

Gita Wisdom

TEACHINGS FOR THE MODERN DAY YOGI

Dear friends old and new,

Welcome to Gita Wisdom: Long Island Edition. This decade-old series of weekly gatherings is an exploration into the Bhagavad Gita and related bhakti texts. Each session includes:

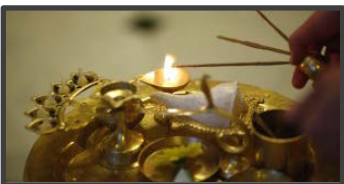
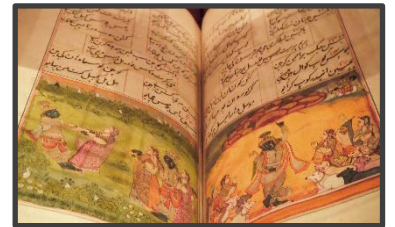


JAPA—This ancient practice is a wonderful way to set a mood for our discussion. You are invited to join us for about ten minutes in chanting the Krishna mantra, sixteen names of Divinity arranged in an easily recited sequence:

Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare,
Hare Rama, Hare Rama, Rama Rama, Hare Hare

INTRODUCTIONS—We take a few minutes to say hello, welcome newcomers, and describe realizations since our previous gathering.

VERSE RECITATION and DISCUSSION—Each week, we recite a Sanskrit verse from the Gita, practice pronunciation and analyze vocabulary. The verse and commentary are read, then we discuss their practical relevance.



ARATI—Session ends with arati (lit. "offering"), a ritual enacted in Krishna temples worldwide. Incense, a flower, water and other items representing the elements of creation are offered back to the Source of creation, as a gesture of appreciation.

PRASADAM—We close with fruit or other vegan treat. No gathering of Bhakti Yogis is complete without prasadam (sanctified food) and a chance to chat.

Thank you for joining us,
Yogesvara (Joshua M. Greene)