

Bhagavad Gita
Chapter 2
Summary

Sankhya Yoga

**The Yoga of Analytical
Knowledge**

**When Duty Clashes With
Emotions**

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You can read [Chapter 1 here](#).

1. Introduction

The [Bhagavad Gita](#) Chapter 2, titled “**Sankhya Yoga**” (**The Yoga of Analytical Knowledge**), is a turning point. Here, Krishna steps in as the ultimate life coach, ready to dismantle Arjuna’s emotional roadblocks and ignite the spark of wisdom within him. Let’s delve into this chapter and witness the transformation of a warrior prince into a seeker of truth!

2. Bhagavad Gita Chapter 2: From Grief to Gyan (Knowledge)

Remember how Arjuna, overwhelmed by seeing his own kin on the opposing side, refused to fight? Chapter 2 picks up right there. Arjuna, consumed by grief and moral confusion, pours his heart out to Krishna. Here’s a powerful verse that captures his state:

“Krishna! What is the use of enjoyment, what is the use of sovereignty, what is the use of life itself, O Krishna, when those upon whom we should depend on are all here in the opposing ranks, eager to fight?”

- Bhagavad Gita Verse 2.3

This verse resonates deeply even today. We all face situations where duty clashes with personal attachments. Arjuna represents the universal struggle between our emotions and our sense of right action.

3. Krishna’s Divine Discourse: Unveiling the Eternal Self

[Krishna](#), in his divine wisdom, doesn’t dismiss Arjuna’s emotions. But he gently guides him towards a higher understanding of the nature of the self and reality. Here’s the core message of Chapter 2:

- 1. The Impermanent Body vs. the Eternal Soul**
- 2. Focus on Action (Karma) not the Fruits**

3. Equanimity

1. **The Impermanent Body vs. the Eternal Soul:** Krishna explains that the soul (Atman) is eternal, unchanging, and beyond the limitations of the physical body. Just like we discard worn-out clothes and wear new ones, the soul takes on new bodies throughout its journey. This verse beautifully illustrates this concept:

“As a person puts on new garments, discarding old ones, so the soul accepts new material bodies, giving up the old and useless ones.”

- Bhagavad Gita Verse 2.22

Relating this to our modern lives, it teaches us not to get too attached to material possessions or temporary setbacks. True happiness lies in the eternal self.

- **Buddhi Yoga:** Here is the verse:

“Now that you understand the true nature of yourself, the eternal soul, by Analytical Knowledge, let's talk about putting that knowledge into action. This is called Buddhi Yoga, the Yoga of the Intellect. It's about using your wisdom to guide your choices and free yourself from the bondage of karma (action-result).”

- Bhagavad Gita Verse 2.39

This is like taking the knowledge of self and using it as a powerful tool for living. It's called the "Yoga of the Intellect" because it emphasizes using your wisdom (Buddhi) to make decisions.

What Buddhi Yoga helps you do:

- **Free yourself from results:** Imagine you're working on a project. Normally, you might be stressed about getting a good grade or achieving a specific outcome. Buddhi Yoga helps you let go of that pressure and focus on doing your best because it's the right thing to do, not just for the reward.

- **Guide your choices:** With a clear understanding of your true self, you can make decisions that align with your values and purpose, rather than getting swayed by temporary desires or external expectations.

Here is an example: You wouldn't clean your room just for a pat on the back, right? You'd clean it because you appreciate a clean space. Buddhi Yoga is about acting with that same inner motivation, fueled by your understanding of your true self.

2. **Focus on Action (Karma) not the Fruits:** Krishna emphasizes the importance of fulfilling our duties (dharma) without getting attached to the outcome. Here's a famous verse that sums it up:

“You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty.”

- **Bhagavad Gita Verse 2.47**

This verse is a powerful tool for navigating the anxieties and stress of modern life. It teaches us to focus on the present moment and act with integrity, without getting hung up on the results. Here, Krishna emphasizes fulfilling one's duty (dharma) without getting attached to the outcome (fruit). This detachment from the fruits allows for focused action and reduces anxieties about success or failure. As said above, it can be done by Buddhi Yoga.

By letting go of attachment, you're not being passive. You're approaching life with a sense of equanimity, like a balanced scale. This doesn't mean you don't care. It just means you find peace in the present moment, focusing on the action itself, rather than the future reward.

Look at the following verses:

Focus your mind and everything gets easier: “When you work with a clear and focused mind, there's no room for mistakes or fear of failure. Even a small effort can save you from great danger”.

- **Verse 2.40**

There are two ways to approach life: “ The intellect of those who are on this (buddhi yoga) path, are laser-focused, with a clear purpose. Others whose intellect are irresolute, are all over the place, their thoughts scattered.”

- **Verse 2.41**

Don't get caught up in fancy rituals: In verse 2.42 and 43, Krishna explains that some people with limited knowledge get hung up on the details of scriptures, missing the bigger picture. They focus on flashy ceremonies and worldly rewards instead of understanding the deeper truths.

Krishna said:

“Arjuna, the ancient scriptures (Vedas) talk about the three qualities that influence everything in the material world. But there's a higher level of existence! Transcend these qualities and reach a state of pure spiritual awareness. Let go of seeing things in opposites (dualities) and find your constant center in Truth. Don't worry about material gain or safety – focus on your inner Self.”

- **Verse 2.45**

“A small well provides water for some things, but a vast lake can meet all our needs. In the same way, understanding the ultimate truth fulfills everything the Vedas offer.”

- **Verse 2.46**

3. **Equanimity:** Cultivating mental calmness (Samatva) is key. Don't get discouraged by setbacks or overjoyed by successes. Remain steady and composed in the face of life's ups and downs, using your intellect to navigate life's situations. This state is called Yog as mentioned in the following verse:

“Perform your prescribed duty, being unconcerned about the outcome. With equanimity of mind in success and failure, always remain balanced. This equanimity of mind is termed as yoga.”

- **Bhagavad Gita Verse 2.48**

Here, Krishna highlights the importance of **inner balance (yoga)** achieved by performing our duties without getting swayed by the results. This mental state allows us to act with purpose and resilience.

Note down the following easy to understand verses:

“When the flowery words of the Vedas, promising earthly rewards, no longer entice your intellect, and it remains unwavering in divine consciousness, then you will have attained the state of perfect Yog.”

- Verse 2.53

The person in Divine Consciousness: In **verse 2.54**, Arjun asked what is the nature of an enlightened person who is situated in Divine Consciousness?

The Supreme Lord replied, "Arjuna, true transcendence comes when you cast aside all selfish desires and the cravings of the senses that torment your mind. When you find contentment simply in the realization of your true Self, then you are truly established in a state beyond the ordinary."

- Verse 2.55

“A person of true wisdom possesses a mind of steady balance. This means facing hardship without flinching, feeling no yearning for pleasure, and being entirely free from attachment, fear, or anger. Such a person is a ‘sage of steady wisdom’, their inner peace is unshakeable no matter there is a storm.”

- Verse 2.56

“Those who are unfazed by life's ups and downs. They remain unattached, neither overjoyed by good fortune nor discouraged by hardship. These are the sages with perfect knowledge, their inner peace is a constant flame.”

- Verse 2.57

“Those who have conquered their senses and keep their minds constantly fixed on Me (Krishna), are said to be established in perfect wisdom.”

- Verse 2.61

“Thinking about the objects of the senses makes you cling to them. This clinging leads to desire, and desire leads to anger.

- Verse 2.62

“From anger comes delusion; from delusion, confusion about memory; from confusion about memory, destruction of the intellect; and from destruction of the intellect, one ruins.”

- Verse 2.63

“Though free from both craving and dislike, those who control their minds can still use objects of the senses. By acting this way, without getting attached to the outcome, they find the Grace of God.”

- Verse 2.64

“By divine grace, a calming peace descends, dissolving all sorrows. With a tranquil mind, their intellect becomes firmly anchored in the divine.”

- Verse 2.65

“True peace is found by the one who lets go of all worldly cravings. Free from greed, possessiveness, and ego, such a person finds perfect peace within themselves.”

- Verse 2.71

“This is the state of the enlightened soul. Once reached, there's no more delusion. Even at death's door, established in this awareness,

one breaks free from the cycle of life and death, reaching the supreme dwelling place of the divine.”

- Verse 2.72

By grasping these deep verses, we can attain the state of steady wisdom and become the enlightened soul.

Must Read: *How can we control our mind according to Bhagavad Gita?*

4. Conclusion: A Stepping Stone to Liberation

Chapter 2 of the Bhagavad Gita offers significant wisdom that transcends the battlefield. It delves into the human condition, exposing the internal struggles that plague us all. Here, we witness Arjuna, a valiant warrior, paralyzed by emotional turmoil.

Krishna, his wise charioteer, emerges as a beacon of clarity. He doesn't dismiss Arjuna's emotions; instead, he guides him towards a deeper understanding of the self and reality.

The core message of Chapter 2 lies in the **distinction between the impermanent body and the eternal soul**. We are reminded that true happiness resides not in material possessions, but in the enduring essence of our being.

Buddhi Yoga, the Yoga of the Intellect, emerges as a key tool for navigating life's complexities. It emphasizes the importance of using wisdom to guide our choices and liberate ourselves from the cycle of cause and effect. *Free from the allure of results, we can focus on performing our duties with integrity and equanimity.*

The chapter discourages getting entangled in elaborate rituals or seeking external validation. The true treasures lie within – *a clear understanding of our purpose and a steadfast inner peace.*

By cultivating mental calmness and mastering our senses, we can achieve the state of a **'sage of steady wisdom.'** These individuals face life's challenges with unwavering composure, their inner peace a constant source of strength.

Chapter 2 concludes by exploring the path to liberation. It highlights the dangers of dwelling on the objects of the senses, which leads to a cascade of negative emotions and ultimately, destruction. Instead, the text emphasizes the importance of **letting go of worldly desires and cravings. By focusing on the true Self and acting with right intention, one can achieve perfect peace and liberation from the cycle of rebirth.**

The Bhagavad Gita's Chapter 2 isn't simply a text for warriors. It's a timeless guide for anyone seeking to navigate the complexities of life. Through its profound wisdom, it empowers us to develop inner strength, cultivate equanimity, and discover the source of true peace within ourselves. Ultimately, it offers a roadmap for achieving liberation from the cycle of suffering and attaining a state of lasting happiness.

Bhagavad Gita Chapter 2

01
NATURE OF THE SELF
Self-Realization

02
FOCUS ON ACTION (KARMA)
NOT THE FRUITS

03
EQUANIMITY OF MIND
Equanimity of mind in success and failure

04
THAT'S A TRUE LIFE

5. FAQs

Q1. Is the Bhagavad Gita relevant to modern life?

Absolutely! The Bhagavad Gita offers timeless wisdom on dealing with complex emotions, fulfilling our duties, and finding inner peace. These are all challenges we face even today.

Q2. What if I don't understand Sanskrit?

There are many wonderful translations and commentaries available in various languages. You can also find online resources to help you understand the Bhagavad Gita.

Q3. Where can I learn more about the Bhagavad Gita?

There are many books, websites, and even courses dedicated to exploring the Bhagavad Gita. You can check [here](#). Feel free to explore and find resources that resonate with you.

Sources used for Reference:

1. Bhagavad Gita As It Is
2. The Holy Bhagavad Gita
3. Shloka
4. The **Bhagavad Gita** by Eknath Easwaran
5. Some others if needed

Disclaimer: While this blog post draws inspiration from various sources, including but not limited to the above list, the content presented here is original and represents the author's interpretation and understanding of the subject matter. No part of this content has been copied verbatim from the listed sources.