

Chapter 5 - Karma Sannyasa Yoga

Journey So Far...

Chapter 1 (Arjuna Vishada Yoga) - Discovery of the problem of SAMSARA

Problem of Raaga (Attachment), Shoka (Grief), Moha (Delusion)

Chapter 2 (Saankhya Yoga) - Summary of the treatment

- PA surrenders to LK (with humility)
- Call to action from Spiritual aspect (GNYANA YOGA)
- Call to action from Dharmic & Practical aspect (KARMA YOGA)
- 'The Perfect Man' - Stithapragnya Lakshana

Chapter 3 (Karma Yoga) - Right Actions (Conduct & Thought)

- Arjuna's Question - Path of Knowledge OR Path of Action ?
- Focus more on Spiritual Quotient than Material Quotient
- Increase Sattvik Actions, Reduce Rajasic Actions, Eliminate Tamasic Actions
- Sattvik Actions - PMY (Deva, Rishi, Pitru, Bhoota, Manushya)
- Attitude - Arpana & Prasada
- Karma Yoga as Order, Duty, Cleanser, Nature
- Methods and Benefits
- Likes/Dislikes, Raaga/Dwesh, Pleasure/Pain, Pleasant/Unpleasant → Short term and Long term solution

Chapter 4 (Gnyana Karma Sannyasa Yoga) - Complete Insulation from mental problems & Highest efficiency

- Glory of the Gita
- Avatar, Varnas
- Renunciation of Action through knowledge - Giving up Doership
- Methods to climb the slopes of knowledge (12 Yagnas)
- Benefits - No Paapa Karma, No Punya Karma, No Delusion, Seeing Oneness

Chapter 5 (Karma Sannyasa Yoga) - Summarization of the teachings

- 2 Ashramas - Gruhstha (Family) & Sannyasa (External Renunciate)
 - Family Lifestyle (Gruhstha) → Active, Possessions, Responsibilities
 - Renunciate (Sannyasa) → Withdrawn, Internal Research, Lesser Responsibilities
- 2 Sadhanas (Disciplines) - Karma Yoga & Gnyana Yoga → No Options. → Cleanse the mind, Digest the knowledge, Be free.
- (Key) Benefit(s) of Disciplines → Vairagya / Jeevan Mukti (Dispassion) - Emotional Independence
 - Dependence on permanent source of happiness
 - Independence from impermanent source of happiness
 - Acting OUT OF Fulfillment, not FOR Fulfillment
- Foundations & Introduction to Meditation → Importance to inner renunciation. Outer renunciation is optional.

