

Bhagavad Gita Study Guide

Session 2 / Chapter 2

Meeting Date: Sunday, March 14th

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

Meeting Time: 1:00-2:30 pm

In addition to reading chapter 2 of the Bhagavad Gita, it will be helpful to be familiar with the following Sanskrit terms and Sutras:

Samadhi Pada: Chapter on contemplation

Sadhana Pada: Chapter on practice

Vibhuti Pada: Chapter on properties and powers

Atma, Atman: the individual, individual spirit

YS II.1: *tapah svadhyaya Isvarapranidhanani kriyayogah*

Burning zeal in practice, self-study and study of scriptures, and surrender to God are the acts of yoga.

Purusa: the seer, the soul

Prakrti: nature

Drasta: seer

Drasya: seen

Karma: action, an act, duty

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

Jnana: knowing, knowledge, wisdom, cognizance

Sthira: fixed, firm, steady, steadfast, lasting

Abinivesa: clinging to life, fear of death

Parinama: change, alteration, transformation

Duhkha: sorrow, pain, grief, distress

Samskara: subliminal impressions

YS II. 46 *Sthira sukham asanam*

Asana is perfect firmness of body, steadiness of intelligence, and benevolence of spirit.

YS II.15 *Parinama tapa samskara duhkaih gunavrtti virodhat ca duhkham eva sarvam vivekinah*

The wise man knows that owing to fluctuations, the qualities of nature, and subliminal impressions, even pleasant experiences are tinged with sorrow, and he keeps aloof from them.

Moksa: liberation, deliverance, release, the fourth religious stage or order of life

Kaivalya: Absolute state of alones, eternal emancipation

Mula Prakrti: root of nature

Gunas: qualities of nature

Sattva Guna: luminosity, white, pure

Raja Guna: vibrancy

Tamas Guna: inertia, darkness

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