



॥ भगवद् गीता ॥

... Bhagavad Gītā ...

Chapter 4

AI Summary - Class 182

For Bhagavad Gītā 2, by Acharya Tadany Cargin dos Santos
June 6, 2026.

Questions before class

Understanding Deep Sleep (suṣupti avasthā)

Acharya Tadany provided detailed clarification on what happens during deep sleep:

1. During deep sleep, the **sthūla śarīram** (physical body) is as though dissolved
2. The **sūkṣma śarīram** (subtle body containing mental activities) dissolves or becomes inactive
3. The **kāraṇa śarīram** (causal body) "swallows! both the physical and subtle bodies. Itself remains present
4. The witness consciousness (**sākṣī**) never goes to sleep

Key Insight: It would be impossible for anything to witness the state of unconsciousness (deep sleep) if the witness itself became unconscious. The sākṣī (witness consciousness) is never an object of experience and therefore cannot become unconscious.

The Three States of Consciousness

1. **Jagrat (Waking State)** - Full engagement with external world through senses and mind
2. **Svapna (Dream State)** - Internal mental projections, subtle body predominant
3. **suṣupti (Deep Sleep)** - Dissolution of mental activities, physical body predominant, sākṣī remains as witness



Pralayam (Cosmic Dissolution)

The discussion touched on the concept of universal dissolution:

- Everything dissolves into **kāraṇa prapañca** (causal universe)
- Even during this ultimate dissolution, awareness persists
- The sākṣī (witness consciousness) transcends even cosmic cycles
- This demonstrates the eternal nature of consciousness beyond all manifestation

Correcting Common Misconceptions

Student 1 initially proposed that consciousness persists in all states, but Acharya Tadany refined this understanding:

- **Consciousness is never an object** - It cannot be experienced as something separate from itself
- The **ātmā remains as the witness** even when there is no self-awareness
- During deep sleep, physical body awareness (sthūla śarīram) and mental activities (sūkṣma śarīram) dissolve, but the ātmā continues as witness

The Nature of sākṣī (Witness Consciousness)

Acharya Tadany explained the unique characteristic of sākṣī:

- sākṣī is one of the fundamental characteristics of ātmā
- It **never gets resolved** or dissolved, even during deep sleep
- Awareness persists even during states where there is no self-awareness
- During **pralayam** (cosmic dissolution), when everything dissolves into kāraṇa prapañca (causal universe), the sākṣī remains

Important distinction made:



अद्वैत वेदान्त

advaita vedānta

Acharya Tadany

Original Consciousness (sākṣī)

- Eternal and unchanging
- Never becomes an object
- Always the witness
- Cannot be experienced or known as an object

Temporary Consciousness

- Associated with waking and dream states
- Involves subject-object duality
- Dissolves during deep sleep
- Related to mental activities



Summary

The 12 Spiritual Disciplines

The class is studying Krishna's teachings in the fourth chapter of the Bhagavad Gītā, focusing on:

- The glory of self-knowledge
- 12 spiritual sādhanas (disciplines) called **yajñas**
- The distinction between preparatory practices and the direct path to liberation

Central Teaching: While all 11 sādhanas are important for preparing the mind and refining one's being, only jñāna Yoga leads directly to liberation (mōkṣa). The other sādhanas are indirect paths, while jñāna Yoga is called "sākṣāt mōkṣa kāraṇam" - the direct means to liberation.

The Twelve yajñas (Spiritual Practices)

First Five yajñas

1. **jñāna Yoga yajñah** - **Brahma-jñāna-yajña**- The path of self-knowledge (direct path to mōkṣa)
2. **Deva Yoga yajñah** - **Daiva yajñah** - Ritualistic worship and devotional practices
3. **Experiencing the world as worship (viṣaya-bhōga-yajñah)** - Seeing all activities as sacred offerings
4. **Sense control (Indriya-saṁyama-yajñah)** - Mastery over the senses
5. **Mental discipline (śamaḥ-yajñah)**- Control and refinement of the mind

Additional Five yajñas

6. **Dravya yajñah** - Charity and giving of material resources
7. **Tapo yajñah** - Spiritual austerities and self-discipline
8. **Yoga yajñah** - Practice of yoga and meditation
9. **Svadhyaaya yajñah** - Self-study and study of scriptures
10. **jñāna yajñah** - Cultivation of wisdom and understanding



The Importance of Dravya yajña (Charity)

Special emphasis was placed on the practice of giving and sharing:

- **Purpose:** To counter miserliness and strong attachment to material possessions (greedy)
- **Cosmic principle:** Maintains balance in the universe through circulation of resources (natural cycles)
- **Spiritual benefit:** Purifies the mind and reduces ego identification with possessions
- **Practical application:** Regular practice of giving without expectation of return

Understanding the Path to Liberation

Acharya Tadany clarified the relationship between different spiritual practices and liberation:

Practice Type	Purpose	Relationship to mōkṣa
11 Preparatory yajñas	Mind purification, refinement of being, spiritual preparation	Indirect path - prepares the seeker but doesn't directly grant liberation
jñāna Yoga	Self-knowledge, realization of true nature	Direct path - "sākṣāt mōkṣa kāraṇam" (direct means to liberation)

Critical Understanding: There are multiple paths for spiritual preparation, but only ONE path for liberation (mōkṣa) - and that requires reaching jñāna (self-knowledge). All other practices are valuable and necessary for preparing the mind, but they must ultimately lead to jñāna for liberation to occur. (Acharya Tadany)



Practical Implications

For Daily Practice

- Integrate spiritual awareness into everyday activities (like music as meditation)
- Practice giving and charity regularly to counter attachment
- Understand that all preparatory practices are valuable but must lead to self-knowledge
- Recognize the witness consciousness in all states of awareness

For Spiritual Progress

- Don't confuse preparatory practices with the ultimate goal
- Value all 12 yajñas while understanding their specific roles
- Work on mind purification through various sādhanas
- Ultimately seek jñāna (self-knowledge) as the direct path to liberation

Session Structure and Pedagogy

The teaching session demonstrated effective spiritual pedagogy:

1. Beginning with relatable, everyday topics (music) to create comfort
2. Moving into deep philosophical concepts with clear explanations
3. Correcting misconceptions gently but firmly
4. Providing structured frameworks (12 yajñas) for understanding complex teachings
5. Emphasizing practical application alongside theoretical understanding
6. Concluding with prayer and integration