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Season 2 Episode #5 Gita Comes Alive Learning Community hosted by VASA Publishing Jeffrey Armstrong | Kavindra Rishi

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Chapter 5: The Atma and the City of Nine Gates

19:07:34 **AG-Scribe:** Navaratri celebrating 9 nights of Durga - Mother Nature

19:08:08 **JA chants: Navadurga Mantra:**

Om prathamam shailaputri cha
dvitiyam brahmacharini
tritiyam chandraghanteti
kushmandeti chaturthakam
panchamam skandamateti
shashtam katyayaniti cha
saptamam kalaratriti
maha gauri chashtamam
navamam sidhidatri cha
nava durga prakirtitah
uktanyetani namani brahmanaiva mahatmanaha

19:08:18 **AG-Scribe:** mantra of Durga Ma

19:09:46 **AG-Scribe:** before kshatriyas could ever raise weapons they had to first chant mantras to Durga and get permission for what they were about to do -- was it with a dharmic heart? last check on force and violence -- Durga Ma!

19:10:07 **AG-Scribe:** lost voice of the feminine, displaced in our world today

- 19:10:59 **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.
- 19:11:24 **AG-Scribe:** Hari = the remover of all things that are toxic, dangerous or harmful and should not be in our hearts
- 19:11:55 **AG-Scribe: Chapter 4, last 2 verses v. 41, 42**
- 19:14:03 **AG-Scribe:** Ch. 4 in context of huge cosmology, time, universes, etc... now we come to understand our own true nature as the atma.... so now Ch. 5. explains what it is to be the atma in the body
- 19:14:06 **AG-Scribe: Ch. 5 v.1:** apparent paradox between jnana - the yoga of knowing - and karma - the yoga of doing. they appear to be in conflict
- 19:17:52 **AG-Scribe: v.3:** sukha = sugar and dukha = some form of suffering are the 2 ways that nature can respond to us as karma for our actions. all of which we have induced in previous or this life by acting in violation of the ritam, the laws of prakriti, material nature == papa (dukha) and punya (sukha)
- 19:18:06 **AG-Scribe:** e.g., black and white marbles
- 19:18:31 **AG-Scribe:** the more papa marbles you have in your jar the more dukha you will receive in the future [and same with punya/sukha]
- 19:19:23 **AG-Scribe:** they accumulate from life to life and within one life. it's us moving through matter as a human with volition making choices that unfold over a long time = cause and effect. the nature of prakriti, this realm of matter to which we have come from Brahman
- 19:20:33 **AG-Scribe: v. 5:** two types of personality - action oriented or thought oriented
- 19:23:32 **AG-Scribe: v. 8-10:** it is our attachment to objects and activities within matter, trying to be in control of the outcome. achieving is okay. Act, then give up the result. I'm not in charge of that part. The gu vs atma and Brahman. we get glued to the gu and get sucked into problematic states and behaviours. so we have to detach from the gu and turn toward our source as the atma
- 19:25:09 **AG-Scribe:** I am not the covering, I am the atma. my attention to me is turned within so the focus of being atma-centric is not taken away by the contact with matter
- 19:28:08 **AG-Scribe:** the secret of the lotus unfolding from the mud standing above the water, the flowers are not touched by the mud. no apparent relationship between the leaves and the mud that the root is rooted in. metaphor: we live inside a material body but we rise up above it. we are not defining our self by matter at all. critical piece of knowledge! keep the lotus image in your space!
- 19:29:34 **AG-Scribe:** ahamkara 8th or 1st (depending on which order you go in) material element - finest layer of matter

19:30:23 AG-Scribe: **v.13:** nava dvara pura = city of 9 gates

19:31:10 AG-Scribe: the ultimate metaphor: this body that we are inhabiting is a metropolis = pura = city. this body is the city we are inhabiting

19:31:22 AG-Scribe: so who are we in the context of that city?

19:31:28 AG-Scribe: everyone is inhabiting their own city, and is supposed to be in charge of it

19:32:54 AG-Scribe: **v.14:** laws of material nature are the devas and devis - the many helpers helping in the universe

19:33:02 AG-Scribe: caused trouble with the Abrahamics

19:33:57 AG-Scribe: Vedics say look around and see all the helpers in charge of the laws of nature. you are in charge of this body, and beyond that point the devas are in charge. then there is an ultimate controller controlling the devas and an ultimate realm - Brahman - that is beyond this realm

19:34:14 AG-Scribe: 9 orifices, gateways in and out of the city

19:34:31 AG-Scribe: also the ten senses bring things in

19:35:39 AG-Scribe: 8th faculty... 5 material elements + manas + buddhi + ahamkara = XX "false ego". ego - the sense of I - does get displaced but it's not called false ego. it is ahamkara = I identify myself as matter

19:35:52 AG-Scribe: dehi = self, deha = body of unconscious substance, the navadvara pura

19:36:36 AG-Scribe: you're only in charge of the city you're the mayor of

19:37:10 AG-Scribe: problems come from acting as the mayor of our city and thinking because we acted we control the outcome, so we get attached to the outcome, thinking we are in control of the outcome. we are the prabhu = master of the city (our own body)

19:38:41 AG-Scribe: people think if they only had this or that they could finally be the ultimate controller. this is the problem that Arjuna and his brothers and Draupadi have been dealing with for 13 years with their cousins

19:40:12 AG-Scribe: King Dritharashtra is blind and his wife Gandhari put on a blindfold to be like him - the blind rulers of the realm that is the inheritance of the Pandavas and the Kuravas. Drita = see (not seeing) rastra = the land == he went crazy in the real estate business. he wants to own the land.

19:40:44 AG-Scribe: ahamkara like all the dictators

19:41:11 AG-Scribe: turns a blind eye to the corruption of his child Durhyodhana = dirty fighter

19:41:23 AG-Scribe: yoda (yudha) = conflict

19:41:45 AG-Scribe: Yudhishthira = dharmic even in conflict

19:42:30 AG-Scribe: desha pate = despot

19:44:06 AG-Scribe: pop quiz!

19:44:32 AG-Scribe: Yudhishthira = dharmic even in conflict

19:45:18 AG-Scribe: Ahamkara = XX false ego = the 8th material energy = the I identifies itself as matter

19:45:43 AG-Scribe: 8 elements that cover the atma = earth, water, fires, air, space, manas, buddhi, ahamkara

19:46:51 Q&A – Andrea AW: please say more about the blind king and queen

19:47:21 AG-Scribe: the whole Mahabharata is a metaphor for the struggle for human existence

19:48:06 AG-Scribe: she is the energetic manifestation of what he is the energetic source of - the shakti for the male

19:48:22 AG-Scribe: many layers of scientific meanings

19:48:36 **Manjunath NV:** Dhritarashtra's wife Queen Gandhari was from Gandhaara / Kandahar in Afghanistan. Just an interesting info

19:48:51 **AG-Scribe:** shaktiman = the energy source, the shakti = the energy emanating from it. they had to work the same way to work together

19:50:12 **AG-Scribe:** Draupadi having 5 husbands...shows her as an amazing woman with 5 extraordinary husbands... she is the shakti for them

19:51:48 **AG-Scribe: Sandi - reminder:** first 4 classes of season 1 are background, explanation, etc. – good to review

19:52:20 **AG-Scribe:** also to read Mahabharata -- read Krishna Dharma's overview version to start out

19:53:16 **Q&A – Aparna:** 5.8 – “I'm not the doer of these actions?”

19:53:43 **AG-Scribe:** "doer" not a good translation word for the Sanskrit

19:54:17 **VASA - Jeffrey Armstrong:** caveat: the manas is steady in yoga

19:54:23 **AG-Scribe:** we are the puppeteer and the body is the puppet, we will be held accountable for what the body does if we initiated the action

19:54:54 **AG-Scribe:** but he is saying there will not be a karmic consequence if you are performing dharmic actions aware of yourself as the atma

19:56:24 **AG-Scribe:** the jiva atma develops siddhis, becomes close to a deva but can become so powerful and oppose nature == asura

19:56:56 **AG-Scribe:** Ravana - the classic asura in action

19:57:03 **AG-Scribe:** Darth Vader = dearth of veda

19:57:44 **AG-Scribe:** their powers lead them to dominate nature rather than go to Brahman

19:58:01 **AG-Scribe:** separate our actions from our identity, the actions must be dharmic

19:58:12 **AG-Scribe:** and we must be sattvic

19:58:51 **AG-Scribe:** but it's not saying you are not accountable within matter

19:59:16 **AG-Scribe:** action still has to have discernment

20:01:01 **AG-Scribe: v.14:** you see yourself as the prabhu. by shifting your consciousness you shift your reality. this is "psychosomatic." all modern psychology etc. was taken from the vedas

20:01:17 **AG-Scribe:** whatever your consciousness is doing is happening to the city of nine gates

20:01:55 **AG-Scribe:** are we taught any tools to understand or manage this??

20:02:15 **AG-Scribe:** or match it to our body type appropriately?

20:02:48 **AG-Scribe:** == mantra!

20:03:33 **AG-Scribe:** affects the vibration

20:03:44 **AG-Scribe:** yoga teaches all this

20:04:30 **VASA - Jeffrey Armstrong:** We added "the Psychology of Yoga course" to your 50% discount for Oct - see JeffreyArmstrong.com

20:05:18 **AG-Scribe:** must chant mantras!

20:05:36 **AG-Scribe:** when you forget who you are which is almost always

20:06:09 **AG-Scribe:** clear all the negative emotions, memories, etc. clear the decks and keep them clear. this is what this chapter is really about

20:06:38 **AG-Scribe: v.15:** the atma is pervading the body that it's in

20:07:12 **AG-Scribe:** the consciousness of the atma pervading both the subtle and gross matter of the body, pervading and animating

20:07:18 **Zubin Parihar:** It's your Atma's Yantra that's pervading matter

20:07:27 **AG-Scribe:** we are the prabhu, mayor of the city

- 20:08:14 **AG-Scribe:** we are atma. Bhagavan is Paramatma. we are prabhu, have dominance over a certain amount of matter.
- 20:09:18 **AG-Scribe:** we have autonomy. we came here by choice because we could, because it's interesting, because it's an adventure
- 20:09:40 **AG-Scribe:** but we not Paramatma - limited scale of power. not possible to go beyond a certain point
- 20:10:33 **AG-Scribe: v.16:** we are endarkened and this is a process of becoming enlightened
- 20:11:14 **AG-Scribe:** permanent Brahman realization
- 20:12:08 **AG-Scribe: v.17:** key verse **
- 20:13:32 **AG-Scribe:** why say "spiritual" and not Brahman? why don't they use the real word?! (because they would have to acknowledge it's ALL been stolen from India)
- 20:14:07 **AG-Scribe: v. 18:** this is not a caste system!!!
- 20:16:34 **AG-Scribe: v.20:** the definition of brahmin. not by birth but by achieving that consciousness
- 20:17:35 **AG-Scribe: v.21:** being the atma and dehi, not the deha - from that, a new source of sukha arises. all the material ones become obsolete. this is yoga
- 20:18:29 **AG-Scribe: v.22:** 6 stages of material existence: beginning, growth, duration, produces by-products, withers, and dies
- 20:19:01 **AG-Scribe:** along with the body comes a certain amount of pleasures and pains
- 20:20:04 **AG-Scribe: v.23:** very clear. so much pleasure comes from the inner connection, the compulsion to derive pleasure from outside objects is removed and not the focus anymore. It's inside now. yogas chitt vritti nirodha. the vrittis are removed (Patanajali's Yoga Sutras)
- 20:20:33 **Zubin Parihar:** We missed v. 24
- 20:24:55 **AG-Scribe:** yoga = separating of consciousness from prakriti. stand back from matter with no more attachment or compulsion. now you are the mayor of the city of nine gates and you don't need to go somewhere to get pleasure. it's within you.
- 20:26:50 **AG-Scribe: v.27:** brought back to ashtanga yoga
- 20:27:24 **AG-Scribe:** how to physically go out in the forest and embody this, then go through life embodying it
- 20:28:21 **AG-Scribe: v.28:** emotion - motivation - momentum == moksha = to go beyond the limitations of matter
- 20:28:48 **AG-Scribe:** "mo"tivation for the association of Paramatma after having learned all from prakriti, to go back and achieve the ultimate state of complete freedom
- 20:29:12 **AG-Scribe:** the symptom of an acharya is that all they want to do is share the Vedic vidya and establish a sattvic lifestyle for as many beings as possible
- 20:30:32 **AG-Scribe: v.29:** om shanti shanti shanti hari om
- 20:31:05 **AG-Scribe:** when you invite Hari through these vibrations - he's sitting on your heart - just turn around a half step, Shri and Hari are sitting on the couch behind us in our heart
- 20:31:26 **AG-Scribe:** we're so busy grabbing out the front window of our house hungry for temporary pleasures
- 20:31:56 **AG-Scribe:** the last step is ...
Vayur anilam amritam athedam bhasmantam shariram
Om krato smara kilve smara kritam smara
(v.17, Ishavasya Upanishad)
- 20:32:40 **VASA - Jeffrey Armstrong:** cremation: My last chance of a smoking HOT body!

- 20:33:19 **AG-Scribe:** moksha is when you understand that here you've been a bird with your wings clipped
- 20:35:36 **AG-Scribe:** you tuck in all your hungry senses like a turtle and stop grasping at matter
- 20:37:28 **AG-Scribe:** Hari and Shri are sitting there right now, just turn around
- 20:37:33 **JA chants:**

hari haraya namaha
krishna yadavayah namaha
yadavaya madhavaya keshavaya namaha
gopala govinda ram shri madhu sudhan
giridari gopinatha madhana mohan

- 20:39:00 **AG-Scribe:** the objects of the world no longer control you. you turn completely in the other direction
- 20:39:05 **AG-Scribe:** Bhagavan is courting us
- 20:41:11 **AG-Scribe:** don't quit out of fear or pain. turn around and see Shri and Hari
- 20:41:32 **AG-Scribe:** that's who's talking to us in the Bhagavad Gita - BOTH of them
- 20:43:07 **Q&A – Zubin:** v.24 - please read/explain (was missed)
- 20:44:35 **AG-Scribe:** JA's favorite verse:

#299, Ch.7 v.19

bahūnām janmanām ante jñānavān mām prapadyate
vāsudevaḥ sarvam iti sa mahātmā sudurlabhaḥ

After many, many births in pursuit of divine knowledge, one finally surrenders unto Me alone, saying: Vasudeva sarvam iti 'Vasudeva is the vast source of all and is everything'. Such a mahatma is very rare.

- 20:45:27 **AG-Scribe:** "Vasudeva kutumbakam" – we are all in the same pot/family
- 20:45:56 **AG-Scribe:** through this knowledge we are choosing the freedom of ultimate love, moksha, and being restored to our true svadharma
- 20:47:26 **Q&A – Reivin:** decolonization/"spiritual anger" - permission to get angry...? is this misplaced/cultural identity/ahamkara?
- 20:47:46 **AG-Scribe:** "righteous?" == ri / dhri (dharma) / kri (karma)
- 20:48:09 **AG-Scribe:** what is righteous anger?
- 20:48:33 **AG-Scribe:** dragged by anger?? not what Krishna recommends

#140, Ch.3 v.21

yad yad ācarati śreṣṭhas tat tad evetaro janaḥ
sa yat pramāṇam 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.

- 20:48:48 **AG-Scribe:** we're supposed to embody something
- 20:49:28 **AG-Scribe:** the acharya is emulated by others. might be better not to be angry

- 20:50:39 **AG-Scribe:** better to encourage determination, dharma, dharmocracy... shouldn't we know better?
- 20:50:54 **AG-Scribe:** ask for inspiration from Sarasvati, for clear expression = Vak
- 20:51:30 **AG-Scribe:** no kama, krodha, or lobha
- 20:52:35 **AG-Scribe:** kshatriya must defend dharmically. kshatriya is rajasic but not angry
- 20:54:18 **AG-Scribe:** they are not glad to be killing, even if it's their svdharma. use weapons only for protection
- 20:58:13 **AG-Scribe:** speak the truth without escalating the violence
- 20:58:28 **AG-Scribe:** everyone is an atma even if in a state of forgetfulness
- 20:58:48 **VASA - Jeffrey Armstrong: HOMEWORK:** learn to articulate the correct meaning of **SHANTI**
- 20:59:02 **AG-Scribe:** learn the scripts to tip the scale toward dharma in the appropriate circumstances
- 20:59:17 **AG-Scribe:** Shanti XX peace
- 20:59:39 **AG-Scribe:** look in the index for the verses/pages where it's written - it's not in the glossary
- 21:01:21 **AG-Scribe:** it's all about a mood...
- 21:01:57 **JA chants:**
 krishna krishna krishna krishna krishna krishna krishna krishna hey
 rama ragava rama ragava rama ragava rakshamam
 krishna keshava krishna keshava krishna keshava pahi mam
- 21:02:02 **AG-Scribe:** childlike mood
- 21:03:38 **AG-Scribe:** ultimately you touch people with your mood
- 21:04:24 **JA chants: Durga mantra**
 Om prathamam shailaputri cha
 dvitiyam brahmacharini
 tritiyam chandraghanteti
 kushmandeti chaturthakam
 panchamam skandamateti
 shashtam katyayaniti cha
 saptamam kalaratriti
 maha gauri chashtamam
 navamam sidhidatri cha
 nava durga prakirtitah
 uktanyetani namani brahmanaiva mahatmanaha
- 21:04:40 **AG-Scribe:** before using aggression you must go before Durga Ma
- 21:05:19 **VASA - Jeffrey Armstrong:** Happy thanksgiving weekend to all the Canadians! Jai Durga ma - SAVE a BIRD this weekend.
- 21:06:28 **Lindsey Robertson:** Thank you thank you thank you