



# Gītā

Session 7

3<sup>rd</sup> June 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

# Chapter 1

ॐ

अथ प्रथमोऽध्यायः

यदि मामप्रतीकारम्, अशस्त्रं शस्त्रपाणयः।  
धार्तराष्ट्रा रणे हन्युः, तन्मे क्षेमतरं भवेत्॥४६॥

yadi māmāpratīkāram, aśastram śastrapāṇayah|  
dhārtarāṣṭrā raṇe hanyuḥ, tanme kṣemataram  
bhavet||46||

Even if armed Kauravas would kill me who is unarmed  
and unresisting in the battle, that would be better for  
me.

सञ्जय उवाच-

एवमुक्त्वार्जुनः सङ्क्षो, रथोपस्थ उपाविशत्।  
विसृज्य सशरं चापं, शोकसंविग्नमानसः॥४७॥

sañjaya uvāca-

Evamuktvārjunah saṅkhye, rathopastha upāviśat|  
visṛjya saśaram cāpaṁ, śokasaṁvignamānasah||47||

Sañjaya said- Having spoken thus in the battlefield,  
Arjuna, whose mind was grief stricken, sat on the seat  
of the chariot, having given up the bow along with  
arrows.

ओं तत्सत्। इति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे  
श्रीकृष्णार्जुनसंवादे अर्जुनविषादयोगो नाम प्रथमोऽध्यायः॥

om tatsat| iti śrīmadbhagavatgītāsūpaniṣatsu  
brahmavidyāyām yogaśāstre śrīkṛṣṇārjunasaṁvāde  
arjunaviṣādayogo nāma prathamodhyāyaḥ||

Thus ends the first chapter named Arjunaviṣāda-yoga in the Bhagavad-Gītā which is the essence of the Upaniṣads, which deals with Brahman-knowledge as well as the preparatory disciplines, and which is in the form of a dialogue between Lord Kṛṣṇa and Arjuna.

# Off-topic but relevant

# A serious thinker analyses 6 topics

- Who is this living being?
- What is this world?
- Who is the cause of both of these?
- Why do human beings suffer?
- Freedom from suffering?
- Means by which a person moves from bondage to liberation (4 to 5)

Such a thinker who forms a philosophy is called a **dārśanikah** and the philosophy is called **darśanam**. A consistent view or teaching regarding these six topics is called **darśanam** and the one who finds such a philosophy is a **ācārya** or **dārśanikah**.



# 12 darśanas

- **Nāstika**
- Buddhism
  - Sautrāntika
  - Vaibhāṣika
  - Yogācāra
  - Mādhyamika
- Jaina
- Cārvāka
- **Āstika**
- Sāṅkhya
- Yoga
- Nyāya
- Vaiśeṣika
- Pūrva mīmāṃsā
- Uttara mīmāṃsā

# Summary

## Some important points about Gītā

- Main subject matter of Gītā is self-knowledge or spiritual wisdom
- borrowed from our original scriptures known as eda वेदाः.
- Final portion of the veda -Vedānta वेदान्त or Upaniṣad उपनिषद् ; This word has got three parts :  
उप नि षद्
  - उप means the self or आत्मा
  - नि means clear knowledge. निश्चयज्ञानम्.
  - षद् refers to the function of self-knowledge. The removal of

- A student who wants to get out of samsāra is required
- A teacher who can help out the student is required
- Qualifications required
- Don't probe into first chapter details...take the message and leave details out
- Samsāra consists of rāga, śoka and moha

# Topic 1

- 1 to 20
- Description of Kurukṣetra
- Kauravas representing adharmā
- Pāṇḍavas representing dharmā
- Duryodana feels diffident

## Topic 2

- Verse 21 to 25
- Change in Arjuna's mind
- Feels like looking at Kauravas from close quarters
- Arjuna's instructions to Kṛṣṇa
- Ātatāyī and capital punishment

## Topic 3

- Verse 26 to 28
- Samsāra
- अर्जुन becomes a representative of the human beings
- The three parts of samsāra: राग, शोक and मोह
- 26 to 28 deal with rāga

## Topic 4

- Verse 28 to 34
- Śoka
- Attachment leads to grief
- object of attachment becomes a source of sorrow



## Topic 5

- Verses 35 to 47
- Moha
- Is the Mahābhārata war dharma or adharma?
- once emotion overpowers the intellect, the intellect justifies the emotional weakness
- Leading to ethical compromises
- Arjuna viṣāda yoga--- chapter deals with Arjuna's grief

# Samsāra or bhava roga- stages

- Stage 1
- Discovery, acknowledgement and admitting
- it takes time and lot of puṇyam also, to understand, the problem is me and the solution is me and me alone
- Getting out of denial

# Samsāra or bhava roga

- Stage 2
- Acknowledging helplessness
- Kārpaṇyam

# Samsāra or bhava roga

- Stage 3
- Seeking external help
- A spiritual doctor who can cure the संसार disease
- Bhagavān sends the Guru in response to sincere prayers
- कौन्तेय प्रति जानीहि न मे भक्तः प्रणश्यति. Lord gives a promise to the entire humanity. Let, your seeking, be serious. It is my responsibility to send an appropriate spiritual guide

# Samsāra or bhava roga

- Stage 4
- Surrender or Śaraṇāgati (गुरु-शरणागति)
- Full commitment and śraddhā
- Entire first chapter is stage 1.
- Second chapter verses 1 to 10- Stages 2, 3 and 4

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

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



QUESTIONS/DOUBTS?

Email us @

[sanskritfromhome@vyomalabs](mailto:sanskritfromhome@vyomalabs.in)  
[.in](mailto:sanskritfromhome@vyomalabs.in)



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