

# **Notes on Bhagavad Gita**

## **Chapter 4**

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Based on Classes  
By  
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## अध्याय ४ ज्ञानकर्मसंन्यासः ज्ञानेन कर्मणां संन्यासः

This chapter teaches internal renunciation while doing actions just like lotus leaf staying in the water.

Topics:

१. अवतारस्तुतिः – Incarnation -verses 1-15
२. ज्ञानकर्मसंन्यासः – Internal renunciation during action -verses 16-24
३. ज्ञानसाधनफलानि – practices and benefits of knowledge -verses 25-42

Chapters 4-5 – Expansion of Jnana yoga, chapter 2 – verses 12-25



	<b>Birth of an individual Soul</b>	<b>Incarnation of Paramatma दिव्यम्</b>
Cause कारणम्	Ignorance अविद्या	Compassion ज्ञानम्
Nature स्वरूपः	Nature → five elements → body – संसारी, नित्यबद्धः, जीवशरीरम्, Slave of the nature, trapped by nature	Directly by nature – असंसारी, नित्यमुक्तः, अवतारशरीरम् Free, master of nature
Purpose कार्यम्	To exhaust good and bad deeds पुण्यपापक्षयम् Life is a drag, burden	To please the virtuous, destroy the wicked, protect dharma, maintain harmony लोकसङ्ग्रहः, लीला – दिव्यम् Body design depends upon the purpose, life is a play

जन्म कर्म च मे दिव्यमेवं यो वेत्ति तत्त्वतः । त्यक्त्वा देहं पुनर्जन्म नैति मामेति सोऽर्जुन ॥

<b>Water ब्रह्मन्</b>	
Wave जीवात्मा Self	Ocean परमात्मा GOD
Small name-form जीवशरीरम् Individual's body	Big name-form परमात्माशरीरम् GOD's body

GOD-realization: True nature of ocean is water; true nature of GOD is Brahman

Self-realization: True nature of wave is water; true nature of the Self is Brahman

GOD-realization = Self-realization (attain your full potential)

Analyze your nature or GODs nature; it is the same - Brahman.

### Stages of GOD realization

#### १. एकरूपईश्वरज्ञानम् – सगुणभक्तिः – One-form GOD worship



#### २. अनेकरूपईश्वरज्ञानम् – सगुणभक्तिः – God in many forms worship



#### ३. अरूपज्ञानम् - निर्गुणभक्तिः – formless worship

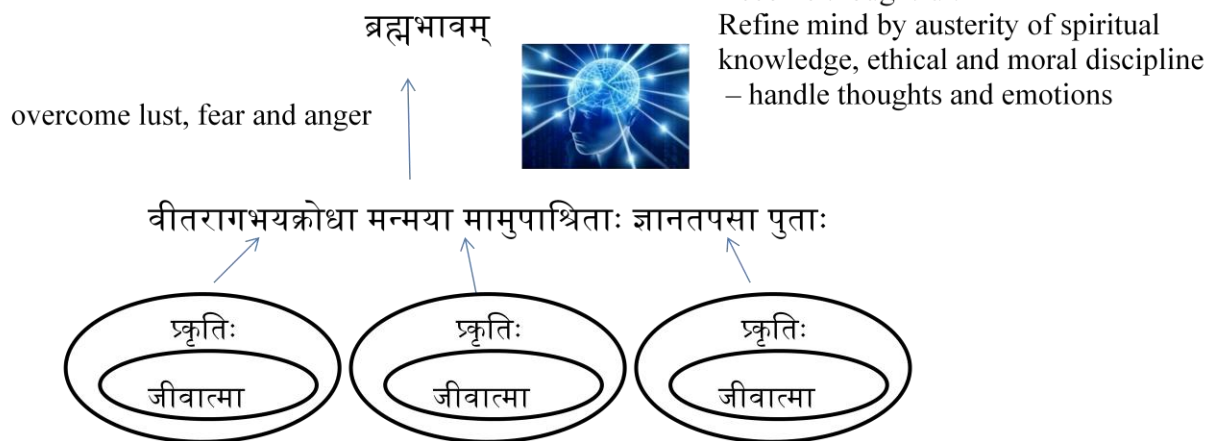
अचिन्त्यमव्यक्तमनन्तरूपं शिवं प्रशान्तममृतं ब्रह्मयोनिम् ।

तथाऽऽदिमध्यान्तविहीनमेकं विभुं चिदानन्दमरूपमद्भुतम् ॥

## Be and Become

Manifest divinity already in you by becoming moral, kind and compassionate. When my ego manifests, I repel people, but when Atman manifests even a little, I attract people.

When divinity is manifested world dissolves, Every thing is Brahman



## Reaching a goal

२. मामुपाश्रिताः (ईश्वरानुग्रहः)  
taking help (of GOD)

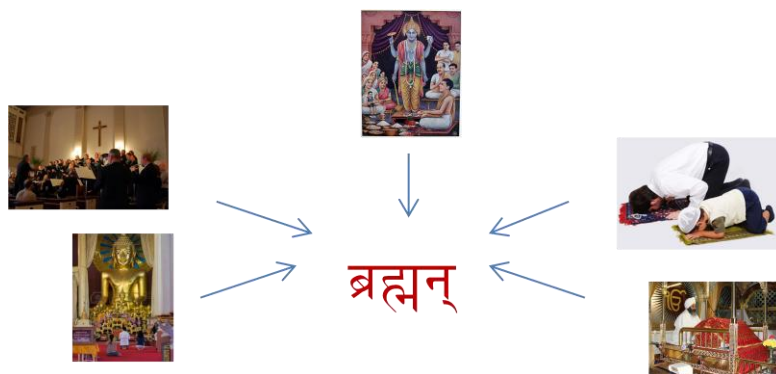


१. मन्मयाः (ईश्वरमयाः)  
focused on goal (liberation)

४. ज्ञानतपसा पुताः  
consistent effort for a length of time

३. वीतराग(द्वेष)भयक्रोधः  
clear direction in mind, no distraction  
(शुद्धान्तःकरणम् pure mind)

मम वर्त्मानुवर्तन्ते मनुष्याः सर्वशः । All paths lead to Brahman



## Vedic life style - Choice is yours

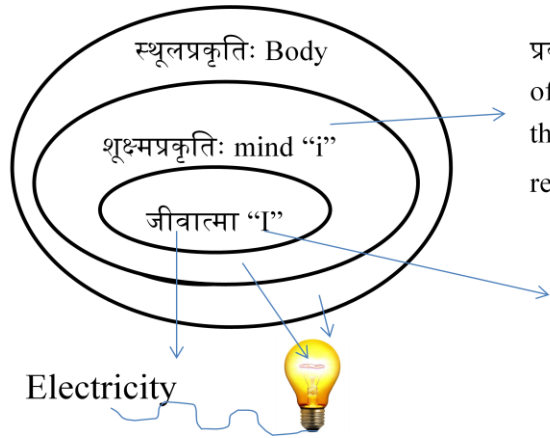
Four types of work in accordance with your Inclination and capacity – Nature; not based on heritage. जन्मना जायते क्षुद्रः संस्कारात् भवेत् द्विजः ।

ब्राह्मण	क्षत्रिय	वैश्य	क्षुद्र
सत्त्व-रज-तम(SRT) सत्त्वप्रधानः intellectual and political guidance, research, teaching	रज-सत्त्व-तम(RST) रजोप्रधानः defense, administration, political affairs	रज-तम-सत्त्व (RTS) रजोप्रधानः business, agriculture, industry	तम-रज- त्व(TRS) तमोप्रधानः Labor
Manifest divinity through whatever work you do, do without ego, without tension for results. Heavy work, yet enjoying it as holiday. Holiday in work.			

## Krishna an example of active life

कृष्णः सृष्टिकर्ता स्थितिकर्ता लयकर्ता वेदकर्ता । सः सदा कार्यं करोति । किन्तु तस्य फले न स्पृहा ।  
Krishna was always active, but not concerned with the results. Follow the way of action of Krishna. Many have followed his way, we should too. Doing thus we do not get bounded.



कर्मण्यकर्म यः पश्येदकर्मणि च कर्म यः । One who sees inaction in action, action in inaction is  
सः बुद्धिमान् wise स युक्तः real Yogi कृत्स्नकर्मकृत् fulfilled.



प्रकृतिः अनात्मा – कर्ता । Body-mind-complex consisting of matter which is always in motion, so BMC (lower “i” is the doer), not “I”, the Soul कर्मणि अकर्म । When BMC is resting, there are actions in potential form अकर्मणि कर्म ।

आत्मा सर्वव्यापी – अतः अकर्ता, साक्षी ।  
All-pervasive, action requires motion,  
so Atma is non-doer

बुद्धिमान् युक्तः कृत्स्नकर्मकृत् किम् पश्यति ? What does most intelligent, yogi, doer of all actions see?

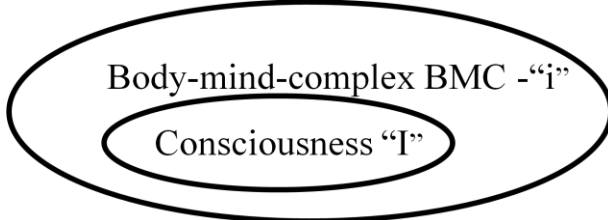
<p>कर्मणि अकर्म no-work in work. Done with love in heart and joy, work is ‘no work’ at all. It becomes a play, spontaneous, natural, not a drag. Work=Joy. प्रवृत्तिः = निवृत्ति Attitude is in your power</p> 	<p>अकर्मणि कर्म Work in no- work</p> 
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## Application of Self-knowledge while doing actions (jnana-karma-samnyaas) ज्ञानकर्मसंन्यासः (ज्ञानेन कर्माणां संन्यासः) - glorification of two life styles.

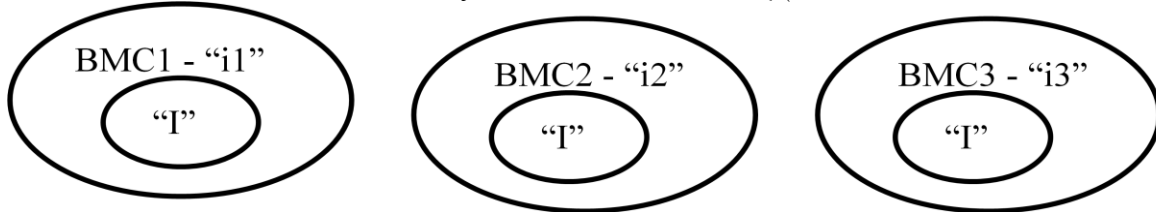
यस्य सर्वे समारम्भाः कामसङ्कल्पवर्जिताः ।  
ज्ञानाग्निदग्धकर्माणं तमाहुः पण्डितं बुधाः ॥ ४-१९ गृहस्थज्ञानी ।  
त्यक्त्वा कर्मफासङ्गं नित्यतृप्तो निराश्रयः ।  
कर्मण्यभिप्रवृत्तोऽपि नैव किञ्चित्करोति सः ॥ ४-२० गृहस्थज्ञानी । like a lotus leaf (in society)  
निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः ।  
शारीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥ ४-२१ संन्यासीज्ञानी ।  
यदृच्छालाभसन्तुष्टो द्वन्द्वातीतो विमत्सरः ।  
समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥ ४-२२ गृहस्थज्ञानी/संन्यासीज्ञानी ।  
गतसङ्गस्य मुक्तस्य ज्ञानावस्थितचेतसः ।  
यज्ञायाञ्चरतः कर्म समग्रं प्रविलीयते । ४-२३ गृहस्थज्ञानी ।  
अह्नार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥ ४-२४ गृहस्थज्ञानी ।

### Upanishadic teaching levels

१. देहविलक्षणात्मा । I am consciousness without body  
“I” is different than “I” I am that “I. अहम् तत् ब्रह्मन्



२. सर्वान्तर्यामिआत्मा । conscious is in everybody  
“I” is the same behind many BMCs -“i”s. सर्वस्य चाहं हृदि संनिविष्टः



३. सर्वाधारात्मा । everybody is in consciousness. ब्रह्मसमाधिन् one who does not lose sight of ब्रह्म while doing work कर्म in the world. He is ब्रह्मनिष्ठः, आत्मनिष्ठः, ज्ञाननिष्ठः ।  
Instrument is Brahman, offering is Brahman, fire is Brahman, the person offering is absorbed in Brahman while doing transaction –work कर्म । “I” alone is the ultimate truth, BMCs do not exist independently, they are also “I” only.



सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि । सम्पश्यन् ब्रह्म परमं याति नान्येन हेतुना ॥ कै.उ-१-१० ॥

Verses 25 to 34 glorify the Self-knowledge by specifying spiritual practices साधनाः that help purify the mind which becomes fit for the Self-knowledge.

All practices (ways to connect to GOD) are called यज्ञाः because worship of the Lord is done mentally. यज्ञ is will-based discipline, not suppression.

१. ब्रह्मज्ञानयज्ञः - यज्ञेन (जीवात्मना)

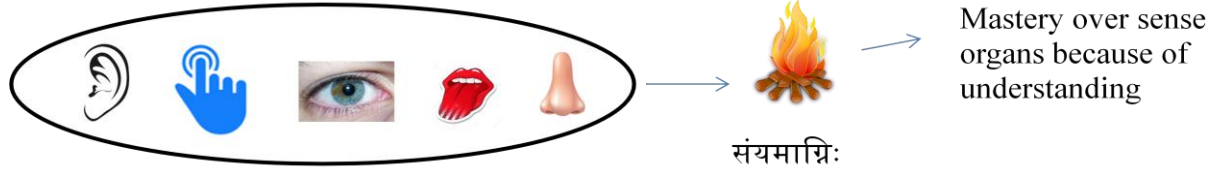


यज्ञः will-based discipline

२. दैवम् यज्ञ । vedic ritual



३. इन्द्रियसंयमयज्ञ (दमः)



४. विषयभोगयज्ञः

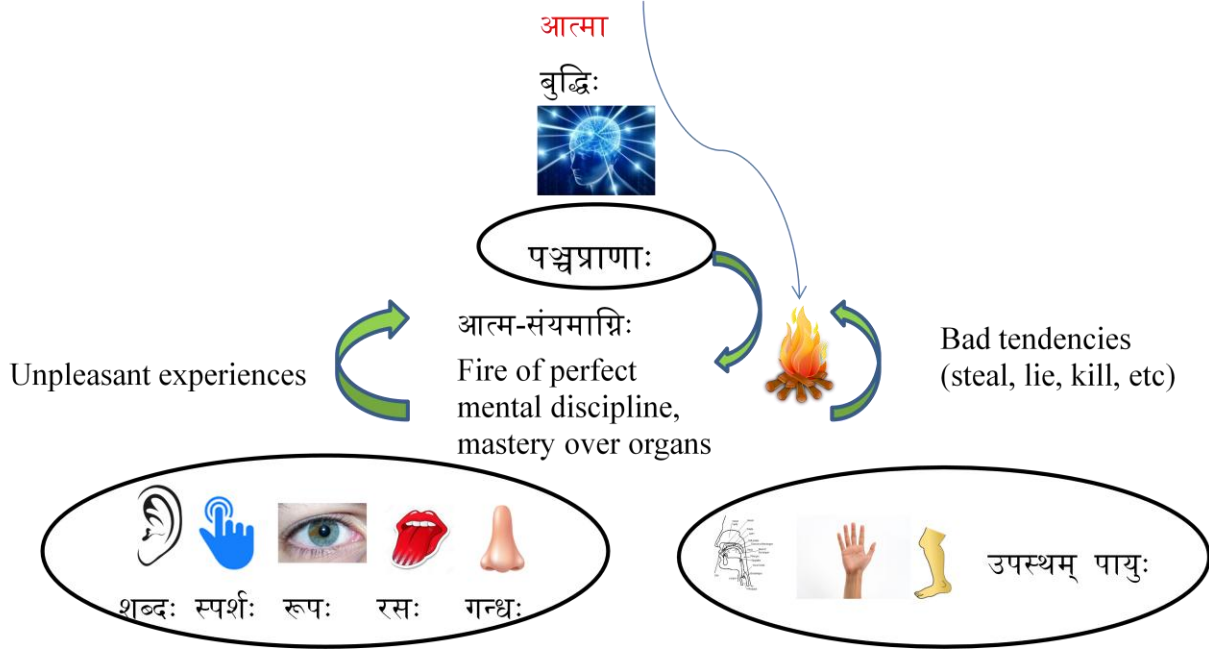




## Internal discipline

ज्ञानदीपितः Light by the fire of Self-knowledge

५. शमयज्ञ Mastery of mind



६. द्रव्ययज्ञ – दानम् varieties of charities, sharing money, material, knowledge without charging, saying kind words to sick people. I should not only receive, but give too, in proportion to what I receive



Cycle of harmony is maintained because of giving

७. तपोयज्ञ – व्रतम् | willful self denial to establish mastery over my own organs is tapas

यज्ञदानतपःकर्म न त्याज्यम् । १८-३

८. योगयज्ञ – practice of अष्टाङ्गयोगः of Patanjali for integration of various layers of personality.

अन्नमयकोशः - योगासनम् yoga posture exercises

प्राणमयकोशः – प्राणायामः breathing exercise

मनोमयकोशः – ध्यानम् meditation

विज्ञानमयकोशः – शास्त्राभ्यासः study

९. स्वाध्याययज्ञ – scriptural chanting पारायणम् and memorization for grasping the words शब्दग्रहणम् । Eventually chanting will lead to desire to know the meaning.

१०. ज्ञानयज्ञ – study of scriptural meaning अर्थग्रहणम् । Here the study is of अपराविद्या not पराविद्या – ब्रह्मविद्या । Knowledge of language, logic, investigation, thinking, grammar etc. is needed to study the scriptures, it is this subsidiary knowledge that is meant here.

यज्ञः – साधकः one who practices one or more of the above spiritual practices

यतिः – संन्यासी any committed spiritual seeker.

संशितव्रतः – one with form resolved, decided, has taken vow for spiritual path.

११. प्राणायामसाधना

गर्भप्राणायामः – Pranayaam done with mantra becomes spiritual practice यज्ञ

अपानम्

Inhalation

पूरकप्राणायामः



अपाने प्राणं जुह्वति ।

Exhalation is destroyed – avoided during inhalation

प्राणम्

Exhalation

रेचकप्राणायामः



प्राणे अपानं जुह्वति ।

Inhalation is destroyed – avoided during exhalation

प्राणापानगतिरुद्ध्वा

Exhalation-inhalation stopped

कुम्भकप्राणायामः



Both inhalation and exhalation is avoided – This is ideal when the mind is too much restless. Mind becomes relatively calm. Only Self-knowledge brings absolute calmness.

अपान व्यान उदान समान are also mastered by pranaayaama practice

१२. आहारनियमयज्ञ moderation in eating.

Quantity control (chapter 6). Quality control (chapter 17), eating more saattvik food than tamasik and rajasik. आहारशुद्धौ सत्वसुद्धिः

प्राणान् प्राणेषु जुह्वति । Sacrifice unhealthy pranas into healthy prana. When food control is not there all five pranas become sick pranas. The ones who control food, convert sick pranas into healthy pranas

यज्ञक्षपितकल्मषाः All the impurities are destroyed, burned by these practices यज्ञाः

And ultimately practicing ज्ञानयोगः he achieves liberation

अयज्ञस्य न अयं लोकः वा परलोकः अस्ति ।

Un-integrated person does not enjoy worldly pleasure, what to talk about liberation.

ब्रह्मणः मुखम् Vedas



द्रव्ययज्ञः (कर्मजान् यज्ञः) all spiritual practices, requires some form of material



purity of mind



ज्ञानयज्ञः (मोक्षः) सर्वं कर्म ज्ञाने परिसमाप्यते - liberation

Self-knowledge is the direct means of liberation, but is impossible without going through one or more of spiritual practices.

Oil refinery refines crude oil and produces beautiful and useful petroleum products. Through self-knowledge we develop character. This is how we develop compassion, dedication, a spirit of service, and largeness of mind and heart.



Refinery



Beautiful petroleum products



ज्ञानदीपः Internal discipline



Character

Means for gaining knowledge, help is needed



तत्त्वदर्शी ज्ञानी गुरुः

Knower of the Truth of truth.  
operator of scripture mirror



Knowledge flowers  
into character and  
wisdom

पात्रम्

परिपातः - नमस्कारः → humility

परिप्रश्नः → seriousness about learning

सेवा → removes lingering impurities of mind, high character

## Fruits of knowledge ?

- 1) मोहनाश: end of conflict because of attachment,
- 2) ऐक्यम् oneness,



सर्वाणि भूतानि आत्मनि ।

Will see whole creation in your Self

सर्वाणि भूतानि ब्रह्मणि ।

Will see whole creation In Brahman

न पुनः मोहम् एवम् यास्यसि ।

Will not be deluded like this again

मनसैवेदमाप्तव्यं नेह नानास्ति किञ्चन । मृत्यो स मृत्युं गच्छति य इह नानेव पश्यति ॥ कठ.उ २-१-११  
Mind must be educated to grasp this truth that 'there is no many or separateness in this world. One who sees separateness and lives according to that understanding, he or she goes from death to death'

- 3) सर्वपापनाश: end of all sins

ज्ञानप्लवेन एव

Only by the

boat of knowledge



सर्व पापं वृजिनम्

Ocean of sin संतरिष्यसि

You will cross

- 4) सर्वकर्मफलनाश: end of all fruits of action

पापम्, पुण्यम् Punyam, papam

सञ्चित् destroyed

प्रारब्ध realized person goes

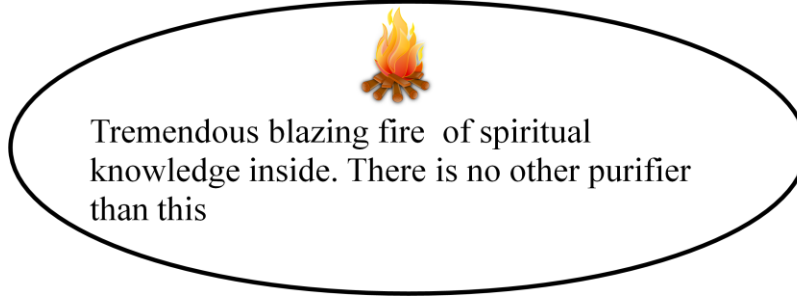
through calmly आगामि avoided



समिद्धः अग्निः

Well kindled, blazing fire

## कर्मयोग-ज्ञानयोग-संसिद्धः | Person with high character



स्वयम् कालेन आत्मनि विन्दति

Enjoy the journey working and serving

## Striving ones achieve in course of time

प्रतिष्ठिता प्रज्ञा Aimed life

शान्तिः  
(आत्मा)

अचिरेण  
In course of time



श्रद्धावान्

faith in myself to reach Truth

तत्परः

devoted to that, in search of Truth

संयतेन्द्रियः

Has disciplined sensory energy

## Doubting one goes to destruction

अज्ञः  
Ignorant of higher  
values of life  
अश्रद्धानः  
cynical mind  
संशयात्मा  
constantly doubting



न अयं लोकः no this world

न परः लोकः no other world

न सुखम् no happiness

विनश्यति

gets destroyed, won't proceed  
higher, remains stagnant as a  
creature

योगम् आतिष्ठ उत्तिष्ठ । Rise up to the level of yoga, and stand up, purify the mind,  
follow jnana-yoga and be free

उत्तिष्ठत जाग्रत प्राप्य वरान् निबोधत । कठ.उ -१-३-१४

Arise, awake, having reached the great teachers learn (realize that Atman)

There is so much to achieve. If you have achieved something, march on, something still greater is there. Go to school, develop knowledge and understanding. That is higher joy. Mental joy is something higher, then the highest experiencing the joy of realizing your own infinite Self.