



Spiritual Sadhana based on Bhagavad Gita

GOKULMUTHU NARAYANASWAMY

www.practicalphilosophy.in

Gita text courtesy: sanskritdocuments.org





Anubandha Catustaya

श्रीभगवानुवाच ।

अशोच्यानन्वशोचस्त्वं प्रज्ञावादांश्च भाषसे ।

गतासूनगतासूंश्च नानुशोचन्ति पण्डिताः ॥ २-११ ॥

श्रीभगवान् उवाच ।

अशोच्यान् अन्वशोचः त्वम् प्रज्ञा-वादा च भाषसे ।

गतासून् अगतासून् च न अनुशोचन्ति पण्डिताः ॥ २-११ ॥

śrībhagavānuvāca ।

aśocyānanvaśocastvaṃ prajñāvādāṃśca bhāṣase ।

gatāsūnagatāsūṃśca nānuśocanti paṇḍitāḥ ॥ 2-11 ॥

śrībhagavān uvāca ।

aśocyān anvaśocaḥ tvam prajñā-vādā ca bhāṣase ।

gatāsūn agatāsūn ca na anuśocanti paṇḍitāḥ ॥ 2-11 ॥

The Lord said:

You are worrying about what need not be worried about, but you are talking words of wisdom,

About what goes and what stays, a wise person does not grieve.

Every book must start with *anubandha catustaya*.

❖ Adhikaari (target audience): a person affected by dualities of life, and has given thought to it

❖ Prayojana (expected result): freedom from grief

❖ Vishaya (message): wisdom is the way

❖ Sambhandha (application): talking is not enough, one's own life must be interpreted based on the wisdom

What is the Goal?

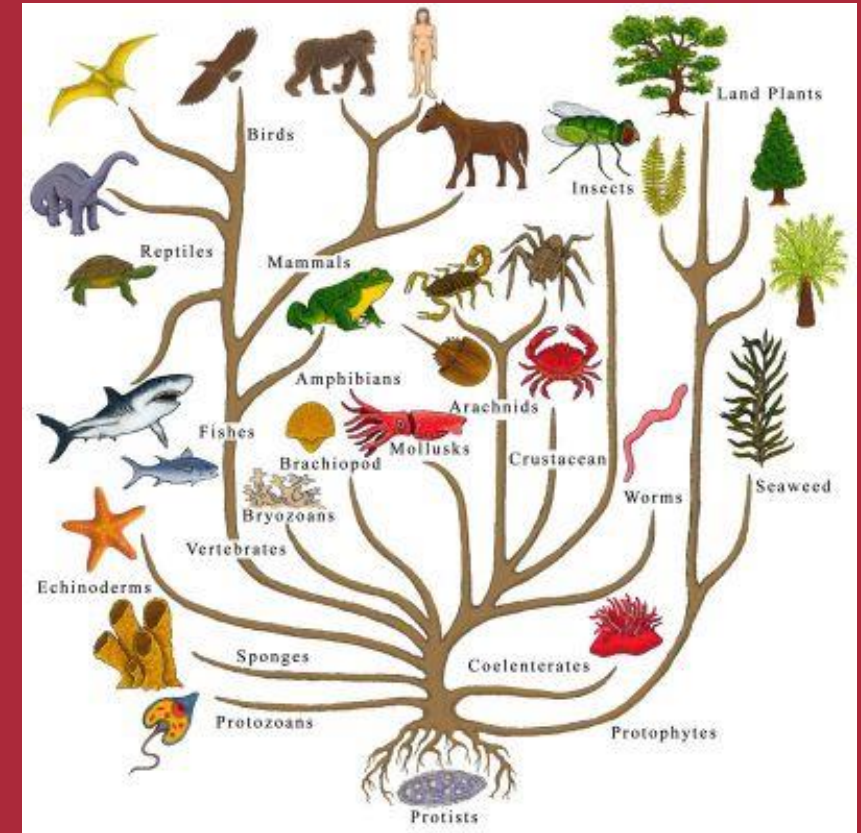
- ❖ Every living being wants to be happy
- ❖ Lowest organisms – survive and multiply
 - ❖ Hunger, thirst, lust, pleasure, pain, fear, sleep
- ❖ Higher animals – survival of herd
 - ❖ Love, hatred, anger, ambition, courage, competition, possession, pride
- ❖ Humans – values
 - ❖ Right, wrong, beliefs, ideologies, duties, rights, justice, sacrifice, truth, discipline, compassion
- ❖ Spiritual goal
 - ❖ unconditional, permanent happiness
 - ❖ true knowledge of the Self
- ❖ Manifesting your higher values and freeing yourself from lower traits is a contribution to Nature and Evolution

Artha

Kaama

Dharma

Moksha



Courtesy: bethbuddenteacher.wordpress.com



Marks of a Jivanmukta

विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः ।
निर्ममो निरहङ्कारः स शान्तिमधिगच्छति ॥ २-७१ ॥

vihāya kāmānyaḥ sarvānpumāṃścarati niḥspr̥haḥ ।
nirmamo nirahaṅkāraḥ sa śāntimadhigacchati ॥ 2-71 ॥

विहाय कामान् यः सर्वान् पुमान् चरति निःस्पृहः ।
निर्ममः निरहङ्कारः सः शान्तिम् अधिगच्छति ॥ २-७१ ॥

vihāya kāmān yaḥ sarvān pumān carati niḥspr̥haaḥ ।
nirmamaḥ nirahaṅkāraḥ saḥ śāntim adhigacchati ॥ 2-71 ॥

The person who has abandoned all desires, lives without getting attached,
Free from sense of “mine”, free from sense of “I”, he attains peace.

The goal is to become free from three-fold bondage:

1. Seeking security in the world by sense of “mine”
2. Seeking pleasure in the world in the form of desires
3. Sense of individuality

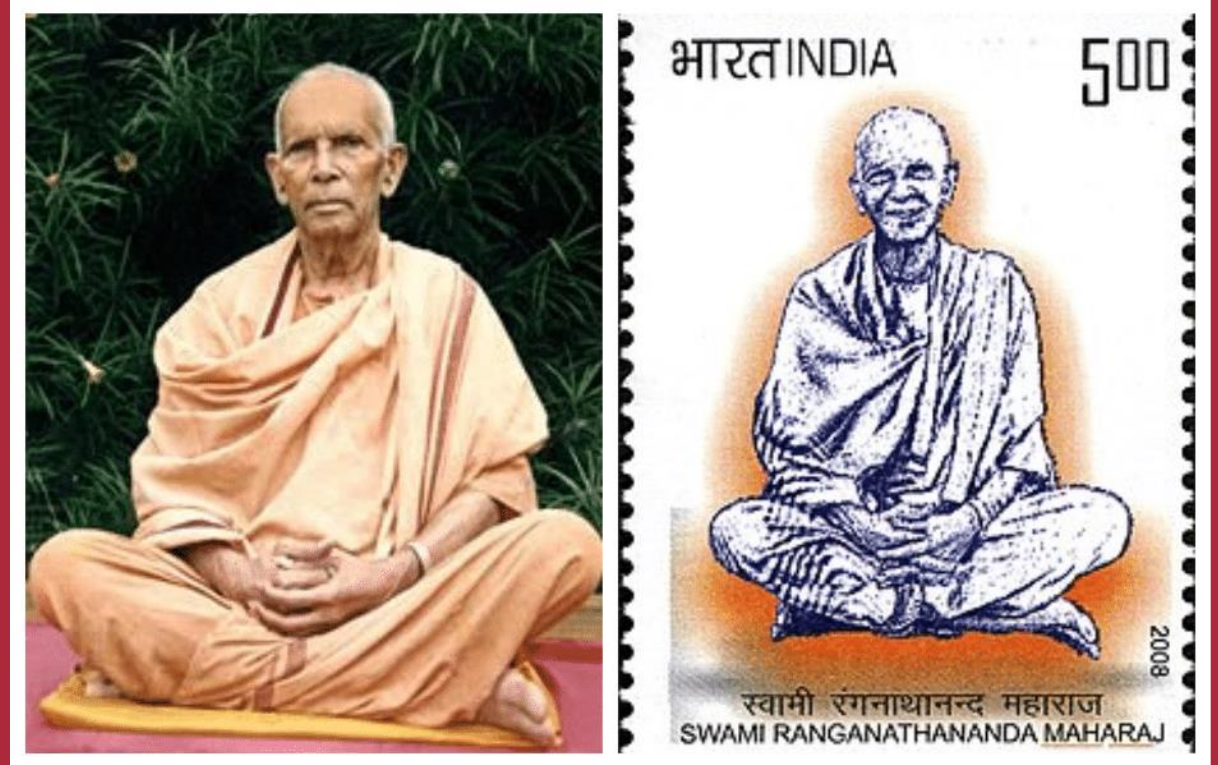
Being free from these, the person continues to move around and does his duties.

He lives as a jivanmukta, who is free when living. He lives in peace. This is the goal. This is called Moksha.

What is Spiritual Growth?

Are you growing spiritually? Can you love others? Can you feel oneness with others? Have you peace within yourself? and do you radiate it around you? That is called spiritual growth, which is stimulated by meditation inwardly, and by work done in a spirit of service outwardly.

- Swami Ranganathananda



Courtesy: www.rammadhav.in



What is not guaranteed and guaranteed?

- ❖ No promise of a healthy body
- ❖ No guarantee that you will make a lot of money
- ❖ No promise of worldly relationships
- ❖ No mention of any miraculous powers
- ❖ No promise of a life free from problems
- ❖ You will have peace even amidst the ups and downs of life
- ❖ You will evolve and outgrow your animal nature
- ❖ You will be able stand against the temptations of senses and mind
- ❖ You will have less of desire, anger, greed, delusion, arrogance and jealousy
- ❖ These will reduce gradually – Frequency, Intensity and Recovery time (FIR)





What is Hiding the Truth?

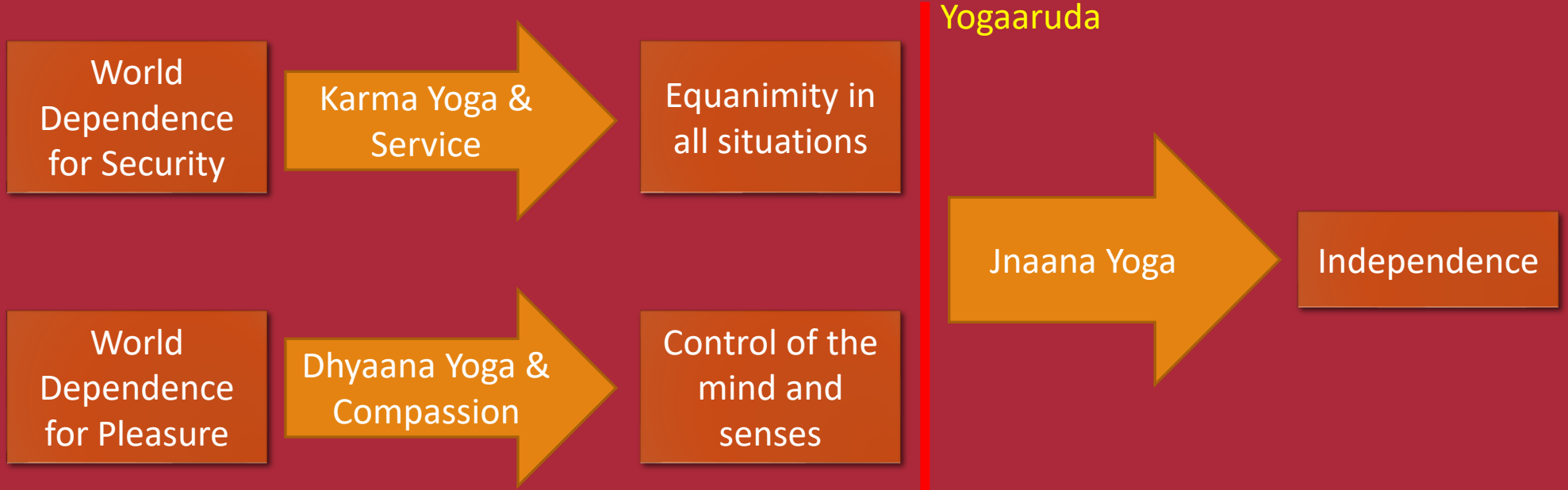
- ❖ Evolutionary baggage
- ❖ Designed for survival, not for freedom
- ❖ Three specific problems
 1. Survival instinct – Brahma granthi
 2. Pleasure seeking – Vishnu granthi
 3. Individuality – Rudra granthi
- ❖ They were useful so far, no longer
- ❖ They need to be overcome
- ❖ This is called Mahaamaayaa



Courtesy: unsplash



The Road Map



ये त्वक्षरमनिर्देश्यमव्यक्तं पर्युपासते । सर्वत्रगमचिन्त्यं च कूटस्थमचलं ध्रुवम् ॥ १२-३ ॥

सन्नियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः । ते प्राप्नुवन्ति मामेव सर्वभूतहिते रताः ॥ १२-४ ॥



Path

योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः ।
सर्वभूतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥ ५-७ ॥

yogayukto viśuddhātmā vijitātmā jitendriyaḥ ।
sarvabhūtātmabhūtātmā kurvannapi na lipyate ॥ 5-7 ॥

योग-युक्तः विशुद्ध-आत्मा विजित-आत्मा जित-इन्द्रियः ।
सर्व-भूत-आत्म-भूत-आत्मा कुर्वन् अपि न लिप्यते ॥ ५-७ ॥

yoga-yuktaḥ viśuddha-ātmā vijita-ātmā jita-indriyaḥ ।
sarva-bhūta-ātma-bhūta-ātmā kurvan api na lipyate ॥ 5-7 ॥

Having attained purity of mind by (Karma) Yoga, having attained mastery over senses by control of mind,
Seeing himself in the self of all living beings, he is not tainted even if he works.

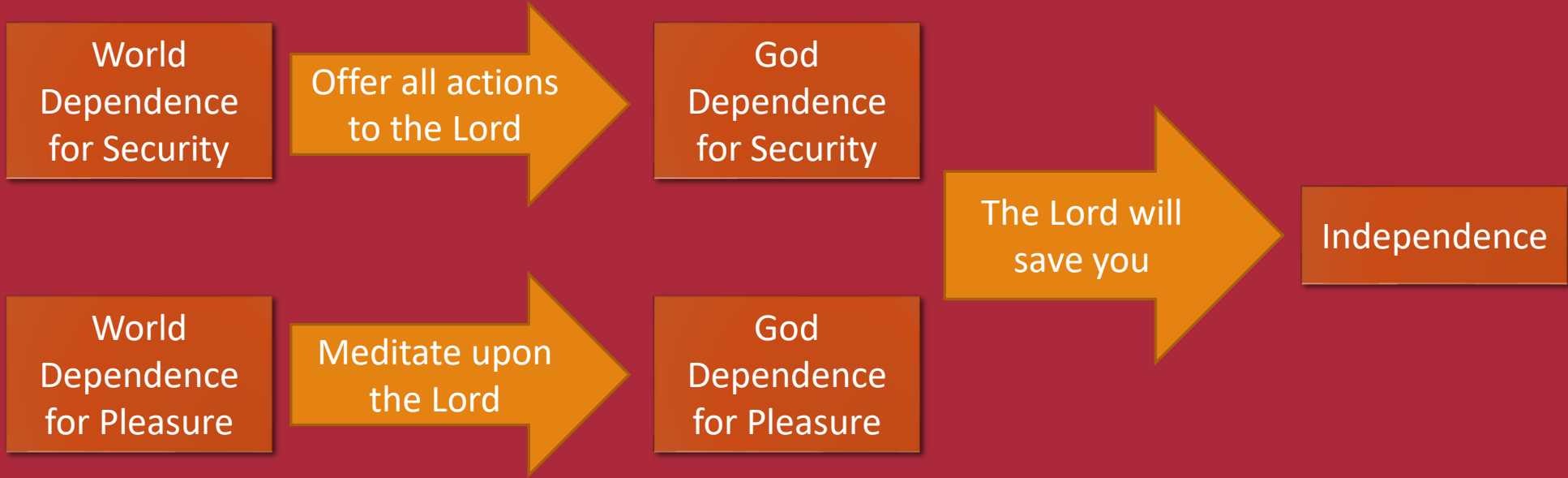
Three steps to attaining freedom (Moksha) are presented clearly:

1. Karma Yoga – doing work without attachment to results - to become free from seeking security in the world
2. Dhyaana Yoga – doing meditation – to become free from seeking pleasure in the world
3. Jnaana Yoga – understanding one's true self – to become free from the false idea of limited individual identity

Such a person can move around and work in this world without getting affected by the work.



Combine with Bhakti



ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः । अनन्येनैव योगेन मां ध्यायन्त उपासते ॥ १२-६ ॥
तेषामहं समुद्धर्ता मृत्युसंसारसागरात् । भवामि न चिरात्पार्थ मय्यावेशितचेतसाम् ॥ १२-७ ॥



Gunaas and the Path





Principles of Karma Yoga

- ❖ This Universe operates based on a Natural Law. Every decision has its consequences. As you sow, so shall you reap. You alone are the maker of your destiny. There is no extraneous factor.
- ❖ What you did in the past decides what you get now. What you do now decides what you will get in the future. You get only what you deserve. Nothing is lost. So, don't worry. Relax. Work on what life brings you.
- ❖ Give, give, give. If you contribute to the welfare of the world and serve the living beings, you will be taken care of in the long run.
- ❖ The goal is to improve yourself in the process. Character building and gaining wisdom are the goals.
- ❖ The key to open your mind for higher perspectives and possibilities is in the hands of Nature or Mahamaaya. Unless you have cleared your debts, it will not be unlocked for you. Your mind will not develop detachment and understanding unless you have repaid what you have taken.



Yagna and Daana

- ❖ Give back what you owe
 - ❖ Deva Yagna – To nature
 - ❖ Bhoota Yagna – To other living beings
 - ❖ Manushya Yagna – To other humans
 - ❖ Pitru Yagna – To ancestors
 - ❖ Rishi Yagna – To teachers
- ❖ Contribute more than you consume
दातव्यमिति यद्दानं दीयतेऽनुपकारिणे ।
देशे काले च पात्रे च तद्दानं सात्त्विकं स्मृतम् ॥ १७-२० ॥



Courtesy: unsplash.com



Tapas

❖ Physical austerities

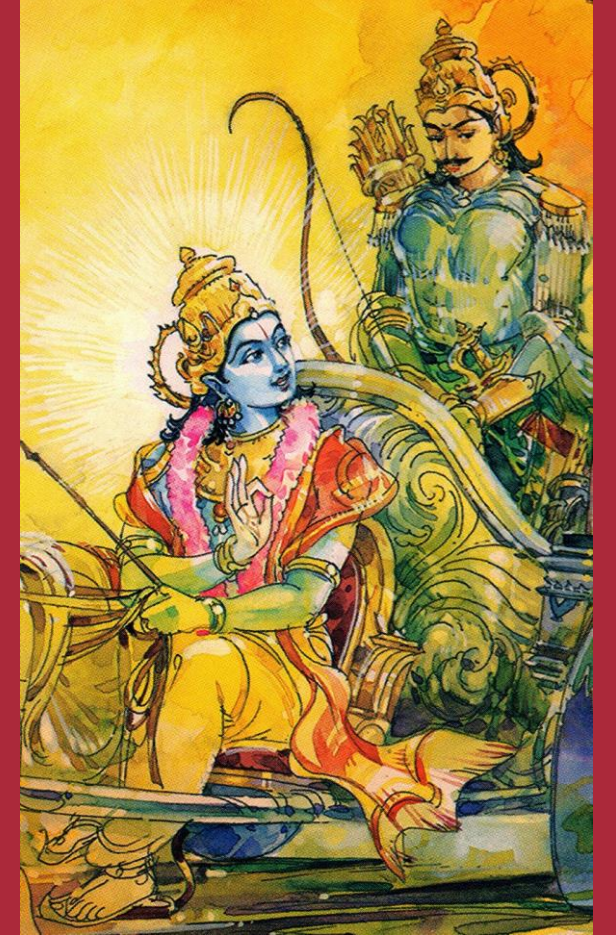
देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।
ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥ १७-१४ ॥

❖ Verbal austerities

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥ १७-१५ ॥

❖ Mental austerities

मनः प्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।
भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥ १७-१६ ॥



Courtesy: Ramakrishna Math



Do everything for the Lord

❖ Swadharma

यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् ।
स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दति मानवः ॥ १८-४६ ॥

❖ Do your duty as offering to the Lord

❖ Yagna-daana-tapas

यत्करोषि यदश्रासि यज्जुहोषि ददासि यत् ।
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥ ९-२७ ॥

❖ Do yagna-daana-tapas as offering to the Lord



Courtesy: ISKCON



Marks of a Devotee 1/2 – Karma Yoga

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ १२-१३ ॥

adveṣṭā sarvabhūtānāṃ maitraḥ karuṇa eva ca ।
nirmamo nirahaṅkāraḥ samaduḥkhasukhaḥ kṣamī ॥ 12-13 ॥

अद्वेष्टा सर्व-भूतानां मैत्रः करुणः एव च ।
निर्ममः निरहङ्कारः सम-दुःख-सुखः क्षमी ॥ १२-१३ ॥

adveṣṭā sarva-bhūtānāṃ maitraḥ karuṇaḥ eva ca ।
nirmamaḥ nirahaṅkāraḥ sama-duḥkha-sukhaḥ kṣamī ॥ 12-13 ॥

Towards all living being, he is free from hatred, is friendly and is compassionate

He is free from possessiveness, is free from self-centeredness, is even-minded in pleasure and pain, is forbearing

- ❖ This verse talks about our attitude towards ourselves and the people, objects and situations we face.
- ❖ We should not be self-centered, arrogant, proud, etc. We are what the Lord has blessed us with.
- ❖ We interact with three types of people. It is the Lord alone who interacts with us through them.
 1. People who consider us as enemies – we should not have hatred towards them
 2. People who are facing a success – we should be friendly with them
 3. People who are facing a failure – we should be compassionate towards them
- ❖ We should not have any sense of ownership about objects. Everything belongs to the Lord.
- ❖ We should forbear all situations with equanimity of mind. Everything happens by the Will of the Lord for our good.



Purposes of Dhyana Yoga

- ❖ Behaviour is driven by the subconscious mind (Kaarana Sharira or Aanandamaya Kosha). The subconscious mind can be reprogrammed by tuning the value system by retrospection and introspection using the intellect by the process of meditation. Meditation is a link between the conscious and subconscious minds.
- ❖ Meditation gives inner joy by temporarily delinking from sense objects, just like in deep sleep. This will give a firsthand experience that we don't depend on people, objects and situations outside for happiness. This will help us to see situations with a more balanced mind.
- ❖ Meditation removes the wrong notion that the senses are the source of greatest pleasure. It gives access to a pleasure that is greater than any sense organ can give.
- ❖ Meditation upon God helps to develop a personal relationship with God.
- ❖ Meditation quietens the mind to that extent that, when we look within with such a mind, we can gain the knowledge of the real nature of ourselves. This will reveal that our individual identity is false. This knowledge will free us from all sorrow. This is called Moksha.



Meditation Process

- ❖ Puja, Loud chanting
- ❖ Wish everyone well
- ❖ Gratitude to people, teachers, God
- ❖ Mental chanting, Leela dhyaana
- ❖ Maanasa puja, Pratika dhyaana, Japa
- ❖ Gratitude to people, teachers, God
- ❖ Whenever mind wanders, bring back gently firmly repeatedly with no regret



Courtesy: vivekavani.com



Marks of a Devotee 2/2 – Dhyana Yoga

सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः ।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥ १२-१४ ॥

santuṣṭaḥ satataṁ yogī yatātmā dṛḍhaniścayaḥ ।
mayyarpitamanobuddhiryo madbhaktaḥ sa me priyaḥ ॥ 12-14 ॥

सन्तुष्टः सततम् योगी यत-आत्मा दृढ-निश्चयः ।
मयि अर्पित-मनः-बुद्धिः यः मत्-भक्तः सः मे प्रियः ॥
१२-१४ ॥

santuṣṭaḥ satataṁ yogī yata-ātmā dṛḍha-niścayaḥ ।
mayi arpita-manaḥ-buddhiḥ yaḥ mat-bhaktaḥ saḥ me priyaḥ ॥
12-14 ॥

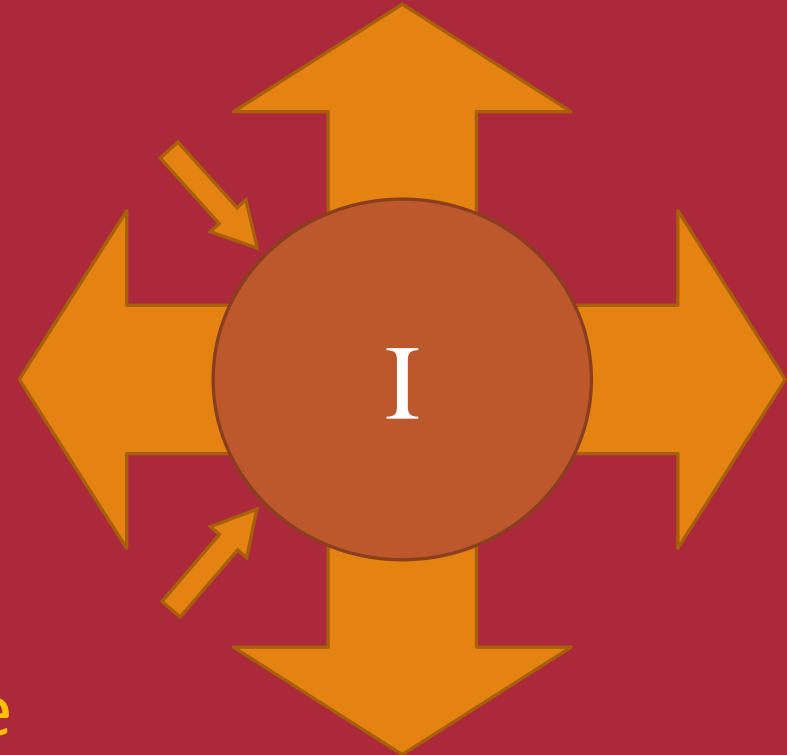
Ever satisfied, steady in meditation, self-controlled, firm in conviction,
Having fixed mind and intellect on Me, such a devotee is dear to Me.

- ❖ Be free from guilt, regret and grudges about the past. Everyone, including yourself, does something because at that time they are convinced about it. If someone does something undesirable, it is because of difference in understanding and conviction. Be free from anxiety and fear about the future. The Lord is the dispenser of the law of Karma. Everything happens by the Will of the Lord.
- ❖ Have firm conviction about the true spiritual nature about yourself. With this, you can control the senses by repeated consistent practice of engaging the mind and intellect with ideas and practices related to the Lord.
- ❖ True devotion is to say “Oh Lord, I belong to you” and to behave in a way that you will be liked by the Lord.



Practice of Karma Yoga

- ❖ Draw a circle around you and ensure that there is always a net outflow
 - ❖ Serve your family, profession, society in whatever way appropriate
 - ❖ Give more than you take in all dealings
 - ❖ Have a good “mileage” and “efficiency”
 - ❖ Fix a percentage of your income, like 2% to 15%, and give in charity
- ❖ Do everything as an offering to God. Accept everything as Will of God. There are only two entities in the Universe – you and God. There is no third entity





Practice of Dhyaana Yoga

- ❖ Choose a spiritual practice. Don't change it for a few years.
 - ❖ Choose an Ishta Devataa
 - ❖ Choose a mantra or name of God for constant chanting
 - ❖ Choose a procedure for daily puja, chanting and meditation
- ❖ Link everyday activities with remembrance of God
 - ❖ When you wakeup, chant the name or mantra
 - ❖ Before breakfast, do your daily puja, chanting, meditation, etc.
 - ❖ Always before anything enters your mouth, offer it to the Lord
 - ❖ Chant the name or mantra when doing any work that does not need your full attention, like brushing, bathing, cooking, walking, etc. Never leave the mind idle
 - ❖ Before dinner, do your daily puja, chanting, meditation, etc.
 - ❖ Chant before going to sleep





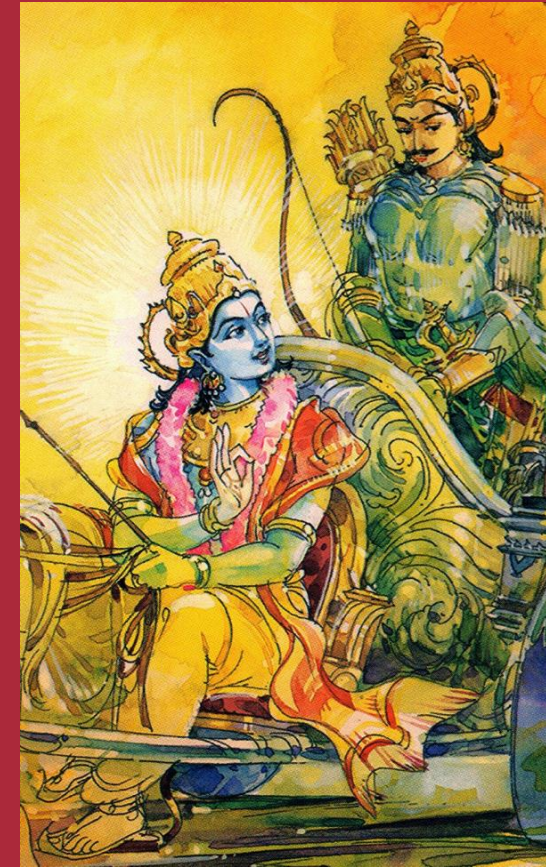
Milestones in Spiritual Life

3 Stages	Worldview, Attitude towards Work and Attitude towards Worship
Aartha and Arthaarthi	<ul style="list-style-type: none">❖ Jiva, Jagat and Isvara are separate❖ Work in the world, offer fruits of action to the Lord in gratitude❖ Worship the Lord to free from afflictions and to get desirable things
Jignaasu	<ul style="list-style-type: none">❖ Jagat is a manifestation of Isvara. Jiva and Isvara are separate❖ Knowing the world as manifestation of the Lord, offer work itself to the Lord❖ Worship the Lord to give knowledge and strength to calmly face all the ups and downs of life
Jnaani	<ul style="list-style-type: none">❖ There is only Isvara. Nothing else exists❖ Knowing the Lord is everything, including the self, offer doership of work to the Lord, in complete surrender❖ Worship the Lord without expecting anything, knowing oneself as not separate from the Lord



Essence of Bhagavad Gita

- ❖ You (Jiva) are not this body (anna), life (praana), mind (manas) and intellect (buddhi). These are your instruments. You are the user of all these. Keep them under your control. Only then, they will help you achieve your goals. (3.42, 6.5-6)
- ❖ God (Isvara) is the Consciousness (Atman) in all living beings and the material cause of this Universe. God is Omniscient, Omnipotent and Compassionate. God can be worshipped through any name, form or ritual. Serving the living beings as service to God, is the best way to serve God. (10.20, 5.29, 7.21, 6.31)
- ❖ Develop your knowledge and skills to serve others better. Work for the welfare of all living beings. God will take care of the wellbeing (yoga-kshemam) of those who serve other living beings, seeing God in them. (9.22)
- ❖ Depending on people, objects and situations for security and pleasure is the cause of all sorrow, fear and anxiety. Do your duties and depend on fairness of Nature and God for security (Karma Yoga). Meditation will free you from seeking pleasure in the sense objects (Dhyaana Yoga). This will give you peace. (2.71)
- ❖ Your real growth is to be free from lethargy, lust, anger, hatred, greed, arrogance, jealousy, fear, anxiety, etc. True knowledge of yourself and manifesting that knowledge (Jnaana Yoga) will give you this complete freedom (Moksha). (13.7-11)
- ❖ Accept all situations as gift from Me and offer all actions as gift to Me (Karma Yoga), meditate upon Me (Dhyaana Yoga), and see Me in all living beings (Jnaana Yoga). I will save you from all sorrow (Moksha). (12.6-7)



Picture Courtesy:
Ramakrishna Math



Thank you

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Courtesy: www.vectorstock.com