

Welcome
to an Elementary Course
on

The Science of
Self Realization

The Essence of

Bhagavad Gita



Day

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Contents

- **Introduction - The Search for Happiness.**
- **Does God exist? What is Scripture?**
- **Who is God?**
- **Who am I? The Science of the Soul.**
- **Why bad things happen to good people.**
 - The Law of Karma
- **The Science of Yoga and the topmost yoga system.**
- **Practical application of the Bhagavad Gita.**

The Importance of Human Life

Difference between a human being and an animal

Common :- **Eating**
- **Sleeping**
- **Mating**
- **Defending**

Differences : - **Higher intelligence**
- **Discrimination**
- **Inquiry into**

* **the cause of suffering.**

* **the destination of life.**

The Real Problems of Life

*** Birth**

*** Old age**

*** Disease**

*** Death**

Miseries caused by -

*** one's own body and mind**

*** other living entities**

*** natural disturbances**

Is material advancement the solution to the real problems of life?

- **Modern technological advancement give**
 - **temporary relief**
 - **no permanent solution**
- **Modern solutions only give rise to other
problems !**

- **False promises of happiness.....**
 - The most famous and opulent people are the most miserable and lonely ones.**

- **Sense gratification is NOT the source of happiness**

e.g.	eyes	-	moth
	ears	-	deer
	nose	-	musk deer
	tongue	-	fish
	touch	-	elephant

The Goal of Human Life

To inquire about -

- * A permanent solution to the REAL problems of life.**
- * Permanent relief from all miseries.**
- * An eternal life of BLISS, PEACE and HAPPINESS.**

Therefore inquire about -

- * the root cause of all causes.**
- * the source of everything.**

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Does GOD exist?

Is Scripture the WORD
of GOD?

**Does
GOD
exist?**

Proof of the existence of GOD

- **For every urge there is fulfillment in nature.**
- **Creation implies a CREATOR.**
- **Laws imply a LAW MAKER.**

Definition of GOD





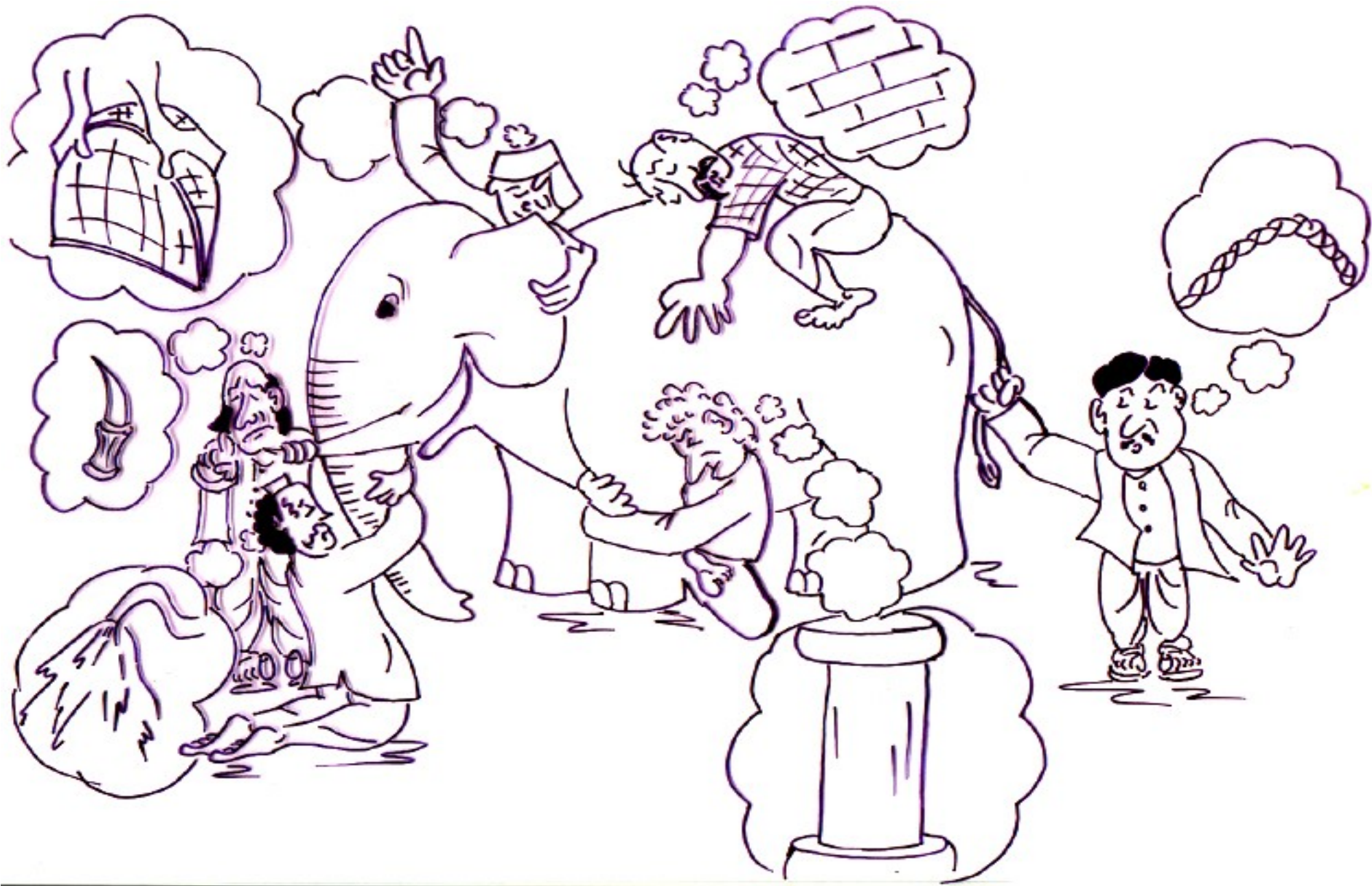
Definition of GOD

- **Ultimate source of everything.**
- **Supreme Controller.**
- **Supreme Proprietor.**
- **Supreme Enjoyer.**

Three ways of acquiring knowledge

Knowledge acquired could be based on -

- Sense perception : *Pratyaksha praman*
- Inference : *Anuman praman*



Three ways of acquiring knowledge

Knowledge acquired could be based on -

- Sense perception : *Pratyaksha praman*
- Inference : *Anuman praman*
- Word of authority : *Shabda praman*

**As it comes from the perfect source.....
Vedic Knowledge is infallible**

Proof

:

- * Bhugol has saptadvip**
- * Cow dung**
- * Human embryology**

Some astonishing predictions

- **Buddha** - *S.B. 1:3:24*
- **Chaitanya Mahaprabhu** - *S.B. 11:5:32*
- *M.B 127:92:75*
- **Chanakya** - *S.B. 12:1:11*
- **Chandragupta Maurya
and King Ashoka** - *S.B. 12:1:12*
- **Jesus Christ** - *Bhavisya Puran*
- **Mohammed** - *Bhavisya Puran*
Atharva Veda
- **Kali Yuga** - *S.B. 12:2:1*

- **Veda** : **Original and infallible knowledge**
- **Sruti** : **received by hearing**
- **Apaurusheya** : **not made by humans**
- **Scripture is compared to an Instruction Manual**

Why different Scriptures?

- **Different scriptures are meant for different audience and are revealed according to time, place and circumstance.**
- **The essence is always the same**
 - e.g. - Different dictionaries.**
 - Explanation of an expert physician.**

Important Scriptures for Kali Yuga

- **Bhagavad Gita**
- **Srimad Bhagavatam**

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LORD SRI KRISHNA

The Supreme Personality of

Godhead

- **No one equal to or above him.**

(Mattah parataram...BG 7.7)

- **Source of everything.**

(Aham sarvasya prabhavo...BG 10.8)

- **He is Bhagavan - all opulent.**

(Ete camsah kalah...SB 1.3.28)

- **Supreme proprietor, controller, enjoyer and well wisher.** *(Bhoktaram...BG 5.29)*

- **Krishna is a person. Impersonal brahmajyoti is His bodily effulgence.**

*(Brahmano hi...BG 14.27,
Avajananti mam...BG 9.11)*

- **Krishna and the demigods.**

*(Na me viduh...BG 10.2,
Istan Bhogan...BG 3.12)*

- **Vishnu is an avatar of Krishna.**

(Vishnus tu trini...Satvata Tantra)

- **Krishna can never be immoral.**

Demigods

- **Many**
- **Parts and parcel.**
- **Always worship the supreme, as obedient servants.**
- **Created by the supreme.**
- **Exist within material nature.**

God

- **One**
- **Supreme whole.**
- **Supremely worshipable.**
- **Supreme Creator.**
- **Beyond material creation.**

Demigods

- **Delegated with various grades of power to manage the affairs of the universe.**
- **Subordinate to the will of the supreme.**
- **Have material bodies, hence, subject to birth, old age, disease and death.**

God

- **Supreme controller.**
- **Supremely independent.**
- **Completely spiritual body, no birth, old age, disease and death.**

Demigods

- **Come under the influence of the three material modes to different extents.**
- **Temporary posts.**

Gods

- **Completely beyond the influence of the three material modes.**
- **Eternally the same supreme lord.**

Worship of

DEMIGODS

- **Less intelligent.**
*(Antavat...alpa
edhasam...BG 7.23).*
- **Benefits material and temporary.**
*(Antavat...alpa
medhasam...BG 7.23).*
- **Cannot award
benediction without
the sanction of the lord**
(Sa taya ...BG 7.22).

SUPREME LORD

- **Broad intelligence**
*(Akamah...udara
dhih...SB).*
- **Benefits eternal**
*(Nehabhikrama....
Bhagavad-Gita 2.40).*
- **All benedictions
bestowed by him alone.**

Worship of

DEMIGODS

- **Destination - abode of the demigods (fallible)**
(Yanti...BG 9.25).

- **Improper way**
(Ye pi anya devta... BG 9.23).

SUPREME LORD

- **Destination - abode of the supreme lord (infallible)**
(Avyaktoshara...BG 8.21).

- **Proper way**
(Sarva dharman...BG 18.66, yatha taror mula).

Worship of

DEMIGODS

- **Cannot award supreme liberation.**
- **Gives one what he wants.**
- **Material**

SUPREME LORD

- **Only he can award the supreme liberation**
(Mukti pradata Sarva arman...BG 18.66).
- **Gives one what he needs.**
- **Devotional service to the supreme is completely spiritual.**

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Who am I

My Real Identity

is

Not this TEMPORARY BODY,

but...

The ETERNAL SOUL!!!

Proof for the existence of the soul

- **Common sense.**
- **Intuitive understanding.**
- **Consciousness - the symptom of existence of the soul.**
- **Near Death Experiences (NDEs).**
- **Past - life memories.**
- **Astral body travel.**

Knowledge of the Soul

The soul is:

- * indestructible**
- * individual**
- * sat - cit - ananda**
- * situated in the region of the heart**
- * changes bodies**
- * infinitesimally small**
- * inconceivable**

Matter is formless

The soul gives form to matter

Gross Body

Earth

Water

Fire

Air

Ether

Subtle Body

Mind

Intelligence

False Ego

Is man just a powerful computer or a robot ?

- **Machines are designed and programmed by humans.**
- **Humans have an independent consciousness**
(comparison between a camera and a panel of judges watching a drama).

Am I GOD?

We are :

*** not GODS**

*** GOD's**

*** can never become GOD**

Soul and Supersoul

Soul

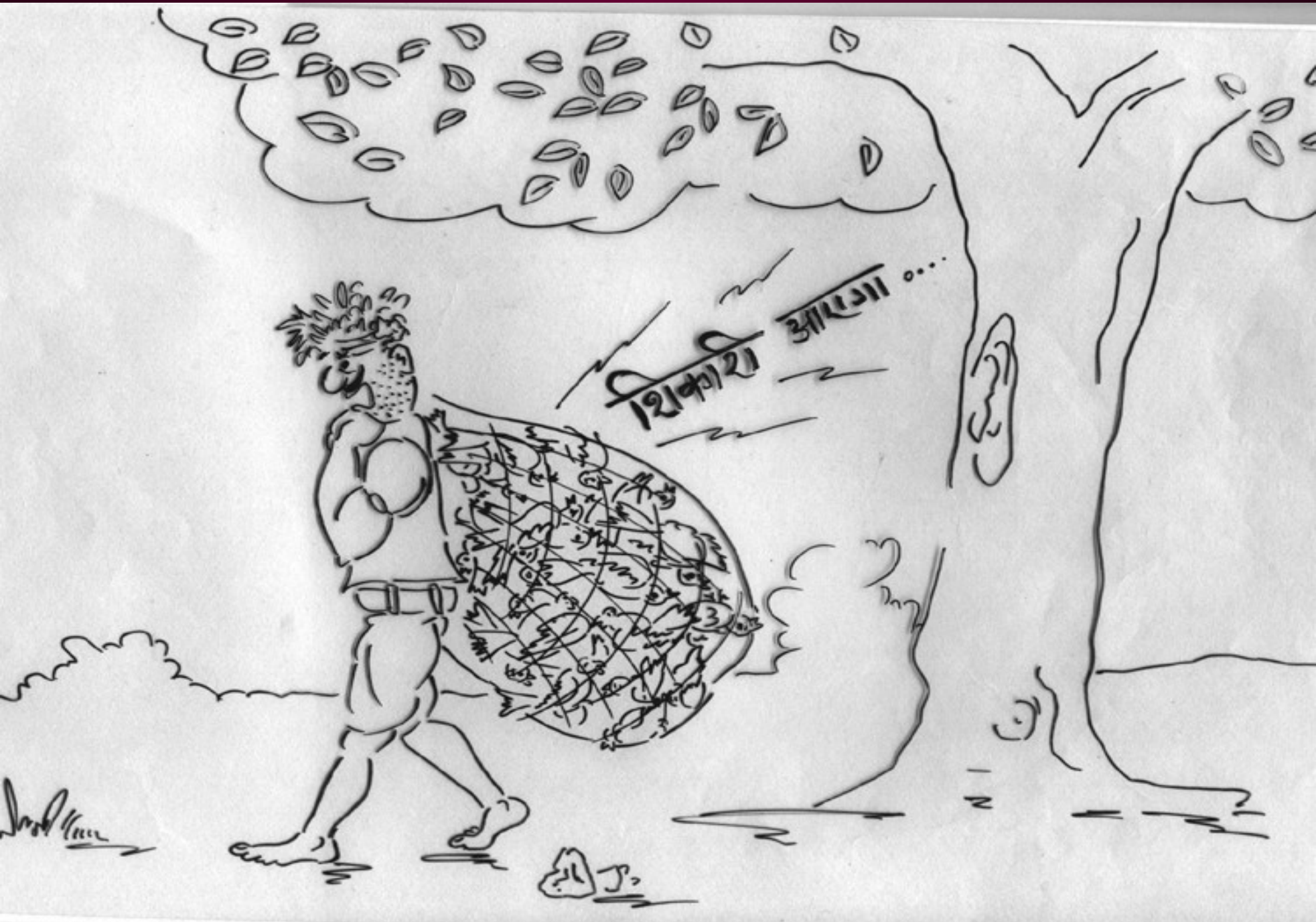
- **Humans (*Jivatmas*)**
- **Infinitesimal (*anu*)**
- **Cognizant of one's body.**
- **A loving servitor**

Supersoul

- **GOD (*paramatma*)**
- **Infinite (*vibhu*)**
- **Cognizant of everyone and everything.**
- **Eternally a loving master.**

**We are one in quality with GOD, but different in quantity.
Our Salvation depends on the acceptance of this reality.**





शिकारी आरजा ...

J.P.

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Why do BAD things
happen
to GOOD people?

The five topics discussed in the Bhagavad Gita

- * **Ishvara - GOD**
- * **Jiva - Living Entity**
- * **Prakriti - Material Nature**
- * **Kala - Time**
- * **Karma - Activity**

Prakrti (Material World)

- **One fourth of the creation of the lord.**
- **Compared to a prison house. A facility given to the rebellious souls an opportunity to reform.**
- **Provides the soul with a body in the eighty - four lakh species of life.**
- **Binds the soul with the three modes.**

The Three Modes of Material Nature

SATTVA GUNA (Goodness)

- **Knowledge**
- **Free from sins**
- **Conditioned by the sense of happiness**

RAJO GUNA (Passion)

- **Unlimited desires**
- **Fruitive activity**
- **Attraction between man woman**

TAMO GUNA (Ignorance)

- **Madness**
- **Laziness**
- **Sleep and intoxication**

All living beings in the material world are conditioned by the three worlds

The Conditioned Soul

- **The soul being conditioned, acts according to the mode of nature it comes in contact with.**
- **We seek happiness on the material platform, according to our conditioning.**
- **We are forced to helplessly act according to the impulses born of the modes of nature.**
- **Impure desires born of the three modes pervert our pure spiritual nature.**
- **Thus, the soul is forced to take birth again and again in this material world.**

KALA (Time)

- **Time is :**
 - * **Krishna's energy.**
 - * **The most powerful force in the material world and is the ultimate among killers.**
 - * **Is the cause of all transformation in prakrti.**
 - **Cycle of Universe.**
 - **Six Transformations.**

Karma (Activity)

Definition:

Activities performed by the living entity conditioned by the three modes, under the control and purview of time.

The Law of Karma:

For every action there is an equal and opposite reaction.

We are accountable for everything we think, speak and do. Therefore we must be aware of the consequences of the activities we perform.

Preliminary Knowledge of the Law of *Karma*

- **“Good Karma” - Pious activity.**
- **“Bad Karma” - Sinful activity.**
 - * **The four pillars of sinful life.**
 - * **Concession given does not mean a free license to engage in sinful activities.**
- **Applicable only to the human species.**
- **Instant and delayed karma.**

- **Individual and collective Karma.**
- **Ignorance of the Law is no excuse to escape reaction.**
- **If everything is predestined, then why work ?**
- **Good and Bad Karma do not cancel each other.**
- **Good and Bad Karma are both binding.**
- **To escape reaction Akarma must be performed.**

Life is a Preparation -

Death is the
Examination

Different types of Karma

T

ype

Karma

Activity

As Per Scriptural directions --
pious.

Vikarma

Against scriptural directions --
sinful.

Akarma

For which one dose not suffer
any reaction.

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The Science of Yoga
and
The Topmost Yoga
System

Lord Krishna says,
“...*one must become a yogi*”

(BG ...6.46)

Yoga : What it is not!

- **Mere physical exercises for**
 - **a shapely body.**
 - **good health and increased sense gratification.**
 - **increased life - span.**
- **Emaciated renunciate in meditation.**
- **Person with mystic powers.**

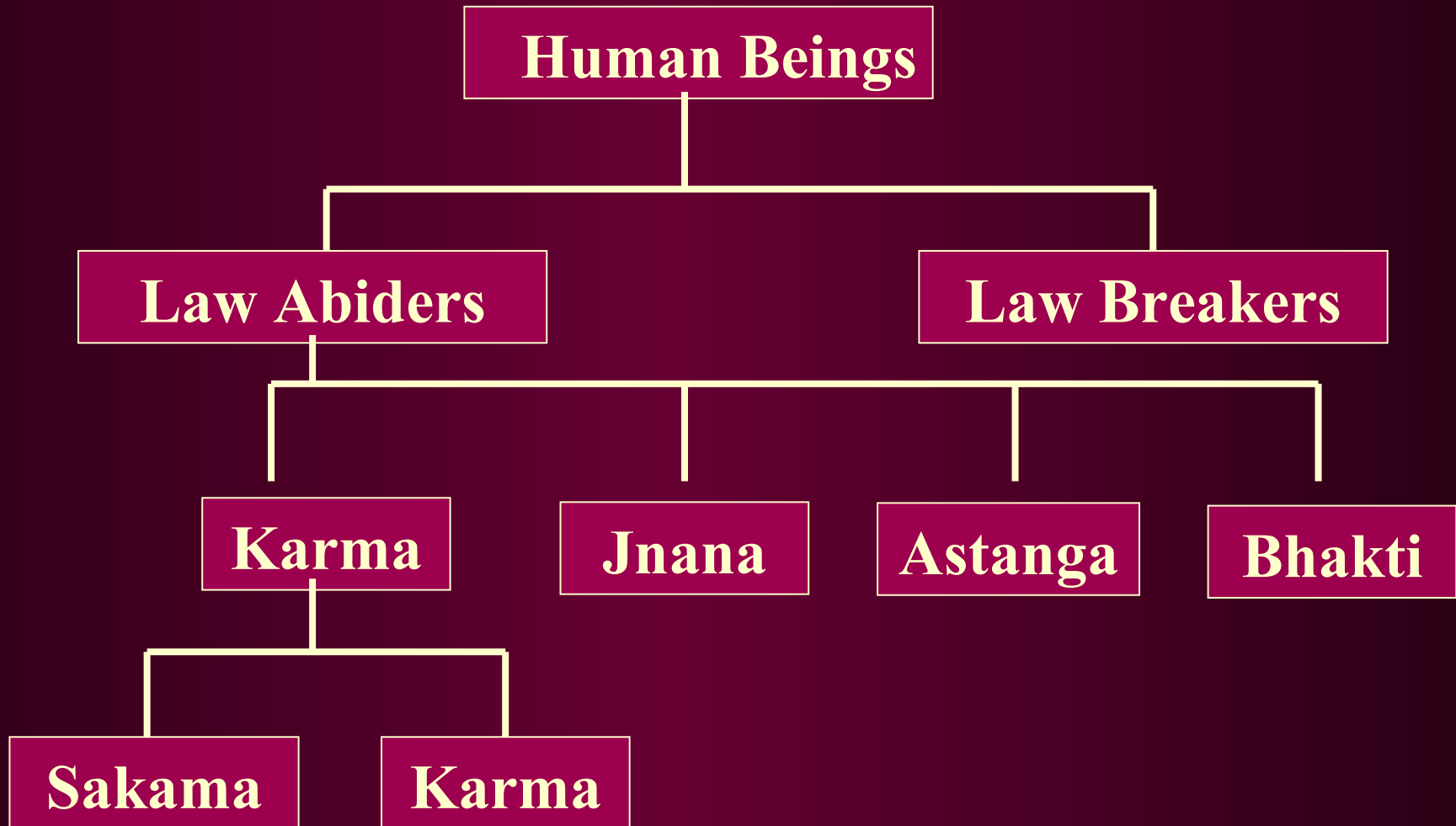
Yoga : What it actually is!

- **“UNION” in love between**
 - **individual and Supreme Consciousness.**

or

 - **Living entity and God.**
- ***Yogi* is a person whose life and activities are oriented towards re - establishing his relationship with God.**

Different Types of Yogas



Hard - working Materialists

- **Sophisticated animals.**
- **Conditioned to the bodily concept of life - “ who is crazy”.**
- **Don’t believe in soul, rebirth, GOD and the spiritual world.**
- **Don’t discriminate between sinful and pious activity.** *e.g. Charvak Philosophy*
- **Make futile attempts at being controller and enjoyer.** *“Prakrteh kriyamanani...” BG...3.27*
“Moghasa Mogha...” BG...3.12

Sakama Karma (Karma Kanda)

- Follow the scripture and have some idea of the soul, rebirth and GOD, without clear understanding.
- Perform pious activity with fruitive intent
- Don't know that Good and Bad karma are equally binding.
- Forget the supreme goal of life i.e. attaining eternal pleasure. (*"Nayam deho..." BG...5.5.1*)
e.g. Indra as a pig
- It is meant for gradual upliftment, not an end in itself.

Yoga according to the Bhagavad Gita

- **The Bhagavad Gita describes four types of Yoga:**

Karma Yoga - A process whereby one performs his work for God.

Jnana Yoga - A process of elevation to spiritual consciousness through cultivation of philosophical knowledge.

Astanga Yoga - Mechanical meditation practice meant to control the mind and the senses to help focus one's concentration on the supreme.

Bhakti Yoga - The yoga of selfless, ecstatic, love of God through transcendental devotional service.

Karma Yoga - The art of working without entanglement

- **Offer results to Vishnu / Krishna.**
- **Always be aware of one's constitutional position.**
- **Work without -**
 - **any desire for fruits.**
 - **a feeling of proprietorship.**
 - **laziness.**

Jnana Yoga

- **Impersonal transcendentalist.**
- **Engaged in speculative knowledge.**
- **Troublesome path.**
- **Promoted to Bhakti Yoga through the association of a pure devotee.**

Astanga Yoga

- **Mechanical, meditative process for controlling mind and senses, for focusing on the supreme.**
- **Strict rules and regulations.**
- **Inherent danger of falling into the trap of eight Siddhis.**
- **Nearly impossible to perform in the age of Kali.**

Bhakti Yoga

- **The easiest means to revive our dormant, inherent constitutional position.**
- **Includes three terms - servitor, served and service.**
- **Nine processes of devotional service.**
- **Culmination of all Yogas.**
- **Attained through two ways :**
 - **Gradual**
 - **Direct**

The ladder of spiritual development

Step 4 : Loving devotional service to the Supreme Lord, KRISHNA. BHAKTI YOGA

Step 3 : Renouncing fruits + knowledge + control of mind and senses by the eight - fold path + meditation on paramatma / supersoul in the heart.

ASHTANGA YOGA

Step 2: Renouncing fruits + speculative knowledge about Brahman + austerity.

JNANA YOGA

Step 1: Renouncing fruits of one's labour

KARMA YOGA / NISHKAMA KARMA

Step 0 : Fruitive worker, performing rituals for elevation to heavenly planets, regulated sense gratification in accordance with scriptures

KARMA KANDA

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**Jnana - Theoretical knowledge
and
Vijnana- Realized knowledge**

Qualifications of a bona fide spiritual master

- **He must -**
 - * **come in proper “parampara”.**
 - * **have realized the conclusions of the scriptures by deliberations.**
 - * **be fixed in devotional service of the Lord.**
 - * **Have controlled senses.**
 - * **be an “acharya” (*teaching by personal example*).**

Temple: an
institution of higher
education

The purpose of a temple

- **Teaching the importance of :**
 - * **Association of devotees.**
 - * **Dangers of materialistic association.**
 - * **Accepting the guidance of a Guru.**

How can one be Krishna Conscious in family life?

- **The four regulative principles.**
- **Moral and spiritual honesty and charity.**
- **Dovetail your occupation in devotional service.**

Making your home a temple

- **Offering food.**
- **Offering arati.**
- **Inviting the family to participate.**

Sadhana

- **Japa**
- **Reading of scripture**
- **Hearing from advanced devotees**
- **How to chant in Kirtan as taught by Lord Chaitanya**
- **Regularly visiting the temple**

Hare Krishna,

Hare Krishna,

Krishna Krishna,

Hare

Hare Rama,

Hare Rama,

Rama Rama,

Hare Hare.....

