

Bhagavad Gita, Ch. 2

The Yoga of Discrimination

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.

1. What is the relationship between this chapter and the previous chapter (Yoga of Dejection)?
2. What did Arjuna do at the beginning of this chapter that will help him come out of his dejection?
 - a. Why is that?
3. What is the soul?
 - a. What is its relationship to Truth?
4. What is discrimination?
5. What role does intelligence play on the spiritual path?
6. How does this chapter recommend one perform action?
7. Do you have any of the symptoms of the samadhi state as described in this chapter?
 - a. Are they constant or do they come and go?
 - b. Why is this?
8. What verse reveals the secret to attaining equanimity?
9. What verses describe the fall of consciousness in this chapter?
 - a. Have you experienced such a fall? Please describe.
10. What is 'night' to a seer? What is the 'day'?
11. What are the principle concepts in this chapter?
12. What did you get out of contemplating on this chapter?