

## Selected Readings from the Bhagavad Gita

Chosen by Alastair McIntosh for a sermon at the European Unitarian Universalists' annual retreat at Mittelwihr, Alsace, France, 30 October 2022

*These were chosen to summarise the essence of the Bhagavad Gita, from Juan Mascaró's Penguin Classics translation. They have been adapted for gender inclusion and for two people reading.*

*King Dhrita-Rashtra asked:*

1.1 On the field of Truth, on the battle-field of life, what came to pass, Sanjaya...?

*[pause]*

*And Lord Krishna said:*

7:1 Hear now, Arjuna, how thou shalt have the full vision of me, if thy heart is set on me and if, striving for Yoga, I am thy refuge supreme.

2 And I will speak to thee of that wisdom and vision ....

8 I am the taste of living waters and the light of the sun and the moon. I am *OM*, the sacred word of the Vedas, sound in silence, heroism in humankind.

9 I am the pure fragrance that comes from the earth and the brightness of fire I am. I am the life of all living beings, and the austere life of those who train their souls.

10 And I am from everlasting the seed of eternal life, I am the intelligence of the intelligent. I am the beauty of the beautiful.

*[pause]*

10:5 Patient forgiveness, truth, self-harmony, peacefulness, joys and sorrows, to be and not to be, fear and freedom from fear, harmlessness and non-violence ... these are the conditions of mortals and they all arise from me.

6:1 *She* who works not for an earthly reward, but does the Work to be done, she is a Sanyasi, she is a Yogi...

3 ... she is in the land of peace ...

4 ... she is not bound by the work of his senses, and she is not bound by her earthly works....

27 Thus joy supreme comes to the Yogi whose heart is still, whose passions are peace ... who is one with Brahman, with God....

29 *He* sees himself in the heart of all beings and he sees all beings in his heart....

31 He who in this oneness of love, loves me in whatever he sees, wherever this man may live, in truth this man lives in me.

32 And he is the greatest Yogi he whose vision is ever one: when the pleasure and pain of others is his own pleasure and pain....

*[pause]*

9:27 Whatever you do, or eat, or give, or offer in adoration, let it be an offering to me; and whatever you suffer, suffer it for me.

28 Thus thou shalt be free from the bonds of Karma...

34 ... Give me thy mind and give me thy heart, give me thy offerings and thy adoration; and thus with thy soul in harmony, and making me thy goal supreme, thou shalt in truth come to me.

*[pause] Om shanti.*