



॥ भगवद् गीता ॥

... Bhagavad Gītā ...

Chapter 4

AI Summary - Class 187

For Bhagavad Gītā 2, by Acharya Tadany Cargnin dos Santos
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Summary

Understanding Yajña (Sacred Acts)

Definition and Purpose

Acharya Tadany explained the concept of **yajña** from the Bhagavad Gītā, clarifying that yajña means more than just ritual sacrifice — it represents any spiritual discipline or sacred act performed with the right intention.

Two Essential Conditions for Yajña

For any practice to be considered a true yajña, two conditions must be met:

1. **Involvement of Bhagavān (God):** The practice must acknowledge and involve the Divine presence.
2. **Purpose of Spiritual Growth:** The intention must be spiritual evolution, not material benefit or worldly gain.

The Twelve Types of Yajñas

Acharya Tadany discussed the 12 types of yajñas described in the Bhagavad Gītā, which include various spiritual disciplines designed to purify the mind and develop self-control.

Yajña in Daily Life

The teacher explained how ordinary activities can be transformed into yajñas:



- **Eating as Yajña:** When food is offered to God before eating and consumed with gratitude and awareness, the simple act of eating becomes a spiritual practice.
- **Work as Yajña:** Any action performed as an offering to the Divine, without attachment to results, becomes a yajña.
- **Study as Yajña:** Learning scriptures and spiritual texts with the intention of self-knowledge becomes Jñāna Yajña (the sacrifice of knowledge).

3. Upavāsa: The True Meaning of Fasting

Beyond Physical Fasting

Acharya Tadany clarified a common misconception about **upavāsa**. While commonly translated as "fasting," the word literally means "**dwelling near**" (upa = near, vāsa = to dwell) — specifically, staying close to Īśvara (God).

Sensory Discipline

True upavāsa involves:

- **Reduced Sensory Intake:** Minimizing excessive sensory stimulation to maintain mental clarity and spiritual focus.
- **Āhāra Niyama Yajña:** Discipline regarding not just food, but all forms of intake — what we see, hear, consume, and experience.
- **Maintaining Connection:** Keeping one's awareness connected to God throughout the day, regardless of external activities.

Purpose of Upavāsa

The practice helps:

- Develop self-discipline and willpower
- Purify the mind from excessive desires
- Create mental space for spiritual contemplation
- Transform an "animalistic" lifestyle into a disciplined, spiritual one

Spiritual Transformation: From Animal-Man to God-Man

Three Stages of Human Development

Acharya Tadany described the spiritual evolution of human beings through three stages:

1. **Animal-Man:** Living primarily driven by instincts, desires, and sensory pleasures without self-reflection or discipline.
2. **Man-Man:** A disciplined human being who exercises self-control, follows ethical principles, and engages in spiritual practices.



3. **God-Man:** A fully realized being who has attained self-knowledge and lives in constant awareness of the Divine.

The Role of Yajñas in Transformation

Spiritual disciplines (yajñas) serve as tools for this transformation by:

- Purifying the mind of impurities and negative tendencies
- Developing concentration and mental stability
- Cultivating discrimination between the real and unreal
- Preparing the mind for self-knowledge

Personal Yajña Practice

Acharya Tadany encouraged students to create a personal set of yajñas based on:

- Individual personality traits and tendencies
- Specific areas needing improvement or discipline
- One's stage of spiritual development
- Life circumstances and responsibilities



Q&A – after class

Karma and Rebirth: Understanding Life's Journey

Types of Karma

Acharya Tadany explained different categories of karma in response to Dipti's question:

- **Prārabdha Karma:** The karma that has begun to bear fruit in this lifetime; the results we are currently experiencing.
- **Āgāmi Karma:** New karma being created through our current actions and choices.
- **Sañcita Karma:** The accumulated store of karma from past lifetimes waiting to bear fruit.

Rebirth in Non-Human Forms

When discussing what happens to āgāmi karma when someone is reborn as an animal or plant, Acharya Tadany explained:

- **Universal Karma Law:** According to the law of karma, beings can be reborn in various forms — as animals, plants, celestial beings, or humans.
- **Purpose of Animal/Plant Life:** Non-human forms primarily exist to exhaust prārabdha karma. These beings experience the results of past actions but have limited or no free will to create significant new karma.
- **Experience of Results:** Animals do experience the consequences of their actions within their limited sphere of activity and awareness.

The Privilege of Human Birth

Acharya Tadany emphasized that human birth is unique and precious because:

- **Free Will:** Humans possess the freedom to make conscious choices and shape their future.
- **Capacity for Spiritual Growth:** Only in human form can one engage in serious spiritual practice and attain self-knowledge.
- **Dual Responsibility:** Humans must both exhaust existing karma and have the opportunity to improve their spiritual condition through conscious action.
- **Path to Liberation:** Human life offers the unique possibility of transcending the cycle of birth and death through self-realization.