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Episode #08
Gita Comes Alive Learning Community
hosted by VASA Publishing
Jeffrey Armstrong | Kavindra Rishi

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Thank you to Andrea Goldsmith for chat notes and to Parker Cook & Ethan Cook, our Video Production & Technical Team, from PointGreyProductions.com.

- 19:02:28 From [AG-Scribe](#): Namaste all!
19:03:10 From [AG-Scribe](#): Deha and dehi
19:03:36 From [AG-Scribe](#): “deha-ha-ha!” how did I sign up for this body??
19:06:39 From [AG-Scribe](#): dehe (deha) = on fire and ultimately burnable, burning
19:07:25 From Sharon Hinckley: Haha. 3 copies of the book. I have a friend who says “If it’s books, it isn’t hoarding”
19:07:35 From [AG-Scribe](#): **HOMEWORK**: WRITE DOWN every word and its definition. don't just read it
19:07:43 From [AG-Scribe](#): **Guru Mantras**:

Om ajna timirandhasya
jnananjana shalakaya
chakshur unmilitam yena
tasmai shri guruveh namahah

I bow to the divine guru, who, with the torchlight
of knowledge, has forced open my eyes that
were blinded by the darkness of ignorance

Om guru Brahma guru Vishnu

guru devo Maheshvaraha
guru sakshat para Brahma
tasmai Shri guruveh namaha

The guru reveals Brahma, the creator
The guru reveals Vishnu, the preserver
The guru reveals shiva, the destroyer
The guru reveals the supreme Brahman
I offer my respects to such a divine guru

19:07:50 From [AG-Scribe](#): @sharon exactly!

19:09:57 From Aaron Moon Cantwell: Sharon: I love that ethos on books!

19:10:07 From [AG-Scribe](#): Mahabharata - iti hasa - history - not a mythic tale, a history. Not all literal but all exemplifying truth. but it did happen 7581 years ago.

Veda Vyasa mantra:

narayanam namaskritya naram chaiva narottamam
devim sarasvatim vyasam tato jayam udirayet

Narayana, the Supreme resting place of all humans
Nara (Arjuna), the ideal human
Sarasvati, the devi of learning,
And Veda Vyasadeva, who compiled the Vedic literature in written form...
By honouring and respecting them
Our pursuit of dharma can be successful

19:10:17 From [AG-Scribe](#): Nara = human being

19:10:40 From [AG-Scribe](#): nara ayana - the resting place and destination of all the humans.

19:11:42 From [AG-Scribe](#): verse #84 - Arjuna is a warrior and will be humiliated if he doesn't do his svadharma

19:12:48 From [AG-Scribe](#): chapter 2 is thought of as the summary - the preparation for the rest

19:13:01 From [AG-Scribe](#): the dehe and the dehi

19:13:06 From [AG-Scribe](#): hasn't used the word atma yet.

19:13:12 From [AG-Scribe](#): dehi is a synonym of sorts

19:13:55 From [AG-Scribe](#): let this conflict be your yoga and you will not create papa

19:14:11 From [AG-Scribe](#): Yudha (yoda) - Sthira - steady in battle - eldest of the Pandavas

19:14:42 From [AG-Scribe](#): 2 takeaways - 1 is you are going to practice this in conflict

19:14:51 From [AG-Scribe](#): see yourself as Arjuna and Draupadi

19:14:57 From [AG-Scribe](#): a conflict/struggle is always forced upon you

19:15:11 From Sharon Hinckley: University . . . Hmmm methinks JeffreyJi is giving us the "I T" to deal with the Universe

- 19:15:53 From [AG-Scribe](#): you cannot count on the outcome. treat happiness and distress etc as if they are all the same
- 19:16:02 From [AG-Scribe](#): doesn't mean it doesn't matter what the outcome is.
- 19:16:15 From Sandi - VASA host: verse #86
- 19:16:16 From [AG-Scribe](#): what he means is you're not in charge of the outcome, only the action
- 19:16:43 From [AG-Scribe](#): this yoga of discernment is called sankhya yoga
- 19:16:49 From [AG-Scribe](#): buddhi yoga
- 19:17:16 From [AG-Scribe](#): "you can be freed from all the binding influences of karma generated by action within matter"
- 19:17:23 From [AG-Scribe](#): ** key verse **
- 19:18:43 From [AG-Scribe](#): the first verses tell us you can't die!!!!
- 19:18:51 From [AG-Scribe](#): sankhya/buddhi yoga
- 19:19:09 From [AG-Scribe](#): the binding effects of karma
- 19:19:15 From [AG-Scribe](#): be free from them
- 19:19:39 From [AG-Scribe](#): the results of buddhi yoga practice are NEVER lost in this or future lives
- 19:19:40 From Sandi - VASA host: Verse #87
- 19:19:59 From [AG-Scribe](#): even a little of this sanatana dharma action protects one from the dangers of future harmful karmic reactions
- 19:20:16 From [AG-Scribe](#): in other words, doing buddhi yoga does not give you karma in a cause-and-effect kind of way
- 19:20:46 From [AG-Scribe](#): once you do this buddhi yoga practice you can NEVER lose that. it's a permanent gain not subject to the laws of matter, the laws of cause and effect
- 19:21:03 From Sandi - VASA host: Verse #88
- 19:21:46 From [AG-Scribe](#): the purpose of the whole sankhya/buddhi yoga is one pointed focus upon YOUR atma
- 19:21:59 From [AG-Scribe](#): not Atma, Atman... YOUR atma. It's not all one atma
- 19:22:24 From [AG-Scribe](#): cannot be taken away by anyone or any material circumstance
- 19:22:59 From [AG-Scribe](#): the attention of unfocused persons is many branched and wandering inside the material world
- 19:23:24 From [AG-Scribe](#): most people mistake the ultimate purpose of the Vedic knowledge
- 19:23:36 From [AG-Scribe](#): taking it literally
- 19:23:47 From [AG-Scribe](#): thinking the rituals are the final truth
- 19:24:43 From [AG-Scribe](#): the agni hotra yajna is a thank you to the devas, a quid pro quo so they are inclined to be in a symbiosis with us. they are happy if we make an offering to them before we eat
- 19:25:04 From [AG-Scribe](#): you say thank you to the devas who are behind the food you are eating. you don't say that to Bhagavan
- 19:25:27 From [AG-Scribe](#): higher than the devas and outside of matter is Bhagavan and a different kind of relationship
- 19:25:33 From [AG-Scribe](#): the Abrahamic religions got this wrong

- 19:26:43 From [AG-Scribe](#): don't confuse buddhi yoga with saying thank you to the devas for giving you your material life. do say thank you to them, but don't think that's the ultimate purpose of the vedas or the ultimate source. we are not thinking they are the ultimate ultimate. they are in the making-life department of matter. we are in the using-life department of matter
- 19:26:58 From [AG-Scribe](#): don't take this literally without a guru explaining the metaphor
- 19:27:10 From Sandi - VASA host: Verse #90
- 19:27:46 From [AG-Scribe](#): svarga loka XXX (not equal to) heaven
- 19:27:55 From [AG-Scribe](#): the devas live in svarga loka level 10
- 19:28:30 From [AG-Scribe](#): dehi == atma
- 19:29:20 From [AG-Scribe](#): samadhi - see glossary
- 19:29:42 From [AG-Scribe](#): the Vedic rituals are mostly concerned about the 3 gunas -- to come
- 19:29:56 From [AG-Scribe](#): and with managing our relationship with matter to achieve temporary material comfort
- 19:30:35 From [AG-Scribe](#): redirect your desires for superficial pleasure. be true to your atma. Live in the world as an immortal being. do not live as someone here running from one pleasure to another and only thinking of getting pleasure from combinations of matter
- 19:30:50 From Sandi - VASA host: Verse 93
- 19:30:53 From [AG-Scribe](#): don't dig a well when water is flowing everywhere
- 19:31:42 From [AG-Scribe](#): Brahman = the transcendental realm beyond matter from where we come
- 19:32:09 From [AG-Scribe](#): sat - sanatan dharma - that which is always true - that we are the atma from Brahman
- 19:32:32 From [AG-Scribe](#): cannot get enough of everything in matter to be satisfied so get your satisfaction from yourself as the atma
- 19:32:54 From [AG-Scribe](#): we have free will and can control our actions, but we can't control the outcome
- 19:33:18 From [AG-Scribe](#): each statement is profound. chapter 2 lays the foundation for us to be buddhi yogis
- 19:33:44 From [AG-Scribe](#): let the stress of life direct you first to your atma before it leads you anywhere else.
- 19:34:06 From [AG-Scribe](#): otherwise, you respond in desperate ways for matter to fulfill you which cannot happen. nor can you control the outcome
- 19:34:13 From [AG-Scribe](#): you can't control the fruit - phala
- 19:34:16 From [AG-Scribe](#): but we do have free will
- 19:34:28 From Sandi - VASA host: Verse 95
- 19:34:50 From [AG-Scribe](#): perform all your actions in a state of yogic awareness without attachment to the result
- 19:35:00 From [AG-Scribe](#): such balanced consciousness is call karma yoga
- 19:35:47 From [AG-Scribe](#): buddhi puts you in the right state of consciousness so that when you do act, it doesn't cause you to forget yourself as the atma. you are always seeing the

difference between yourself and matter. see yourself as ATMA. hold your free will on the atma

- 19:36:07 From [AG-Scribe](#): first buddhi yoga, then karma yoga
- 19:36:18 From [AG-Scribe](#): have the discernment of buddhi to keep your focus upon the atma
- 19:36:25 From Sandi - VASA host: Verse #96
- 19:37:00 From [AG-Scribe](#): selfish and become kripanas == creepy
- 19:37:08 From [AG-Scribe](#): if focused only on matter
- 19:38:11 From [AG-Scribe](#): this world we're living in is crazy for the stuff and thinks it will solve all our problems by getting all the stuff. this is kripana. opposite of "brahmana" - when you forget your atma and that you're from Brahman, then you become kripana. when you remember you become brahmana or a brahmin. staying conscious of that
- 19:38:46 From [AG-Scribe](#): **brahmin is not a caste. it's an action. you're a brahmin when you always remember you are Brahman and Brahman is behind all of this.
- 19:39:28 From [AG-Scribe](#): discerning what is matter and what is not. i'm the atma, i'm not matter. no matter can solve my problems. Yes, I need it to live here but I don't define myself as it
- 19:39:56 From [AG-Scribe](#): karma is not punishment!!
- 19:40:08 From [AG-Scribe](#): it's the cause and effect that occurs when you consider yourself to be made of matter and act accordingly
- 19:40:31 From [AG-Scribe](#): niskarma - not getting karma is what happens when you act as the atma, permanently linked to the buddhi faculty
- 19:40:45 From [AG-Scribe](#): connect with your atma through yoga
- 19:40:56 From [AG-Scribe](#): it will restore harmony and balance to all your actions
- 19:41:34 From [AG-Scribe](#): release attachment to the fruit phala of your actions -- you are mukta - mukti - get moksha – released from the bondage to matter
- 19:41:55 From [AG-Scribe](#): their consciousness resides in the transcendental realm of his where hunger is never felt again
- 19:42:22 From [AG-Scribe](#): he's telling this to Arjuna who is concerned about the battle and who he's going to kill etc.
- 19:42:45 From [AG-Scribe](#): Krishna is saying none of that matters, though yes, Arjuna has to do that as his svadharma
- 19:43:23 From [AG-Scribe](#): this is the cure to the plague of identifying matter as self and therefore is the solution to self being happy
- 19:43:41 From [AG-Scribe](#): this place is not permanent. its giving temporary pleasure. it's deconstructing all the time. everyone's always leaving a body
- 19:44:06 From [AG-Scribe](#): the satisfaction is here within us as the atma from Brahman, that realm of Krishna's
- 19:44:33 From [AG-Scribe](#): to go to Krishna's realm and never hunger again for matter - associate with him another form as yoga (bhakti)
- 19:44:40 From Sandi - VASA host: Verse #99
- 19:45:07 From [AG-Scribe](#): we don't need psychologists now! you can cure yourself
- 19:45:55 From [AG-Scribe](#): it doesn't matter what your mommy did to you

19:45:59 From [AG-Scribe](#): that isn't you
19:46:07 From Sandi - VASA host: VERSE 100
19:46:23 From [AG-Scribe](#): don't be distracted with the vedic rituals as the final goal
19:46:46 From [AG-Scribe](#): be absorbed in you as the atma. you will perceive your true nature in buddhi yoga
19:47:10 From [AG-Scribe](#): use an analytical process to see yourself as the atma. look at everything else and say you're not that. none of that is me or will make me permanently happy, I can't keep any of it permanently.
19:48:08 From [AG-Scribe](#): "na iti na iti" - i'm not this or that, i'm not this shirt, i'm not that thumb, i'm not these desires, i'm not even from here. i'm entirely from somewhere else. i'm here visiting
19:48:22 From [AG-Scribe](#): stay in that consciousness all the time and take steps to do === you are a buddhi yogi
19:48:33 From [AG-Scribe](#): catch your faculties drifting back to those misunderstandings
19:49:34 From [AG-Scribe](#): this whole conflict is not you, Arjuna. Yes, it exists, but you can't control the outcome of it, but you need to participate bc it's karma yoga and you have a nature and you're here, so you need to act. this is not an excuse to do nothing.
19:49:43 From Sandi - VASA host: BUT - acharya:)
19:50:04 From Sandi - VASA host: #101
19:50:20 From [AG-Scribe](#): Arjuna asks, how do we recognize such a person?
19:51:28 From [AG-Scribe](#): manas = thinking feeling willing and memory - 4 faculties of manas
19:52:11 From [AG-Scribe](#): when the desires resulting from the thoughts of the manas, when they are completely focused upon the atma, satisfied simply by being the atma = self-satisfied. always discerning, their self-realization of the atma is steady
19:52:25 From [AG-Scribe](#): chapter 2 is the crash course. get it before you move on! this is the basis of it all
19:52:44 From [AG-Scribe](#): dukha = pain
19:52:51 From [AG-Scribe](#): sukha = material pleasure
19:53:00 From [AG-Scribe](#): overcome all attachment, fear ,anger
19:53:07 From Sandi - VASA host: VERSE 103
19:53:09 From [AG-Scribe](#): not bothered by any of that anymore
19:53:15 From [AG-Scribe](#): focus is always steady
19:53:18 From [AG-Scribe](#): they are a muni
19:53:44 From [AG-Scribe](#): muni = someone who can churn and agitate their manas faculties and make sure the outcome is always the atma and Brahman and Paramatma
19:53:58 From [AG-Scribe](#): always doing their buddhi yoga and trace it back to the source
19:54:16 From Sandi - VASA host: VERSE 104
19:55:01 From [AG-Scribe](#): steady in prajna - the unfluctuating contact and awareness of both the atma and Brahman, yourself as the atma, Brahman as the place where all the atmas originated – that is your constant baseline meditation
19:55:51 From [AG-Scribe](#): not only are we chasing pleasure in the current moment, but we are still chasing the pleasure we had in the past

19:56:04 From Sandi - VASA host: Verse 105-106

19:56:26 From [AG-Scribe](#): Paramatma - the ultimate atma - is conducting this conversation

19:57:32 From [AG-Scribe](#): the hungry indriyas = senses can carry away the manas even of someone who is self-restrained

19:58:02 From [AG-Scribe](#): das (ten) indriyas (sense) [*see chart at the end of notes]

19:58:34 From [AG-Scribe](#): 5 senses of perception hearing sight taste smell touch

19:58:44 From [AG-Scribe](#): correlate to the elements - space air fire water earth

19:58:55 From [AG-Scribe](#): perceptive senses of ears eyes tongue nose skin

20:00:02 From [AG-Scribe](#): active senses karma endriyas

20:00:55 From Zubin Parihar: Speaking, Grasping, Locomotion, Sex & Evacuation

20:00:58 From [AG-Scribe](#): invitation to overcome the pulls of the senses

20:01:03 From Zubin Parihar: Active Senses....

20:01:26 From [AG-Scribe](#): pull in the sense like a turtle pulls their limbs into its shell

20:01:38 From [AG-Scribe](#): withdraw all 10 senses that perceive and engage with the world

20:01:41 From [AG-Scribe](#): reach within

20:02:24 From [AG-Scribe](#): pratyahara process of ashtanga yoga - pull in your senses and point inward

20:02:45 From Zubin Parihar: Speech = Space, Grasping = Air, Fire = Locomotion, Water = Sex, Earth = Evacuation

20:02:48 From Sandi - VASA host: Verse #106

20:02:51 From [AG-Scribe](#): in ashtanga yoga you sit down in a forest and don't engage with the senses

20:03:42 From [AG-Scribe](#): the senses can pull away the manas of someone trying to control them, so be like a turtle and pull them in

20:04:41 From Zubin Parihar:
 Perceptive = Hearing
 Active = Speech
 Perceptive = Touch
 Active = Grasping

20:05:44 From Zubin Parihar: Perceptive = Smelling
 Active = Evacuation

20:05:03 From [AG-Scribe](#): Narada Muni - the guru of Veda Vyasadeva, the ultimate muni. he is a transcendental character

20:05:03 From Sandi - VASA host: who is next with a question??

20:05:06 From Zubin Parihar: Perceptive = Seeing
 Active = Locomotion

20:05:15 From [AG-Scribe](#): he goes back and forth between the realm of Brahman and the realm of prakriti

20:05:18 From [AG-Scribe](#): that is his specialty

20:05:30 From Zubin Parihar: Perceptive = Tasting, Active = Sex
 From [AG-Scribe](#): thank you to Zubin for filling in the 10 senses

20:05:58 From [AG-Scribe](#): rishi - beyond muni is rishi - the ultimate seer who sees the things that they hear. have the drishti, the ultimate vision

20:06:44 From [AG-Scribe](#): Narada Muni is a permanent feature of every universe, born from the thumb of the Creator (opposable thumbs is one of the things that makes us human)

20:06:55 From [AG-Scribe](#): archetypal character in every universe

20:07:09 From [AG-Scribe](#): in the employ or use of the entire cosmos being held together

20:07:44 From [AG-Scribe](#): the vedas can put you in overwhelm and makes you want to dumb it down and keep it simple

20:10:06 From [AG-Scribe](#): self-realization - how can I live as if I am the atma at all times?

20:10:31 From [AG-Scribe](#): have to catalogue past memories in a particular way, don't have to burn the (photo) album but do have to burn the connection

20:10:34 From [AG-Scribe](#): hankering and lamenting

20:10:50 From [AG-Scribe](#): grieving for things

20:11:47 From [AG-Scribe](#): we are sick with the memories of the past

20:11:54 From [AG-Scribe](#): and always chasing that

20:12:09 From [AG-Scribe](#): that's the symptom - if you see yourself doing that, you remember to see yourself as the atma

20:12:28 From [AG-Scribe](#): switch to a link with Bhagavan and replace the hankering and lamenting behaviour

20:12:46 From [AG-Scribe](#): "be in the now" -- which now??

20:13:00 From [AG-Scribe](#): don't make yourself cease to exist

20:13:29 From [AG-Scribe](#): that is NOT being a yogi

20:13:49 From [AG-Scribe](#): be connected to Brahman, not to something in the material world as your ultimate goal

20:13:56 From [AG-Scribe](#): but don't throw it all away or stop doing anything

20:14:20 From [AG-Scribe](#): do everything while in the consciousness of the atma and Brahman and in a conscious relationship with Paramatma

20:15:36 From Aaron Moon Cantwell: momentum is key here it seems. thank you

20:16:30 From [AG-Scribe](#): AG note: the way he reads it to us makes it so understandable and this chapter is so key!

20:17:53 From [AG-Scribe](#): we are face to face with the user-friendly supreme being that we have ever conceived. this is a friendly conversation

20:18:06 From [AG-Scribe](#): and it's so profound

20:19:17 From Aaron Moon Cantwell: my Mars thrives on and appreciates it

20:19:44 From [AG-Scribe](#): the guru's precision sometimes feels abrupt or harsh but it's CLARITY and DIRECTNESS

20:20:18 From [AG-Scribe](#): Arjuna raises these questions on our behalf

20:21:10 From [AG-Scribe](#): while contemplating the objects of those 10 senses, attachment for them is born

20:21:17 From [AG-Scribe](#): ** these are key verses**

20:21:25 From [AG-Scribe](#): From attachment, intense desires arise

20:21:36 From [AG-Scribe](#): From unfulfilled desires, anger appears

20:21:42 From [AG-Scribe](#): From that, delusion arises

20:21:46 From [AG-Scribe](#): then memory is lost

20:21:56 From [AG-Scribe](#): then discernment (buddhi) is lost

20:22:06 From [AG-Scribe](#): when buddhi is lost, this leads to harmful or destructive actions

20:22:52 From [AG-Scribe](#): lose memory of self as the atma

20:23:31 From Sandi - VASA host: ****Verses 109 - 110 memorize HOMEWORK

20:23:43 From [AG-Scribe](#): when the atma controls the indriyas it remains in the state of prasad

20:24:04 From [AG-Scribe](#): "hold your horses" == the dasendriyas - they pull us in all directions

20:24:36 From [AG-Scribe](#): the senses are always saying, we're hungry, we want this, just like a child, always chasing our senses

20:24:41 From [AG-Scribe](#): "I want it I want it "

20:24:53 From [AG-Scribe](#): then we become grumpy

20:25:38 From [AG-Scribe](#): that process is the process that happened to most people who get in trouble, are in prison, etc.

20:26:13 From [AG-Scribe](#): having a bad day because they were caught in this downward spiral and it culminated in an action that destroyed their life

20:26:27 From [AG-Scribe](#): when no longer caught in this process, the atma is in the state of prasad

20:26:38 From [AG-Scribe](#): prasad is also offering the food we are about to eat to Bhagavan as an offering of love

20:26:55 From [AG-Scribe](#): before that it's called bhoga = you stole it - didn't thank nature for it

20:27:27 From [AG-Scribe](#): when you offer it back it transforms the food and the one who is about to consume it and mitigates the cause and effect that was involved in obtaining the food

20:27:32 From [AG-Scribe](#): then the food is prasad

20:28:54 From [AG-Scribe](#): the current food system cannot be made into prasad!! it's so against the laws of nature

20:29:03 From [AG-Scribe](#): we've mistaken freedom for the ability to destroy the planet

20:29:11 From [AG-Scribe](#): we don't get prasad much

20:29:18 From [AG-Scribe](#): so we have to control the senses

20:29:35 From [AG-Scribe](#): don't eat poisonous foods, don't be addicted to drugs and alcohol

20:29:46 From [AG-Scribe](#): it must be dharmic to offer it as prasad

20:30:13 From [AG-Scribe](#): no longer experience compulsive attachments or aversions to the objects of the senses

20:30:40 From Sandi - VASA host: Verse 113

20:31:00 From [AG-Scribe](#): in the balanced state of manas, the buddhi stands ready

20:31:08 From [AG-Scribe](#): shanti XXX peace

20:31:25 From [AG-Scribe](#): peace implies war. it's not a permanent state. it comes from the word 'pact' - to stop fighting for a little while

20:31:43 From [AG-Scribe](#): shanti is an equipoise in your own being that is not dragged by material desires and is a constant and steady state

- 20:31:46 From Sandi - VASA host: SHANTI is a personal state of BEING
 20:31:47 From [AG-Scribe](#):
- Asato ma sat gamaya
 Tamaso ma sat gamaya
 Mrityor ma amritam gamaya
- 20:32:13 From [AG-Scribe](#): shanti is not just peace
 20:33:19 From [AG-Scribe](#): equipoise and aligned with the ultimate balance point of the cosmos, with Paramatma within your heart. be harmonious in your use of objects within matter, aligned with the devas and prakriti, and keep the planet habitable and sattvic and prasad and shanti for the next generation
 20:33:47 From [AG-Scribe](#): Arjuna and his brothers personified dharma, and their cousins personified greed and conflict
 20:34:43 From [AG-Scribe](#): the buddhi stands steady always
 20:34:56 From [AG-Scribe](#): the manas is never steady. "the monkey mind"
 20:35:26 From [AG-Scribe](#): the thinking, feeling, willing, and memory of manas can run wild
 20:35:54 From [AG-Scribe](#): the manas is a double-edged sword
 20:36:06 From [AG-Scribe](#): necessary to be here but always chanchala – flickering, restless, and unreliable
 20:36:25 From [AG-Scribe](#): that's why buddhi yoga - na iti na iti - are so important
 20:36:33 From [AG-Scribe](#): don't deny the manas, but know you're not it
 20:36:38 From [AG-Scribe](#): don't let it be in charge of you
 20:37:00 From [AG-Scribe](#): notice when your buddhi is being dragged around by manas and the desires of the ten senses
 20:37:18 From [AG-Scribe](#): otherwise, there is no shanti and no lasting sukha
 20:38:02 From [AG-Scribe](#): when the manas wanders off after the indriyas, exactly as a sailboat is blown off course by a strong wind
 20:38:40 From [AG-Scribe](#): those who can control their indriyas are enlightened and aware
 20:38:59 From Sandi - VASA host: Verse 116
 20:41:06 From [AG-Scribe](#): most of the world is sleepwalking, chasing matter and desires. we are being exploited by this, told to buy things subliminally. these are vrittis - twists placed in our manas by advertising.
 Take charge of that which everyone else is fighting to exploit us with, they are trying to colonize us, our bodies, make us an addict, enslave us with things they know are not healthy for us
 20:41:12 From [AG-Scribe](#): how we deal with this conflict is our yoga
 20:41:36 From [AG-Scribe](#): until you know yoga, you don't know how to respond to being alone and overwhelmed by the world
 20:41:44 From [AG-Scribe](#): this is the battle of Kurukshetra today
 20:43:47 From [AG-Scribe](#): be the atma. know you come from Brahman. Be an individual while being part of one great existence

20:44:10 From [AG-Scribe](#): are you dragged around by your senses and controlled by those who will poison you?

20:46:44 From [AG-Scribe](#): endless currents of kama and desire

20:46:45 From [AG-Scribe](#): kama sutra

20:46:50 From [AG-Scribe](#): not passion

20:46:54 From [AG-Scribe](#): passion == patience!

20:47:48 From [AG-Scribe](#): just as rivers go into the ocean - the ocean is not disturbed by the turbulence coming in - the yogi maintains shanti - equipoise - no matter what external stimulation they are exposed to. everyone else is always disturbed by the desires of their senses

20:48:00 From [AG-Scribe](#): nothing is mine and I am not from matter

20:48:21 From [AG-Scribe](#): sheds all material desires - not affected by them, not determined by material longings

20:48:30 From [AG-Scribe](#): none of this is me

20:48:52 From [AG-Scribe](#): maintains the equipoise of Vishnu and Lakshmi and is freed from all the twists - vrittis

20:49:06 From [AG-Scribe](#): or we will continue to be confused by matter

20:49:45 From [AG-Scribe](#): achieve the state of Brahman nirvana when you leave your body in this consciousness - none of this is me and none of this is mine

20:50:08 From [AG-Scribe](#): AG note: ** see the glossary definition for nirvana because it's not what we think of it!

20:50:20 From [AG-Scribe](#): it is not the ultimate goal

20:50:52 From Zubin Parihar: I have a Question

20:51:01 From [AG-Scribe](#): chapter 2 prepares us for the rest of the Gita and how all of this works. that we should be pursuing moksha from all this material disturbance

20:52:47 From Zubin Parihar: Sankhya is a Vedanga

20:53:48 From [AG-Scribe](#): buddhi is a faculty of the 8 material faculties or energies. can tell Brahman from prakriti. Different from just "discernment"

20:54:00 From reivin johnson: i have a question

20:54:19 From [AG-Scribe](#): sankhya as a yoga is an analytical process held in place by the buddhi, conducted by the buddhi

20:54:25 From Zubin Parihar: Sankhya is the 1st of the 6 "Limbs" of the Vedas / Vedanga

20:54:34 From [AG-Scribe](#): the buddhi cannot discern Brahman, but it can discern what you are not

20:55:12 From [AG-Scribe](#): science – scientia - to cut things, to understand things by literally dissecting them

20:55:16 From [AG-Scribe](#): one of the faculties of buddhi

20:55:30 From [AG-Scribe](#): science and discernment are subsets of buddhi

20:55:39 From [AG-Scribe](#): but science cannot know Brahma and Brahman

20:57:54 From [AG-Scribe](#): karma = reactions in matter. doesn't apply to the practice of buddhi yoga. That is sukriti - a kind of action that pertains to your atma and it can never go away

20:58:18 From [AG-Scribe](#): there is no reaction to the result of buddhi yoga, but there is an effect that is not material

20:58:42 From [AG-Scribe](#): you can do things in matter that produce sukriti, not just papa and puny and sukha and dukkha. they [the sukriti-giving actions] are giving you moksha

20:59:00 From [AG-Scribe](#): everything you do as a buddhi yogi is a permanent asset and brings you that much closer to moksha

20:59:26 From [AG-Scribe](#): HOMEWORK: read at least the first half of chapter 3

20:59:31 From [AG-Scribe](#): memorize v 109-100

20:59:40 From [AG-Scribe](#): meditate on chap 2

21:02:01 From [AG-Scribe](#): "Brahman nirvana" - the understanding that you are not matter and the understanding of what you are. nirvana alone is a preliminary step that is part of the process, but the Buddha was not teaching the knowledge of Brahman

21:03:20 From [AG-Scribe](#): the Buddha was teaching half of the answer - he was teaching what you're not, but not who you really are

21:03:37 From [AG-Scribe](#): I don't own any of this, but I am aham brahmasmi - I am Brahman, I am an atma and from Brahman

21:03:46 From [AG-Scribe](#): they didn't get the whole story

21:04:24 From [AG-Scribe](#): nirvana is not the final word, but if you decide it's where you want to go, that's what you're adi kari for. you're not enquiring about Brahman.

21:04:33 From [AG-Scribe](#): just about what you're not

21:05:55 From [AG-Scribe](#): the beginning of the Gita is an "argument"

21:06:46 From [AG-Scribe](#): judgment vs discernment?

21:07:26 From [AG-Scribe](#): plus "pre-judice"

21:07:52 From [AG-Scribe](#): judgment comes from yoga - yuj - to link with something, connect with it and come to understand its essence

21:10:13 From [AG-Scribe](#): prejudice is coming to a conclusion without having done the process of buddhi - analysis

21:11:40 From [AG-Scribe](#): with judgment you can explain the process by which you've come to your conclusion, not so with pre-judice

21:13:15 From [AG-Scribe](#): Brihaspati – the “spout” of Brahman - is the place where knowledge of Brahman enters prakriti [Jupiter]

21:13:23 From [AG-Scribe](#): Buddhi (Mercury) does not know about Brahman

21:13:59 From Aaron Moon Cantwell: blessed with a pretty good Jupiter here. thankful for that.

21:15:16 From [AG-Scribe](#): NRB Toronto TV show tmrw

21:15:23 From [AG-Scribe](#): Gita Jayanti

21:16:09 From reivin johnson: where are the WAVES links

21:16:10 From Sharon Hinckley: Thank you

21:17:20 From [AG-Scribe](#): Sandi can you post the links in the FB group?

21:18:23 From Sandi - VASA host: Give the Gift of WISDOM - it will last a lifetime

21:19:30 From [AG-Scribe](#): chant the Maha Mantra - Hare Krishna

- 21:19:47 From [AG-Scribe](#): reveals the secret of the ultimate romantic relationship with Bhagavan
- 21:20:26 From [AG-Scribe](#): or Om Namō Bhagavate Vasudevaya - less intimate – first mantra could possibly be traumatic [if you have some old traumas that could be triggered]
- 21:20:43 From Sandi - VASA host: Sandi reminds everyone to check out the Ultimate Relationship Seminar coming up in Jan - early bird price ends Jan 3 - For singles and couples
- 21:20:59 From [AG-Scribe](#): meaning the idea of intimate relationship can be traumatic for some, so the second mantra may be better
- 21:23:42 From Sharon Hinckley: That's why painting is so hard. Some things are so beautiful that you can't even begin to paint them
- 21:24:13 From Zubin Parihar: Only If you Serve Chai!
- 21:25:14 From Aaron Moon Cantwell: Second that Zubin - that bomb chai is the TRUTH

Element	Organ	Perceptive Senses	Active Senses
		Jnana Indriyas	Karma Indriyas
Space	Ears	Hearing	Speech
Air	Skin	Touch	Grasping
Fire	Eyes	Seeing	Locomotion
Water	Tongue	Tasting	Sex
Earth	Nose	Smell	Evacuation

HOMEWORK:

From last class (#07):

- Review and start learning the Sanskrit in Chapters 1-3
- Remember you are the DEHI
- Keep reading Chapter 2
- Repeat Om Namō Bhagavate Vasudevaya mantra until you don't forget you are the atma

From this class (#08):

- WRITE DOWN every word and its definition. Don't just read it
- MEMORIZE Verses 109 – 110
- Meditate on chap 2
- Read at least the first half of chapter 3