



॥ भगवद् गीता ॥

... Bhagavad Gītā ...

Chapter 4

AI Summary - Class 186

For Bhagavad Gītā 2, by Acharya Tadany Cargnin dos Santos
July 2, 2026.

Summary

The class included readings from sacred Hindu texts, particularly passages from the *Bhāgavata Purāṇa* and references to stories from the *Mahābhārata*. These readings provided context for understanding the spiritual concepts being taught, including references to Hindu deities and traditional narratives that illustrate the principles of the *yajñas*.

Āhāra Niyama Yajña: The Discipline of Eating

The primary teaching of this class was *Āhāra Niyama Yajña*, the twelfth *yajña*, which concerns disciplined eating practices. This *yajña* encompasses two fundamental dimensions:

1. Quantity Control (*Mātrā Niyama*)

This aspect addresses:

- **Frequency:** How often one should eat
- **Portion size:** How much one should consume at each meal
- **Moderation:** Avoiding both overeating and insufficient nourishment

2. Quality Control (*Guṇa Niyama*)

This dimension involves conscious selection of food based on the three *guṇas* (qualities):

- **Tāmasic Food:** Should be avoided — food that is stale, impure, excessively processed, or creates dullness and lethargy
- **Rājasic Food:** Should be minimized — food that is overly stimulating, spicy, or creates restlessness and agitation
- **Sāttvic Food:** Should be increased — food that is fresh, pure, wholesome, and promotes clarity, health, and spiritual awareness

Spiritual Benefits of *Āhāra Niyama Yajña*

Acharya Tadany emphasized that disciplined practice of this and the other *yajñas* leads to:



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- **Healthy *prāṇas*:** Vital life energies become balanced and pure
- **Inner purification:** The subtle body is cleansed of impurities
- **Destruction of inherited *saṃskāras*:** Deep-rooted karmic impressions and sins from past actions are dissolved
- **Becoming a great *sādhaka*:** The practitioner develops into an accomplished spiritual seeker capable of advanced practices



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The Twelve *Yajñas*: Introduction

Acharya Tadany taught about the twelve *yajñas* (sacred disciplines or offerings) as outlined in the *Bhagavad Gītā*. These practices are designed to purify the practitioner's consciousness and create spiritual advancement. The class focused particularly on the twelfth and final *yajña*.



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#	The Yajña (Sanskrit)	The Nature of the offering	The Internal Altar
1	<i>Daiva Yajña</i>	Ritualistic Worship	Offering physical rituals and actions to the cosmic forces (Deities).
2	<i>Brahma Yajña</i>	The offering of Identity	Sacrificing the individual ego (<i>Ahamkāra</i>) into the non-dual fire of Brahman.
3	<i>Samyama Yajña</i>	The offering of Control	Offering the active senses into the fire of self-restraint and mental discipline.
4	<i>Indriya Yajña</i>	The offering of Sense-Objects	Offering external objects into the senses without creating attachment or aversion (<i>Rāga-Dvēṣa</i>).
5	<i>Manō-Vāk-Kāya Yajña</i>	The offering of Full Restraint	Offering all actions of mind, speech, and body into the fire of <i>Ātma-Samyama</i> .
6	<i>Dravya Yajña</i>	The offering of Wealth	Characterized by charity, giving away material possessions for the service of society.
7	<i>Tapō Yajña</i>	The offering of Austerity	Practicing physical and mental endurance, tolerating dualities (<i>Duḥkhēṣvanudvignamanāḥ</i>).
8	<i>Yōga Yajña</i>	The offering of Action	Practicing Karma Yōga—performing duties with absolute detachment from the fruits.
9	<i>Svādhyāya Yajña</i>	The offering of Scriptural Study	The regular, systematic reading, recitation, and preservation of sacred texts.
10	<i>Jñāna Yajña</i>	The offering of Wisdom	Investigating the ultimate truth through discrimination (<i>Viveka</i>) and <i>Śravaṇa-mātrēṇa</i> .
11	<i>Prāṇāyāma Yajña</i>	The offering of Life Force	Unifying the breath by offering <i>Prāṇa</i> into <i>Apāna</i> and <i>Apāna</i> into <i>Prāṇa</i> to quiet the mental circuits.



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12	<i>Mitāhāra Yajña</i>	The offering of Regulated Intake	Sacrificing sensory and physical greed by consuming moderate, pure food (<i>Sāttvika Āhāra</i>).
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