

# SANKHYA YOGA

*Analytical Knowledge of Matter & Spirit*

# BHAGAVAD GĪTĀ



*Summary of Chapter 2*  
*Presented 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 recreated 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 सयाति 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 दहति पावकः ।  
न चैनं क्लृदयन्त्यापो 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 मृत्युर्ध्रुवं जन्म मृतस्य च ।  
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥ 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 ॥ २८ ॥





# WHO IS A KARMA YOGI?

- *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 कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि ॥ ४७ ॥





# WHO IS A 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 त्यक्त्वा धनञ्जय ।  
सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥ ४८ ॥



# 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 A STHITAPRAJNA? (CONTD.) (THE ONE WITH A 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 57)

यः सर्वत्रानभिस्नेहस्तत्तत्प्राप्य 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 कूर्मोऽङ्गानीव सर्वशः ।  
इन्द्रियाणीन्द्रियार्थेभ्यस्तस्य प्रज्ञा प्रतिष्ठिता ॥ ५८ ॥



*The End*

