#### SANKHYA YOGA

Analytical Knowledge of Matter & Spirit

# BHAGAVAD GITA

Summary of Chapter 2 Tresented by Dr. Ram

# THREE MAJOR ASPECTS OF SANKHYA YOGA

- ·What is Atman?
- Who is a Karma Yogi?
- Who Is a Sthitaprajna (The one with a stable Wisdom)?



#### WHAT IS ATMAN?

- •It is never born, and it never dies.
- Even when the body is reborn, it is never receated as it already exists.
  - It is eternal and indestructible. (Chapter 2: Verse 20)

न जायते म्रियते वा कदाचिन् नायं भूत्वा भविता वा न भूयः । अजो नित्यः शाश्वतोऽयं पुराणो न हन्यते हन्यमाने शरीरे ॥ २० ॥



#### WHAT IS ATMAN? (CONTD.)

- Just as humans throw away their old, worn-out clothes and wear new ones, Atman leaves the old body and assumes a new one.
  - (Chapter 2: Verse 22)

वासांसि जीर्णानि यथा विहाय नवानि गृह्णाति नरोऽपराणि । तथा शरीराणि विहाय जिर्णान्य न्यानि संयाति नवानि देही ॥ २२ ॥



#### WHAT IS ATMAN? (CONTD.)

- · Weapons Cannot destroy it!
  - Fire cannot burn it!
  - Water cannot wet it!
  - Air cannot dry it! (Chapter 2: Verse 23)

नैनं छिन्दन्ति शस्त्राणि नैनं दहित पावकः। न चैनं क्रेदयन्त्यापो न शोषयति मारुतः॥ २३॥



# WHY DO YOU LAMENT WHEN SOMEONE DIES?

- For the one who is born, death is certain!
- For the one who is dead, birth is certain!
  - Then Why do you lament over something inevitable?

(Chapter 2: Verse 27)

जातस्य हि ध्रुवो मृत्युर्धुवं जन्म मृतस्य च । तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हिस ॥ २७ ॥

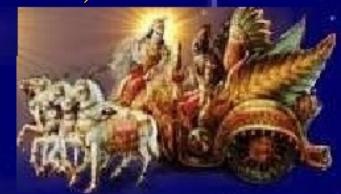


# WHY DO YOU LAMENT WHEN SOMEONE DIES? (CONTD.)

- You know nothing about the person's past!
  - You know nothing about the person's future either!
  - All you know is the short period of time from the person's birth to death

(Chapter 2: Verse 28)

अव्यक्तादिनि भूतानि व्यक्तमध्यानि भारत । अव्यक्तनिधनान्येव तत्र का परिदेवना ॥ २५ ॥



#### WHO IS & KARMA YOG!?

- Is the one who understands that one has only the right to perform one's prescribed duties, but never in the fruits of one's actions.
  - and that one should never stop working irrespective of the results of one's actions.

(Chapter 2: Verse 47)

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूर् मा ते संगोऽस्त्वकर्मणि ॥ ४७ ॥



#### WHO IS & KARMA YOGI? (CONTD.)

- Is the one who is steadfast in the performance of one's duties, abandoning attachment to both success and failure
- Such equanimity is called "Yoga", which means uniting one's individual consciousness with the Ultimate Consciousness

(Chapter 2: Verse 48)

योगस्थः कुरु कर्माणि संगं त्यक्तवा धनञ्जय । सिद्धचसिद्धचोः समो भूत्वा समत्वं योग उच्यते ॥ ४५ ॥



# WHO IS A STHITAPRAJNA? (THE ONE WITH A STABLE WISDOM?)

• Is the one whose mind is undisturbed by distress, has no cravings for pleasure, and is free from attachment, fear, and anger.

(Chapter 2: Verse 56)

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः । वीतरागभयक्रोधः स्थितधीर्मुनिरुच्यते ॥ ५६ ॥



### WHO IS & STHIT & PRAJNA? (CONTD.) (THE ONE WITH & STABLE WISDOM?)

• Is the one who remains unattached under all conditions, and is neither delighted by good fortune nor dejected by misery or misfortune.

(Chapter 2: Verse <u>57</u>)

यः सर्वत्रानिभरनेहस्तत्तत्प्राप्य शुभाशुभम् । नाभिनन्दति न द्वेष्टि तस्य प्रज्ञा प्रतिष्ठिता ॥ ५७ ॥



## WHO IS A STHITAPRAJNA? (CONTD.) (THE ONE WITH A STABLE WISDOM?)

• Is the one who is able to withdraw senses from their objects, just as tortoise withdraws its limbs into its shell, and is established in divine wisdom.

(Chapter 2: Verse 58)

यदा संहरते चायं कूर्मोंऽगानीव सर्वशः। इन्द्रियाणीन्द्रियार्थेभ्यस्तस्य प्रज्ञा प्रतिष्ठिता ॥ ५८ ॥



# The End