprehend Bhagavad Gita, and then later on motivate others to listen the message of Bhagavad Gita.

RELEVANCY OF BAHAGAVAD GITA:-

Its spoken by the lord 5250 years before, now the world has changed considerably. Everything happens on the click and everything is just a click away. So in today's context Bhagavad Gita is very outdated. Up to date software is required then is there the latest version of Bhagavad Gita available.

The message of Bhagavad Gita is eternal knowledge (sanatana dharma). The term sanatana means: which has no beginning nor end. The knowledge of Bhagavad Gita is sanatana/eternal knowledge.

Receiving knowledge from authentic source

Lord clarifies this in fourth chapter of Bhagavad Gita .

Lord Krishna imparted the same knowledge of Gita to Arjuna, which was imparted crores of years before to Vivasvan the Sun god. Vivasvan imparted to Manu to Ikshvaku came down to the family in which Lord Rama had appeared.

In this kalp (life of Brahma) the knowledge coming down to us under the influence of kaal/time is destroyed

yogo nastah parantapa. That's why I am re dictating you.

Bhagavad Gita verse 4.2

***evam paramparā-prāptam imaṁ rājarṣayo
viduḥ***

sa kāleneha mahatāyogo naṣṭaḥ paran-tapa

This knowledge must be gained from the authentic bonafide disciplic succession.(parampara)

Means knowledge flows down from the spiritual master(guru) who trains and imparts perfect knowledge

to his disciple starting from the Supreme Personality of Godhead.

There are many gurus available to impart knowledge of Bhagavad Gita. But one must receive it from authentic parampara. Because we have to understand the authenticity of the information we are receiving.

[How can we understand that the parampara is authentic.](#)

Example

We seek admission of our child for lkg class in best school (which is affiliated to the authorized board; cbse or icssce) u will be assured that the authorized syllabus will be taught in school by an approved teacher.

[Similarly we have to approach the authentic source for the spiritual knowledge which is more subtler in nature.](#)

Also, if we have to do engineering, we will opt to study from authentic college and not from Wikipedia. Then only we will receive the certificate and on that basis we will get the job.

[Material knowledge can be validated on the basis of experiments but how to validate the spiritual knowledge.](#)

Here one talks about soul and super-soul , kingdom of God which is invisible to us. For such types of subtle concepts we need the more authorized authentic source of knowledge. Keeping this in mind Lord created four sampradayas to propagate knowledge which is mentioned in

[padma puranas.](#)

One must get affiliated to any one of the four sampradayas.

Brahma sampradaya:-

Rudra sampradaya

Sri sampradaya

Kumar sampradaya

Knowledge flows down to us in a way of guru shishya

[Iskcon falls under the brahma madhava gaudiya sampradaya.](#)

Ques:- What it actually means to understand Bhagavad Gita under an authentic sampradaya.

Ans:- Previous acharyas had already deciphered and explained the purports of verses and wrote their commentaries and its application in life.

Frankly, if we accept that our minds are contaminated, how we will be able to decipher the pure knowledge. Scholarly ability of Sanskrit is not sufficient to understand the knowledge of Bhagavad Gita. It's not the literary knowledge which can be comprehended by a priest. Rather it's the philosophy, principle which is unveiled only by the mercy of God

WHAT IS THE MOOD TO UNDERSTAND BHAGAVAD GITA

We don't require scholarly abilities like Sanskrit knowledge.

Srila prabhupad ji had written purports based on the tikkas of our acharyas. We can understand Bhagavad Gita on the basis of these explanations.

Right consciousness is required and the right attitude.

Which is explained in this story:-

Sri Chaitanya Mahaprabhu while travelling in South India reached Sri Ranga Ksetra to take darshan of Ranganath. Dancing and singing.

In the courtyard of the temple a Brahman vaishnava was reciting Bhagavad Gita. but he could not pronounce the words correctly. So the people were criticizing and laughing at him. Brahman became happy while reading Bhagavad Gita and when Lord Chaitanya Mahaprabhu inquired that which portion of the Gita was giving him so much joy. The Brahman replied, "I am an illiterate. I am reading the Gita as per the orders of my guru. When I read the Gita, I only see Krishna, sitting as the Arjuna's charioteer. Taking reins in his hands, He appears very beautiful. Seeing Krishna instructing Arjuna, I am filled with ecstatic happiness.

Lord Chaitanya embraced the Brahman and told him, that he has actually grasped the essence and real purport of the Gita.

Understanding Bhagavad Gita means one must be able perceive , sense or experience the presence of the Lord's words in the form of his song mentioned in the pages of Bhagavad Gita .

Lord will be revealed only to those persons who love God. God doesn't need scholars but need his loving devotees surrendered and dedicated to Him.

In this materialistic creation everyone has two dire basic necessities of life. If these doesn't get fulfills then one never feels satisfied, happy and content at heart.

1.) to receive love from others.

2.) to love someone.

These can only be fulfilled by God because he knows as you are and loves you as you are.

And God is the right recipient of love and right source of love.

Bhagavad Gita is the methodology to receive the opportunity to develop such a loving relationship re-establishing the direct connection with the lord.

One doesn't require his expertise to understand Bhagavad Gita but listen its message with the heart filled with humility and surrender and service attitude. As its mentioned in :-

Bhagavad Gita verse 4.34

*tad viddhi praṇipātena paripraśnena sevayā
upadekṣyanti te jñānaṁ jñāninas tattva-darśinaḥ*

DIVISIONS OR PARTS WITHIN THE BHAGAVAD GITA

Total 18 chapters 700 verses. 18 chapters are divided into three sections:-

Karma yoga :-Chapters 1-6

Bhakti yoga :- Chapters 7-12

Gyaan yoga :- Chapters 13-18

Four types of Yoga systems are discussed in Bhagavad Gita

What is **yoga** comes from the **yuj** word which means link or connection. Methodology and the process of linking atma with paramatma // Soul with Supersoul.

YOGA LADDER

- Karma yoga
- Gyaan yoga
- Ashtanga yoga/ dhyaan yoga
- Bhakti yoga

All the yoga systems acts as the step to reach the highest step in the ladder which is bhakti yoga. Therefore amongst all yogas Bhakti yoga is the very essence of the Gita and is the greatest because it serves the only basis to understand Krishna.

Bhagavad Gita verse 18.55
bhaktyā mām abhijānāti yāvān yaś cāsmi
tattvataḥ
tato mām tattvato jñātvā viśate tad-
anantaram

Krishna says. One can only understand me through bhakti -loving devotional service.

In entire Bhagavad Gita there are **FIVE SUBJECT MATTERS** which are discussed:-

1.) God, Ishwara

- Is there a supreme personality of godhead or there's an only impersonal feature of Godhead
- Amongst so many devi devtas Gods who the ultimate supreme God
- Difference between the living entities and the Supreme Lord.

2.) Jiva/ living entity and atma/ soul

- We are not body but in reality we are souls. Though atma is invisible , how we believe it what's the proof that soul exists.
- Body is made from 5 gross elements , what is the composition of the soul.
- Can atma be burned, killed or depleted
- What is bond between the soul and the Lord and if the bond exists then how can we feel it

3.) prakriti/ material nature:-

- The surroundings of an living entity. what are these surroundings and what is their role, reciprocation in the life of an living entity.
- How to get free from the clutches of the laws of nature of the material world..

4.) Karma(activities)

- Types of karma,
- People usually quote that 'work is worship'. Bhagavad Gita throws light on this subject because a thief also believes in work is worship.
- What are the qualifications for right karma.
- What type of karma are advised by the lord
- Methodology for karma executed in what state of mind.
- How to utilize the fruititive actions .
- What kind of karma we have to do.

5.) Kaal time

- Relative existence of time in the universe
- Time on earth, relative to time in heavenly planets.

Relevance of Bhagavad Gita

In this modern era of technology, whatever scientific advancements may be, we still are the same humans who carry different degrees of lust, anger, greed, envy, jealousy. These contamination s existed 5000 years ago as-well and is still prevalent today, only differs in their degree. No technology is available to us like bypass

surgery or endoscopy that removes such negative elements.

By analyzing the root cause of all our problems, it comes down to the level of these six anarthas that contaminates our mind. How to purify these contaminated states of mind is mentioned nowhere in any branch of science.

How to finish the problems of our lives, although whatever advanced technology is available, people are still frustrated, stressful and depressed and require sleeping pills. Technology cant solve such problems of life . the actual solution to such problematic issues is spiritual.

Its said that:-

One has to find spiritual solutions to material problems.

One can wisely address material problems. One may not be completely relieved from the problems (like all the things happening to you will be good, you will always win, there will be no problem in your job, health issues). They will eventually come in life according to ones karma .

Learnings from Bhagavad Gita

How to face these problems without getting affected, with the strong, brave heart and clean mind keeping his peaceful composure , contended and happy.

Gita doesn't teaches us to escape from the problems but to deal with the problems.

Example:-

The supreme Lord could have made Arjuna sit and watch the show by killing all Kauravas with his Sudarshana Chakra. Lord simply preaches Arjuna the philosophy and enabled him to accomplish his task himself. Made him so strong to deal with his own problem.

