



www.GitaComesAlive.com

Email vasa@GitaComesAlive.com

Episode #28

Gita Comes Alive Learning Community

hosted by VASA Publishing

Jeffrey Armstrong | Kavindra Rishi

Thank you to Andrea Goldsmith for chat notes and to Parker Cook & Ethan Cook, our video production & technical team from PointGreyProductions.com

May 12, 2021

Chapter 11 v.26 - 55, #440 - 469

- 19:01:35 **AG-Scribe:** who can recite the 4 core verses??
19:02:16 **AG-Scribe:** last week's homework #437 -- bahu bahu rupa pada
19:04:10 **AG-Scribe:** namaste and pranams!
19:04:25 **Aaron Moon Cantwell:** dandavad pranams
19:04:31 **JA chants:** **guru mantras**

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.

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.

- 19:05:10 AG-Scribe: thanks to all the gurus and acharyas in the lineage
19:05:24 AG-Scribe: they carry the knowledge forward and embody it
19:05:35 AG-Scribe: Anjali mudra – making an offering
19:05:52 AG-Scribe: as though the guru is walking through the desert holding water in their hands
19:06:39 AG-Scribe: when you drink from the hands of the guru it is a direct link to Bhagavan because it is all that they live for - to be a carrier - to be of that service
19:07:13 AG-Scribe: you feel you don't have time to repay the guru for the knowledge you've been given. overwhelmed by how much you want to pay back but can't
19:08:00 AG-Scribe: time period the Bhagavad Gita was spoken - Nileshe Oak 7582 years ago, astronomical calculations
19:08:29 AG-Scribe: all of this was suppressed by the colonizing period we've been in - seems revolutionary
19:08:56 AG-Scribe: plus, the propaganda that occasionally a prophet - someone to speak on behalf of the Ultimate and Supreme Being - comes to earth
19:09:32 AG-Scribe: avatar - to intentionally descend and restore, heal and free from bondage, become free again. we know we have that potential but don't know how to achieve it permanently
19:09:59 AG-Scribe: the descent of the divines and the devas make the Vedas seem complicated and alien
19:10:39 AG-Scribe: but it's normal for a corporation to have thousands and thousands of employees. Why does it seem so difficult that a universal corporation wouldn't have that?
19:10:55 AG-Scribe: how come we don't see it as the same?
19:11:13 AG-Scribe: they are the beings conducting the affairs of our life
19:11:28 AG-Scribe: these beings come show up and influence our lives
19:11:36 AG-Scribe: there's a gradient of greater-than-us beings
19:11:44 AG-Scribe: all the way up to the purna avatar - most full
19:12:31 AG-Scribe: complete potential manifestation of the Supreme Being appearing in person and spending a long time here on the planet interacting with thousands and thousands of people in hundreds of types of relationships with stories told of all of the kinds of intimacies and episodes in their life
19:12:49 AG-Scribe: the stories' remaining is the purpose of their descent so they can leave behind the information we need to achieve freedom
19:13:05 AG-Scribe: but we're so not used to this. we have to be careful not to forget who Bhagavan is
19:13:38 AG-Scribe: Ch. 11 is the wake-up chapter. Arjuna asks a question that causes Krishna to drop his cover. Until then he's Arjuna's chauffeur, his chariot driver
19:13:49 AG-Scribe: just like the movies Oh God, Bagdad Cafe
19:14:25 AG-Scribe: but without truly teaching the Vedic teachings that at certain times in history the Ultimate Supreme comes to earth and appears among us
19:15:01 AG-Scribe: up to now while a few people knew who Bhagavan was, there was more of a divine forgetfulness in the midst of the lila - Bhagavan behaved like a "civilian" most of the time
19:15:12 AG-Scribe: except for in few moments when he revealed his true nature
19:15:34 AG-Scribe: he lived here as an avatar for 125 years, but he was "normal"

19:15:51 AG-Scribe: in this chapter he does reveal his glory and supremacy

[JA reads a few verses from the first part of the chapter to lead us up to where we left off]

- 19:16:14 AG-Scribe: o kamala patri akshi **Ch. 11 v 2 #416**
- 19:16:53 AG-Scribe: Arjuna asks the secret question that draws Bhagavan out - could you show me the form in which you enter the universe and conduct its affairs?
- 19:16:58 AG-Scribe: **v 7 #421**
- 19:18:23 AG-Scribe: in Christianity Jesus is more like an empowerment than a descent of the Ultimate, the Abrahamics have prophets, not avatars
- 19:19:43 AG-Scribe: why do we know there are a few books of the various major religions and the Vedic texts are mostly left out of the curriculum??
- 19:20:06 AG-Scribe: and that in this culture's opinion the full manifestation of the Supreme Being takes place once in a very rare while
- 19:20:31 AG-Scribe: why is this so difficult to gain access to in western civilization? why did we not know about this?
- 19:20:54 AG-Scribe: Arjuna asks, how do you do this when you enter into the universe??
- 19:20:56 AG-Scribe: **#426**
- 19:21:14 AG-Scribe: divi surya sahasrasya
- 19:21:25 AG-Scribe: Bhagavan is revealing the form in which he enters the universe
- 19:21:47 AG-Scribe: **#430**
- 19:22:27 AG-Scribe: why don't we know the Vedic tradition says the Ultimate Supreme Being came to earth and spoke to everyone? why is this so difficult?
- 19:22:59 AG-Scribe: we don't know there is a book saying this
- 19:23:37 AG-Scribe: this form is overwhelming! **#439**
- 19:23:55 AG-Scribe: reading from **#440**...
- 19:26:07 AG-Scribe: ...famous verse **#446**
- 19:26:50 AG-Scribe: when Oppenheimer saw the nuclear explosion, the face of ultimate destruction, the most powerful release of destructive force the planet had ever seen in their mind (from a manmade source anyway)
- 19:27:04 AG-Scribe: **kala asmi loka kshaya krit pravridha 'I am time the destroyer of all material worlds'**
- 19:27:36 AG-Scribe: everyone is headed in that direction. everything that is manifest will be burned
- 19:27:43 AG-Scribe: like Ch. 2 dehi no smin

#60, Ch.2 v.13

dehino 'smin yathā dehe kaumāraṁ yauvanaṁ jarā
tathā dehāntaraprāptir 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.

- 19:27:54 AG-Scribe: just as a child goes from baby
- 19:28:06 AG-Scribe: and finally passes out of that body just like changing clothing, so does the atma

19:28:17 AG-Scribe: the atma simply changes bodies like changing clothes
 19:28:24 AG-Scribe: Arjuna wasn't really hearing it yet in Ch. 2
 19:28:28 AG-Scribe: now he finally gets it

19:28:37 AG-Scribe: **#447**
 19:28:43 AG-Scribe: Uttishta – stand up!
 19:29:13 AG-Scribe: each verse is an important instruction to us in disguise
 19:29:20 AG-Scribe: the outcome is never in our control
 19:29:57 AG-Scribe: all day we are doing things and thinking the outcome is in our control. It does happen so many times that we get intoxicated and think we are (always) in control of the (ultimate) outcome

19:30:06 AG-Scribe: we will never be in control of the ultimate outcome!
 19:30:13 AG-Scribe: Uttishta!
 19:30:24 AG-Scribe: stand up! because Arjuna had sat down and quit

19:31:06 AG-Scribe: **#448**
 19:31:52 AG-Scribe: Arjuna is a warrior and has been preparing for this all his life. this is his dharma to stop another person from harming the innocent. this is what kshatriyas do. more like a policing story than a war story.

19:32:03 AG-Scribe: **#449, #450**
 19:32:55 AG-Scribe: **#451**
 19:33:13 AG-Scribe: identity statements that are unmistakable - no other human prophet or lesser avatar could say they are these things

19:36:59 AG-Scribe: **#456**
 Arjuna is afraid and overwhelmed. he has hung out with Krishna as a best friend and cousin. he hasn't seen this before. WE haven't seen this before. this is in no other sacred texts. the Supreme Being talking in the first voice, being husband, best friend, someone's child, beloved, being in disguise then revealing it all. feel the magnitude of all this!!

19:37:10 AG-Scribe: **#457**
 19:38:11 AG-Scribe: **#458**
 he just dropped in -- you can have any of those relationships with Bhagavan - friend, father, beloved...

19:38:23 AG-Scribe: Bhagavan just invited you to the ultimate love and tryst
 19:38:56 AG-Scribe: we've given our whole life to taste the love here but it's just a tasting party. we can't keep it

19:39:12 AG-Scribe: Arjuna is delineating what we can be with Bhagavan and the lila has included them all
 19:39:34 AG-Scribe: showed that we humans can have access to that with Bhagavan, and it's all being summarised for us here
 19:39:43 AG-Scribe: very important verse

19:39:58 AG-Scribe: **#459**
 19:40:57 AG-Scribe: he says I get it. you're loving theoretically but I'm terrified, I'm still seeing you eat the whole universe. I've been disrespecting you all along...

19:41:09 AG-Scribe: I want to see you again in your friendly form
 19:41:22 AG-Scribe: something friendly please #459, #460
 19:41:34 AG-Scribe: I'm scared to death, show me your sustaining form
 19:41:58 AG-Scribe: #461

19:43:39 AG-Scribe: #463
 19:43:49 AG-Scribe: this is the complete revelation!
 19:44:11 AG-Scribe: no other book has this to express and show what this does, not to mention it's part of a larger 100,000 verse epic
 19:44:34 AG-Scribe: this is the medicine for the wounded heart, for the sadness of life, for the lack of explanation of who we are and how to be
 19:44:46 AG-Scribe: we have the ability to adopt all the qualities that perfect our being
 19:44:59 AG-Scribe: all of the beautiful qualities we are being shown here

Questions – cams on

19:46:35 Q&A – Abhilash: - didn't Sanjaya also get to see this?
 19:46:44 AG-Scribe: yes, he did. he was included
 19:47:12 AG-Scribe: before Arjuna, Krishna's mother Yashoda saw this too when he was living in Vrindavan
 19:48:48 AG-Scribe: He's around 4 years old, his brother Balarama is around 5. Balarama says, Mother, Krishna's eating dirt again. She asks him, are you eating dirt? He says no, you know Balarama is lying like he always does. She looks into his mouth and sees the same thing Arjuna just saw – the endless galaxies, if 1000 suns rose up, the whole thing – the whole jagat purusha. But she simply says, oh well its time for your lunch.
 19:49:33 AG-Scribe: Arjuna is freaking out seeing this. Krishna's mother loves him so much and she doesn't care. I'd rather feed you lunch, share love with you. I don't care about all that scary stuff. come here, you're my baby. that's the love we're talking about
 19:50:03 AG-Scribe: Arjuna saw it second after Yashoda. Sanjaya did see it at the same time. All she cared about was loving him

19:51:04 Q&A – Andrea: #447 - as a "warrior"? And this statement on uttishtha and doing your dharma – does this apply to all of us??
 19:51:24 AG-Scribe: yes, the Bhagavad Gita is a call to action and our svadharma, what we're designed to do as our seva, to Bhagavan and other beings
 19:51:54 AG-Scribe: for Arjuna it has to do with protecting who must be protected, "killing" people by knocking them out of their body to protect the innocent
 19:52:32 AG-Scribe: this is a story about us standing in the world in the best way we can, knowing who we truly are and serving in the best way for us, e.g., by our horoscope at birth, our gunas and doshas
 19:52:40 AG-Scribe: all of that learning is missing in our civilization
 19:53:12 AG-Scribe: e.g., rites of passage to recognize and train us in our svadharma, hold us accountable to that
 19:54:37 AG-Scribe: Arjuna's is a difficult task because he is a warrior - kshatriya - he has to go kick all his relatives out of their bodies

19:55:29 Q&A – Zamir: - why isn't this being disseminated and why the resistance to this medicine???

- 19:56:11 **AG-Scribe:** why doesn't everyone who hears about this share this by giving out as many books as they can afford to share??
- 19:56:40 **AG-Scribe:** the millions of new yogis should/will be interested
- 19:57:10 **AG-Scribe:** colonization, the papal bulls of discovery... we are in a stage of recovery from all that
- 19:59:16 **AG-Scribe:** we aren't in control of the outcome, but we can all choose to make this a little more widely known
- 20:01:04 **Q&A – Zubin:** at the end of the Bhagavad Gita, Krishna says now go do what you want, but don't give this to anyone who doesn't ask, who isn't interested. this is all based on free will. we can't force it on anyone
- 20:02:51 **AG-Scribe:** we can't shove this down anyone's throat, don't disturb anyone's free will by sharing Bhagavan
- 20:03:07 **AG-Scribe:** there is a just-right time to do the just-right seva directly to Bhagavan
- 20:03:17 **AG-Scribe:** find some kind of seva to pay back
- 20:03:42 **AG-Scribe:** what are we giving back? and give it to an appropriate recipient
- 20:04:06 **AG-Scribe:** the equation of truth-telling - genuine truth-tellers will never force this knowledge and truth on anyone else
- 20:04:50 **AG-Scribe:** we are recovering from a period in history where we had truths and traditions shoved down our throat and manipulated the situation to get people to convert
- 20:05:10 **VASA - Jeffrey Armstrong:** #Sattology interviews Tuesday morning on You tube
- 20:06:21 **Q&A – Reivin:** what's the difference between a religious person with no political power forcing someone to get to know Krishna, and a political leader who happens to be a devotee and using their knowledge and position to rule the country and forcing some people to follow their beliefs?
- 20:06:54 **AG-Scribe:** well, it has to be in conformity with the laws of nature first of all. That's called dharma. And the laws should not be violent and forceful, rather everyone should benefit and not be damaged.
- 20:07:09 **AG-Scribe:** our system is broken and toxic, but sincere individuals can do beneficial things
- 20:07:55 **AG-Scribe:** but we don't have a process in place to make sure that different groups operate according to codes that cooperate with the laws of nature. That's the key. we are so deviated from the normal ways of living on the planet that we don't see this easily or as common sense
- 20:07:59 **AG-Scribe:** see Vandana Shiva!!! Reharmonizing our agriculture with nature's laws as the fundamental thing we have to do right now
- 20:08:49 **AG-Scribe:** we do need to restore the entire platform of duties and responsibilities so they're not being run by people who are only in it for profit and manipulating life without it being dedicated to a higher purpose. It's every person for themselves right now in a terrible way.
- 20:09:08 **AG-Scribe:** this chaos problem makes it difficult to organize large groups of people. This becomes the issue and it's reduced to the individual and their understanding. What is it going to take to bring together large groups of people to change the way we're living on the planet without violence and coercion?

- 20:09:44 **AG-Scribe:** it is violence, coercion and adharmic behaviour that are causing the problem.
- 20:10:16 **AG-Scribe:** So, change it when you can carefully, and if you can't change it, know that this moment in history is part of the gunas affecting the evolution of history and we are in a tamasic time. It was feared at the time of the Bhagavad Gita that it would be followed by a tamasic period, and the Bhagavad Gita would at least help guide individuals. It may be that all we can do at this time is help individuals. And hope that that adds up to helping larger group.
- 20:10:37 **AG-Scribe:** Perhaps one of us will emerge as a leader who can inspire larger numbers of people to cooperate. Until you can inspire cooperation, you do end up in the conflict moment.
- 20:10:45 **AG-Scribe:** So, for now, physician heal thyself. Start out with reading the Bhagavad Gita for yourself. Start out with trying to absorb this understanding
- 20:10:59 **AG-Scribe:** Understand there are times in the material world when chaos is in control of nature temporarily
- 20:11:14 **AG-Scribe:** eventually an avatar comes to earth and changes that chaos if it gets too extreme. For us as individuals, we may not be sufficiently empowered to do so in spite of our good intentions
- 20:11:32 **AG-Scribe:** so first fix yourself. then carefully stand up and help others who are listening
- 20:12:00 **AG-Scribe:** can we change the situation without becoming the violence we are trying to change? Listen to Vandana Shiva. She has great ideas that it starts with agriculture, how we live on the earth.
- 20:12:07 **Abhilash Nambiar:** Vandana Shiva actually coined the term biopiracy
- 20:12:31 **AG-Scribe:** first, establish your correct identity. Second, your correct relationship with Bhagavan, and third your correct relationship with nature. then find your voice to speak dharma to everyone
- 20:13:10 **AG-Scribe: #464**
- 20:14:06 **AG-Scribe: #465**
- 20:14:46 **AG-Scribe:** as an avatar, Bhagavan appears to be a civilian like everyone else, from time to time extraordinary, but he's not displaying force or awesome power on a daily basis
- 20:14:56 **AG-Scribe:** that's why Arjuna hasn't seen this yet
- 20:15:27 **AG-Scribe:** all the relationships in the Mahabharata have things that instruct us
- 20:15:42 **AG-Scribe:** the Bhagavad Gita is the crown jewel at the centre of it, the essence
- 20:16:16 **AG-Scribe:** if we're going to change the planet, we need this knowledge at the core, so we know how to relate with Bhagavan and learn how to work with other human beings by inspiration, not coercion and violence
- 20:16:36 **AG-Scribe:** the 100s of millions of yogis could decide together to join forces and find another way to live on the planet
- 20:16:53 **AG-Scribe:** we're going to become a new kind of group that you don't join, you just be and behave that way
- 20:17:35 **AG-Scribe:** it is you the individual who must become strong and clear and decide these things

#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.

- 20:17:47 AG-Scribe: yad yad acharati... lokas tad anuvartate
- 20:18:26 AG-Scribe: whatever you are trying to share with others must first be shown in you. you must be acharya – has the word “car” in it – the way you move needs to match what you know is true.
- 20:18:42 AG-Scribe: be an example. You change others by being the personification of what you’re standing for
- 20:19:37 AG-Scribe: nothing that you do by force will be impressive or long lasting. There’s enough force out there already and nothing beneficial comes from it. be a well-thought out, reasoned human being with profound wisdom in your heart and mind with good intentions for all living beings so they can feel your love, feel you care, see in your behaviour that you really do care.
- 20:20:46 AG-Scribe: And when you speak of caring and thousands of people come together to speak of caring, they don’t break windows and do despicable things. They speak softly, don’t yell at others, carry weapons... imagine a peaceful gathering of people demonstrating caring and loving, walking softly and carrying their message. Could not we all live on this earth together? Doesn’t even have to be about Krishna... All the religions carry messages of truth.
- 20:21:01 AG-Scribe: the truths of love are not only in the Bhagavad Gita. Every great civilization has had people who exemplified and embodied truth.
- 20:21:42 AG-Scribe: let’s encourage and support all the civilizations and cultures who honour the truth and cooperate with nature. No truth-speaker does not want to cooperate with nature.
Then you start to embody and show through your actions what you think would be beneficial, not telling people what to do.
- 20:22:47 AG-Scribe: And then time will tell... that’s what kalo hi smin means... I am time; time will tell. If we reach a critical mass of people who want to do this, things will change.
- 20:23:09 AG-Scribe: and if we don't, first and foremost remember you are driving your own car, you are an autonomous jiva atma and this what you should do regardless of everyone else
- 20:23:15 AG-Scribe: **#465...#468**
- 20:25:58 AG-Scribe: the Bhagavad Gita is speaking to an individual (Arjuna) who is completely empowered and could have taken whatever he wanted, could have enforced himself upon the world, could have personified the irresponsibility that comes with being that powerful
- 20:26:03 AG-Scribe: his cousins acted that way
- 20:26:35 AG-Scribe: and the Pandavas did everything they could to avoid this last conflict and were doing this to protect the planet
- 20:27:43 AG-Scribe: first secure our individual self and stay in the right mood
- 20:28:04 AG-Scribe: the bhakti at the secret of this text is to know that the direct intimacy that each one of us has with Bhagavan is conducted in a mood
- 20:28:20 AG-Scribe: and we can share this mood with others in a way that they are impressed and get the sense that something special is happening

20:28:30 AG-Scribe: if they aren't sensitive to that, it won't change them
20:28:42 AG-Scribe: change yourself, then keep interacting with everyone
20:28:55 AG-Scribe: Krishna is pointing to our individuality.
20:29:08 AG-Scribe: everyone around us is just temporary
20:29:17 AG-Scribe: you can't keep any of them, all the people on the battlefield with Arjuna
20:29:55 AG-Scribe: until you realize you can't keep anything except you, you won't define you, first and last. this is the secret from Krishna. when you're defined correctly, Krishna is saying, you and I (i.e., us and Bhagavan) can have a relationship as child and parent, friend and friend, lover and beloved
20:30:17 AG-Scribe: just turn to Bhagavan and ask to become his best friend or parent or lover
20:30:27 AG-Scribe: and I can't find steady humans to do this with
20:30:37 AG-Scribe: **#469**
20:31:53 AG-Scribe: most of our questions are questions about why we don't do it, not because we don't understand. this Bhagavad Gita is very, very clear
20:32:46 AG-Scribe: JA won't do anything other than what he's doing and he's paying back his guru, paying his debt. love is a debt that you want to pay. fear is a debt that you're afraid not to pay
20:33:11 AG-Scribe: Arjuna asked Bhagavan to show him his true self and having been friends for so long, he didn't realize how frightening it would be
20:33:29 AG-Scribe: he can't stand it. He begs, please come back and show me your true loving form, your human-like gentle rupa
20:33:45 AG-Scribe: O Janardana - one of the names of vishnu - 24 primary names of Vishnu maintaining
20:34:23 AG-Scribe: Jana Ardana is a name of Bhagavan. It's also in the Parashara Hora, the astrological text explaining karma - jivanam karma phalado graha rupi janardanaha
20:34:59 AG-Scribe: all the living entities are given the results of their actions. that's the function of the grahas -- deva planets -- to give the living entities their cause and effect. Jana = birth, ardanaha = arduous
20:35:13 AG-Scribe: the difficult journey of reincarnation from life to life which we jiva atmas are in the midst of
20:35:53 AG-Scribe: the grahas keep track of and deliver our cause and effect that we put in motion because we are individuals, and our individuality is respected so we get the feedback on our choices
20:36:00 AG-Scribe: we keep forgetting from life to life who we are
20:36:39 AG-Scribe: this class is a remembrance, assisting Bhagavan of reminding us who we are. what we do next is the result of us again evaluating that autonomy and somehow utilizing it. no one else is in charge of that but ourselves.
20:37:06 AG-Scribe: Bhagavan is in this to be our lover and friend. he won't tell us what to do. we need to become autonomous again so that we are grown up.
20:37:37 AG-Scribe: if a child said they wanted to marry us, we'd say awww that's so sweet but you're not ready. you're not an adult yet.
20:38:00 AG-Scribe: Bhagavan's revelation is to remind us we are just in school learning to be an individual without the crutch of matter. It's not complicated
20:38:07 AG-Scribe: matter makes it complicated
20:38:22 AG-Scribe: Janardana is guiding us on the long and arduous journey we are on until we remember who we are and never forget it again
20:38:29 AG-Scribe: shravanam kirtanam Vishnu smaranam

20:38:40 AG-Scribe: hearing repeating remembering
 20:38:43 AG-Scribe: kirtanam
 20:39:19 AG-Scribe: if you remember the complicated things, you will forget the easy first things, so just learn the vocabulary first and grab a hold of that
 20:39:50 AG-Scribe: know/ the name for yourself that's always true = atma
 20:39:55 AG-Scribe: atome = you can't cut it
 20:40:17 AG-Scribe: and figure out how to speak simply and sweetly of this in an easy-to-understand way so you can share it with some friends
 20:40:28 AG-Scribe: the basis of yoga
 20:40:43 AG-Scribe: we're the atma
 20:40:49 AG-Scribe: and that's what namaste means
 20:41:00 AG-Scribe: have an easy, friendly dialogue
 20:41:21 AG-Scribe: this loving relationship with Krishna is our new go-to
 20:41:37 AG-Scribe: decide to put a different thing at the centre of your existence
 20:41:49 AG-Scribe: let go of whatever else you've been centring first
 20:42:07 AG-Scribe: shravanam kirtanam - remember by chanting
 20:42:15 AG-Scribe: om shri vishnavah namaha
 20:42:31 AG-Scribe: where's my balance?
 20:42:40 AG-Scribe: om namo bhagavate vasudevaya

20:43:34 AG-Scribe: **#469**

O Arjuna, one who is mad bhakta 'lovingly dedicates all they do to Me', constantly thinking only of Me as the Ultimate Supreme Being and most loving friend, who has no attachments to matter, who is free of enmity with all living beings, and who is always devoted to Me is certain to come to Me.

20:43:53 AG-Scribe: Pick a mantra and a name of Bhagavan that works for you and focus on that. your lover doesn't care what sweet name you use for them. try out different names. keep the yoga - the link
 20:45:39 AG-Scribe: become a lover
 20:45:41 AG-Scribe: take a chance
 20:45:55 AG-Scribe: what if we're just jilted lovers
 20:46:05 AG-Scribe: Krishna is telling Arjuna to be crazy with love
 20:46:26 AG-Scribe: the fierce form he saw got some formality out of the way
 20:47:38 AG-Scribe: "mean old nobodaddy" William Blake's name for any old angry deity, the angry ruler of all
 20:48:01 AG-Scribe: Arjuna sees this but then says, can I go back to friendly??
 20:48:15 AG-Scribe: ****469 11.55 -- live by this one**
 20:49:59 AG-Scribe: we're not in control of the outcome. what am I in control of?? from my fingertips to my heart. that's what I'm in charge of
 20:50:07 AG-Scribe: questions/comments? (stay in the mood)
 20:50:29 AG-Scribe: **homework #469 -- keep this in your meditation all week**
 20:50:52 AG-Scribe: get ready for next chapter getting deeper into bhakti
 20:51:51 **Comment – Abhilash:** let's namaste instead of fist bumps etc. everyone is changing the way they greet each other now with covid

20:53:40 **Comment/Question – Hana:** class is a vaccination of love! vaccination of the Gita

20:53:49 **Aaron Moon Cantwell:** don't forget sickness and death

20:55:32 **AG-Scribe:** Sarasvati's nickname is Vac or Vach, like vocabulary – someone who has a lot of words. diksha is to give initiation (diksha-nary)

20:55:54 **AG-Scribe:** the words and the truths of it are being carried by Vac - we are indeed getting a Vac-cination, our Vac-abulary, add it to our dikshanary

20:57:28 **VASA - Jeffrey Armstrong:** EGO SHELL

20:59:39 **Comment – Allan:** western one-life mentality and need to be convinced of or converted to something. Remember we don't need to "save" people in this one lifetime. we are used to an apocalypse ideology. we are on a long journey and we have patience and we don't have to try - we can reprogram ourselves, get ourself stable, focus on the atma, get the bigger view and then we're not so anxious about an apocalypse. Thank you for the reminder that we need to take care of ourself first, put the oxygen mask on yourself first

20:59:57 **AG-Scribe:** or remove your own mask first!! This identity as matter is our mask.

21:00:14 **AG-Scribe:** namaste is unmasking the other and yourself

21:00:58 **AG-Scribe:** ahamkara = that aspect of matter which is so subtle you can't directly perceive it but convinces you that you're from here. Ahamkara is the tiny particles of matter that our atma encounters. They start to orbit us and make us think we're great, because we're little chunks of Brahman. Matter is designed to orbit the sun and when it orbits us it literally is like matter orbiting the sun, it's telling us how wonderful we are, singing our praises.

21:01:30 **AG-Scribe:** and our problem is we believe it! we've gotten addicted to that, to being the body. change your song, change your mantra, change your focus! It's a very intimate conversation and can only be had with someone who has invited it.

21:02:23 **Aaron Moon Cantwell:** oddly enough those conversations happen on planes! (in my experience :)

21:02:55 **AG-Scribe:** always be hopeful and enthusiastic == en + theos = with the divine. Theos = deos = devas and devis. Be like them. Always be the joy behind life, bringing it to perfection. Those idols are our ideals. Ideal, idea = veda, vedea.

21:03:44 **AG-Scribe:** If we just see correctly and sing correctly, everything from our fingertips to our heart will be under the direction of our atma rather than ahamkara. That atma-centric awareness we then offer to Bhagavan.

21:04:20 **Abhilash Nambiar:** We can yes

21:06:24 **Q&A – Vanessa:** We're living in a difficult time and it's hard to speak to people, but I want and try to embody the 6 qualities of Bhagavan in everything I do and put out in the world, meditate on it and interact with everyone else in this way... People notice it and respond to it, are drawn to it. That's how we can get people to ask us, how are you so happy and successful?! When everyone else is having such a hard time... she got this out of this class!

21:06:55 **AG-Scribe:** what we're like when we embody the joy

21:07:37 **AG-Scribe:** we are part of Bhagavan when we are our true self. we are attractive, just like the atma attracts the gu particles. other people taste and feel that coming through us

21:08:08 **AG-Scribe:** being an acharya!

- 21:08:22 **AG-Scribe:** be what everyone would like -- be beautiful, loving, charming, truthful etc. etc. Yes Yes Yes!
- 21:09:09 **VASA - Jeffrey Armstrong:** Put your "love" into seva for Bhagavan
- 21:09:28 **AG-Scribe:** these are the qualities of Bhagavan and Bhagavati and when we embody them, everyone benefits. There's only one thing Bhagavan can't resist and that's someone who loves irresistibly. Bhagavan falls in love with us when we are so mad with love for Bhagavan that we personify it, and now Bhagavan wants to get closer to us and share the taste of bhakti
- 21:11:15 **Q&A – Manjunath:** people ask, if Bhagavan is so powerful why doesn't he give good buddhi to everyone to be noble and loving and caring -- but it goes against free will for everyone. is this the reason Bhagavan does not simply make everyone be ideal?
- 21:12:04 **AG-Scribe:** yes indeed. supreme = su + prema - 1000 times better, sweet, tasty love
- 21:12:21 **AG-Scribe:** why doesn't Bhagavan show everyone how much he loves them by beating the crap out of them and forcing them to do yoga??
- 21:13:19 **AG-Scribe:** how do you be that soft love in this rough and tumble difficult chaotic world??
- 21:13:26 **AG-Scribe:** how do you do verse 469??
- 21:13:54 **AG-Scribe:** any sane person will be attracted to you too if you do it
- 21:14:08 **AG-Scribe:** you can't force people to accept Krishna
- 21:15:09 **AG-Scribe:** attraction. Krishna = the most attractive being. when you become like Krishna, it's your bhakti that is irresistible. something will feel different to them in you. yad yad acharati
- 21:15:32 **AG-Scribe:** "something in the way she moves..."
- 21:16:08 **VASA - Jeffrey Armstrong:** Mother Gayatri Mantra Meditation by Kavindra Rishi – The Song That Grants the Soul Deliverance to Eternal Freedom

Om Bhur Bhuvah Svah
(om bhur bhu vah svah)
All three worlds in which we dwell

Tat Savitur Vareniyam
(tat sa vi tur va re ni yam)
Filled with shining light descending

Bhargo Devasya Dhimahi
(bhar go de vas ya dhi ma hi)
Mother Father we are like You

Diyo Yo Nah Prachodayat
(di yo yo nah pra cho da yat)
With Your love we now are blending.
(Rig Veda)

- 21:16:26 **JA chants: Gayatri Mantra**
the light of the sun is shining everywhere, in my true nature I'm just like that. I want to become more like that

21:16:45 AG-Scribe: sung to the tune of “you are my sunshine”
21:17:48 VASA - Jeffrey Armstrong: the emotion of love you carry in your heart is far more important than correct pronunciation
21:18:10 AG-Scribe: you the atma can light up a whole planet. one atma can light up a whole planet if Bhagavan wishes it. so be this loving, beauty, softly, gently, with deep service, caring for others. be with others. authentic experiences
21:18:19 AG-Scribe: people with heart feel it
21:19:21 AG-Scribe: Bhagavan doesn't force love.
21:19:38 AG-Scribe: smile and the world smiles with you
21:19:44 AG-Scribe: Jai Bhagavan Jai Shri Krishna
21:20:41 AG-Scribe: Jai Guruji

21:22:05 Allan & Diane Robertson: Webinar Saturday!!
21:24:36 VASA - Jeffrey Armstrong: Saturday May 15, 5 pm-6:15 pm PST: Decolonizing the Bhagavad Gita - hosted by Vivekananda University and the Embassy of India in Wash, DC.
http://r.email.vayuusa.org/mk/mr/0q_MLsCXKtxqWshc62b2_Te7jvCwrk0Vn4g5_jsVE-S9WoXhK0s5vrmtN2BqFqTp2PKTQ5CNpGPfgew7tH0yRclhwKH-ZgSaOUXLchki

Homework: #469 -- keep this in your meditation all week

O Arjuna, one who is mad bhakta ‘lovingly dedicates all they do to Me’, constantly thinking only of Me as the Ultimate Supreme Being and most loving friend, who has no attachments to matter, who is free of enmity with all living beings, and who is always devoted to Me is certain to come to Me.