

Bhagavad Gita Study Guide

Session 3 / Chapter 3

Meeting Date: Sunday, May 23rd

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 3 of the Bhagavad Gita, it will be helpful to be familiar with the following Sanskrit terms:

samkhya: minuteness, precision

Samkhya: one of the divisions of philosophy enumerating the principles of nature and Soul.

Prakrti: nature

Purusa: the seer, the soul

karma: action, an act, duty

Sva: one's own

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

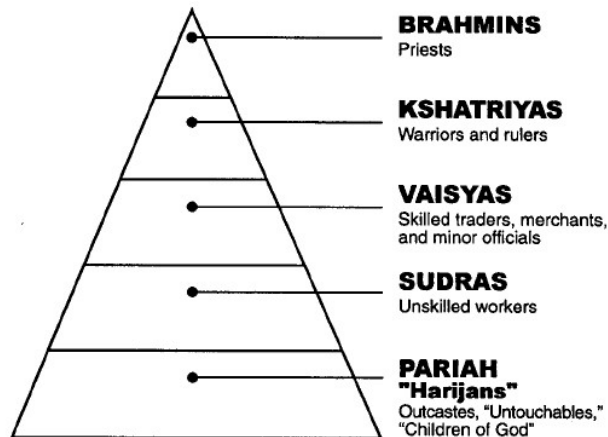
gunas: qualities of nature

sattva guna: luminosity, white, pure

raja guna: vibrancy

tamas guna: inertia, darkness

Geetaji refers to the caste system:



sraddha: trust which comes from revelation, faith, confidence, reverence

mrdu: soft, feeble, mild, fickle

ekagrata: one pointed attention on the indivisible self

Veda: sacred scriptures of the Hindu religion

upeksa: indifference or non-attachment towards pleasure and pain

abhyasa: practice, repetition

vairagya: detachment

drsta: visible, perceptible