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Season 2 Episode #6
Gita Comes Alive Learning Community
hosted by VASA Publishing
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Chapter 6: The Secrets of Ashtanga Yoga

- 19:07:17 BA Scribe : Homework from Chapter 5. What is the meaning of Shanti?
19:08:11 BA Scribe : Not to be translated as Peace...that is where the word pact comes from.
19:09:19 BA Scribe : Shanti - Equipoised within Prakriti. Calm and balanced in all circumstances.
19:09:30 BA Scribe : When Manas (Thinking, Feeling, Willing, Memory) is not steady there is no Shanti
19:09:39 BA Scribe : Shanti is a state of being.
19:09:55 BA Scribe : Episode 6 Season 2
19:11:08 BA Scribe : "In matter we chant Ummm....Yogis prefer Om."
19:11:43 BA Scribe : Um and Om are opposites.
19:11:52 BA Scribe : We are all wirelessly connected
19:12:36 BA Scribe : Shanta - and the extension of shanti - is the rasa (the relationship you can have with Bhagavan)
19:12:55 BA Scribe : ALL of the creatures all of the trees...everything.
19:13:23 BA Scribe : If you are not an active participant but a participant observing that is Shanta rasa

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.

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

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.

- 19:14:21 **BA Scribe** : Arjun was asking in Chapter 2 how did this vipasu come upon you? Chapter 6 will be deeper detail.
- 19:16:07 **BA Scribe** : Acharyas (a person who knows and lives according to the Vedic rules of conduct) of the past dedicated themselves to carry this information forward.
- 19:16:24 **BA Scribe** : Imagine a radio tower carrying a signal
- 19:17:07 **BA Scribe** : They had no other experience, but were the next “Antenna” in a chain of antennae dedicating themselves to the task.
- 19:17:25 **BA Scribe** : Steadiness within implies the Shanti is already there.
- 19:18:02 **BA Scribe** : The secret of the Acharyas is they don’t really have a relationship with the student.
- 19:18:14 **BA Scribe** : They move aside to give students space to learn.
- 19:18:26 **BA Scribe** : **Chapter 6 v.1**
- 19:19:32 **BA Scribe** : New age movement took the path somewhat of Sannyasi (one who has thrown down all material actions).
- 19:20:32 **BA Scribe** : From Krishna - 'don't give up actions.
- 19:20:51 **BA Scribe** : Give up attachment to the results of actions even though you must continue them.'
- 19:21:54 **BA Scribe** : **v.3** Krishna is starting to set the parameters of Ashtanga Yoga
- 19:22:11 **BA Scribe** : Asha - 8 Tanga - Limbs/Members
- 19:22:45 **BA Scribe** : **v.4**
- 19:23:55 **BA Scribe** : Yoga Arudha. (Garudha is the carrier of Vishnu, he is a golden eagle and carries Vishnu on his back)
- 19:24:16 **BA Scribe** : Garudha is to become an associate of Vishnu
- 19:24:39 **BA Scribe** : This Yoga is to become our “Yoga Arudha”
- 19:24:49 **BA Scribe** : Going on adventure, flying on the back of Yoga.
- 19:25:03 **BA Scribe** : **v.5**
- 19:25:17 **BA Scribe** : **v.6**
- 19:26:38 **BA Scribe** : Is this Jeckyl and Hyde? An Undisciplined Atma becomes Atma's worst enemy
- 19:28:21 **BA Scribe** : What if inertness has become the thing that stops us. We have been trying to get to what we need externally but what if we just turn around...turn inside?
- 19:28:50 **BA Scribe** : Stop looking outside ourselves for pleasure or satisfaction. Be satisfied being your/the Atma.
- 19:28:57 **BA Scribe** : **v.7**

19:30:13 **BA Scribe** : Paramatma - an aspect of Bhagavan which in each universe pervades all matter, and all beings have Paramatma within them, residing at their heart.

19:30:20 **BA Scribe** : We need to turn inwards in order to "see" Paramatma

19:30:40 **BA Scribe** : Paramatma resides beside Atma at the heart.

19:31:19 **BA Scribe** : Proton = Vishnu, Electron = Shiva, Neutron = Brahman

19:32:09 **BA Scribe** : We are not strong enough to be Atma, we are immature, not ready for those levels of existence. We are not ready UNTIL we are ready to be Atma again.19:15:41

19:32:24 **BA Scribe** : **v.8**

19:32:51 From Andrea Goldsmith : ***This is a relationship, it is not an abdication of our individuality!!!***

19:33:15 **BA Scribe** : Jnana -theoretical learning, Vijnana - practical learning

19:34:27 **BA Scribe** : Buddhi is awakened by Atma and fully awakens = "lights are on but nobody's home". Buddhi awakens but we don't exist as Atma.

19:35:00 **BA Scribe** : **v.10**

19:35:29 **BA Scribe** : "We are Matteraholics..." JA

19:35:39 **BA Scribe** : This is Bhagavan's AA (Atma's Anonymous?) be who we are!

19:35:59 **BA Scribe** : "*Clinging to matter only makes matters worse :)*" JA

19:36:22 **BA Scribe** : Clinging to matter thinking we will get something out of it does not work.

19:36:47 **BA Scribe** : What if we simply let it slide away(matter) by not grasping at it to define who we are = Aparigraha

19:36:51 **BA Scribe** : **v.11**

19:37:08 **BA Scribe** : **v.12**

19:37:54 **BA Scribe** : How many Yoga studios do you know that start with the Atma? It is missing in the west.

19:38:36 **BA Scribe** : The conversation is not present as it should be. If we added this one piece - hold a vision of self as Atma - turn to it, then there would be actual change.

19:39:15 **BA Scribe** : Dharana - One pointed meditation within (concentrating the mind)

19:39:26 **BA Scribe** : **v.14**

19:40:25 **BA Scribe** : Brahmacharya (Brahma Acharya) = restraint and correct circulation of sexual energies

19:40:51 **BA Scribe** : It refocuses our energies away from sexuality so they are no longer held in the grip of the body. The manas is calm.

19:40:58 **BA Scribe** : **v.15**

19:41:38 **BA Scribe** : Parama - Brahman / enlightened to their true identity

19:41:53 **BA Scribe** : Nirvan - understanding this is not me / detached from all forms of material reality.

19:43:10 **BA Scribe** : **v.16- 19**

19:43:43 **BA Scribe** : This lamp of knowledge - Jnana Dipena

19:43:52 **BA Scribe** : If we stay in the relationship to matter without believing we are matter.

19:44:19 **BA Scribe** : "*Could it be that "chit" no longer happens?"...HaHa JA*

19:44:43 **BA Scribe** : Like joining the triple AAA when Atma sees atom was atma

19:45:41 **BA Scribe** : **v. 22-26**

19:46:44 **BA Scribe** : Chanchala = restless and flitting from one thing to another

19:48:23 **Q&A — Andrea G.** : It is hard to control manas and be Aparigraha. How do we do that when we are in a body having to interact with matter?

19:49:37 **BA Scribe** : Answer: JA - Wrong timing. The answers are coming second half chapter 6.

19:50:53 **Q&A – Lindsay R.:** I am seeing similarities but would like to know what distinguishes Paramatma and Nirvan -

19:51:04 **BA Scribe :** Answer: JA - Nirvan = it is not mine, it is not me. Paramatma = an aspect of Bhagavan that pervades all of nature and resides within us.

19:51:30 **BA Scribe :** We do not have the understanding for this and go into shock if we glimpse Nirvan.

19:52:05 **BA Scribe :** Self in matter, soul are all jumbled up together by religion.

19:52:35 **BA Scribe :** First realize none of this is me, then understand it is a piece of Brahman. Realizing this is experience within prakriti

19:53:15 **BA Scribe :** This is the state just after we change identity from what we have thought we were. We then loose everything we had to communicate with others.

19:54:12 **BA Scribe :** Adi kari = understanding of Brahman. You now have to be careful with everyone you now communicate with.

19:54:34 **BA Scribe :** People are vulnerable in transition and need a guru to guide them.

19:55:16 **BA Scribe :** It is getting to state of being Atma that is the first step of Yoga.

19:56:08 **Q&A – Sarahla:** Are Aham Brahmasmi and Ahamkara being described in this chapter??

19:56:57 **BA Scribe :** Answer: JA - Brahman is the music playing in the background while exploring the technology.

19:57:20 **BA Scribe :** Here we try to cozy up with matter and try to finally get satisfaction, but we Don't get satisfaction.

19:58:05 **BA Scribe :** At beginning stages Yogi merges all things together because they don't have the Yoga "muscles" yet - the knowledge needed.

19:58:18 **BA Scribe :** It always come back to being the Atma.

19:59:06 **Q&A – Reivin:** what is the difference with having pleasure in matter and pleasure as Atma relating to Brahman.

19:59:51 **BA Scribe :** Answer: JA - The problem with pleasure is, it is seen as the experience interacting within something in matter that matter gave to me.

20:00:11 **VASA - Jeffrey Armstrong:** Sat chit ananda vighraha

20:00:24 **BA Scribe :** The Atma experience should instead be called Ananda = A(not) Nanda (pleasure)

20:00:49 **BA Scribe :** A junkie on heroine could look the same as a Yogi high on the practice if the Yogi s relating to Brahman.

20:01:52 **Q&A – Geza:** in verse 239 is Atma being the enemy or are we acting as Ahamkara?

20:03:32 **BA Scribe :** Answer: JA - Too convoluted for where we are in class at this time. The need is to think about, what would it take to do that???

20:04:25 Desha Kala Patra = where and in what time and circumstances we are in. Even with this class.

20:06:01 **VASA - Jeffrey Armstrong:** when we worked on this verse - I couldn't believe Krishna said atma so many times - this verse is one you personally can meditate on daily.

20:06:39 **BA Scribe : v.27-30**

20:08:24 **BA Scribe :** Krishna went from soft start then moved into how to be a Yogi.

20:09:40 **BA Scribe : v. 31-33** Chanchala = inherently unstable and fickle

20:10:18 **BA Scribe** : Arjuna expressing how he thinks that everything described in the first half of chapter is impossible.

20:12:11 **BA Scribe** : Vairagya = complete determination and indifference to matter

20:12:19 **BA Scribe** : Krishna really want us to detach in this half.

20:13:10 **BA Scribe** : **v.34-38**

20:14:17 **BA Scribe** : *"Half of Psychology is someone with an inferiority complex telling someone else with an inferiority complex what to do." JA*

20:14:58 **BA Scribe** : Doubts are like Asuras. The biggest doubt we have is when we encounter this knowledge

20:16:03 **BA Scribe** : **v. 39 - 43**

20:16:38 **BA Scribe** : This is the millions of Yogis taking birth in the west. Being born into beneficial families and resuming the Yoga of a previous life.

20:16:58 **BA Scribe** : They are being born into affluent enough families but not enough to make them happy.

20:17:29 **BA Scribe** : Devas are important because they exist at the level of divine intention.

20:18:14 **BA Scribe** : Science is trying to figure the whole thing out. If this is the case (purposefulness) then there is a divine purpose.

20:18:40 **BA Scribe** : If you go to Svarga Loka and then come back to a slum, how would you feel?

20:19:05 **BA Scribe** : If you've been in paradise for 100 years and come down to a middle class family you would wonder what is wrong!

20:19:22 **BA Scribe** : These Yogis then try to find pleasure in matter and it doesn't work. They have to find Yoga that returns them to Atma.

20:19:39 **BA Scribe** : **v. 44-45**

20:20:34 **BA Scribe** : Param Gati = Ultimate destination. What is the difference between that destination and where we are?

20:20:39 **BA Scribe** : **v.46**

20:21:36 **BA Scribe** : It is difficult to see ourselves as Atma because we have been covered in goo (matter) for so long.

20:22:02 **BA Scribe** : Everyone has the sense of many many lifetimes and this is where Yoga offers the most benefit.

20:22:41 **BA Scribe** : Ashrams offer those who want to be Yogis a place to go. But how do you maintain connection to Atma here?

20:23:26 **BA Scribe** : We keep coming back to this again and again and blowing it.

20:23:57 **BA Scribe** : Vedic culture holds space for all living entities

20:24:14 **BA Scribe** : Everything alive is Atma. MAHA ATMA!

20:24:59 **BA Scribe** : Don't give up because it seems too difficult or takes too long.

20:25:26 **BA Scribe** : Decide you are not going back and ask questions about the details.

20:25:35 **BA Scribe** : Just being Atma is the medicine.

20:26:20 **BA Scribe** : *"If everyone just gets that they are the Atma in this lifetime, I will be ecstatic" - JA*

20:26:39 **BA Scribe** : "I'm going to remember this and never forget it"

20:26:56 **BA Scribe** : The Committed Yogis Motto: "Always Remember and Never Forget"!

20:27:44 BA Scribe : Until you know you are directly in contact with Bhagavan then you chant Om Namoh Bhagavate Vasu Devaya then keep coming back to it.

20:28:41 BA Scribe : Do this relentlessly, don't even let rebirth stop you.

20:28:56 BA Scribe : Take a Vrat - a vow between you and Brahman

20:30:12 BA Scribe : You can line up and immerse in all the material pleasure and all you will get is gout and a stomach ache.

20:30:33 BA Scribe :
om ajnana timiran dhasya
jnanan jana salakaya
caksur un militam yena
tasmai sri gurave namaha

20:31:44 BA Scribe : **v.47**

20:32:15 BA Scribe : This is all we need to know.

20:32:36 BA Scribe : Aham Brahmasmi.

20:32:54 BA Scribe : This is how you get what you really need to get. "Tony Robbins without all the BS"

20:33:33 BA Scribe : *"Here we are not worried about the consumer economy we are worried about the consumers." JA*

20:35:08 BA Scribe : At the time of death remember chapter 6

20:36:34 BA Scribe : The big secret? We are not in charge of the results.

20:37:04 VASA - Jeffrey Armstrong: if we desire the result - we get the karma

20:37:10 VASA - Jeffrey Armstrong: the secret is in the seva.

20:37:11 BA Scribe : But if we remember to do everything in service without wanting anything else we can let go of the results.

20:38:13 BA Scribe : The servant of the servant of the servant of Krishna.....Dasa Dasa Dasanudasah

20:39:13 BA Scribe : It is not difficult if you have the right words and understanding and take a vow to use this knowledge and not take another life.

20:39:45 BA Scribe : Make a decision! You know what the decision is and make it that simple.

20:39:59 BA Scribe : Take back your knowledge that you are the Atma and never give it up again.

20:41:18 BA Scribe : Homework....memorize verse 239

20:41:27 BA Scribe : And memorize the definition of Atma

20:41:36 BA Scribe : Page 291

20:42:12 VASA - Jeffrey Armstrong:

HOMEWORK: memorize verse #239 and the definition of ATMA - page 291

20:43:55 Q&A – Allan R. : If most yogis are householders and not Sannyasi...based on what we read tonight, How do we remember we are Atmas then we still need to be atma while being in matter.

20:44:55 BA Scribe : Answer: JA - This is the summary class in a sense. How to do the Yoga? This is like getting a badge for each skill. If you get them all you have the ultimate understanding

20:45:13 BA Scribe : We advance in the long process of maturing through many lifetimes

20:45:28 BA Scribe : Violations of, or working with, the laws of nature.

20:46:13 **BA Scribe** : Dukh and Sukh - you get a white or black marble. You collect them based on actions, but you can't take them with you. They are what you get to spend in this lifetime.

20:46:39 **BA Scribe** : The dignity is the continuation of atma through many lifetimes.

20:47:06 **BA Scribe** : Can you drop different functions through life and still be the atma?

20:47:29 **BA Scribe** : When you take birth in a Yogi family it is all Yoga from the time you touch down.

20:47:58 **VASA - Jeffrey Armstrong**: everyone is at a different stage of development and will "hear" differently and do what they are attracted to do next in their evolution. There is an action that every individual depending on their guna will be attracted to. It will either be their karma driving them or their conscious evolution

20:48:45 From Andrea Goldsmith : "swami song"

20:49:10 **BA Scribe** : Jeffrey's guru got what he needed from his family and then went to his guru and then in his 80's got on a ship to America.

20:49:30 **BA Scribe** : What used to be physical affection becomes transcendental affection.

20:49:56 **BA Scribe** : In that moment you become like a Gopi, shy of the atma.

20:52:12 **Q&A – Diane**: The English word matter is problematic because it makes her think of the 5 elements. Knowing this includes the Antakarana, it is easier to let go of the gross material but not the rest. Is there a link?

20:53:29 **BA Scribe** : Answer: JA - the 5 elements act as constituents of our physical body. When we put that body on a bed the antakarana slips out, Manas, Buddhi, and ahamkara (I Am Matter).

20:54:49 **BA Scribe** : What are we left with? It is the goo...in small particles (think of it as adoring fans) it hovers around royalty. The particles hover around us. When we enter prakriti, the particles are magnetically attracted to us and we love that feeling and allow ourselves to become the center of their "attention".

20:54:55 **BA Scribe** : Now we are self centric

20:55:05 **BA Scribe** : Self-ish

20:55:46 **BA Scribe** : This new definition for us is ahamkara. There are many ways it tricks us back to being the center. It is the outcome of the adoration of the particles.

20:56:04 **BA Scribe** : Then we feel we cannot discern the atma from the matter

20:56:32 **BA Scribe** : Meditating on our own atma accomplishes this discernment first.

20:56:55 **BA Scribe** : Our atom pulls back from the disguise, our mask is now gone and we are just the atma

20:57:30 **BA Scribe** : We cannot go through each day handling so much matter and not fall back into that misconception. It gets stuck to us.

20:57:51 **BA Scribe** : Detach from it by saying Aham brahmasmi.

20:58:38 **BA Scribe** : Some get distracted and when they get connected to Brahman and they pull back.

20:59:11 **BA Scribe** : Matter is only able to stick to us when we are distracted or want it.

20:59:40 **BA Scribe** : Some Yogis go to the forest for a while to disconnect from matter and then they come back and test their ability to remember they are Atma.

21:00:26 **VASA - Jeffrey Armstrong**:
https://www.youtube.com/watch?v=bFcC_5Wfs3w&t=679s