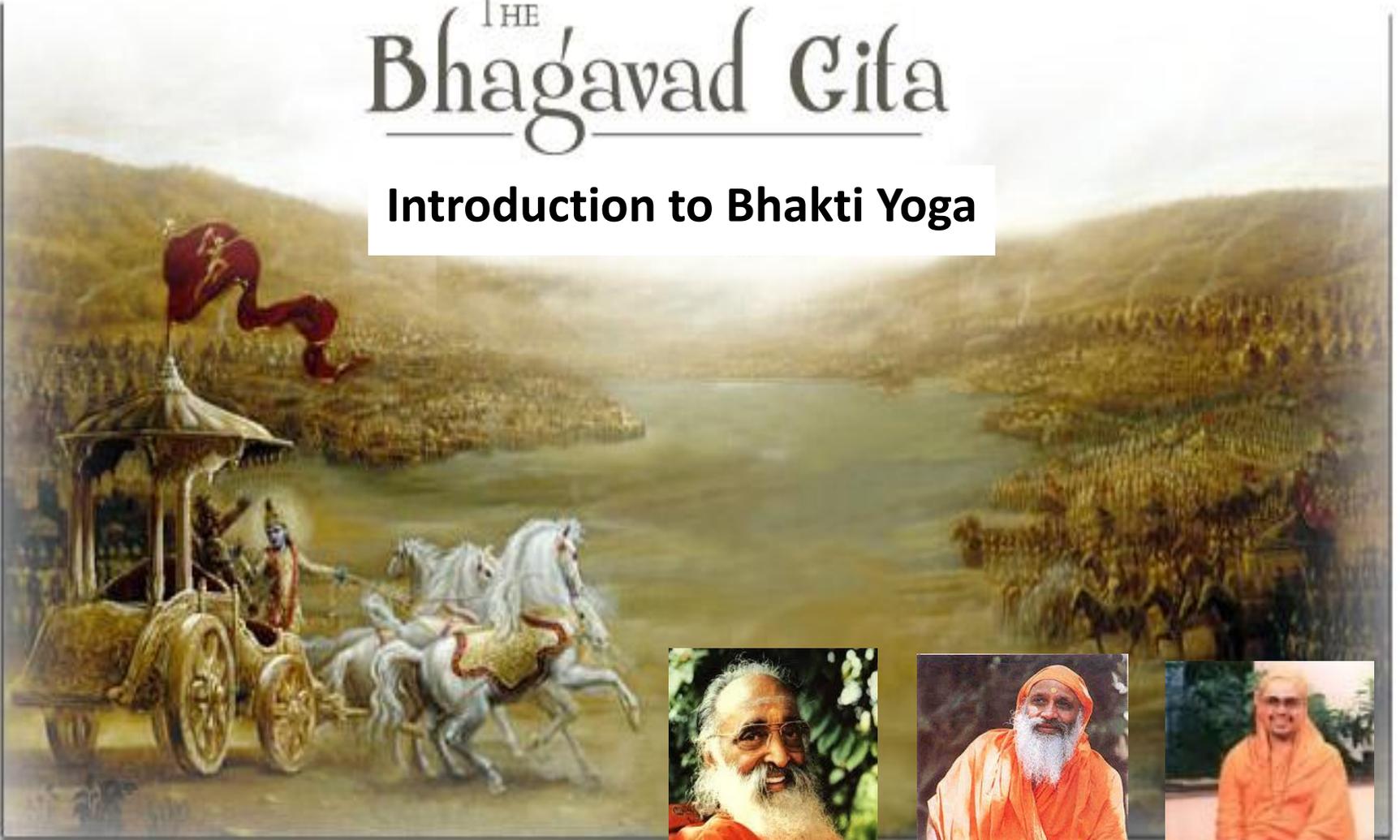


THE Bhagavad Gita

Introduction to Bhakti Yoga



Based on Notes From Swami Parmarthananda's
Lectures on the Bhagavad Gita Chapter 12 and Vedanta

Opening Prayer

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु मा
विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

Om saha nāvavatu
saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu
mā vidviṣāvahai |
Om śāntiḥ śāntiḥ śāntiḥ ||

Aum! May He protect us both together; may He nourish us both together; May we work conjointly with great energy, May our study be vigorous and effective; May we not mutually dispute (or may we not hate any). Aum! Let there be peace in me! Let there be peace in my environment! Let there be peace in the forces that act on me!

Bhakti as Love towards God

Least Intense

**Dull or
Beginner**

- Everyone starts here
- God as a “means” to achieve goals
- Conditional love

Medium

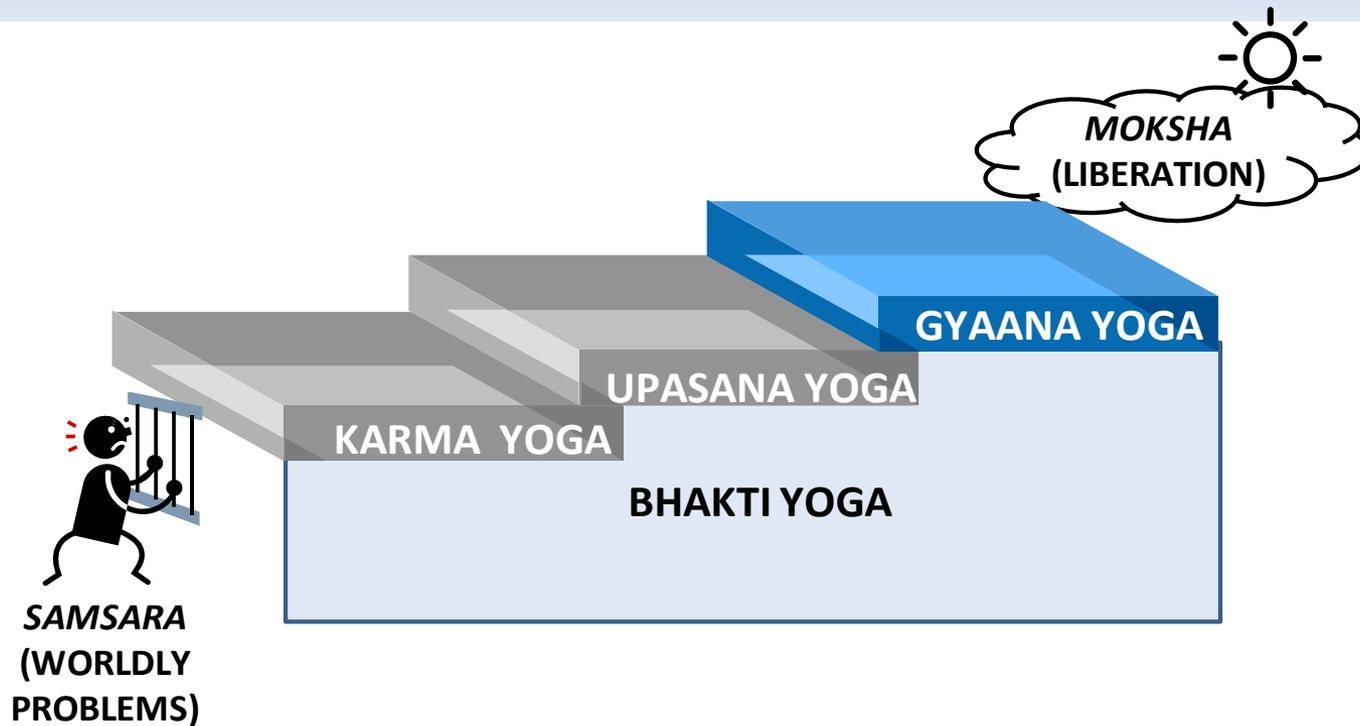
- More Rare, choose God as the Goal
- God as ultimate security, peace and happiness
- More intense than previous level

**Best or
Ultimate**

- More rarer and the most intense
- Ultimate stage
- No Motives at all

Most Intense

Bhakti Yoga as the foundation of Spiritual Growth



- 1 *Karma* Yoga: Proper **Action** with Proper **Attitude**
- 2 *Upasana* Yoga: Systematic program for conditioning body, speech and mind
- 3 *Gyaana* Yoga: Self knowledge that liberates you
- 4 *Bhakti* Yoga: “Course of Discipline” for spiritual growth

Bhakti in Action – (*Karma Yoga*)

Attitude in action and results

- Every action is offering to God
 - nothing but your best
 - no boredom or drudgery
- Every result is gift from God
 - accept all experiences in life with gratitude and equanimity
- Start with selfish motives for you and your family
- Shift to spiritual growth: greater good of universe

2 Bhakti in Meditation (*Upasana Yoga*)

Meditate upon god of your choice

- Worship through mental discipline
- God in human form

Shift focus to everything, everyone is God

- Attitude towards the world changes

Bhakti in Knowledge (*Gyaana Yoga*)

Understanding Nature of God (and yourself):

- God as the **Creator** of World
 - Starting phase; Personal God
- God as the **Cause** of World
 - God as creator and the matter
- God as **Substratum** of World
 - God appears as the world (without undergoing changes)
- Doubtful knowledge is ignorance
- Removal of misconception as to who you are

Key Points Bhakti Yoga

- You have to be completely devoted in your actions. Actions should provide the fulfillment, results of actions are the added bonus
- In the final analysis, it is about you and God (not about all the others). Keep achieving greater goals

Own up to your true nature;

Don't bleat like a sheep, Roar like a Lion

– Swami Vivekananda