

CHAPTER 2: SANKHYA YOGA

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥४७॥

कर्मरे तुम अधिकार । फलरे नाहिँ धनुर्धर ॥
नरख कर्म फले मन । न हुआ केबे क्रियाहीन ॥४७॥

Does a person have the right/entitlement to the fruits of action?

One has the right to perform one's prescribed duty, but one cannot be entitled to the fruits of action. Never consider oneself the cause of the results of one's activities, and never be attached to not doing one's duty.



January



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January 1 : New Year's Day

January 14 : Makara Sankranti

January 26 : Republic Day

--Ekadashi --Purnima --Amavasya

CHAPTER 3

KARMA YOGA

यज्ञात्कर्मणोऽन्यत्र लोकोऽयं कर्मबन्धनः ।
तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर ॥१॥

यज्ञ निमित्त कर्ममान । सदा करणीय अर्जुन ॥
ता' बिना अन्य कर्म जाण । आणिथाए कर्म बन्धन ॥
यज्ञ निमित्त कर्म कर । संग मुक्त हेब तुमर ॥१॥

What kind of karma (action) should we perform ?

Actions that are done for Yagya (here Yagya denotes the Supreme Divine) are always to be performed, apart from these all other actions invariably create bondage; by performing actions for the Supreme Divine (eg, seva or devotional service), one can become free from attachment.



February



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February 2 : Vasanta Panchami/ Saraswati Puja

February 26 : Maha Shivaratri

 --Ekadashi  --Purnima  --Amavasya

CHAPTER 4:

GYANA KARMA SANYASA YOGA

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत । अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥७॥
परित्राणाय साधूनां विनाशाय च दुष्कृताम् । धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥८॥

जेबे जेबे कुन्तीनन्दन । धर्मर हुअइ पतन । अधर्मर हुए उत्थान । मोहर हुए आगमन ॥७॥
साधुन्क रक्षा मुँ करइ । पापीन्क नाश करे मुहिँ । करे धर्मर संस्थापन । युगे युगे असि अर्जुन ॥८॥

When does Supreme Divine manifest himself in this material world ?

When there is decline of dharma (righteousness) and rise of adharma the Supreme Divine manifests himself in this material world

- to protect the sadhus (righteous people working in the path of dharma)
- to destroy the sinners (people working in the path of adharma)
- to re-establish the dharma in this world.



March



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March 14: Holi

--Ekadashi --Purnima --Amavasya

CHAPTER 5: KARMA SANYASA YOGA

न कर्तृत्वं न कर्माणि लोकस्य सृजति प्रभुः। न कर्मफलसंयोगं स्वभावंस्तु प्रवर्तते ॥14॥
नादत्ते कस्यचित्पापं न चैव सुकृतं विभुः। अज्ञानेनावृतं ज्ञानं तेन मुह्यन्ति जन्तवः ॥15॥

कर्ता कर्म ओ फलमान । न करे सृष्टि भगवान ॥
कर्ता ओ कर्मर संयोग । विश्व प्रकृतिरु उद्भव ॥१४॥
ना काहर पाप ग्रहण । ना पूण्य ग्रहण अर्जुन ॥ करन्ति विश्वर ईश्वर ।
सकल सृष्टिर आधार ॥ मनुष्य अज्ञान रे थाइ । मोहग्रस्त से होइथाइ ॥१५॥

Is the Supreme Divine responsible for our Actions ?

NO, doer of action (or person having the sense of doership of an action), actions, and fruits of actions - do not come from Supreme Divine, the combination of doer of action and action is determined by the material nature of Vishwaprakriti; the Supreme Divine who is the controller of entire world and basis of all creation neither takes someone's punya (virtuous deeds) nor takes paapa (sinful activities) - people out of ignorance and attachments couldn't see this.



April



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April 6 : Sri Rama Navami

April 10 : Mahavir Jayanti

April 30 : Akshaya Trutiya

 --Ekadashi  --Purnima  --Amavasya

CHAPTER 6:

ATMA SANYAMA YOGA

नात्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्नतः ।
न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥16॥

अत्यन्त अधिक भोजन । त्यजइ सम्पूर्ण भोजन ॥
अधिक शयन करइ । सम्पूर्ण शयन त्यागइ ॥
एमन्त सर्व आचरण । योगर शत्रु बोलि जाण ॥१६॥

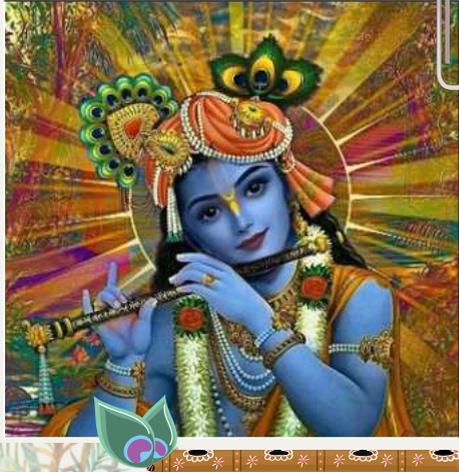
What are the enemies of yoga ?

- a) too much food
- b) complete sacrifice of food
- c) too much sleep
- d) complete sacrifice of sleep

These kind of behaviors are the enemies of yoga (the processes of union of jeevatma/soul and Paramatma/the Supreme Divine).



May



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May 5: Sita Navami

May 12: Buddha Purnima

 --Ekadashi  --Purnima  --Amavasya

CHAPTER 7: GYAANA VIGYAANA YOGA

इच्छाद्वेषसमुत्थेन द्वन्द्वमोहेन भारत ।
सर्वभूतानि संमोहं सर्गे यान्ति परंतप ॥27॥

इच्छा द्वेषरु द्वन्द जात । जीबन्कु करइ मोहित ॥
अनादि कालरु भ्रमित । संसारे जन्म मृत्यु प्राप्त ॥२७॥

**How does a jeevatma (soul) remains trapped into the
cycle of birth and death?**

Desire and jealousy create duality, which deludes the jeevatma, and keeps it under illusion eternally and traps it into the cycle of birth and death in this material world.



June



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June 5 : World Environment Day

June 21 : International Yoga Day

June 27 : Jagannatha Ratha Yatra

🌸 --Ekadashi 🌙 --Purnima 🌑 --Amavasya

CHAPTER 8: AKSHARA BRAHMA YOGA

अन्तकाले च मामेव स्मरन्मुक्त्वा कलेवरम् ।
यः प्रयाति स मद्भावं याति नास्त्यत्र संशयः ॥५॥

मरण काले जेउँ प्राणी । त्यागे देह मोते स्मरणी ॥
मोर भावकु प्राप्त तार । नाहि संदेह कुरुबर ॥५॥

How to attain the abode of the Supreme Divine ?

The living beings who at the time of death, give up the physical body remembering the name of the Supreme Divine, attain the Supreme Divine and His divine abode, there is no doubt in this. {But to remember the Supreme Divine at the time of death, one needs to practice taking His name, perform spiritual practices throughout his lifetime as the thought that predominates the mind during the lifetime will predominate at the time of death too}



July



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July 10: Guru Purnima

🌸 --Ekadashi 🌕 --Purnima 🌑 --Amavasya

CHAPTER 12: BHAKTI YOGA

श्रेयो हि ज्ञानमभ्यासाज्ज्ञानाद्ध्यानं विशिष्यते ।
ध्यानात्कर्मफलत्यागस्त्यागाच्छान्तिरनन्तरम् ॥१२॥

अभ्यासु ज्ञान श्रेष्ठ थाई । ज्ञानतु श्रेष्ठ ध्यान होइ ॥
कर्म फलकु जे त्यागई । ध्यानतु श्रेष्ठ ता' बोलाई ॥
परम शांति त्यागु पाई । से व्यक्ति महान अटई ॥१२॥

How to attain ultimate peace in life?

Knowledge (gyana) is superior to practice, dhyana (meditation) is superior to knowledge, renunciation of fruits of actions is superior to dhyana, and one attains ultimate peace by renouncing the fruits of actions (and the ultimate peace is the way towards liberation)



August



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Aug 15 : Independence Day

Aug 15 : Sri Krishna Janmashtami

Aug 27 : Ganesha Chaturthi

 --Ekadashi  --Purnima  --Amavasya

CHAPTER 13:

KSHETRA KSHETRAGYA VIBHAGA YOGA

इदं शरीरं कौन्तेय क्षेत्रमित्यभिधीयते । एतद्यो वेत्ति तं प्राहुः क्षेत्रज्ञ इति तद्विदः ॥१॥
क्षेत्रज्ञं चापि मां विद्धि सर्वक्षेत्रेषु भारत । क्षेत्रक्षेत्रज्ञयोजनं यत्तज्ज्ञानं मतं मम ॥२॥

एहि शरीरकु अर्जुन । क्षेत्र कहन्ति बोलि जाण ॥
क्षेत्रकु जिए जाणिथाए । क्षेत्रज्ञ तान्कु बोलाजाए ॥१॥
सकल क्षेत्रर अर्जुन । क्षेत्रज्ञ एका मुर्हि जाण ॥
क्षेत्र क्षेत्रज्ञ तत्त्व ज्ञान । मो' मते प्रकृत विज्ञान ॥२॥

What is real science (Vigyana) ?

This body is known as kshetra (the field of activities), and the knower of this kshetra is known as kshetragya (the knower of the field) - The Supreme Divine is the Only knower of all the kshetras. As per the Supreme Divine, the knowledge of the essence of kshetra and kshetragya is the real science (Vigyana).



September

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September 22 : Sharad Navaratri

🌸 --Ekadashi 🌙 --Purnima 🌑 --Amavasya



CHAPTER 15: PURUSHOTTAMA YOGA

उत्तमः पुरुषस्त्वन्यः परमात्मेत्युदाहृतः। यो लोकत्रयमाविश्य बिभर्त्यव्यय ईश्वरः ॥१७॥
यस्मात्क्षरमतीतोऽहमक्षरादपि चोत्तमः। अतोऽस्मि लोके वेदे च प्रथितः पुरुषोत्तमः ॥१८॥

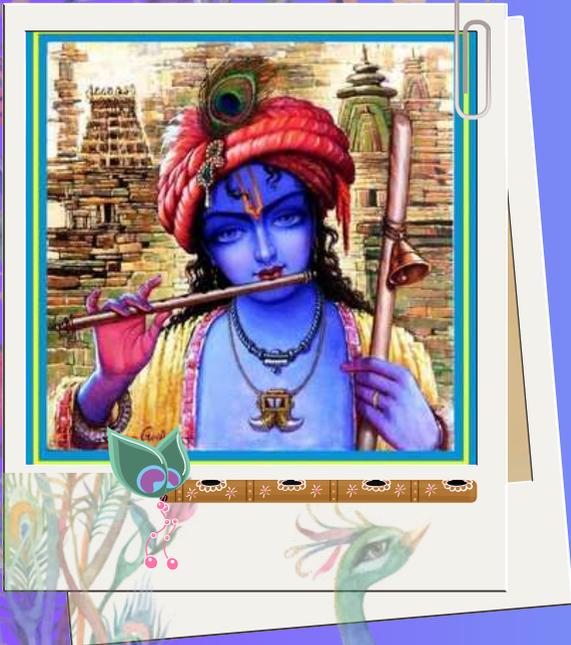
दुई पुरुष ठारु भिन्न । अन्य पुरुष बिद्यमान ॥
सेई पुरुष सदा दीप्त । परमात्मा नामे कथित ॥
त्रिलोके परिब्याप्त होड । जगत पालन करइ ॥१७॥
से दीप्त पुरुष टि केहि । अर्जुन जाण मुँ अटइ ॥
जेहेतु मुहिँ क्षयरातीत । अक्षर ठारु मध्य श्रेष्ठ ॥
पुरुषोत्तम नामे स्थित । इहलोके बेदे वर्णित ॥१८॥

Who is Purushottama ?

Apart from the two types of purusha/ living beings (i.e the ksharas or destructible and aksharas or indestructible), there is an another being - the eternally illuminated Paramatma, who is permeated in the three planes of existence, the maintainer of the world, beyond the ksharas, and supreme among the aksharas - who is called Purushottama in the Vedas.



October



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October 2 : Dusshera, Gandhi Jayanti

October 21 : Diwali

--Ekadashi --Purnima --Amavasya

CHAPTER 16:

DAIVASURA SAMPADA VIBHAGA YOGA

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः । कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत् ॥21॥
एतैर्विमुक्तः कौन्तेय तमोद्वारैस्त्रिभिर्नरः । आचरत्यात्मनः श्रेयस्ततो याति परां गतिम् ॥22॥

काम क्रोध ओ लोभ एहि । नरकर द्वार अटड ॥
बिनाश करे जीवात्मार । अचिरे एहा त्याग कर ॥21॥
त्रिविध नरक पथरु । मनुष्य मुक्ति इच्छा करु ॥
उचित पथ आचरण । अर्जुन मोते प्राप्ति जाण ॥22॥

What are the three doorways to Naraka (hell) ?

LUST, ANGER and GREED are the three doorways to hell, which causes the destruction of a jeevatma (soul), so one should give up on these three ways to hell by having the desire for Mukti (liberation) and choosing the right path (the path of adhyatma - Seva, Sadhana, Swaadhyaya, Satsang), to attain the Supreme Divine.



November



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November 5 : Guru Nanak Jayanti

🌸 --Ekadashi 🌕 --Purnima 🌑 --Amavasya

CHAPTER 17: SHRADDHAATRAYA VIBHAGA YOGA

ॐ तत्सदिति निर्देशो ब्रह्मणस्त्रिविधः स्मृतः ।
ब्राह्मणास्तेन वेदाश्च यज्ञाश्च विहिताः पुरा ॥23॥

त्रिविध नाम ब्रह्मन्कर । अनादि कारण सृष्टिर ॥
से नामे प्रणव प्रथम । तत् सत् आदि द्वीनाम ॥
यज्ञ ब्राह्मण देव गण । ब्रह्म निर्देशु शुष्ठ जाण ॥23॥

What is "Om Tat Sat" ?

Om, Tat and Sat are the three Names of Brahman (The Supreme Divine), who is the reason behind the creation since the beginning and from whom the Yagya (sacrifice), Priests, Devatas are created.



December



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December 1 : Gita Jayanti

 --Ekadashi  --Purnima  --Amavasya



! अहं कृष्णदासः !