

Agenda:

1. Start review of Chapters 1-6
2. Meditation

At the end of each *Gita* chapter:

iti srīmad-bhagavad-gītāsūpaniṣatsu brahma-vidyāyām yoga-śāstre... (+ topic)

Basic Premise of *Bhagavad Gita*:

- *Prāptasya prāpti*. You already are what you want to be: independent of all problems (including death), but just don't understand it. ***Brahma vidyā*** (knowledge of: Brahma-atman-YOU).
 - *Sādhyā* = what has to be established
- Here's what you need to 'do' in order to understand it. ***Yoga śāstra***
 - *Sādhana* = *Yoga śāstra*

What is needed to understand? The key to understanding is to **prepare the mind** adequately. This is the fundamental part of life. You must establish eligibility with proper preparation.

- The more subtle the subject matter, the more subtle the instrument needed.

EXAMPLE: to see microbes and viruses, you need subtle instruments

- The mind can be gross or subtle. Your ātma is the subtlest thing in the whole universe.

We have 3 instruments of the mind, all given to us:

- *Icchā śakti*: power to desire (animals do not have)
- *Kriyā śakti*: power to do (organs of action help me to do)
- *Jñāna śakti*: power to know (organs of perceptions help me to know)

Correspondingly, the *Bhagavad Gita* has 3 *yoga*'s ("means of achieving"):

1. *Bhakti yoga*: Dedicated/focused. Reinforces both karma yoga and jñāna yoga. Not an independent *yoga* in *Vedānta*
2. *Karma yoga*
3. *Jñāna yoga*

→ → *Gita* explains that the above 3 are NOT parallel paths to reaching our goal.

- They are *sequential* paths for different stages of life. Each evolves to the next.
- If premise is *prāptasya prāpti* (your credit card is already with you), then your *karma* is only meant for knowledge.
- *Karma* → *karma yoga* → *jñāna yoga*
 - *Bhakti yoga* is to strengthen the other two
 - *Karma yoga* is to use *karma* intelligently. *Karma* is important instrument like sharp knife. Difficult to live without knife, and sharp

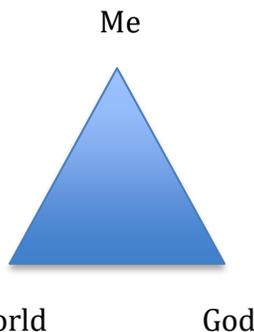
one is better. But if you don't know how to use a sharp knife, it can harm you. It is not the end in itself—you need to move on to the next stage, *jñāna yoga*. *Karma* done with a special attitude = *karma yoga*.

- *Karma* → *karma yoga* → *jñāna yoga*
For limited gains for preparing the mind to understand
- It's possible, in rare cases, to go from birth directly to *jñāna yoga*. You have done the previous steps before coming to this life. You resume the work you did before—you won't use your place in the queue!

2 methods to understand the truth about yourself and truth about *Īśvara*:

Karma yoga

To achieve **harmony** w/the world around me. Triangular.



Jñāna yoga

To see there are fundamentally only 2 things initially. Duality.

1. Ātmā, the I
2. Anātmā, not I.

Leading to oneness alone (*advaita*).

Recap:

- Basic premise of *Gita*: *prāptasya prāpti*;
- *Karma yoga* (high school), *jñāna yoga* (college), *bhakti yoga* are sequential, not parallel, paths.

Meditation.

See Class 6 for Vedantic Meditation instructions.