

BHAGAVAD GITA- FIVE DAYS COURSE

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

**In Srimad Bhagavatam verse 1.1.10 :-
*prāyeṇālpāyusaḥ sabhya kalāv asmin yuge janāḥ
mandāḥ sumanda-matayo manda-bhāgyā hy
upadrutāḥ***

Srimad Bhagavatam discusses the diminishing effects on things for those who are born in the age of Kali yuga.

Shorter life span - Previously average life span of people used to be around 100 years but now it has declined to 70 years although there's the significant advancement in science and technology.

mandah -means people of Kaliyuga are very lazy,

Sumanda matayo - memory power is very low

Manda bhagya - very unfortunate as people of kaliyuga receive many sorrows in spite of many efforts & arrangements made by them.

Upadrutah- People in age of kali yuga have very unsound mind (mentally disturb).

People are usually insane in various degrees, remain themselves in distress and also perturb others. Now a days trend is of psychological counseling. Even small kids are deem unfit and rejected for Lkg admissions in schools in awe of their hyper active mindsets.

So its very substantial that by hearing one can bring back the deranged mindset in balanced state.

Five subject matters discussed in Bhagavad Gita are:-

1. Isvara/ God
2. Jeeva/ living entity
3. Prakriti/ material nature
4. Karma/ activities
5. Kaal/ time

Among these five subject matters only Karma is temporary and rest of them are eternal. Because relevancy of karma gets concluded as soon as one experiences the fruitive actions of that karma.

God is eternal and all **living entities** being parts and parcel of the Supreme God are also eternal.

Material nature is eternal exists in manifested form (present outside the body of the Lord) or in un-manifested form as it never gets destroyed in totality. Upon annihilation the material nature does exist inside the body of the Supreme Lord.

Time is eternal although seems temporary (momentary). Its eternal because it repeats in the sequence in the loop.

Example:-

- Sequence of weekdays keep repeating endlessly.
- Similarly, on the scale of yugas, the cycle of four yugas (satya, treta, dwapara, kali yugas) keep repeating followed by a period of renewal.

Today the subject matter of living entity (jiva)/soul will be elucidated:-

One doesn't have the true acquaintance of who they actually are. Therefore, to make us acquaint of one true-self Lord gave **Jeev parichay** in Bhagavad Gita. Very first concept is science of the soul taught in Bhagavad Gita.

When Arjuna gave all the excuses to not to participate in war he finally told Krishna :-

Bhagavad Gita verse 2.7:-

***kārpaṇya-doṣopahata-svabhāvaḥ pṛcchāmi tvāṁ
dharma-sammūḍha-cetāḥ***

***yac chreyaḥ syān niścitaṁ brūhi taṁ me śiṣyas te
'haṁ śādhi māṁ tvāṁ prapannam***

Arjuna was very confused and uncertain about his duty as his intelligence got bewildered in trying to understand the implementation of dharma. His mind was not clear even though he quoted many verses from the scriptures. Arjuna initially being a friend of Krishna, he then surrendered onto the lotus feet of Krishna to clarify his confusions thus

becoming his disciple. He wanted Lord Krishna to instruct him and guide him for what is beneficial for him.

Lord Krishna instructs Arjuna chastising him that he spoke like a great pandit, but is unenlightened about scriptural knowledge. His crying for a consequential reason for which no pandit ever cries.

Important principle to understand Bhagavad Gita

Here Important principle one must understand that one will only receive and understand the Bhagavat (transcendental) Knowledge only when one submits himself onto the lotus feet of the Lord or His representative (spiritual master), one will not be qualified enough to be the recipient of transcendental knowledge by his own efforts.

In Bhagavad Gita there are three instructions to receive transcendental knowledge.

Bhagavad Gita verse 4.34

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

- One has to submit (surrender) oneself,
 - One must be inquisitive and seek answers to their doubts.
 - Devotional service.
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- If one thinks that if he can attain the ultimate knowledge of life sciences simply by hearing, then this method will be an unsuccessful attempt. This is the life science that differs from mundane subjects.
 - Secondly, transcendental knowledge is subtle science in nature which requires subtle intelligence to assimilate and comprehend it. Such kind of an intelligence develops gradually with devotional service, submission towards bonafide guru.

To become a scholar is not sufficient, knowledge can be accumulated from various unauthentic sources. They may

memorize many many verses from scriptures but fail to imbibe even a single verse in their lives.

Example :-

1. One can have delicious feast but due to little digestive fire he would ultimately suffer due to indigestion.

Similarly,

Digestive fire is surrender and service, then hearing scriptures can be digested, and the body gets nourished.

2. One may feel weak even after a heavy meal, due to indigestible food one cannot gain energy, body remains undernourished.

Similarly,

In toughest times even the great scholars get perturbed and fail to compose themselves, therefore one must remain under the shelter of a spiritual master.

3. When Arjuna was indecisive and bewildered in trying to implement dharma, he submitted himself as the disciple of Lord Krishna seeking His guidance.

Similarly,

One must have spiritual shelter because the decisions are taken on the eternal feature of the soul considering numerous births. When we take decisions based on material perspective then our focus is limited to one single life span. **One must seek guidance from those who have such broader vision.**

Defining realistic problems of life.

As Arjuna was perplexed with unreal problems, most of the problems in our life are imaginary in nature, unnecessary conclusions of complicated mindset.

Bhagavad Gita also defines the realistic problem statements of human life.

Example :-

Many would say that their problems are due to boss, wife, husband, children.

Lord Krishna in Bhagavad Gita clarify the real problems of life :-

janma-mṛtyu-jarā-vyādhī-duḥkha-doṣānudarśanam

Unless and until one understands the problem statement of the project, he will not be able to do anything tangible in the project.

Similarly,

We are trying to solve successfully the riddles of life without understanding the problem statement of life.

Its just like attempting an exam by writing answers to the unseen questions.

Actual miseries of material life applicable to all living entities are birth, old age, disease and death. One must resolve these problems seeking spiritual solution for them.

People, have come up with **materialistic solutions** by scientific advancements in medicine and other branches of science but diseases still persist. Modern era, all multi-speciality hospitals are over filled compared to early age

Believing in the existence of the soul

Unless and until if we don't accept the concept that we are soul and not body; spiritual life has no value for us.

Supposedly, if this body perishes after this lifespan then there's no need for a regulative moral life. If one doesn't acknowledge the validity of bad karma circumscribed to single lifespan one would not improvise them because according to his conception there are no previous births and no after life.

Every one accepts this information that we are souls and not body but doesn't have belief in them.

Today we will discuss on -

- Concept of soul is true or imaginary
- The logical reasoning behind it.
- Science behind it.

Bhagavad Gita verse 2.13:-

***dehino 'smin yathā dehe kaumāraṁ yauvanaṁ jarā
tathā dehāntara-prāptir dhīras tatra na muhyati***

Lord Krishna says :- The size of the embodied soul remains the same from boyhood to youth to old age.

The feeling of 'I'ness (me and mine) remains the same. Although one has to take the help of mother to recognize himself in the old photograph with many infants.

When being questioned : Who are you? We perceive ourselves with bodily identifications such as:- My name is so & so, I am this or that, I belong to this family, region, or country, our education, our designation, job profile. Etc..

One has accepted such identifications (even our name) at some point in life. We existed before also. These bodily identifications are not permanent and therefore irrelevant , they come when one takes birth and go after death.

Our real identity are not these designations. But soul /atma.

WHAT IS ATMA/ SOUL?

***Lord Krishna in Bhagavad gita says in the verse
15.7:-***

***mamaivāṁśo jīva-loke jīva-bhūtaḥ sanātanaḥ
manaḥ-śaṣṭhānīndriyāṇi prakṛti-sthāni karṣati***

Soul is part and parcel (small ansha/fragment) of the Super soul in the same way as gold particle is minute shred of the gold mine.

As Super-soul is eternal, we too being the fragmental parts of supersoul are eternal in nature.

In Bhagavad Gita verse 2.12:-

***na tv evāhaṁ jātu nāsaṁ na tvaṁ neme janādhīpāḥ
na caiva na bhaviṣyāmaḥ sarve vayam ataḥ param***

All three parties standing in the battle-field of Kurukshetra (All kings, Arjuna and Lord Krishna Himself), there was never a time when they didn't existed, nor in the future shall any of them cease to be.

Lord krishna in Bhagavad gita says in verse 2.22:-

vāsāṁsi jīrṇāni yathā vihāya navāni gṛhṇāti naro

'parāṇi

***tathā śarīrāṇi vihāya jīrṇāny anyāni saṁyāti navāni
dehī***

As a person puts on new garments, giving up old ones, similarly the soul accepts new material bodies, giving up the old and useless ones.

The soul has neither birth nor death at any time. Here, giving up clothes is death and putting on new clothes connotes soul entering the new body.

A **dhira** (stable person with perfect knowledge) who understands this fact will never get perplexed.

In Bhagavad Gita verse 2.23:-

***nainaṁ chindanti śāstrāṇi nainaṁ dahati pāvakaḥ
na cainaṁ kledayanty āpo na śoṣayati mārutaḥ***

The eternal soul cannot be cut by weapons, or burnt by fire, cannot be moistened by water, cannot be withered by wind, cannot be busted with an atomic bomb.

By whatever means Soul can never be destructed.

Krishna advises Arjuna based on the science of soul, that upon knowing the eternal nature of the soul prevalent in every-being (Kauravas, Arjuna...), in reality no one is killing anyone, nor anyone shall be killed, hence forth Krishna induced Arjuna to engage in his duty as a Ksatriya.

Example:-

We still don't believe in the existence of soul. Upon death people grieve. But that person's body is lying in front of them, and who leaves the body.

Soul is the main component of the body which makes it workable.

Exercise :-

People were told to feel their eyes, nose, ears and yourself (then what will be the action). If people keep their hands on chest, then it's a chest. All body parts are referred by the word 'MY':- my eyes , my nose, my car, and so on.

Here the question arises:- Who are you?

Here the word 'me' is connoted as the Soul.

According to science, within seven years of time in our body old cells are replaced by the new cells. Means there's a complete change in the body of a person to an extent of every single cell, within the course of seven years. This imply that in single life span one accepts many bodies. But our sense of 'I'ness (me and mine) remains unchanged, prevailing even after seven years of life.

***Lord Krishna in Bhagavad Gita verse 2.13:-
dehino 'smin yathā dehe kaumāraṁ yauvanaṁ jarā
tathā dehāntara-prāptir dhīras tatra na muhyati***

The body changes from boyhood to youth to old age and becomes useless then there's nothing astounding to accept the fact that useless body is given up by the soul for a new one as it had already attained numerous bodies in one's own lifespan.

Scientific acknowledgement of soul

There's the conjecture in many religions about the concepts past life and rebirth.

Scientists too are inquisitive about this field of study to know about rebirth, after life. There are many facts concluded after through research in this field.

Example:-

Illinois university professor **Ian Stevenson** made fun of the concepts of re-birth and past life. By the arrangement of God he was forced to research on the project of rebirth. Initially he took it lightly, but later on he continued his research for 30 years as he became impressed by the findings of many world wide cases. He consolidated more than 3000 genuine case histories and wrote many books on after life, past life and rebirth.

Within the community of scientists, many believe in the existence of the soul and notions of rebirth because case studies are very evident

Case study

In America few years back (before the era of internet) a five year old child in his dreams used to speak the names of different air-crafts. He repeatedly talked with himself about different flights and their operations. Parents once took him to an exhibition of air-crafts. There he not only knew the names of aircraft but also had the complete knowledge of the controls inside the cockpit. He expounded the details of how to fly, how to manage the turbulence, how to discharge the bombs and so on. Parents realized this as the serious issue as no child so young to know such details. They showed him to the doctor. After accumulating his answers and verifying the identity of the person that child used to take, doctors realized that the child's previous identity was of a pilot of a war plane, who died in the blast in Pearl Harbor during the war between Japan and America.

That child remembered his previous birth trauma which carried on in his new birth.

In medical science there are two concepts of near death experience and out of body experiences (person experience the separation from body)

From such concepts, case studies one can be convinced, the existence of the soul. It's not the imagination but rather it's the reality of our existence - we are souls

FEATURES OF THE SOUL

Size of the soul is 1/10 thousandth part of the tip of the hair. It's very very minute which microscope cannot detect.

Soul would have been detected if one presumes the Soul's component to be material in nature but **the three elements of soul are sat cit ananda which are very subtle in nature.** Subtle here means that which cannot be felt by the material senses.

Foolishly people conceive that seeing is believing.

But one can recognize these subtle elements on the basis of it's symptoms.

Example:-

- Intelligence is subtle which can be understandable when a person performs some intellectual tasks.
- Air cannot be seen but felt.

So , to perceive things one requires different vision.

Soul is far more subtle than intelligence and therefore it's difficult to perceive it.

Example:- In 1970's a research paper gave an insight on matter and anti- matter. Subject of research was **the factual existence of anti-matter.** The conclusion of the research clarifies that properties and characteristics of anti-matter is entirely different from the properties of matter.

Here we are referring that anti-matter as the spirit soul.

As people don't have the vision to see the soul, hence they cannot deny it's existence.

Existence of the soul can be proved by the symptoms of the soul:-

The **consciousness** we experience in the body is the presence of the soul. **Consciousness is pervading in the entire body.**

Example :- One can feel the mosquito bite in any part of the body and our hands automatically moves in that direction to remove it.

Once the consciousness is separated from the body then then cutting hands from the body will be not painful.

In Christian communities people believe that only human beings have souls but in **Sanatana Dharma** we believe in the concept that every living entity has the soul.

Life symptoms happens only in the presence of the soul.

Therefore we humans are not entitled to kill animals and eat them. As they have feelings and can feel the pain too.

Theoretically and logically the concept of the soul is factual and a reality.

But one can experience the existence of the soul when one endures the path of spiritual practices.

Hare krishna!