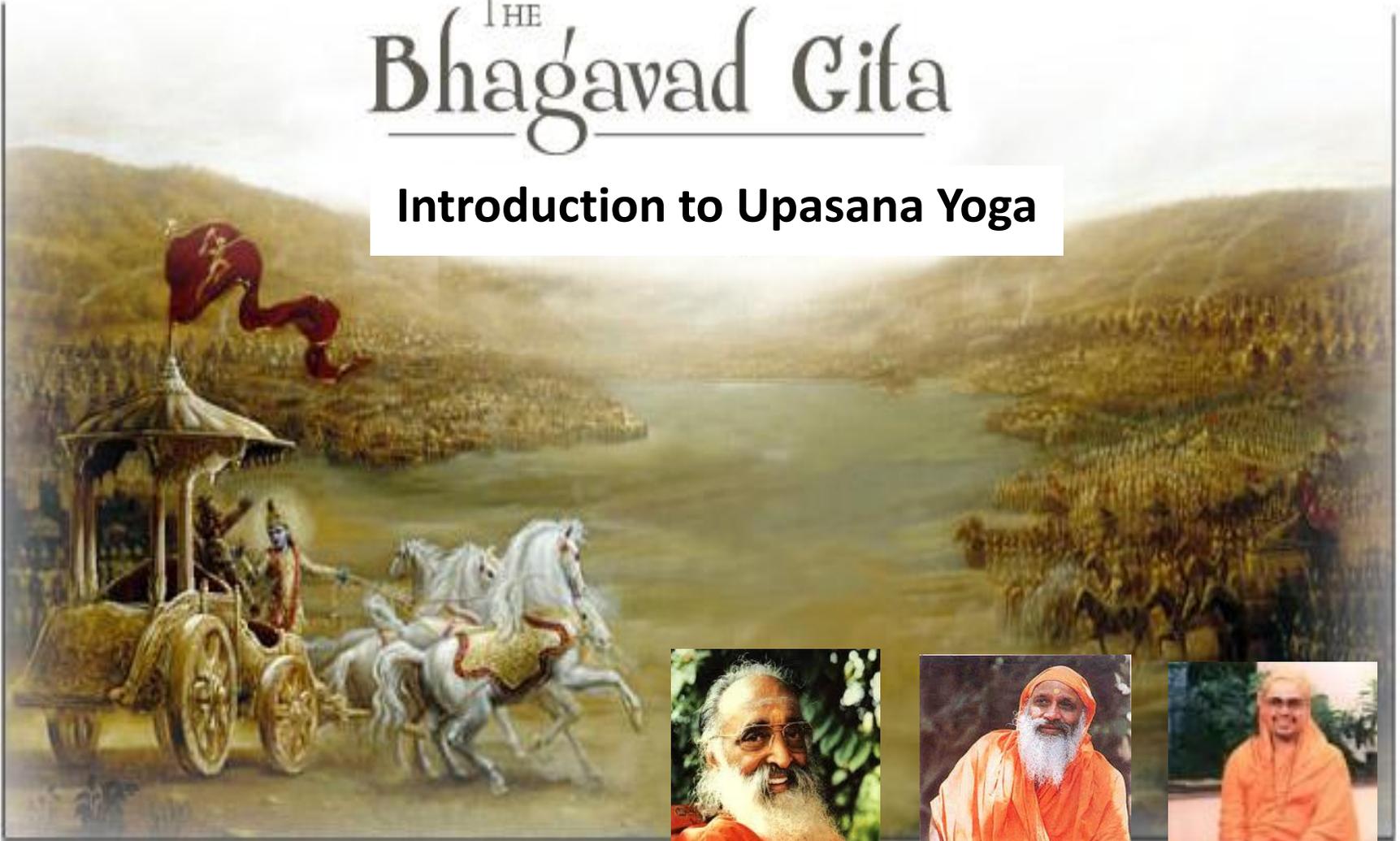
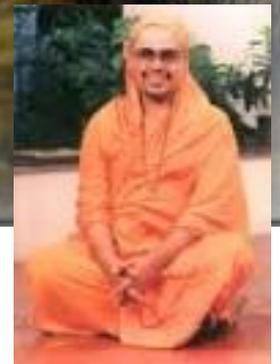
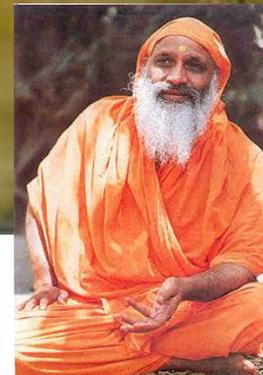
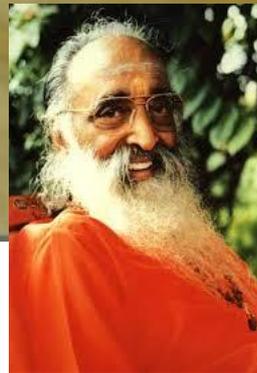


THE Bhagavad Gita

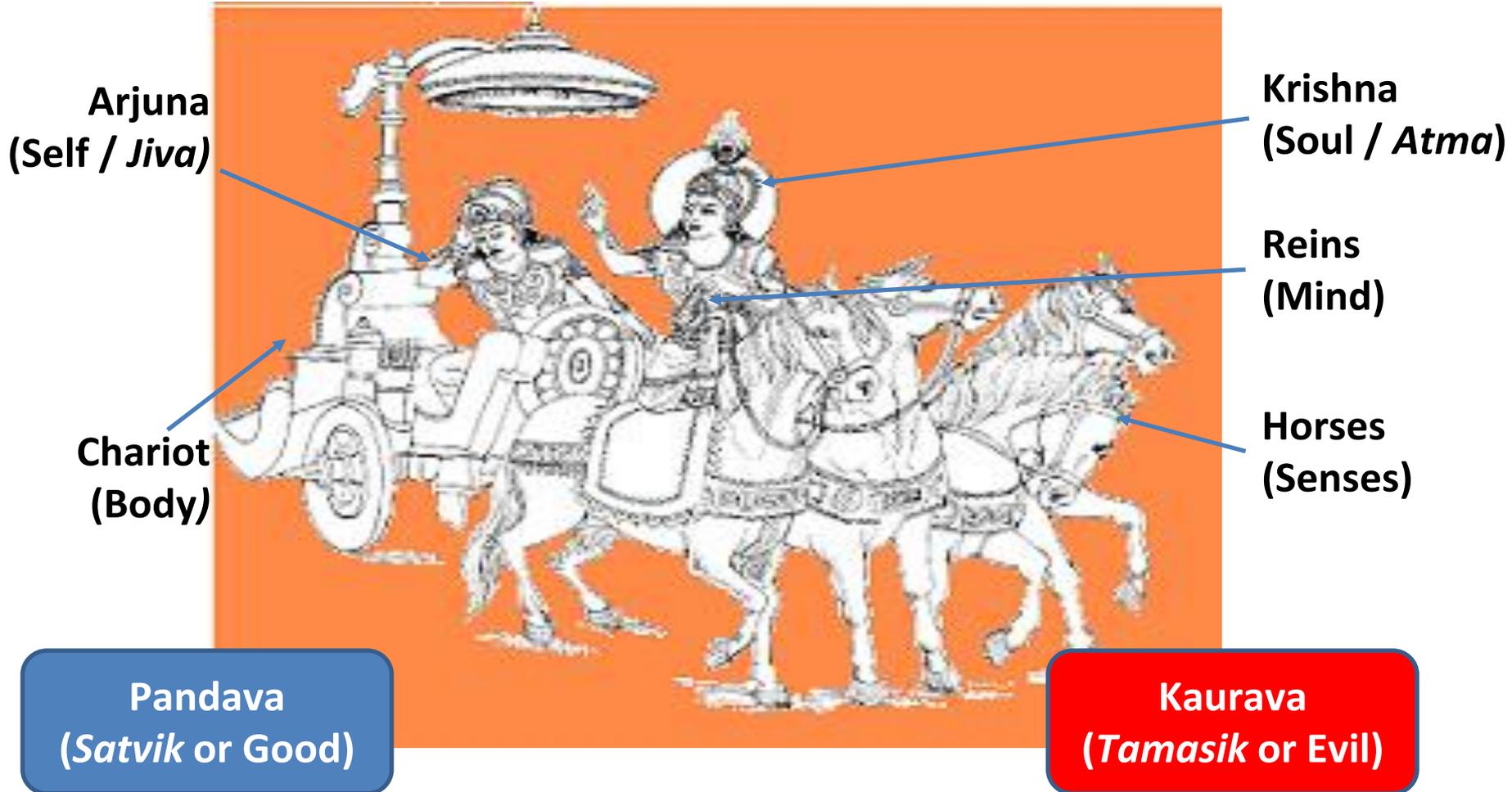
Introduction to Upasana Yoga



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



Bhagavad Gita Metaphor



Gita guides us in the “battle in our mind” between Good and Evil

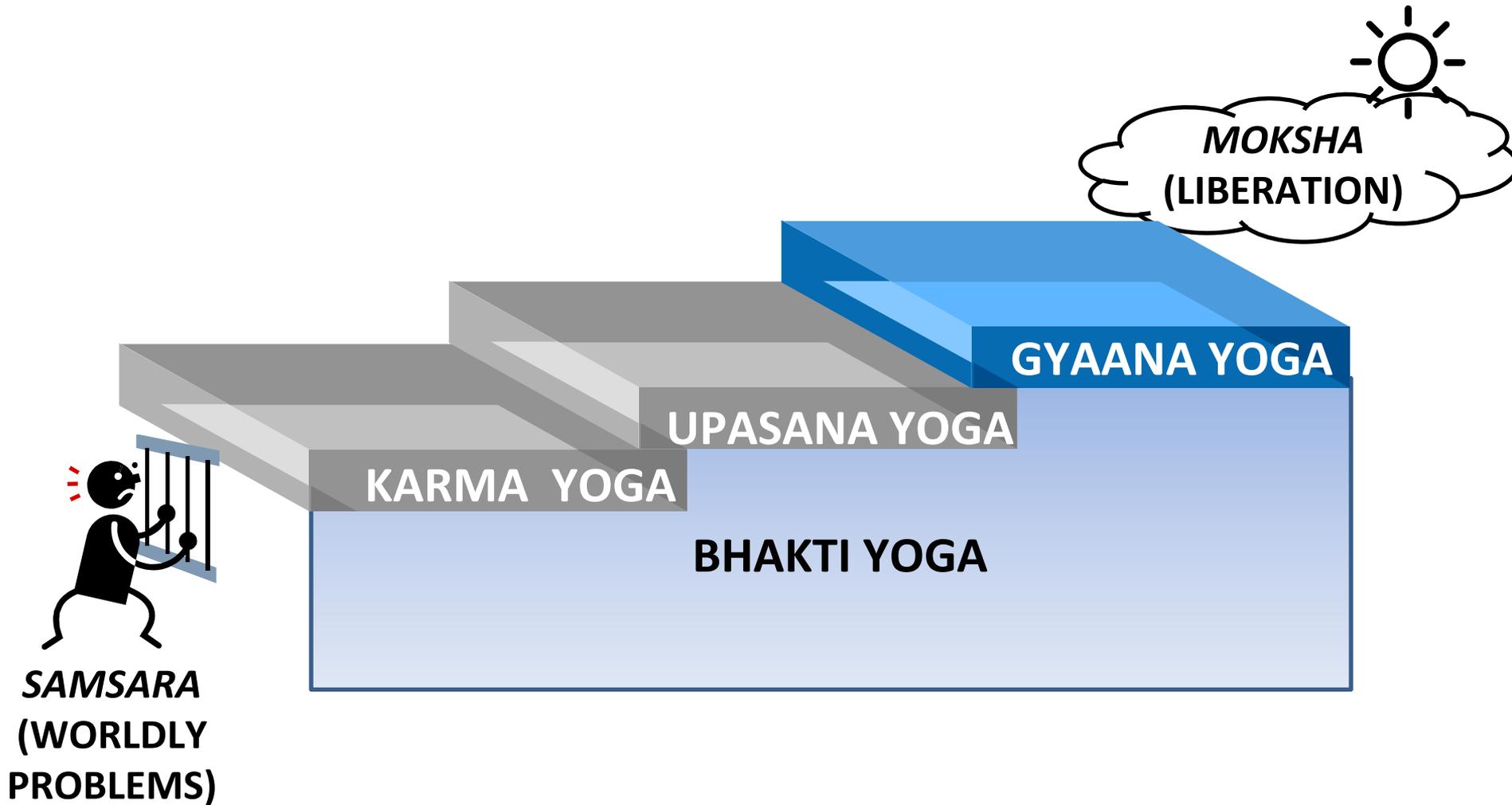
Four Fold Human Goals (Recap)

- *Artha* (Wealth, security)
- *Kama* (Pleasure or desire)
- *Dharma* (Spiritual growth)
- *Moksha* (Liberation):

Goals have defects:
- Mixed with sorrow
- Never enough
- Create dependence

Moksha is the ultimate human goal that liberates one from worldly problems in this life and forever

Three Stages to Attain *Moksha* (Recap)



Upasana Yoga is a Personality Conditioning Program

Three Layers of Personalities



- 3 Mental Conditioning
- 2 Speech Conditioning
- 1 Physical Body Conditioning

Just as a vehicle should be in a fit condition for travelling and reaching the goal, our personality must be in a fit condition

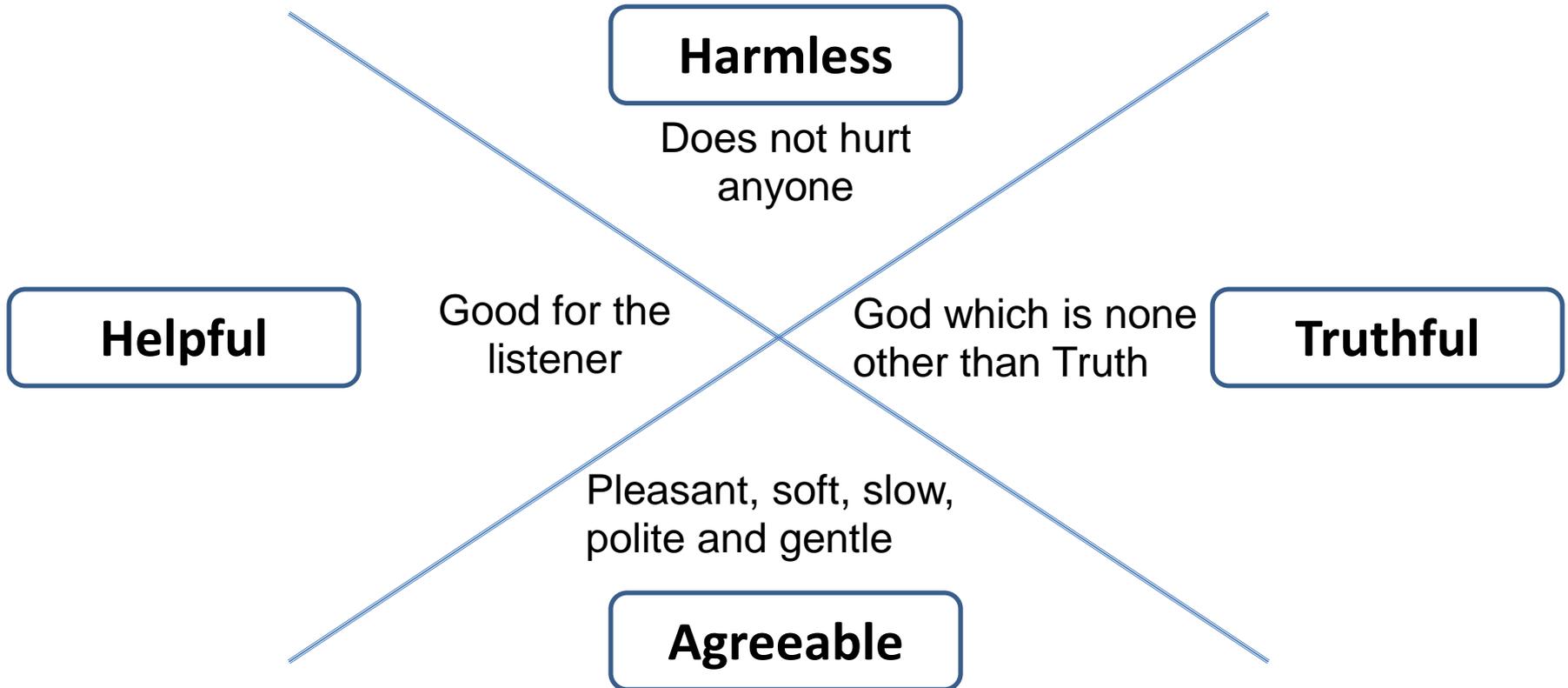
① Physical Body Conditioning: Maintaining Health

- Health: Preservation of health is far more easier than trying to recover the lost health.
- One who cannot voluntarily give time for health will have to forcibly give time to diseases.
- Pampering of the body arises only when physical is considered as an end in itself
- Allied with health the scriptures talk about diet and exercises.

Scriptures talk about health, diet and exercise to condition the Physical Body; through which we accomplish everything

2 Verbal Conditioning : Controlling Speech

Four Parameters of Speech Discipline



Speech not only displays our personality but also influences our personality

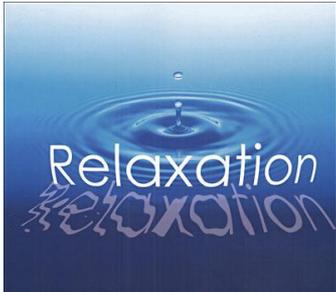
3 Mental Conditioning: Controlling Mind

- Mind is a subtle instrument and is not that easy to control, so physical and speech conditioning are stepping stones for mental conditioning
- Body and mind are connected: Psychosomatic studies
- Speech and Mind are connected: Try speaking softly and slowly when you are highly emotional (angry)

Upāsana primarily means mental discipline and secondarily means physical and verbal discipline

Mental Conditioning: Four Types

Relaxation Meditation



- Watching breath
- Repeating *Shanthy*

Expansion Meditation



- Visualize totality
- *Vishva Rupa Meditation*

Focusing Meditation



- Mental worship
- Chanting

Value Meditation



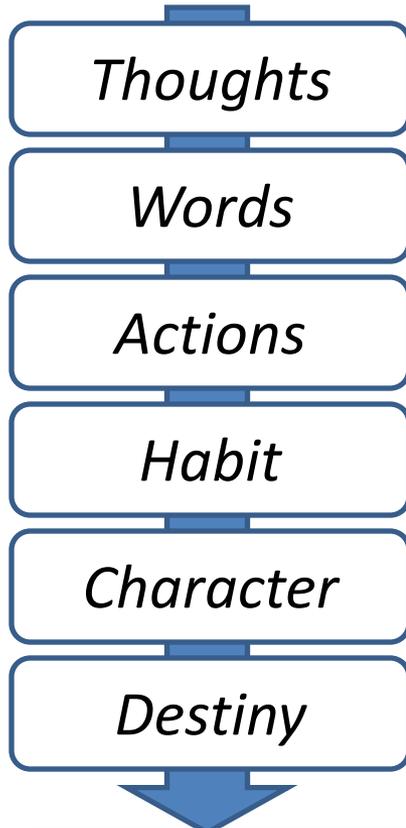
- Changing thought-pattern



Value or Transformation Meditation

As you think so you become –

यद्भावम् तद्भवती



- Change thoughts and visualize oneself as a transformed person – I am patient, I am confident to face my life
- Jealousy, impatience, irritation – these are nothing but thoughts only – take you away from the ultimate goal

Mind is a powerful instrument with a tremendous *Sankalpa Shakti* or Resolution Power

Team work of Body, Speech and Mind

Body, speech and mind should not function at cross purposes

Examples:

- Lie: Breaking the coordination by creating a division between speech and mind
- Punctuality : important discipline that integrates your promise to actions

After going through Karma Yoga and Upasana Yoga, we are ready for the most important course of discipline called **Jnāna Yoga**

Notes and Analogies – Gita Summary

- These are notes from Swami Paramarthananda's discourses on the Bhagavad Gita and Vedanta. Swami Paramarthananda is based in Chennai and a disciple of Swami Chinmayananda and Dayanand Saraswati. The Upasana Yoga presentation is based on *Tattvabodha* lectures.
- Page 5: Vehicle Analogy: In the Kathopanishad, our personality is compared to a vehicle trying to reach a goal (destination). Just as a vehicle should be in fit condition for travelling and successfully reaching the goal, our personality must be in a fit to achieve the ultimate the Human Goals.
- Page 5: Speech Conditioning: We should be able to disagree without being disagreeable.
- Page 9 – Focusing Meditation: In order to create capacity to focus for a length of time, our scriptures prescribe *Mānasa Pūja* or mental worship, *Mānasa Pārāyanam* (referring to mentally chanting something) or *Mānasa Japa* (referring to mentally chanting one name of the Lord). The difference between *Pārāyanam* and *Japa* is that *Pārāyanam* refers to chanting any prayer, in *Japa* only one name of the Lord is taken repeatedly.
- Page 9: Meditation Success Story: In 2008 Beijing Olympics, Michael Phelps set the world record for the most medals, despite his goggles' having filled up with water and being unable to see anything for the last 100 meters. Michael practiced by visualizing each stroke and potential adversities. He had practiced for just a situation like not being able to see while swimming. Instead of panicking, Michael counted the strokes. When he realized he may be a bit short based on the audience's reaction, he lunged forward and won the race by seven-tenths of a second. Similarly, mind is a hard instrument to handle; with the practice of meditation, one can train the mind to achieve desired goals.
- Page 10: Mind-Water Analogy: Mind is like water in three ways: Water
 - 1) Flows down to the **lowest point** if not controlled. Similarly, control your mind in order to stay focused on higher and virtuous thoughts
 - 2) **Takes shape** of the vessel into which it is poured into. So do thought. Similarly, let us pour our thoughts into vessels of truthfulness and integrity.
 - 3) **Absorbs** the minerals and impurities as it flows through surroundings. Similarly, let mind absorb good things from our environment and avoid impurities.