

## **The Yoga of Knowledge and the Process of Knowing**

### **Introduction**

*The purpose of these talks is to give an overview of the Bhagavad Gita from an experiential level. But intellectual clarity will help you integrate what is being revealed in these classes in your life. I suggest you set aside some quiet time to contemplate on this chapter and these questions. This is the way to get the most value from this process.*

### **Review**

*Knowledge is an important aspect of the Gita. Chapters 4, 7, 9 and 13 all address this subject, each at higher levels than the previous. Knowledge is always about Truth, be it absolute Truth or relative truth, we could say unconditioned Truth or conditioned Truth. Conditioned knowledge is ignorance. Knowledge about both are useful and needed to be known on the spiritual path.*

*Knowledge has three parts, the knower, the known and the process of knowing; this chapter addresses the characteristic of each.*

### **Questions for Contemplation**

1. Describe briefly the characteristics described in this chapter of the following, list the verses:
  - a. The Knower
  - b. The Known
  - c. Ignorance
2. What is knowledge?
  - a. Describe what it feels like at the moment of knowing.
  - b. What role does Ignorance play in this process?
3. Four types of knower are listed in verse 296. Which type(s) best fits you?
  - a. Describe why you feel this is true.
4. What verse(s) describe the nature of one who is overtaken by ignorance (the deluded)?
  - a. Which of these (if any) do you feel apply to you?
5. A verse in this chapter lists aspects of the ignorance all of us are born into.
  - a. What verse is this?
  - b. Which of these aspects do you feel you have?
6. What is the cause of ignorance? List the verse(s) that describes this.
  - a. How does one overcome ignorance?
7. When one ascends at this stage of the journey there is a danger of desire overtaking the wisdom one has attained.

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- a. What is its nature of that desire?
  - b. How does one overcome this challenge?
  
8. The last verse in this chapter describes the characteristics of one who is ready to proceed further. What are these characteristics?
  - a. How is the knower different at this point of the journey?
  - b. Why is that?