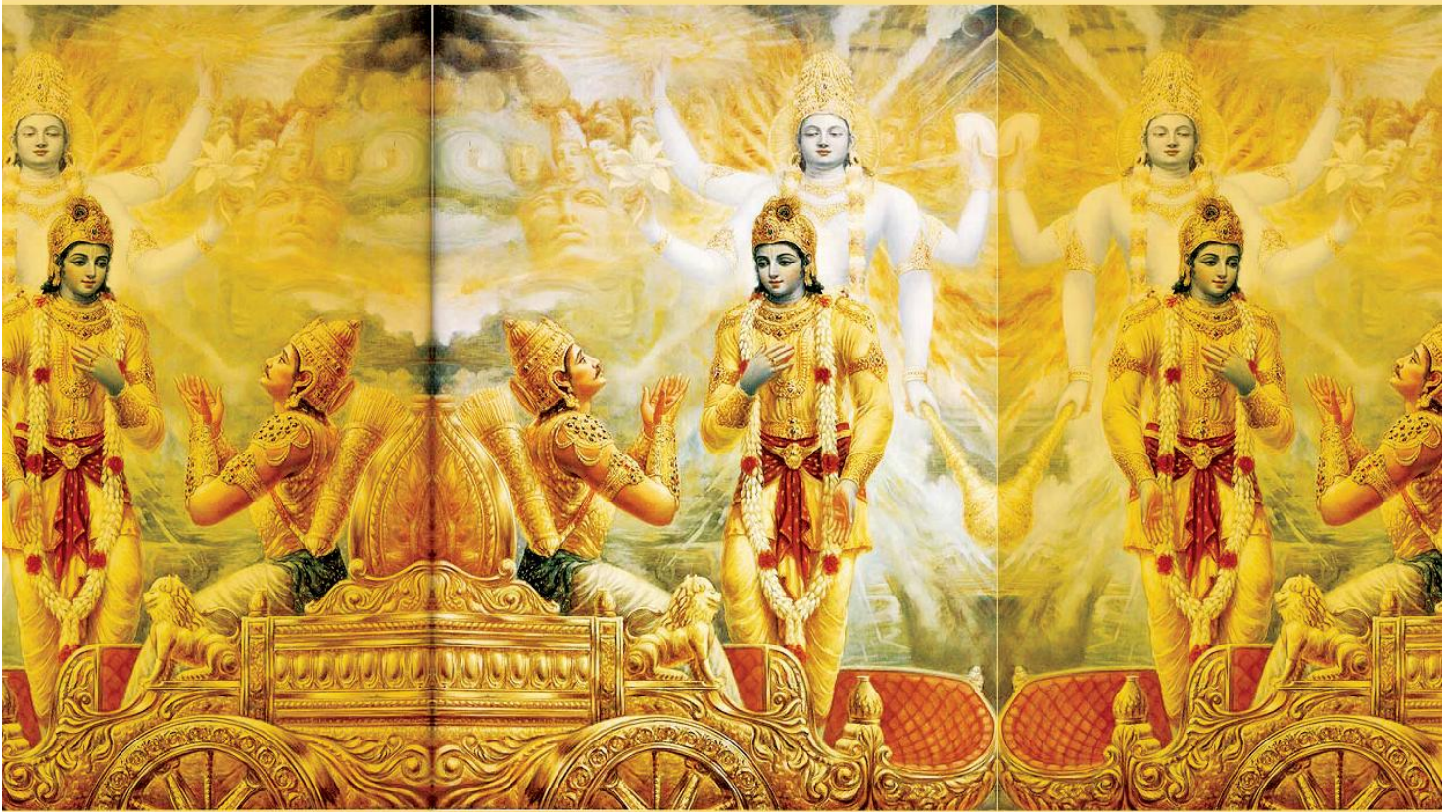


GURU YOGA



The Most Secret Practice Of The Bhagavad Gita



Lama Marut's Audio and Video
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I. WHY TO TAKE A GURU

चतुर्विधा भजन्ते मां जनाः सुकृतिनोऽर्जुन ।

caturvidhā bhajante mām janāḥ sukṛtino'rjuna |

आर्तो जिज्ञासुरर्थार्थी ज्ञानी च भरतर्षभ ॥

ārto jijñāsurararthārthī jñānī ca bharatarṣabha ||

Arjuna, there are four kinds of virtuous persons who devote themselves to Me – those in distress, those who are driven by intellectual inquiry, those who are seeking their own advantage, and the wise. (7.16)

II. SERVING AND BEING SAVED BY THE GURU

सततं कीर्तयन्तो मां यतन्तश्च दृढव्रताः

satataṁ kīrtayanto mām yatantaśca dṛḍhavratāḥ

नमस्यन्तश्च मां भक्त्या नित्ययुक्ता उपासते ॥

namasyantaśca mām bhaktyā nityayuktā upāsate ||

Always glorifying Me and striving to firmly keep their vows, prostrating with faith, those with unwavering discipline worship Me. (9.14)



यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।

यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

yatkaroshi yadaśnāsi yajjuhoṣi dadāsi yat
yattapasyasi kaunteya tatkuruṣva madarpaṇam ॥

Whatever you do, Arjuna, whatever you eat or offer or give, whatever austerities you undertake, do it all as an offering to Me. (9.27)

ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः ।

ye tu sarvāṇi karmāṇi mayi sannasya matparāḥ ।

अनन्येनैव योगेन मां ध्यायन्त उपासते ॥

ananyenaiva yogena mām dhyāyanta upāsate ॥

But those who are thoroughly devoted to Me give up all their actions to Me and worship Me, meditating on Me with single-minded yoga. (12.6)

तेषामहं समुद्धर्ता मृत्युसंसारसागरात् ।

teṣāmaham samuddhartā mṛtyusaṁsārasāgarāt ।

भवामि निचरात्पार्थ मय्यावेशितचेतसाम् ॥

bhavāmi nicarātpārtha mayyāveśitacetasām ॥

For those whose minds are engrossed in Me, I soon arise as the savior from the ocean of death and the cycle of rebirth and suffering. (12.7)



III. WHO AND WHERE IS THE GURU?

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।

sarvabhūtaśthamātmānaṁ sarvabhūtāni cātmani ।

ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

īkṣate yogayuktātmā sarvatra samadarśanaḥ ॥

One who is fully perfected in yoga sees oneself in all beings and all beings in oneself. He sees everything as coming from the same source. (6.29)

यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।

yo māṁ paśyati sarvatra sarvaṁ ca mayi paśyati ।

तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥

tasyāhaṁ na praṇaśyāmi sa ca me na praṇaśyati ॥

I will never be separated from one who sees Me everywhere and sees everything in Me, nor will he ever be separated from Me. (6.30)

सर्वभूतस्थितं यो मां भजत्येकत्वमास्थितः ।

sarvabhūtaśthitaṁ yo māṁ bhajatyekatvamāsthitaḥ ।

सर्वथा वर्तमानोऽपि स योगी मयि वर्तते ॥

sarvathā vartamāno'pi sa yogī mayi vartate ॥

One who resides in this oneness worships Me as abiding in all beings. That yogi, no matter what he is doing is engaged in Me. (6.31)



आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।

सुखं वा यदि वा दुःखं स योगी परमो मतः ॥

ātmaupamyena sarvatra samam paśyati yo'rjuna |
sukham vā yadi vā duḥkham sa yogī paramo mataḥ ||

One who sees that everything is equally coming from oneself, whether it is suffering or happiness, is to be considered the supreme yogi. (6.32)

IV. THE MOST SECRET OF SECRETS

ईश्वरः सर्वभूतानां हृद्देशेऽर्जुन तिष्ठति ।

भ्रामयन्सर्वभूतानि यन्त्रारूढानि मायया ॥

īśvaraḥ sarvabhūtānām hṛddeśe'rjuna tiṣṭhati |
bhrāmayansarvabhūtāni yantrārūḍhāni māyayā ||

The Lord resides in the hearts of all living beings, impelling them with His magical power as if they were figures mounted on a carousel. (18.61)

तमेव शरणं गच्छ सर्वभावेन भारत ।

तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम् ॥

tameva śaraṇam gaccha sarvabhāvena bhārata |
tatprasādātparām śāntim sthānam prāpsyasi śāśvatam ||

Go for refuge with your whole being in Him alone, Arjuna, and by His grace you will attain the eternal state of highest peace. (18.62)



इति ते ज्ञानमाख्यातं गुह्याद्गुह्यतरं मया ।

iti te jñānamākhyātaṁ guhyādguhyataraṁ mayā |

विमृश्यैतदशोषेण यथेच्छसि तथा कुरु ॥

vimṛśyāitadaśoṣeṇa yatheccchasi tathā kuru ||

So it is that this most secret of all secrets has been revealed by Me. Consider it fully and then do what you will. (18.63)

V. KEEPING AND SHARING THE SECRET

सर्वगुह्यतमं भूयः शृणु मे परमं वचः ।

sarvaguhyatamaṁ bhūyaḥ śṛṇu me paramaṁ vacaḥ |

इष्टोऽसि दृढमिति ततो वक्ष्यामि ते हितं ॥

iṣṭo'si dṛḍhamiti tato vakṣyāmi te hitaṁ ||

Hear once more My highest words, the most secret of all, for you are surely dear to Me so I will tell you for your own good. (18.64)

मन्मना भव मद्भाक्तो मद्याजी मं नमस्कुरु ।

manmanā bhava madbhākto madyājī maṁ namaskuru |

मामेवैष्यसि सत्यं ते प्रतिजाने प्रियोऽसि मे ॥

māmevaiṣyasi satyaṁ te pratijāne priyo'si me ||

Keep your mind on Me, be devoted to Me, sacrifice to Me, prostrate to Me. I promise that you will come to Me, for you are dear to Me. (18.65)



सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।

sarvadharmānparityajya māmekaṁ śaraṇaṁ vraja ।

अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

ahaṁ tvā sarvapāpebhyo mokṣayiṣyāmi mā śucaḥ ॥

Surrender all your religious ambitions to Me; go for refuge only in Me. Do not grieve, for I will free you of all your vices. (18.66)

इदं ते नातपस्काय नाभक्ताय कदाचन ।

idaṁ te nātapaskāya nābhaktāya kadācana ।

न चाशुश्रूषवे वाच्यं न च मां योऽभ्यसूयति ॥

na cāśuśrūṣave vācyaṁ na ca mām yo'bhyasūyati ॥

Never speak of this to one who is devoid of austerity, who has no faith, or who refuses to listen, or to one who is annoyed with Me. (18.67)

य इदं परमं गुह्यं मद्भक्तेष्वभिधास्यति ।

भक्तिं मयि परां कृत्वा मामेवैष्यत्यसंशयः ॥

ya idaṁ paramaṁ guhyaṁ madbhakteṣvabhidhāsyati ।

bhaktiṁ mayi parāṁ kṛtvā māmevaiṣyatyasaṁśayaḥ ॥

The one who teaches this highest secret to those dedicated to Me has performed the highest act of devotion to Me. That one, without a doubt, will reach Me. (18.68)



न च तस्मान्मनुष्येषु कश्चिन्मे प्रियकृत्तमः ।

भविता न च मे तस्मादन्यः प्रियतरो भुवि ॥

na ca tasmānmanuṣyeṣu kaścinme priyakṛttamaḥ |
bhavitā na ca me tasmādanyaḥ priyatara bhuvī ||

And no one can do anything for Me that I value more; no one on earth will be more dear to Me than someone like that. (18.69)