

## **Bhagavad Gita, Chapter 1 (1 of 2, part 2)** **The Yoga of Dejection (Verses 1-11)**

Welcome. Today we are going to get into the story. The story is an analogy of the journey. It takes place on a battlefield between Arjuna, the seeker in each of us, and Krishna, the divine guidance also in each of us. The battle is an analogy between the light and dark forces in each of us, those forces that are calling us to awaken and those forces that are keeping us bound in matter. There is a handout that describes the major characters in the battle and will help to keep them straight. It also briefly describes the qualities that each one represents.

Before we begin does anyone have any reflections or questions about last week's class, The Journey of Consciousness and the Stages of the Gita?

[Begin video at 16:17, "The Bhagavad Gita is a story..." play until 30:02, "We try to stay secure."]

Some Possible Questions (remember to add your own also):

- Looking at the handout one can see that we each have qualities found in both the Kauravas and the Pandavas. Can you find qualities from both sides in yourself?
- Have you felt that the times of greatest challenge in your life have also been times of greatest growth? Or have you found when you have applied effort in a certain direction you have experienced growth and change?
- The desire to stay secure and comfortable can be very strong in us. Do you find yourself tending towards this? Balance is needed on the journey, and times of rest are important. But do you find yourself tending towards either getting too comfortable as a way of avoidance of what you know needs to be done or perhaps efforting constantly and not allowing yourself times for integration of changes?

[Play video from 30:02 to 47:54, or to the end if you want to include the questions.]

Some Possible Questions:

- Sat Shree talks about how we are in a natural evolutionary process, but unlike a plant that doesn't resist as it pushes to break through the surface of the ground before it can come to the light, we tend to resist anything we find uncomfortable. We have created stories and opinions about how we think things should be and we are invested in keeping them that way. This is the battle that the Gita refers to. Letting go of our old ways of seeing ourselves as we move into new ways of seeing ourselves can be turbulent. Can you find some specific examples from your own life where this has been your

- experience?
- The Kuruvus represent the forces of inertia and ignorance that are resisting change or trying to maintain control while the Pandavas represent the transformational forces. Do you have habits, like playing video games or watching TV, or drinking that keep you feeling caught in a cycle of inertia that you would like to break out of? Do you feel there are some actions that you could be taking that would feel more in alignment with your higher purpose that could lead to a greater sense of harmony or cooperation, that would expand your awareness?
  - We see that some of the Kuruva's represent what we consider to be positive qualities like idealism and a sense of morals and ethics. And yet the Kuruva's are on the side of inertia. The Gita let's us know that this is not just about happiness and harmony, and that being a better human being, a more admirable human being, is still being a human being. We are in a struggle to move into the right relationship with what is true, going beyond the human paradigm even, to what is lasting. How do you understand this? Can you see times when even your idealism or your sense of duty or what was right became an obstacle to something more true?

Next week we will see that this is the dilemma that Arjuna finds himself in that leads to his dejection. And his surrender to this is what allows the divine guidance to come forward. During the week consider times when you felt dejected, when you felt vulnerable and outside of your comfort zone, and felt a turning inward. In the midst of moments like this it can be very difficult, but from these moments often a clarity begins to emerge and a sense of moving into alignment with a greater purpose than one could see in the midst of the crisis.