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Season 2, Episode #8

Gita Comes Alive Learning Community

hosted by VASA Publishing

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Chapter 8: The Process of Attaining Knowledge of Brahman

- 19:04:22 **AG-Scribe:** Namaste!
- 19:04:27 **AG-Scribe:** Homework - Achintya
- 19:05:33 **AG-Scribe:** v 304 - 305
- 19:05:42 **Percy Hilo:** Greetings to Gita lovers here, there, and everywhere. Jai Hanuman/Jai Guru Dev!
- 19:06:10 **AG-Scribe:** welcome Percy!
- 19:06:13 **AG-Scribe:** namaste
- 19:07:46 **Lindsey Robertson:** Also to memorize verse #298 :)
- 19:07:53 **AG-Scribe:** Chapter 8: The Process of Attaining Knowledge of Brahman

19:08:59 **JA chants:** **guru mantras**

Om guru brahma guru vishnu
guru devo maheshvaraha
guru sakshat para brahma
tasmai shri guruvech 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.

nama om vishnu padaya krishna preshtaya bhū tale
srimate bhaktivedanta svamin iti namine

I offer my respectful obeisances unto His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, who
is very dear to Shri Krishna, having taken shelter at His lotus feet.

namas te sarasvate deve gaura vani pracharine
nirvishesha shunyavadi pashchatya desha tarine

Our respectful obeisances unto you, O enlightened Guru, in the service of the teachings of
Sarasvati Gosvami. You are generously sharing the message of Chaitanya Mahaprabhu with
Western civilization, which is currently distorted by accepting impersonal and empty
philosophical conclusions as the ultimate truth.

- 19:11:28 **AG-Scribe:** we are awakened – dwija = second birth - the guru acts as the father and the veda as the mother. First birth was in the body from our mother.
- 19:11:49 **AG-Scribe:** Arjuna's existential dilemma == ours!
- 19:12:03 **AG-Scribe:** our life looks like Kurukshetra too. Something's got to give
- 19:12:09 **AG-Scribe:** we can feel it
- 19:12:40 **AG-Scribe:** we ARE on the verge of a battle. we're not going to war, but we are atmas finding ourselves in the middle of the contending forces of prakriti
- 19:13:14 **AG-Scribe:** the Bhagavad Gita makes us reflect on our existential dilemma. makes us serious about where we are going next and whether we have any say and how we do it
- 19:13:58 **AG-Scribe:** the material world seems incompatible with us as the atma
- 19:14:08 **AG-Scribe:** what do we want from being here, and can we keep it?
- 19:14:45 **AG-Scribe:** everything here is temporary. what is this journey really about?? the Bhagavad Gita is designed for awakening this conversation!! awakening to our existential dilemma
- 19:15:17 **AG-Scribe:** we find ourselves born in the midst of a struggle
- 19:16:43 **AG-Scribe:** when he was young... the people who were pretending to be my leaders just dropped nuclear bombs on Hiroshima and Nagasaki, (and claimed to do it in the name of their god...). how dare they??
- 19:17:13 **AG-Scribe:** when was the Bhagavad Gita spoken? colonizers have refused to accept the chronology of the vedas
- 19:17:49 **AG-Scribe:** yet the Mahabharata and Ramayana - itihasa epics - have precise astronomical references
- 19:18:33 **AG-Scribe:** Nilesh Oak dating mathematically, precisely, with NASA info... concludes this conversation landed 7582 years ago in India

19:19:47 **AG-Scribe:** no other religion has this precise dating of the writing and speaking of their books. and these were written in Sanskrit to preserve their words - no linguistic drift. the Sanskrit has been kept steady that long. English is a disaster

19:20:49 **AG-Scribe:** chaotic, polyglot...

19:21:54 **AG-Scribe:** this version of Bhagavad Gita with no commentaries allows us to really be in the position of Arjuna and listen to the conversation without interruption of commentaries

19:22:38 **AG-Scribe:** this chapter brings us to a razor-sharp focus as a yogi. our consciousness is inhabiting the body we have clustered around

19:22:44 **AG-Scribe: 8.1 #311**

19:23:41 **AG-Scribe:** oh purusha uttama - oh ultimate person who is not touched by the gunas

19:24:06 **AG-Scribe:** person!!

19:25:21 **AG-Scribe: #312**
when our body keels over we may have a few moments to decide where we're going next. what would you focus on, think about?

19:25:25 **AG-Scribe: #313**

19:25:50 **AG-Scribe:** definition of Brahman!

19:26:03 **AG-Scribe:** the immortal, imperishable and always brilliant

19:26:26 **AG-Scribe: #313.2** - that immortal being (atma) is US

19:26:33 **AG-Scribe:** definition of karma

19:26:39 **AG-Scribe:** each sentence is major!!!

19:27:09 **AG-Scribe: #314**
Adhibhuta = Durga and Shiva

19:28:07 **AG-Scribe:** Adhiyajna. We are pervading our body, but Adhiyajna, Adhidaiva, Adhiatma is pervading the entire cosmos

19:28:40 **AG-Scribe: #315**

19:29:20 **AG-Scribe:** removed from the process of reincarnation!

19:29:32 **AG-Scribe: #316**

19:30:02 **AG-Scribe:** we are from Brahman

19:30:15 **AG-Scribe:** Bhagavan as Paramatma is sitting in our heart at the very centre of our being, right next to us

19:30:38 **AG-Scribe:** we are moving ourself forward from life to life by the state of consciousness that we develop during each life, combined with the cause and effect that we created during that life!

19:31:09 **AG-Scribe:** We are from Brahman. We've come to prakriti. We are involved in samsara – reincarnation: from life to life, we get another body.
In the human body, we get to have this conversation!

19:31:50 **AG-Scribe:** the process of leaving prakriti behind is called moksha. one of our potential possibilities. we can go anywhere in the realm of prakriti that we wish to go to. where we are as a human allows us to determine by our actions where we go next. we are buying our ticket for next life in this life.

19:32:01 **AG-Scribe:** line up at the ticket booth everyone!

- 19:32:10 AG-Scribe: 316!!!
 19:32:29 AG-Scribe: smaranam
 19:33:10 AG-Scribe: bhav = a state of being and the state of emotion you're holding in that state of being
- 19:33:26 AG-Scribe: #317
 19:34:12 AG-Scribe: yogic smaranam = our yoga is to remember Bhagavan in the midst of everything, with our manas and buddhi completely focused upon Bhagavan
 19:35:08 AG-Scribe: act in the world for the well-being of all. the missing vitamin for all of us has been doing what we must do while holding one pointed focus on Bhagavan, because we haven't been introduced and we haven't been told were multitasking. holding focus on where we will go and also on what we are doing here.
 19:35:14 AG-Scribe: not about belief but action!
 19:35:54 AG-Scribe: until you see Bhagavan you can't do this yoga at least until you understand theoretically there is an intelligence behind all of this and you focusing on that will give you a relationship with that being. anything else will give you karma in matter
 19:36:33 AG-Scribe: not everyone is a yogi so there's lots going on out there. everyone just acting to eat, sleep, mate and defend, all absorbed in matter, in their four animal propensities
 19:36:50 AG-Scribe: don't start with seeing the Supreme, but with seeing you are the atma first!!!!!!!

#60, Ch.2 v.13

dehino 'smin yathā dehe kaumāraṁ yauvanaṁ jarā
 tathā dehāntara-prāptir dhīras tatra na muhyati

Just as a person grows within their deha 'perishable body' from childhood to youth to adulthood and then to old age, so at the death of the deha, their dehi 'immortal consciousness' migrates to another deha. One who understands this is not confused by these changes.

- 19:36:57 AG-Scribe: know who you are first!
 19:37:17 AG-Scribe: the individual within the dehi - the atma - does not change from life to life
 19:37:38 AG-Scribe: doing yoga = deciding, becoming the decider of whether or not you have anything left to do here such that you're willing to come back here again to finish it
 19:37:41 AG-Scribe: this is THE question!!!!
 19:38:09 AG-Scribe: you can't stop being here if you don't know there's somewhere else to go and that you can decide to leave and you decided to come here
 19:38:19 AG-Scribe: do you want to stay or are you ready to go?
 19:38:26 AG-Scribe: yogis are the ones who are ready to leave
 19:38:39 AG-Scribe: if you stay, you have to know all the laws of nature, ritam, etc. or it may be harder here. we must obey the laws of nature
- 19:39:42 AG-Scribe: #318
 19:41:08 AG-Scribe: what if yoga is simply a guru introducing you to Bhagavan and that was the missing piece? Now it's up to you to take up the introduction and make the acquaintance! and that person leading you to Bhagavan – you would want to serve

- 19:41:52 **AG-Scribe:** this is not religion, it's a relationship. you alone can have an intimate one-on-one relationship with the source of everything and there's no intermediary except your ignorance, your not knowing. and now they guru has made an introduction for you
- 19:42:03 **AG-Scribe:** smaranam!! remember it
- 19:42:51 **AG-Scribe:** I'm going to begin each day remembering this because I've just been introduced to the ultimate ultimate purusha!
- 19:43:26 **AG-Scribe:** "the Supreme and Ultimate Person!!" you were just directly introduced! Suzy, meet Bhagavan. Bhagavan, meet Suzy! literally
- 19:43:52 **AG-Scribe: #319, 320**
- 19:46:15 **AG-Scribe:** held steady by the power of yoga == ashtanga yoga
- 19:47:00 **AG-Scribe:** 7 chakras, base of the spine, 6th - third eye, direct the focus between the eyebrows, third eye opens, 7th is the thousand petal lotus
- 19:49:19 **AG-Scribe:** the Akshara Brahman is where we now aim ourself toward. instead of going to prakriti, we are acting in prakriti going to Brahman. doing these things simultaneously. acting in prakriti with focus on the Akshara Brahman
- 19:49:52 **AG-Scribe: #322**
- nine gates. close the orifices. pull away from the senses. pratyahara like a turtle
- 19:50:05 **AG-Scribe:** withdraw completely from the premise that matter is your goal
- 19:50:44 **AG-Scribe:** the third eye has been asleep and closed, we have been lost, wandering around in the nava dvara pura
- 19:50:50 **AG-Scribe:** close all the gates!
- 19:51:22 **AG-Scribe:** pull into the hridaya where you go with Bhagavan
- 19:51:38 **AG-Scribe:** this is a user's manual
- 19:51:45 **AG-Scribe: #323**
- 19:52:03 **AG-Scribe:** AUMMMMM
- 19:53:04 **AG-Scribe: #324, 325**
- 19:53:57 **AG-Scribe:** Questions? cams on please
- 19:55:45 **Q&A – Debanik: #317** - remember Bhagavan in all situation - sums it all up!
- 19:56:02 **AG-Scribe:** complete focus in this chapter. when you're at the end, this is what you do
- 19:56:33 **AG-Scribe:** definitive verse! always remember, never forget...
- 19:57:46 **Q&A – Aparna:** what is the one thing I should do when I get up in the morning as a yogi, for a beginner?
- 19:59:03 **AG-Scribe:** A U M
- 19:59:14 **AG-Scribe:** ommmmmmmm
- 20:00:03 **AG-Scribe:** "uh, uh, ummmm" ... the material mantra when you don't know krishna
- 20:00:09 **AG-Scribe:** OMMMMMMMMMM like you mean it
- 20:00:17 **AG-Scribe:** find your voice. like a baby crying for its mother!!
- 19:59:08 **Percy Hilo:** Thanks for the class. good to be in the bhav with you again. Namaste!

- 20:01:49 **Comment – Manjunath:** lots of new vocabulary in this chapter. important to learn the new words!! this chapter made more sense to him when he learned the vocabulary and what it really meant
- 20:02:55 **AG-Scribe:** gate gate, gait, ... where are you going?
- 20:03:19 **AG-Scribe:** gate gate paragate para sam gate boddhi svaha - where is your buddhi focused, no matter what else you do?
- 20:03:50 **AG-Scribe:** yoga is to learn to focus the buddhi, the third eye. to set it and continue going back to it all day long while you do everything else. practice for when the 18-wheeler rolls over on your car and you have 10 seconds. say OMMMMM
- 20:04:33 **AG-Scribe:** or lying in a hospital bed for a year leaving your body. all yoga is getting ready to get clear. tapasya on who you are. get that!!
- 20:05:16 **AG-Scribe: Homework:** Smaranam and verses 315, 316 and 317. Do these verses wake you up?
- 20:05:45 **Q&A – Manjunath:** is everything we do in life our tapasya preparing for our final moment of life?
- 20:06:13 **AG-Scribe:** leads us into the next verses....
- 20:06:38 **AG-Scribe:** Bhagavan is about to explain time and the scope and scale at which we as the jiva atmas are moving through prakriti and having these experiences
- 20:06:53 **AG-Scribe: #326, 327**
- 20:07:50 **AG-Scribe:** Brahma is creator of our jagat. Ja = birth, gat = turning. going forward by rebirth
- 20:08:53 **AG-Scribe:** Brahma/Saraswati = the creators. jiva atmas. the highest job within a jagat is to be Brahma in a universe for a lifetime. have the experience of creating a universe. can be the ultimate birth you could take. or you could take a birth on a planet of brahma and observe it all
- 20:09:37 **AG-Scribe: #327, 328**
- 20:10:18 **AG-Scribe:** big view of prakriti
- 20:10:30 **AG-Scribe:** in each jagat there is a Brahma. they live 100 x 365 x 8.64 billion years
- 20:11:50 **AG-Scribe:** we go through the 8 million species below human that we have to go through then the 400,000 species of humans plus all the lokas
- 20:12:44 **AG-Scribe:** Brahma is inside a jagat
- 20:12:54 **AG-Scribe:** Brahman is the source of all the jagats
- 20:12:59 **AG-Scribe: #329, 330**
- 20:14:58 **AG-Scribe:** there's another realm of existence within Brahman. 3/4 of existence
- 20:15:11 **AG-Scribe:** prakriti is the 1/4 slums. okay well the suburbs lol
- 20:15:32 **AG-Scribe:** Bhagavan is giving Arjuna the big picture. He went from the nuts and bolts of what yoga is exactly, and then he said now let's look at the nuts and bolts of the context. Billions and trillions, gazillions of years!!!
- 20:15:48 **AG-Scribe:** Compare that to Christianity or Islam, or even to modern science. Modern science got its info from India. And is now killing the world with it.
- 20:16:14 **AG-Scribe:** discovery = stealing things from existing civilizations and passing it off as your own.

20:16:47 **AG-Scribe: #331**
It is where the beauty we pursue here comes from. This is a reflection and what we think is real is not really there (only temporarily). It is the beauty that runs the place, that makes it turn

20:18:54 **AG-Scribe:** love and beauty – we're hungry for more and more and more of it!

20:18:56 **AG-Scribe: #332**
20:19:37 **AG-Scribe:** it's not what you know, it's who you know! (It's clear when you look at who is in power – they were picked and put there, they don't deserve it...)

20:20:05 **AG-Scribe:** Bhagavan is telling us just make a relationship with me, don't get confused by everything else. Don't get confused by something lesser. Don't settle for something you don't deserve

20:20:21 **AG-Scribe:** you deserve a relationship with ME and that's the love that makes the world go round

20:20:48 **AG-Scribe: #333**
20:21:01 **AG-Scribe:** when to leave your body to be led straight to Brahman
20:21:14 **AG-Scribe:** 3-2-1 launch!!
20:21:20 **AG-Scribe:** they do this in Benares in India
20:22:22 **AG-Scribe:** we have to learn how to have that focus so that we can launch our rocket to leave prakriti and re-enter Brahman!
20:23:01 **AG-Scribe:** I'm telling you how the whole contraption works!
20:23:19 **AG-Scribe:** even though you feel like small ant on a log

20:23:22 **AG-Scribe: #334**
20:23:57 **AG-Scribe:** NASA we have launch

20:25:31 **AG-Scribe: #335, 336**
20:26:02 **AG-Scribe:** sat, asat. asat = dark, temporary. NOT "unreal"
20:26:23 **AG-Scribe:** asato ma sat gamaya
20:26:35 **AG-Scribe:** from that which is temporary lead me to that which is permanent
20:26:46 **AG-Scribe:** from the darkness of matter please lead me to the luminous Brahman realm
20:27:08 **AG-Scribe:** from this inconvenient process of repeated birth and death please lead me to a state of being which is constant and able to activate the fullness of my personhood, my being! I'm ready to go there please

20:27:22 **AG-Scribe: #337**
20:28:29 **AG-Scribe: Isha Upanishad invocation**
om purnam adah purnam idam
purnat purnam udachyate
purnasya purnam adaya
purnam eva vashishyate.

20:28:37 **AG-Scribe:** everything you see here emanated from Brahman
20:28:52 **AG-Scribe:** everything that emanates from Brahman is perfect and complete
20:29:01 **AG-Scribe:** and even though so many perfect realities emanate from Brahman
20:29:15 **AG-Scribe:** Brahman remains undiminished by all of that emanating

20:29:57 **AG-Scribe: Isa Upanishad v.17**
Vayur anilam amritam athedam bhasmantam shariram
Om krato smara kilve smara kritam smara

20:30:03 **AG-Scribe:** om krato smara = smaranam!

20:31:06 **AG-Scribe:** at the moment when my body no longer functions and I leave it, they will put my body on the fire. My life air will dissipate, and I will no longer be connected to me. And as the burn the sharirah (sheath), please remember me the way I remembered you throughout my life

20:31:14 **AG-Scribe:** every day is practicing for leaving here

20:31:26 **AG-Scribe:** you are on your own journey

20:32:17 **AG-Scribe:** only you. our ultimate fear – I'm totally alone. true in one sense

20:32:20 **Sandi - VASA:** 😊 and remember it's never a "pretty moment" when you leave your body - where will your consciousness be at that moment?

20:32:40 **AG-Scribe:** no, the temporary can't be permanent

20:33:23 **AG-Scribe:** when they're burning your body you're there watching as the atma

20:35:37 **AG-Scribe:** remember every morning... buy your ticket to Bhagavan. I was seeing you reflected in all the junk and chunks of matter but what I really always wanted was Bhagavan

20:37:35 **AG-Scribe:** we're so distracted by everything material but the satisfaction never lasts

20:38:37 **AG-Scribe:** Bhagavan comes down to prakriti to tell us the secrets. he loves us

20:38:41 **AG-Scribe: #338**

20:39:40 **AG-Scribe:** because you're my friend I'm going explain some things to you

20:39:44 **AG-Scribe:** make Bhagavan your friend

20:40:01 **AG-Scribe:** Bhagavan = Hari

20:40:29 **Manjunath NV:** Sanskrit Hrt - Heart

20:40:36 **AG-Scribe:** Hari is sitting in our heart. Paramatma - Shri and Hari - Bhagavan and Bhagavati – are sitting on our heart waiting for us to turn around

20:41:01 **AG-Scribe:** Hari = that being who, when asked, removes anything that isn't for your best interest, anything that isn't beneficial

20:42:02 **AG-Scribe:** om tat sat = om that which is always true. may om tat sat be with you.

20:42:15 **AG-Scribe:** "om hari om tat sat, please remove what I am not"

20:42:43 **AG-Scribe:** questions?

20:48:53 **Q&A – Reivin:** "you don't have to join a church" - is religion an ahamkara identity?

20:49:28 **AG-Scribe:** JA "the vedic culture is not a religion"

20:49:43 **AG-Scribe:** Abrahamics have a different kind of behaviour

20:50:24 **AG-Scribe:** the clarity that Bhagavan gives us is not present in the other "religions" as to who we are, where we came from, are going... and the religions will not be able to help us when we are leaving our body

20:50:59 **AG-Scribe:** yes "religion" (including Hindu) identifies who your "group" is in life

20:51:14 **Sandi - VASA:** each are a support group

20:51:29 **AG-Scribe:** we are all in a codependency group

20:51:57 **AG-Scribe:** we do get a benefit from groups of like-minded beings. like right now... satsangha - amplifies what we are doing – association

20:52:20 **Sandi - VASA:** e.g., chanting together is amplified - satsangha

20:52:38 **AG-Scribe:** the focus of our intense energies together. a gathering of yogis trying to cut the bonds that bind us to prakriti

20:53:25 **AG-Scribe:** when the moment comes, we will do it alone, but we get momentum from doing it (practicing) together. different from joining a club/religion. understand the amplification principle when we come together. kirtan

20:54:53 **Sandi - VASA:** ultimate individuality!

20:54:56 **AG-Scribe:** joining a group can't make you a yogi. you are the one who charts your course. nobody is going with you. YOU!!!

20:55:21 **Gaurav Goyal:** bittersweet truth

20:56:31 **AG-Scribe:** your best friend can remind you though!! sadhu sangha

20:56:44 **AG-Scribe:** they can't go with you, but they can remind you == acharyas!!!

20:56:47 **AG-Scribe:** the amplification is amazing

20:56:57 **AG-Scribe:** pashu = animal tied by a rope

20:57:32 **AG-Scribe:** Shiva is Pashu Pati - leads the animals to cut their rope. Yoga Ishvara, the ultimate yogi. demonstrating the journey from bound in matter to cutting the ropes

20:58:36 **AG-Scribe:** In yoga training you chant a lot to Shiva. but that's not the only kind of yoga. chanting the names of Bhagavan is the most direct yoga. done with a group of like-minded beings, it's astronomical.

20:58:44 **AG-Scribe:** no longer in bondage to your animal self

20:59:32 **AG-Scribe:** om hari om tat sat

20:59:35 **AG-Scribe:** or any mantra

20:59:40 **Gaurav Goyal:** how about the hare krishna mahamantra?

21:00:06 **Sandi - VASA:** yes

21:00:11 **AG-Scribe:** om = a universal yoga platform, not Krishna's name. om is the floor of yoga. It's not the last statement, it's the first and last. Brahman vibrating within prakriti

21:01:40 **Q&A – Allan:** paradox! we are atma AND we are connected/shared experience and energy. is it both/and? -- otherwise rugged individualism in disregard to anyone else?

21:02:08 **AG-Scribe:** defined as atma the other definitions of individuality do not apply

21:02:19 **AG-Scribe:** not an excuse to be selfish and greedy

21:02:20 Aaron Moon Cantwell: the "asura king" archetype like Ravana perhaps...?

21:02:36 **AG-Scribe:** while acting dharmically - caveat of Krishna

21:02:51 **AG-Scribe:** can't abandon acting dharmically

21:03:05 **AG-Scribe:** I don't want to do anything that would make me violate dharma or Bhagavan

21:03:47 **AG-Scribe:** Ravana got to the perfection of yoga, of being an atma

21:04:13 **AG-Scribe:** we could get drunk upon ourself and go back to the illusion we were in before but with massive powers

21:04:47 **Sandi - VASA:** we could lose patience and compassion for those who are not as evolved

21:05:10 **AG-Scribe:** they shift from surya to asura, to asat

21:06:17 **AG-Scribe:** do your sadhana no matter how smart you think you are

21:05:55 **Reivin Johnson:** How can we get the feeling of being drunk on siddhis without becoming asura? Chant Hare Krishna?

21:06:18 **Reivin Johnson:** Because nothing compares to that bliss of the self other than Krishna it seems

21:06:30 **Sandi - VASA:** Krishna gives us ultimate free-will and yes controls the outcome - "achintya" - we don't see the "whole program" until we do.

21:06:41 AG-Scribe: cure your IAM-nesia

21:08:03 Q&A – Aaron: #319 - how to focus on those 8 descriptions of Parama Purusha - how to meditate on them?

21:09:04 AG-Scribe: the Bhagavad Gita is a summary of these concepts, it's brief so these things are discussed in more detail in other places in the shastra

21:10:54 AG-Scribe: the original Kavi = Bhagavan spoke this realm into existence. this realm IS his poetry. the veda is a library of channelings that have come as poetry from Bhagavan by someone who knew an aspect of his being and downloaded that aspect as poetry. each of the kavis - rishis - downloaded a piece of Bhagavan in Sanskrit so it wouldn't be lost

21:11:10 AG-Scribe: each culture has a piece of, a unique perspective on Bhagavan

21:11:13 AG-Scribe: these are all celebrated by the vedas

21:11:46 AG-Scribe: but not when it's forced down our throat

21:14:04 AG-Scribe: www.gitacomesalive.com - membership

21:14:24 AG-Scribe: includes all of last year's classes

21:14:56 AG-Scribe: Sedona Vedic astrology Conference - full day post-conference intensive on the Monday - the Jyotish Gita

21:15:28 AG-Scribe: being taught by Jeffrey on zoom or live in Sedona!

21:15:37 Gaurav Goyal: how do we sign up?

21:16:00 Reivin Johnson: I need that Jyotish gita information lol

21:16:35 AG-Scribe: <https://jeffreyststrong.com/collections/events/products/svac-nov2021>

21:16:41 Gaurav Goyal: thank you!

21:17:13 AG-Scribe: 🙏

21:18:40 Andrea AW: They are supposed to record at the Sedona Vedic Astrology retreat!
🙏📖

21:15:53 AG-Scribe: **homework - smaranam verses #315 -317**

21:18:33 AG-Scribe: short mantras easily remembered set # of syllables -- can become our go-to mantra

21:18:39 AG-Scribe: om namo bhagavate vasudevaya

21:19:52 AG-Scribe: you get banged around in matter and you wake up a few hours later -- where was I?? you need a go-to mantra

21:20:07 AG-Scribe: can be the maha mantra (hare krishna) or many others

21:20:16 AG-Scribe: each mood is different with each mantra

21:21:33 AG-Scribe: next step of bhakti - Bhagavan befriending us - is the possibility of direct, sweet, intimate, loving relationships as a constant reality. goes beyond yoga. a sweet intimacy beyond compare. need to get the structure of being a yogi first in the Bhagavad Gita. the next steps are even more profound

21:20:21 Gaurav Goyal: is there a certain manner in which either mantra should be chanted?

21:20:41 Gaurav Goyal: time of day, repetitions/rounds, environment, ...?

21:22:01 Sandi - VASA: Jeffrey teaches mantra meditation more in-depth but probably will not say it here: there is a Mantra Meditation - 4 hr class on his website you can check out.

21:22:19 Gaurav Goyal: Thank you Sandi!

21:23:10 **Andrea G:** you used to be able to do a mantra meditation one-on-one with him but not sure if he does that anymore
21:23:19 **Andrea G:** come to the retreat if we ever have one!
21:24:26 **Sandi - VASA:** Bali in March

[Note: there are several mantra meditation classes and options on the website. Go to www.JeffreyArmstrong.com and search "mantra" or "mantra meditation"]

Upcoming Sunday master class: <https://jeffreymstrong.com/collections/events/products/master-class-211107>

21:22:28 **JA chants:**

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

21:22:35 **AG-Scribe:** om hari om tat sat

21:22:43 **AG-Scribe:** om namo bhagavate

Homework: Meditate on 'smaranam' and meditate on and memorize the 'smaranam' verses #315 - 317.
Do these verses wake you up?