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

At the end of each Gita chapter:

\textit{iti srimad-bhagavad-gītāsūpaniṣatsu brahma-vidyāyām yoga-śāstre}... (+ topic)

Basic Premise of Bhagavad Gita:
- \textit{Prāptasya prāpti}. You already are what you want to be: independent of all problems (including death), but just don’t understand it. \textit{Brahma vidyā} (knowledge of: Brahma-atman-YOU).
  - \textit{Śādhyā} = what has to be established
- Here’s what you need to ‘do’ in order to understand it. \textit{Yoga śāstra}
  - \textit{Śādhanā} = \textit{Yoga śāstra}

What is needed to understand? The key to understanding is to \textbf{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:
- \textit{Icchā śakti}: power to desire (animals do not have)
- \textit{Kriyā śakti}: power to do (organs of action help me to do)
- \textit{Jñāna śakti}: power to know (organs of perceptions help me to know)

Correspondingly, the Bhagavad Gita has 3 yoga’s (“means of achieving”):
1. \textit{Bhakti yoga}: Dedicated/focused. Reinforces both karma yoga and jñāna yoga.
   Not an independent \textit{yoga} in Vedanta
2. \textit{Karma yoga}
3. \textit{Jñāna yoga}

\rightarrow \rightarrow Gita explains that the above 3 are NOT parallel paths to reaching our goal.
- They are \textbf{sequential} paths for different stages of life. Each evolves to the next.
- If premise is \textit{prāptasya prāpti} (your credit card is already with you), then your \textit{karma} is only meant for knowledge.
- \textit{Karma} \rightarrow \textit{karma yoga} \rightarrow \textit{jñāna yoga}
  - \textit{Bhakti yoga} is to strengthen the other two
  - \textit{Karma yoga} is to use \textit{karma} intelligently. \textit{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.

**Me**

**World**

**God**

**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.