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Season 2 Episode #3

Gita Comes Alive Learning Community

hosted by VASA Publishing

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Chapter 3: Karma Yoga as Correct Action in the World

- 19:00:44 **AG-Scribe:** Namaste!
19:01:16 **AG-Scribe:** Namaste Nilesh ji and Dr Garg ji, Namaste Debanik ji
- 19:06:47 **AG-Scribe:** pray = precarious VS namaste! = I see you as a divine being
19:07:03 **AG-Scribe:** sadhu sangha
19:07:27 **AG-Scribe:** sadhu cuts away those things that are causing bondage to other beings, especially in words and language
19:07:51 **AG-Scribe:** amplification in a satsang is geometric, not arithmetic [linear]

19:08:44 **JA chants: guru mantra:**

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

- 19:10:18 **AG-Scribe:** the Supreme and Ultimate Being is Arjuna's chariot driver, Bhagavan Shri Krishna, sitting behind and serving in a very menial way
- 19:11:15 **AG-Scribe:** Chapter 2: atma, Brahman and prakriti, categories of matter = sankhya yoga. we are dehi. everything that is not self.
- 19:15:15 **AG-Scribe: #125:** the active senses not only drag us to action but we also remember the pleasure we had and our judgment is still clouded by them in the past. so our yoga is not perfect and we're still trapped in the past
- 19:16:47 **AG-Scribe: #127:** giving up action is not the yogic way. analysis which brings you only to observation is not the correct practice of yoga
- 19:20:45 **AG-Scribe: ** #128**
yajna XX sacrifice. NO!! Not a ritual per se but a process of remaining connected to the purposefulness of the laws of nature = devas and devis. staying in a state of mind where we remember that the world around us, though impacted by our actions, is controlled by the higher actions of the laws of nature. having a conversation with them is doing yoga ecology. placing oneself in a relationship of communication with the laws of nature. Was misunderstood and misinterpreted by the British as "the many gods" and went into reaction. colonization was just getting its momentum. exploitation of the resources of the planet is what is the purpose of yajna, to prevent humans from spoiling the planet but simply taking more than their share in inappropriate ways. == ecology is the basis of yoga and action in the world is supposed to be disciplined and appropriate
- 19:20:51 **AG-Scribe: #129:** sums it up, pivotal verse
- 19:22:37 **AG-Scribe:** complete misunderstanding of the key of the Hindu Vedic culture. started out with an ecological worldview and never gave it up despite colonization, rape and pillage.
- 19:23:11 **AG-Scribe:** instructions that guarantee that all living entities cooperate, and that consumption match replenishment
- 19:23:41 **AG-Scribe:** we've colonized the planet so badly the entire planet is now at risk. we are finally waking up to the need for this knowledge
- 19:24:17 **AG-Scribe:** but our corporate culture is destroying the planet
- 19:25:05 **AG-Scribe:** ishta kamadhuk: ishta = devis . give to them and they will give back to us
- 19:25:15 **AG-Scribe:** this is the basis of yoga and the Vedic civilization
- 19:26:23 **AG-Scribe: #130:** the Abrahamics hated this. called it idol worship
- 19:27:19 **AG-Scribe:** make sure you're honoring the devas and the cycles of nature
- 19:28:03 **AG-Scribe:** must acknowledge this got started in India and with every indigenous culture
- 19:28:45 **AG-Scribe:** sacred relationship with the taking and giving back. responsibility to the wheel turning. Krishna is saying this forever, not just at that moment in time
- 19:29:12 **AG-Scribe: #131:** thieves! unless you give back
- 19:35:58 **AG-Scribe: #136:** the 3 Sanskrit words that are a result of knowing oneself as the atma -- it creates a state of being that is not needy or greedy or exploitable by advertising. atmarati, atma tripta, atma santushta.

- 19:37:02 **AG-Scribe:** yogas chitt vritti nirodha (Patanajali Yoga Sutras) -- yoga is removing the vrittis - the twisted attitudes that induce us to exploit nature for only our selfish sensual desires that is all we care about, so we skip the part about giving back. literally putting the ashes of the fire back into nature
- 19:37:51 **AG-Scribe:** self-satisfied, not selfish
- 19:39:20 **AG-Scribe: #137:** the pleasure process is inside of you, goes everywhere with you. you're not dragged around by your senses to get satisfaction. yet this is the very basis of our civilization
- 19:40:14 **AG-Scribe: #138:** if we're not careful we get addicted to our senses and we only want more more more - what advertising does - "vritti" – comes from the same word
- 19:40:51 **AG-Scribe: #139:** loka samgraha
- 19:41:13 **AG-Scribe:** this planet is an 8th level loka
- 19:41:53 **AG-Scribe:** this is what qualified someone to be "royal" - a leader with power
- 19:42:37 **AG-Scribe:** Maharaja Janaka was known for making sure his entire realm was in the wheel of reciprocation. nobody would starve or not have dignified employment
- 19:43:29 **AG-Scribe: #140:** we could easily employ everyone to beautify the city and provide healthy food. we could do it tomorrow. wouldn't even cost very much

#140, Ch.3 v.21

yad yad ācarati śreṣṭhas tat tad evetaro janaḥ
sa yat pramāṇaṁ kurute lokas tad anuvartate

Whatever actions are performed by a great dharmic leader or acharya 'one who lives the noble truths that they teach', people are inspired to imitate their actions, and whatever standards they set by their personal example, the whole world pursues.

- 19:44:10 **AG-Scribe:** if you show by your own personal example...= acharya
- 19:45:57 **AG-Scribe:** (break at #143) Questions? cams on
- 19:47:31 **Q&A – Abhilash:** v. 18 - balance between sensory indulgence and deprivation. we need our senses to understand the world...
- 19:48:49 **AG-Scribe:** exactly the question! when our only source of pleasure is outside of us, human desires are unmanageable
- 19:49:43 **AG-Scribe:** this is the dilemma! each person needs to hear this message. and the worst players may need to be reined in
- 19:51:15 **AG-Scribe:** e.g. Jeff Bezos, Elon Musk – taking joy rides to just above the atmosphere
- 19:51:53 **AG-Scribe:** be the atma! it comes with a discernment and cooperative spirit
- 19:53:37 **Q&A – Geza:** what's the difference between the devas' karma/ritam and Krishna's role doing them?
- 19:53:52 **AG-Scribe:** the ritam = all of the codes constituting nature, the rules of nature governing the material realm. all of this is purposeful

19:54:21 AG-Scribe: arithmetic, rhythm, rhyme, writing... all come from "ritam"

19:54:38 AG-Scribe: the devas are the "employees" of the cosmos

19:55:15 AG-Scribe: between lives, humans and devas go back and forth until we go all the way back to Bhagavan

19:55:46 AG-Scribe: this is not the only universe or cosmos. there are countless and ALL of them are working because of Him

19:56:32 AG-Scribe: we have a certain amount of free will/autonomy as humans. if we are super greedy, we won't come back as a deva next life. we are learning that we and our volition have a consequence

19:56:42 AG-Scribe: not so for Bhagavan

19:57:43 AG-Scribe: feels like we're being taught individuality

19:58:30 Q&A – Debanik: 1. yama - all the sense organs get depleted of energy... 2. meaning of yajna again?

19:59:20 AG-Scribe: we are all ten year olds being given the opportunity to encounter what seems to be inconceivable

20:00:13 AG-Scribe: what would be the best way to understand this -- participate in it, contribute to it...

20:01:18 AG-Scribe: what is yajna == appears to be giving something up, which is why it was called sacrifice = sacere = making something sacred. doesn't mean you don't have it anymore. something you do makes it more sacred than it was, gets inside of you and improves you.

20:01:49 AG-Scribe: I start to think like a deva. yajna makes a kinship between one class of atma and another - humans and devas

20:02:12 AG-Scribe: we can see the purposefulness in the cause and effect of nature just by looking. don't have to be told this, but not everyone sees this

20:02:24 AG-Scribe: did all the art in a gallery just happen?? or did an artist make it very deliberately?

20:03:52 AG-Scribe: you're either in the dark and an asura, in the middle/not sure, or it's obvious to you and you understand this is all intelligent

20:04:52 AG-Scribe: shastra chakshush - seeing through the eyes of the Gita. we see things differently

20:06:00 AG-Scribe: #144

20:06:09 AG-Scribe: "it wouldn't go well" lol

20:07:48 AG-Scribe: we think what can I do while remaining in balance myself, but also looking around us at other people, the loka... o metokwiyasan = all my relations

20:08:25 AG-Scribe: loka samgraha - what we must do in the context of all living entities

20:09:30 AG-Scribe: #145: acharya = car = move the way they think and talk. always think of the big picture

20:10:32 AG-Scribe: #146: gunas – rajas, tamas, sattva - these impulses arise automatically

20:11:07 AG-Scribe: ahamkara = the least visible of the 8 energies of matter. my false sense of identity. my persona. my body that i'm wearing and carrying about. it's not my self.

20:11:32 AG-Scribe: the gunas are motivating us and we're being compelled to do certain things

20:12:08 AG-Scribe: if i'm not careful i'll get lost in all this and only my perspective

20:13:20 **AG-Scribe: #148:** adhi kaari = the grade level in school - evolutionary point
20:13:27 **AG-Scribe:** be tolerant of where people are at
20:14:01 **AG-Scribe:** make people feel welcome to converse with us and that we still love them even if they are at a lower level of understanding
20:14:18 **AG-Scribe:** doesn't include the outright criminals
20:14:30 **AG-Scribe:** be gentle and patient until they hear it eventually

20:16:03 **AG-Scribe: #149:** implies each person could have a direct relationship with Bhagavan and dedicate what they do to Bhagavan
20:16:05 **AG-Scribe:** now go and fight

20:17:35 **AG-Scribe: #150:** just stay focused on me all the time and all the negative reactions [won't stick]... you won't need yajna anymore because all those devas are working for me anyway -- hall pass!

20:20:32 **AG-Scribe: #152:** goes against the concept of the caste system. not what family you are born into but what specific body type you are born into. what vehicle are you driving? particular specifications. examining the individual to see what is exactly perfect for them to do == adhi kaari. what is the nature you brought in this time? you need to use that nature

20:21:17 **AG-Scribe: #153:** we all have a body type. it's automatic to your body to like or dislike something and if you follow that, you act according to your car, not your atma
20:22:09 **AG-Scribe:** svadharma = the particular conglomerate of energetics in a particular lifetime that determines what we are best meant for, what our endowment is.

20:23:30 **AG-Scribe: #155:** papa, punya. did you work with or go against the laws of nature? papa/dukha (against), punya/sukha (with)

20:24:33 **AG-Scribe: #156:** it's the gunas. a scientific explanation. it's not some evil being forcing us to do something

20:25:41 **AG-Scribe: #157:** buddhi, direct knowing. even the wisest of yogis is sometimes overcome. the three gunas

20:27:08 **AG-Scribe: #159:** departments of our being. 10 indriyas - 5 perceptive, 5 active - can be covered. the manas and buddhi can all be covered/unbalanced impulses, distorted desires
20:28:00 **AG-Scribe:** the primary sensory faculties, thinking feeling willing and memory, and discerning faculty are the hiding place of these distorting desires
20:28:57 **AG-Scribe:** the battlefield situation. Durhyodhana = dirty fighter, son of Dhritarashtra = blinded by the land. metaphor for us in our body. our embodiment is the battlefield of Kurukshetra. we are held prisoner by opposing ideas or forces which can occupy the manas, the senses, or the buddhi

20:30:23 **AG-Scribe: #160:** the way you live. if you aren't careful, matter will erase all of your knowing like a shock treatment. makes you forget your accumulated wisdom by the shocks of these natural forces

20:31:18 **VASA - Jeffrey Armstrong:** KAMA RUPA! endless...

20:31:32 **AG-Scribe: #162:** the formula for acting correctly for one's own svadharma, for dharma itself, and for loka samgraha

20:31:49 **AG-Scribe:** Questions/comment? cams on

20:34:52 **Comments – Nilesch:** "yoga ecology" between us and the devas

20:35:21 **VASA - Jeffrey Armstrong:** colonial educators

20:35:54 **AG-Scribe:** didn't grow up understanding this as ecology, even though he grew up with the Bhagavad Gita. the knowledge that was lost is coming back now through Jeffrey!

20:37:19 **AG-Scribe:** loka samgraha - do you do it out of desire or out of compassion? karuna

20:37:37 **AG-Scribe:** reminds him of Vashishta giving advice to young Rama

20:38:47 **AG-Scribe:** because you are a royal prince, inside you have to be detached. outside you can enjoy it. you are a prince. you have to take the respect that people will honour you with, gifts, etc. outside enjoy it but don't be attached to the power

20:39:15 **VASA - Jeffrey Armstrong:** Pancha Tantra

20:39:42 **AG-Scribe:** education, enlightenment, and entertainment. pancha tantra. no problem with a Disney character if they can provide all three, but they only focus on entertainment

20:40:21 **Q&A – Reivin:** how is it not conversion if it's teaching people to think of Krishna and not the devas?

20:42:30 **AG-Scribe:** there is no Vedic conversion and it depends on personal experience and understanding. not trying to establish supremacy but just defining it first

20:43:33 **AG-Scribe:** "God" = gut (Dutch), gutam (German), hutam (Sanskrit)

20:44:12 **AG-Scribe:** agnihotra yajna isn't asking for something but committing to be a part of the cycle of life. not sacrificing the little bit of food, that is symbolic, but saying i'm dedicated to this cyclic process

20:45:31 **AG-Scribe:** the word for the smoke arising from the sacred fire became the go-to word for god using a pagan word, one of the lesser but important terms from the Vedic Sanskrit yajna, an acknowledgment of the working relationship between us and the devas. it's two sides of a relationship and enacting a process

20:45:36 **AG-Scribe:** not about conversion and not about worship

20:46:44 **AG-Scribe:** bhaga = the six qualities everyone pursues and wants more of

20:46:55 **AG-Scribe:** van = possesses them or the source of all of them

20:47:02 **AG-Scribe:** if you go there you get an unlimited supply of all the bhagas

20:48:31 **Comment – Debanik:** grew up in India and never was interested in studying this until he came to the US and wanted to go back to his roots

20:49:06 **AG-Scribe:** first time he has heard the ecology of yoga concept!! aha moment for him

20:49:58 **AG-Scribe:** is there even a choice in loka samgraha - acting for the well-being of people?

20:52:01 **VASA - Jeffrey Armstrong:** See Chapter 17 for How the Gunas Modify our Most Essential Actions

20:52:07 **AG-Scribe:** we start to become sensitized to the voices of other beings. tapasya - manage your instrument just right, bring it to balance carefully. minimize your needs so you can get quieter. you start hearing differently...

20:55:43 **AG-Scribe:** loka samgraha

20:56:05 AG-Scribe: what if you weren't always thinking about yourself only?
20:56:45 AG-Scribe: what can you do for others, for the world? attention to the detail of caring when I'm not preoccupied with my own desires
20:57:57 AG-Scribe: Nilesch - loka samgraha
20:59:00 AG-Scribe: a mother doesn't have a choice to take care of her child. she is compelled. does the sun have a choice to shine?
20:59:12 AG-Scribe: karma sannyasa
21:01:09 Debanik: Namaste to you all
21:01:18 Andrea: Bromance!!!

21:03:17 AG-Scribe: your individuality is brought forward by the way the conversation is being conducted
21:03:30 AG-Scribe: in a certain way you're alone but in another way you're affecting everyone
21:03:44 AG-Scribe: and you can have a direct relationship with Bhagavan. its not difficult
21:04:05 AG-Scribe: Bhagavan does not discriminate
21:04:26 AG-Scribe: if you don't let yourself get dragged around by your desires
21:04:53 AG-Scribe: it makes you self-satisfied
21:06:49 JA chants:

hari haraya namaha
krishna yadavaya namaha
yadavaya madhavaya keshavaya namaha
gopala govinda ram shri madhusudan
girdari gopinatha madhana mohan

21:07:34 AG-Scribe: we can feel overwhelmed by the loneliness of being alone in a body
21:08:28 AG-Scribe: Iso Upanishad

Vayur anilam amritam athedam bhasmantam shariram
Om krato smara kilve smara kritam smara

(V.17, Ishavasya Upanishad)

21:08:58 VASA - Jeffrey Armstrong: The guru initiates you into the EMOTION that goes with the sacred sound vibration - this is the Shakti in the mantra that activates it... Just like saying "I love you" with deep emotion.
21:10:01 Nilesch: at the end of the body, let the atma separate and let this body, a rented car, turn into ash. no worry no fear in the separation of the body because the atma is amritam
21:10:47 AG-Scribe: smaranam = memory, remembering. in a chaotic moment, please remember me the way I have always remembered you