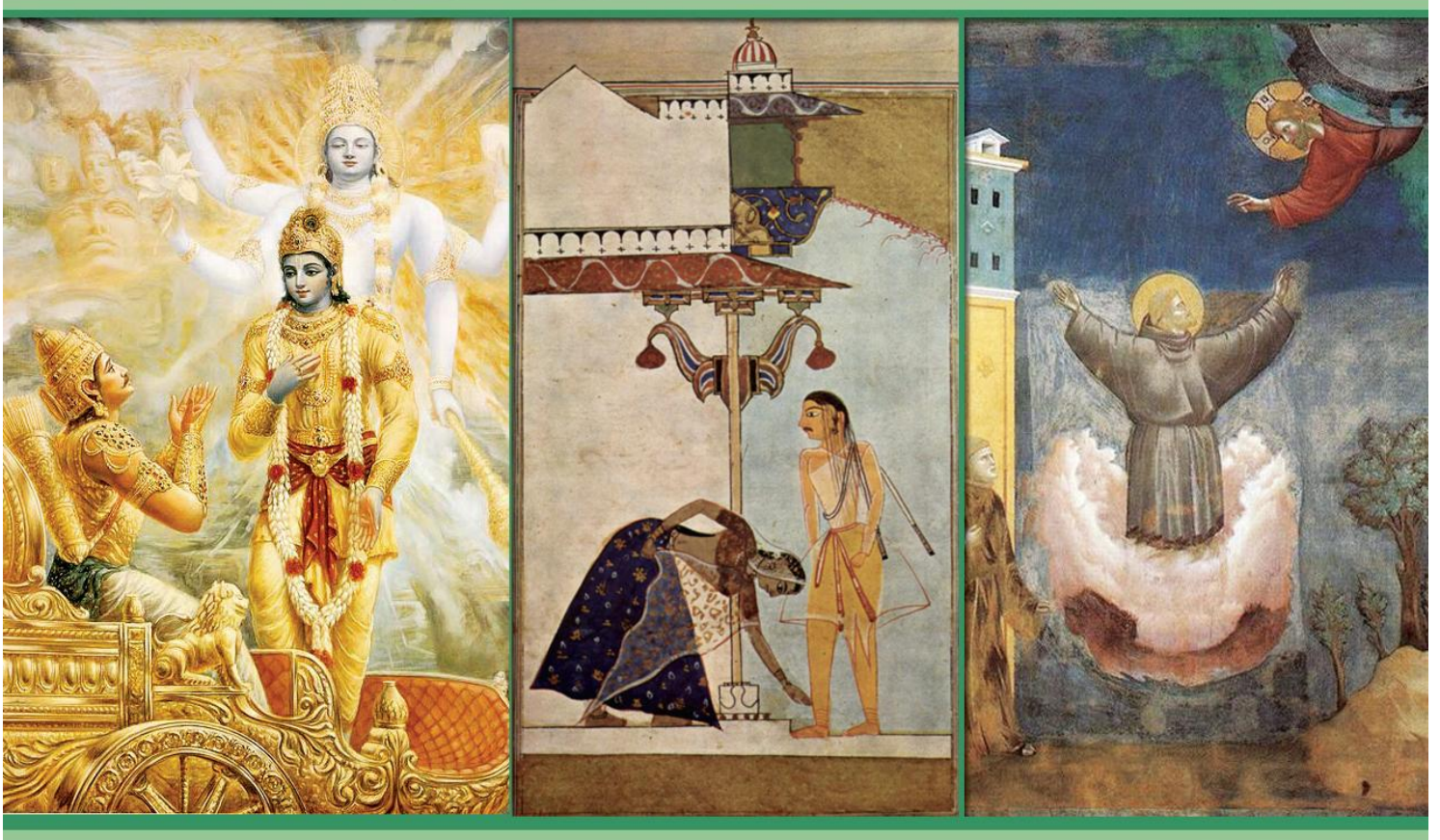


THE HIGHEST YOGA



The Yoga Of Devotion In The Bhagavad Gita



Lama Marut's Audio and Video Podcasts are available for free on iTunes

Images from Wiki Commons: <http://commons.wikimedia.org/>



I. LIFE BEFORE TAKING ONESELF TO A TEACHER

इदमद्य मया लब्धमिमं प्राप्स्ये मनोरथम् ।

इदमस्तीदमपि मे भविष्यति पुनर्धनम् ॥

idamadya mayā labdhamimam prāpsye manoratham |
idamastīdamapi me bhaviṣyati punardhanam || 16.13

असौ मया हतः शत्रुर्हनिष्ये चापरानपि ।

ईश्वरोऽहमहं भोगी सिद्धोऽहं बलवान्सुखी ॥

asau mayā hataḥ śatrurhaniṣye cāparānapi |
īśvaro'hamaham bhogī siddho'ham balavānsukhī || 16.14

[Those deluded by ignorance say things like:]

“Today I’ve acquired this thing, and I now will obtain that thing – whatever I fancy. All this money is mine, and there will be plenty more coming in soon.

It was I who single-handedly killed that enemy, and I’ll kill lots of others in the future. I am the master of my destiny. I am the enjoyer. I am successful, strong, and happy.”



II. CRISIS AND DESPERATION

सीदन्ति मम गात्राणि मुखं च परिशुष्यति ।

वेपथुश्च शरीरे मे रोमहर्षश्च जायते ॥

गाण्डीवं स्रंसते हस्तात्त्वक्चैव परिदह्यते ।

नच शक्नोम्यवस्थातुं भ्रमतीव च मे मनः ॥

निमित्तानि च पश्यामि विपरीतानि केशव ।

sīdanti mama gātrāṇi mukhaṁ ca pariśuṣyati |
vepathuśca śarīre me romaharṣaśca jāyate || 1.29
gāṇḍīvaṁ sraṁsate hastāttvakraiva paridahyate |
naca śakṇomyavasthātuṁ bhramatīva ca me manaḥ || 1.30
nimittāni ca paśyāmi viparītāni keśava | 1.31

My limbs sink in despair and my mouth is parched. My body is trembling and my hair stands on end. The magic bow slips from my hand and my skin burns. I am unable to stand still; my mind reels. Everything seems like it's been turned on its head, Krishna!



III. SURRENDERING ONESELF TO A TEACHER

कार्पाण्यदोषोपहतस्वभावः पृच्छामि त्वां धर्मसंमूढचेता ।

यच्छ्रेयः स्यान्निश्चितं ब्रूहि तन्मे शिष्यस्तेऽहं शाधि मां त्वां प्रपन्नम् ॥

kārpaṇyadoṣopahatasvabhāvaḥ pṛcchāmi tvāṁ dharmasammūḍcetā |
yacchreyaḥ syānniścitaṁ brūhi tanme śiṣyaste'haṁ śādhi mām tvāṁ prapannam || 2.7

I am afflicted to my core by the flaw of deep depression; my mind is totally confused about what is the right thing to do. I beg you to tell me clearly what is best. I am your student; please teach me. I surrender myself to you.

IV. RECOGNIZING YOUR GOOD FORTUNE

मनुष्याणां सहस्रेषु कश्चिद्यतति सिद्धये ।

यततामपि सिद्धानां कश्चिन्मां वेत्ति तत्त्वतः ॥

manuṣyāṇāṁ sahasreṣu kaścidyatati siddhaye |
yatatāmapī siddhānāṁ kaścīnmām veti tattvataḥ || 7.3

There is barely one man among thousands who strives for perfection. And of those few who do try to achieve the goal, only the rare one recognizes me for who I really am.



V. THE HIGHEST YOGA

योगिनामपि सर्वेषां मद्गतेनान्तरात्मना ।

श्रद्धावान्भजते यो मां स मे युक्ततमो मतः ॥

yogināmapī sarveṣāṃ madgatenāntarātmanā |
śraddhāvānbhajate yo mām sa me yuktatamo mataḥ || 6.47

Of all the yogis, it is the one who, with his innermost soul devoted to Me, faithfully serves Me who is regarded as the most disciplined.

VI. GURU YOGA: WORKING WITH A TEACHER

व्यामिश्रेणेव वाक्येन बुद्धिं मोहयसीव मे ।

तदेकं वद निश्चित्य येन श्रेयोऽहमाप्नुयाम् ॥

vyāmiśreṇeva vākyaena buddhiṃ mohayasīva me |
tadekaṃ vada niścītya yena śreyo'hamāpnuyām || 3-2

You confuse my mind with so many seemingly inconsistent teachings. Can't you just tell me one invariable thing through which I may attain the highest good?



अवजानन्ति मां मुढा मानुषीं तनुमाश्रितम् ।

परं भावमजानन्तो मम भूतमहेश्वरम् ॥

मोघाशा मोघम्कर्माणो मोघज्ञाना विचेतसः ।

राक्षसीमासूरीं चैव प्रकृतिं मोहिनीं श्रिताः ॥

avajānanti mām muḍhā mānuṣīm tanumāśritam |
param bhāvamajānanto mama bhūtamahēśvaram || 9.11
moghāśā moghamkarmāṇo moghajñānā vicetasah |
rākṣasīmāsūrīm caiva prakṛtiṃ mohinīm śritāḥ || 9.12

Stupid people, not knowing of My higher existence as the Great Lord of all beings and seeing only the human body I have assumed, treat Me contemptuously. Their hopes are in vain; their actions are futile, they are bewildered. They embrace a deluded, fiendish, demonic nature.

VII. THE EMPTINESS OF THE GURU

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।

sarvabhūtasthamātmānaṃ sarvabhūtāni cātmani |

ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

īkṣate yogayuktātmā sarvatra samadarśanaḥ || 6.29

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.



आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।

सुखं वा यदि वा दुःखं स योगी परमो मतः ॥

ātmaupamyena sarvatra samaṁ paśyati yo'rjuna |
sukhaṁ vā yadi vā duḥkhaṁ sa yogī paramo mataḥ || 6.32

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

VIII. REACHING THE GURU

यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।

yo mām paśyati sarvatra sarvaṁ ca mayi paśyati |

तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥

tasyāhaṁ na praṇaśyāmi sa ca me na praṇaśyati || 6.30

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

सर्वभूतस्थितं यो मां भजत्येकत्वमास्थितः ।

sarvabhūtasthitaṁ yo mām bhajatyekatvamāsthitaḥ |

सर्वथा वर्तमानोऽपि स योगी मयि वर्तते ॥

sarvathā vartamāno'pi sa yogī mayi vartate || 6.31

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.



मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।

मामेवैष्यसि युक्तवैवमात्मनं मत्परायणः ॥

manmanā bhava madbhakto madyājī mām namaskuru |
māmevaiṣyasi yuktvaivamātmanam matparāyaṇaḥ || 9-34

Have your mind fixed on Me; be fully devoted to Me; make sacrifices for Me; offer obeisance to Me. Yoke yourself to Me, take refuge in Me, and you will reach Me.

IX. THE HIGHEST ACT OF DEVOTION: PASSING ON THE LINEAGE

य इदं परमं गुह्यं मद्भक्तेष्वभिधास्यति ।

भक्तिं मयि परां कृत्वा मामेवैष्यत्यसंशयः ॥ १८-६८

न च तस्मान्मनुष्येषु कश्चिन्मे प्रियकृत्तमः ।

भविता न च मे तस्मादन्यः प्रियतरो भुवि ॥ १८-६९

ya idaṁ paramaṁ guhyaṁ madbhakteṣvabhidhāsyati |
bhaktim mayi parāṁ kṛtvā māmevaiṣyatyasamśayaḥ || 18-68
na ca tasmānmanuṣyeṣu kaścinme priyakṛttamaḥ |
bhavitā na ca me tasmādanyaḥ priyataro bhuvi || 18-69

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. 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.