



# *Gītā*

Session 1

31<sup>st</sup> March 2018

सदाशिव-समारम्भां शङ्कराचार्य-मध्यमाम्  
अस्मद्-आचार्य-पर्यन्ताम् वन्दे गुरु-परम्पराम्

*sadāśiva-samārambhām śaṅkarācārya-madhyamām  
asmad-ācārya-paryantām vandē guru paramparām*

Beginning with Sadashiva, through Adi Shankaracharya in  
between and up to my own Guru,  
I bow with reverence to the entire tradition of Guru lineage

अनन्तशास्त्रं बहु वेदितव्यम्, अल्पश्च कालो बहवश्च विघ्नाः ।  
यत्सारभूतं तदुपासितव्यम्, हंसो यथा क्षीरमिवाम्बुराशौ ॥

*anantaśāstram̐ bahu vēditavyam̐ alpaśca kālō bahavaśca vighnāḥ /*  
*yatsārabhūtam tadupasitavyam, haṁsō yathā kṣīramivāmburāśau //*

Scriptures are infinite and much has to be known.  
Time is short and there are too many obstacles.  
So what constitutes the essence has to be propitiated,  
Just as a swan separates milk from water.

# Bhaja Govindam

भगवद्गीता किञ्चित्धीता गङ्गा जललवकणिका पीता  
सकृदपि येन मुरारिसमर्चा क्रियते तस्य यमेन न चर्चा॥२०॥

Let a man read but a little from Bhagavadgītā, drink just a drop of water from the Ganges, worship but once Murāri. He then will have no altercation with Yama.

गेयं गीता नामसहस्रं ध्येयं श्रीपतिरूपमजस्रम्।  
नेयं सज्जनसङ्गे चित्तं देयं दीनजनाय च वित्तम्॥ २७॥

Regularly recite from the Gītā, meditate on Viṣṇu in your heart, and chant his thousand glories. Take delight to be with the noble and the holy. Distribute your wealth in charity to the poor and the needy.

# Subject Matter of गीता (Gītā)

1. कर्मयोगः (*Karma Yoga*) - Religious way of living. (योगशास्त्रम् )
2. ज्ञानयोगः (*Jñāna Yōga*) – *Spiritual way of living* (ब्रह्मविद्या)

*Karma yoga* - religious way of life - itself has another additional exercise called

3. उपासनयोगः (*Upasana Yoga*). Which is a sub division of *karmayoga*
  4. भक्तियोगः (*Bhakti Yoga*)- All three yogas must be soaked in bhakti
- Refer Introduction to Vedanta classes 3,4,5

## Benefits of religious life (PMY)

- purifying us of the पापानि (pāpa-s) that we regularly do by violating ethical and moral values (it serves as a प्रायश्चित्तम् for our violations of ethical and moral laws while we are earning our livelihood)
- varieties of पूजाः (Pūjā) and prayers for worldly benefits
- The inner growth of personality (FIR ↓ and CCC ↑)
- Achieving all the puruṣārthas while unknowingly we develop a spiritual hunger

# Upāsana Yoga

- Meditation is of 2 types
  - Iṣṭa devatā upāsana
  - Viśvarūpa Īśvara upāsana

# Jñāna yoga

- 4Ds...Sādhana Catuṣṭayam
- Vyāṣṭi vicāra or Jīvātma vicāra
- Samaṣṭi vicāra or Paramātma vicāra
- Aikyam
- Jivanmukti and Videhamukti

# Background

- भगवद्गीता or Bhagavad-gītā is part of Mahābhārata
- Mahābhārata is part of Itihāsa
- Has 100000 verses (Rāmāyaṇa has 24000 verses)
- Gītā has 700 verses
- गीता Gītā is any scriptural literature whose content is spiritual teaching
- Other Gītās: Uddhava Gītā, Anu Gītā, Rama Gītā, Jāyanteya Gītā

# Context

- Gītā is in a dialogue form
- Between Kṛṣṇa and Arjuna
- 18 chapters- smallest having 20 verses largest having 78 verses
- Scene is the Mahābhārata battle field
- chapters 23–40 of the 6th book of Mahābhārata. Bhīṣma parva
- Context will be graphically depicted in Chapter 1 of Gītā

# Dhyāna Ślokaś

- ...
- Written by Madhusūdana Sarasvatī
- Part of Guḍhārtha Dīpikā
- 9 verses
- 4 Namaskāras
  - Mahābhārata (verse 7)
  - Gītā (Verse 1 and 4)
  - Vyāsācārya (verse 2)
  - Kṛṣṇa (verses 3,5,6,8,9)

# Mahābhārata Namaskāra

पाराशर्यवचःसरोजममलं गीतार्थगन्धोत्कटम्,  
नानाख्यानककेसरं हरिकथासम्बोधनाबोधितम् ।  
लोके सञ्जनषट्पदैरहरहः पेपीयमानं मुदा  
भूयाद्भारतपङ्कजं कलिमलप्रध्वंसि नः श्रेयसे ॥7॥

Pārāśaryavacaḥsarojamamalaṁ gītārthagandhotkaṭaṁ,  
nānākhyānakakesaraṁ harikathāsambodhanābodhitam  
loke sajjanaṣaṭpadairaharahaḥ pēpīyamānaṁ mudā  
bhūyādbhāratapaṅkajaṁ kalimalapradhvaṁsi naḥ śrēyase ॥7॥

May the pure lotus of Mahabharata which was born in the lake of the words of Vyāsa, which is rich with fragrance of the import of the Gītās, which has many episodes as its filaments, which is expanded through the narration of Hari's stories, which is always drunk day after day joyously by the bees of noble people around the world, and which is the destroyer of the impurities of Kaliyuga be for our supreme good.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

om pūrṇamadaḥ pūrṇamidaṁ pūrṇātpurṇamudacyatē |  
pūrṇasya pūrṇamādāya pūrṇamēvāvaśiṣyatē ॥  
om śāntiḥ śāntiḥ śāntiḥ ॥



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