

Bhagavad Gita

FOR EVERYDAY LIFE

Every Sunday 11.00am-12noon | Online on Zoom | FREE & Open to all levels

Learning Objectives



Awaken and **kindle** the intention to lead a more meaningful and fulfilled and therefore happy life



Inspire a non-dogmatic spiritual approach to everyday ups and downs



Enable the ability to self study the Geeta and other scriptures



Familiarise with core concepts and the mainstream Vedic texts (Srimad Bhagavatam, Upanishads etc.)

Essential Features



Learning by discussion. Limited conventional "teaching". Just listening-in is OK too.



Richer learning experience by drawing on the diversity of experiences and insights from people in the room



Facilitator to stimulate discussion and reference point: Bhaven Pathak



Mandatory masala chai or suitable alternative at hand



Course Text: Srimad Bhagavad Gita (any version) with Sanskrit and English



Begin with a meditation and Vedic mantras

Course content

1. Introduction and genesis of the Bhagavad Gita

- i. Background to the Mahabharata battle
- ii. Arjun's dilemma BG; A1

2. Adhyay Overview 1 to 18

- i. Introduction to "Yog"
- ii. Introduction to the Yog of Karma, Gnaan, Bhakti, Raja etc.

3. Ten key verses in-depth

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|------------------------------|-----------------------------------|
| 1. Night and Day | A2 V69 Ya Nisha Sarva Bhutani |
| 2. After many lives | A6 V45 Aneka Janma Sansidha |
| 3. Your right to action | A2 V47 Karmanyne Vadhikaraste |
| 4. Old clothes | A2 V22 Vasaansi Jirnani |
| 5. Weapons cut it not | A2 V23 Nainam Chidanti |
| 6. There is no losing | A2 V37 Hato Va Prapsyasi |
| 7. The friend and enemy | A6 V6 Bandur Atmana |
| 8. Who surrenders to Me | A12 V6,7 Ye tu Sarvani Karmani |
| 9. Surrender and don't worry | A18 V66 Sarva Dharmaan Parityajya |
| 10. Divine birth and action | A4 V7-9 Yada Yada hi |

4. Exploration of key underlying concepts

- 11. What is doing the right thing?
- 12. Your purpose and dharma
- 13. What is suffering?
- 14. Expectation and result
- 15. Ignorance and awakening
- 16. Attachment, materialism and Maya
- 17. Make up of your body mind and soul
- 18. The Mind
- 19. Karma and intention
- 20. Death and rebirth / reincarnation
- 21. Experience of the Self
- 22. Who is God? What is God?
- 23. Faith
- 24. Devotion, worship and prayer
- 25. Afterlife
- 26. Knowledge and experience
- 27. Surrendering to the Highest Power
- 28. Different paths, sects and opinions on spirituality

5. Detailed study of the Yog of Bhagwad Geeta

- 29. Karma Yog
- 30. Gnaan Yog
- 31. Bhakti Yog
- 32. Raja Yog



Yog Foundation

Samaj • Sanskriti • Seva