

Bhagavad Gita, Ch. 6  
**The Yoga of Meditation**

**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**

*Meditation is what happens when we begin to merge with the Self. It happens naturally when the consciousness turns inward towards the Self. Meditation is when the seeker is 'seeing' or 'feeling' the Self. Seeing is 'awareness' and 'feeling' is experience. With awareness there is a sense of 'expansion', of stillness and silence and with experience is the sense of being 'connected', of love and peace. Both are ways of 'knowing' the Self. This process of knowing started in the fourth chapter (the Yoga of Knowledge) and has now taken one to a state of stable merger with the Self.*

*In this chapter the seeker has reached their own orbit. They have exceeded the pull of the conditioned life and has found the 'Self', the true, inner Being. This is the first attainment in Gita. It is when the identity switches from being identified with the 'conditioned' self to being the 'unconditioned' **Self**. It is called the state of Self realization; it is a state of 'liberation' or freedom. One becomes the Self and is now able to witness the conditioning instead of being the conditioning.*

*We have two selves, the conditioned self and the unconditioned Self. We are both. The conditioned self is our personality or ego; the unconditioned Self is the pure Being. At this stage the two merge. Instead of it coming and going, the conditioning comes and goes. This begins a process of transformation that continues until the final stage of enlightenment. When the conditioned self collaborates with the process of transformation the Self is a friend when it resists it is the enemy.*

**Questions for Contemplation**

1. Describe briefly how the previous chapter (the Yoga of Renunciation) prepares one for this chapter.
2. In meditation do you 'see' or 'feel' the Self or do you experience both?
3. Do you feel you have attained the Self? How do you know?
4. Do you experience the witnessing state? Describe your experience.
5. This chapter lists the symptoms of one who has reached this state. List the qualities have you experienced? What percentage of the time do you experience them?

## Gita Live

6. This chapter lists techniques and practices for stabilizing in the state of meditation. What are they?
7. Verse 247 describes how to reach the state of 'samadhi'. Have you experienced this state? Describe your experience.
8. What verses describe Buddha's 'middle way'?
9. Caviling is that state when we are always comparing ourselves to others, for good or bad. At this stage of the journey caviling ends. Why is that?
10. In this chapter Arjuna asks what to do with his restless, turbulent, stormy and obstinate mind. What is Krishna's answer?
11. What happens to one who falls from the path at this stage?
12. In the last verse Krishna describes the greatest kind of yogi. What are their characteristics and why do you feel these are important?