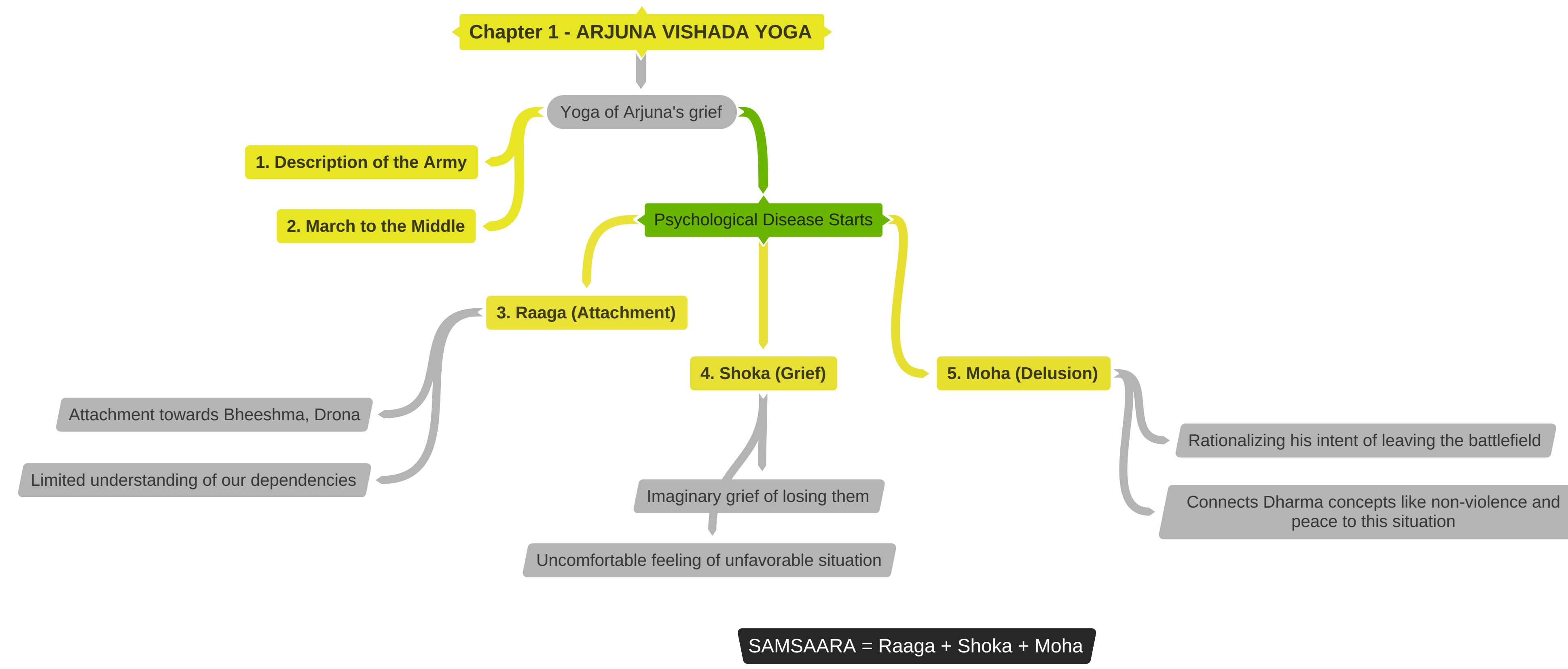




Gita Summary - Chapters 1 and 2



One who does what should be done, no matter how unpleasant it may be. (SHREYAS)

One who does NOT do what should NOT be done, no matter how pleasing it may be. (PREYAS)

Who is an ARYAN ?

- LK calls PA Un-Aryan
- Discovers mental disease
- Self-medication by rationalizing his arguments
- Experiences helplessness
- Surrenders to the 'expert'

1. Arjuna Sharanagati (Surrender) (V 1 to 10)

Chapter 2 - SAANKHYA YOGA

Yoga of Knowledge

Summary of the treatment

3. Karma Yoga (V 37 to 53)

- Do your duty, leave the rest
- Maintain balance over results
- Dedicate it to a higher purpose

4. Sthithapragnya Lakshana (Qualities of The Man of Wisdom) (V 54 to 72)

How does a man with this knowledge behave ?

- No desires for satisfaction; Satisfied by himself - He is the man of steady wisdom !!
- No disturbance in sorrow; No over-excitement in joy
- Freedom from attachment, fear, anger
- Compassionate to all
- Doing good all the time

2. Jnana/Saankhya Yoga (V 11 to 36)

Practical Standpoint (Loukika Dhrishti)

- You will earn bad name
- You will be termed as a coward
- You will disappoint your loved ones
- HENCE ARJUNA, FIGHT THE WAR !!**

Moral Standpoint (Dharmika Dhrishti)

- It is your duty as a Kshatriya
- Protection of people in your kingdom
- Maintain the balance of society
- HENCE ARJUNA, FIGHT THE WAR !!**

Spiritual Standpoint (Adhyatmika Dhrishti) V 12-25

- Essence of the Upanishads
- We are the Aatma
- Atma is indestructible
- The wise don't grieve (permanent things will be there; temporary things will die)
- HENCE ARJUNA, FIGHT THE WAR !!**