

# Bhagavad Gita Study Guide

## Session 1 / Chapter 1

Meeting Date: Sunday, February 7<sup>th</sup>

Meeting Location: Embodied Health, 2500 University Ave W, #F5, St. Paul, MN, 55114.

Meeting Time: 1:00-2:30 pm

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In addition to reading chapter 1 of the Bhagavad Gita, it will be helpful to be familiar with the following Sanskrit terms and Sutras:

*Indriya*: senses of perception, organs of action, mind

*Karmendriya*: organs of action

*Dharma*: first of the four aims of life, science of duty, religious duty, virtue

*Atma, Atman*: the individual, individual spirit

*Visesa*: peculiar, specially itself, particular, distinction (Visesa perception)

*Citta*: consciousness, a composite word for mind, intellect and ego (pride or the sense of self)

YS 1.2: *Yoga citta vritti nirodaha*

Yoga is the cessation of movements in the consciousness.

*Panca Klesa*: five afflictions, pains

*Avidya*: lack of spiritual knowledge, spiritual ignorance

*Asmita*: ego, pride, "I" or "me"

*Raga*: desire, attachment, love, passion, affection, joy

*Dvesa*: hate, dislike, abhorrence, enmity

*Abhinivesah*: love of life, fear of death, clinging to life

*Antaraya*: impediment, hindrance, obstacle (see sutra 1.30 below)

YS III.56 *Sattva purusayoh suddhi samye kaivalym iti*

When the purity of intelligence equals the purity of the soul, the yogi has reached *kaivalya*, perfection in yoga.

*Ahamkara*: ego, pride, sense of self

*Moha*: delusion, frenzy, infatuation, error, the state of being enamored

*Duhkha*: sorrow, pain, grief, distress

*Sadhaka*: aspirant, a practitioner

YS 1.47 *Nirvicara vaisaradye adhyatmaprasadah*

From proficiency in *virvicara samapatti* comes purity. *Sattva* or luminosity flows, undisturbed, kindling the spiritual light of the self.

*Viveka*: discrimination, discriminative understanding

\* the definitions and translations were taken from *Light on the Yoga Sutras of Patanjali* by BKS Iyengar.

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YS 1.30 *Vyadhi styana samsaya pramada alasya avirati*

*Bhrantidarsana alabdhabumikatva anavasthitatvani cittaviksepah te antaryayah*

These obstacles are disease, inertia, doubt, heedlessness, laziness, indiscipline of the senses, erroneous views, lack of perseverance, and backsliding.

*Viksipta*: agitated, scattered

*Ekagrata*: one pointed attention on the indivisible self

*Viparita*: topsy turvy, opposite state

*Bhoga*: enjoyment, pleasure, experience of sensual joys

YS 1.31 *Duhka daurmanasya angamejayatva svasaprasvasah viksepa sahabhuvah*

Sorrow, despair, unsteadiness of the body and irregular breathing further distract the citta.

*Karma*: an act, action, performance of duty, universal law of cause and effect

*Ekatvat*: due to oneness, on account of oneness

*Abhyasa*: practice, repetition

*Sarupyam*: closeness, likeness, nearness