

Bhagavad Gita

Vedic Society Hindu Temple,
Southampton



Prarthana

Aum Aum Aum

Aum Vasudevasutam Devam, Kansa Chanura Mardanam
Devaki Paramanandam, Krushnam Vande Jagadguru

Guru Brahma Guru Vishnu, Guru Devo Maheshvarah
Guru Sakshat Parabrahma, Tasmai Shri Gurave Namah

Aum Saha Navavatu Saha Nau Bhunaktu Saha Viryam Karavavahai
Tejasvina Vadhi Tamastu Maa Vidvishavahai
Aum Shanti Shanti Shantihi

Chapter 3

Karma Yoga

The Path of Action

Verse 3.1 & 3.2



Verse 3.1

arjuna uvaca

jyayasi cet karmanas te

mata buddhir janardana

tat kim karmani ghore mam

niyojayasi kesava

V 3.1

Arjuna said: O Janardana, O Kesava, why do You urge me to engage in this ghastly warfare, if You think that Knowledge is better than action?

Verse 3.2

vyamisreneva vakyena
buddhim mohayasiva me
tad ekam vada niscitya
yena sreya 'ham apnuyam

V3.2

My intelligence is bewildered by Your equivocal instructions.

Therefore, please tell me decisively what is most beneficial for me.

Verse 3.3



Verse 3.3

sri-bhagavan uvaca
loke 'smin dvi-vidha nistha
pura prokta mayanagha
jnana-yogena sankhyanam
karma-yogena yoginam

V3.3

The Blessed Lord said: In this world there is a two-fold path, as I said before, O sinless one; the Path of Knowledge of the Sankhyans and the Path of Action of the Yogins

Verse 3.4



Verse 3.4

na karmanam anarambhan
naiskarmyam puruso 'snute
na ca sannyasanad eva
siddhim samadhigacchati

V3.4

Not by non-performance of actions does man reach 'actionlessness';
nor by mere renunciation does he attain 'Perfection'.

Verse 3.5



Verse 3.5

na hi kascit ksanam api
jatu tisthaty akarma-krt
karyate hy avasah karma
sarvah prakrti-jair gunaih

V3.5

Everyone is forced to act helplessly according to the qualities they have acquired from the modes of material nature; therefore no one can refrain from doing something, not even for a moment.

Verse 3.6



Verse 3.6

karmendriyani samyamya
ya aste manasa smaran
indriyarthan vimudhatma
mithyacarah sa ucyate

V3.6

One who restrains the senses and organs of action,
but whose mind dwells on sense objects,
certainly deludes himself and is called a pretender.

Verse 3.7



Verse 3.7

yas tv indriyani manasa
niyamyarabhate 'rjuna
karmendriyaih karma-yogam
asaktah sa visisyate

V3.7

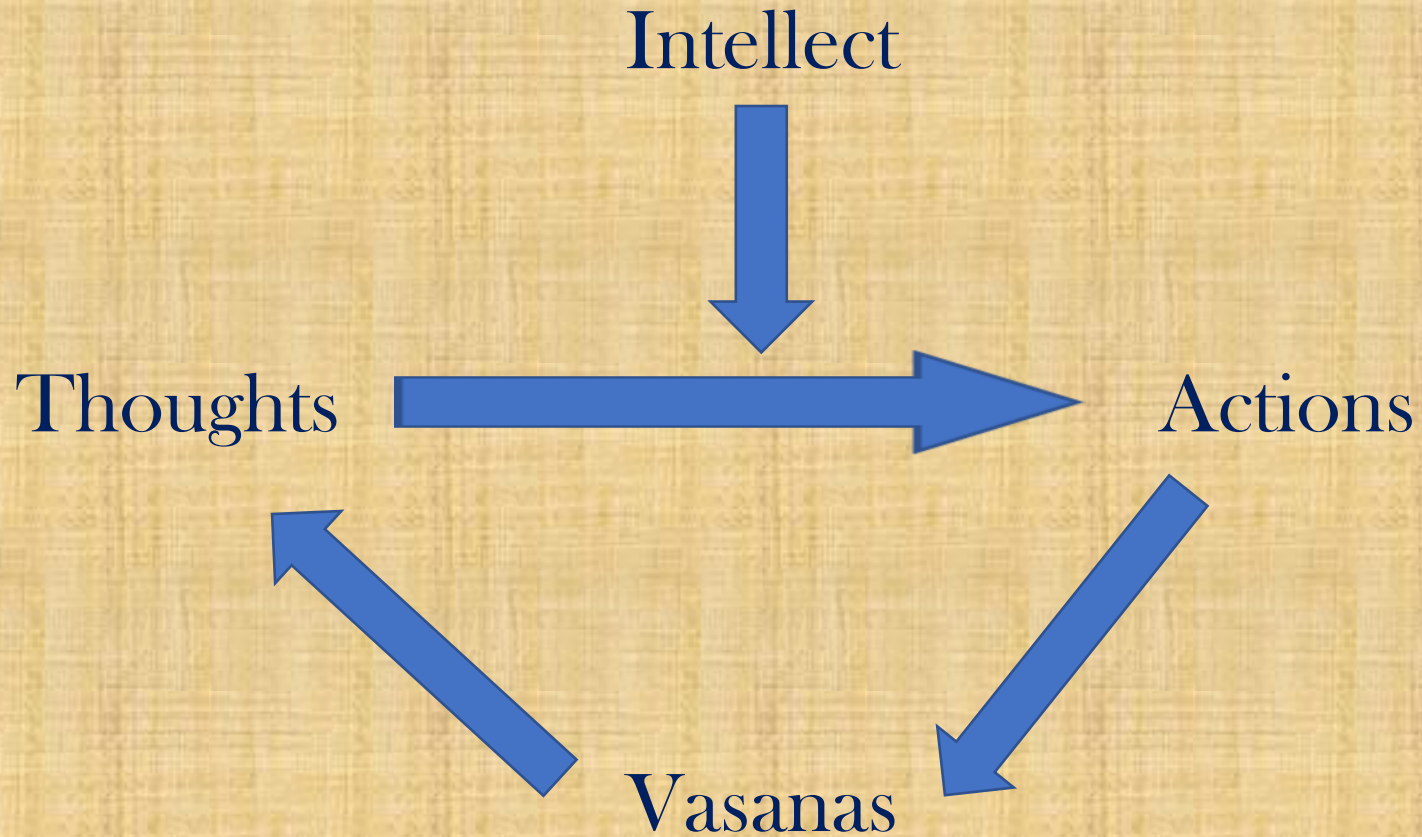
On the other hand, he who controls the senses by the mind and engages his active organs in works of Karma Yoga (devotion), without attachment, is by far superior.

Matrix of Spiritual Practice (Vedanta)

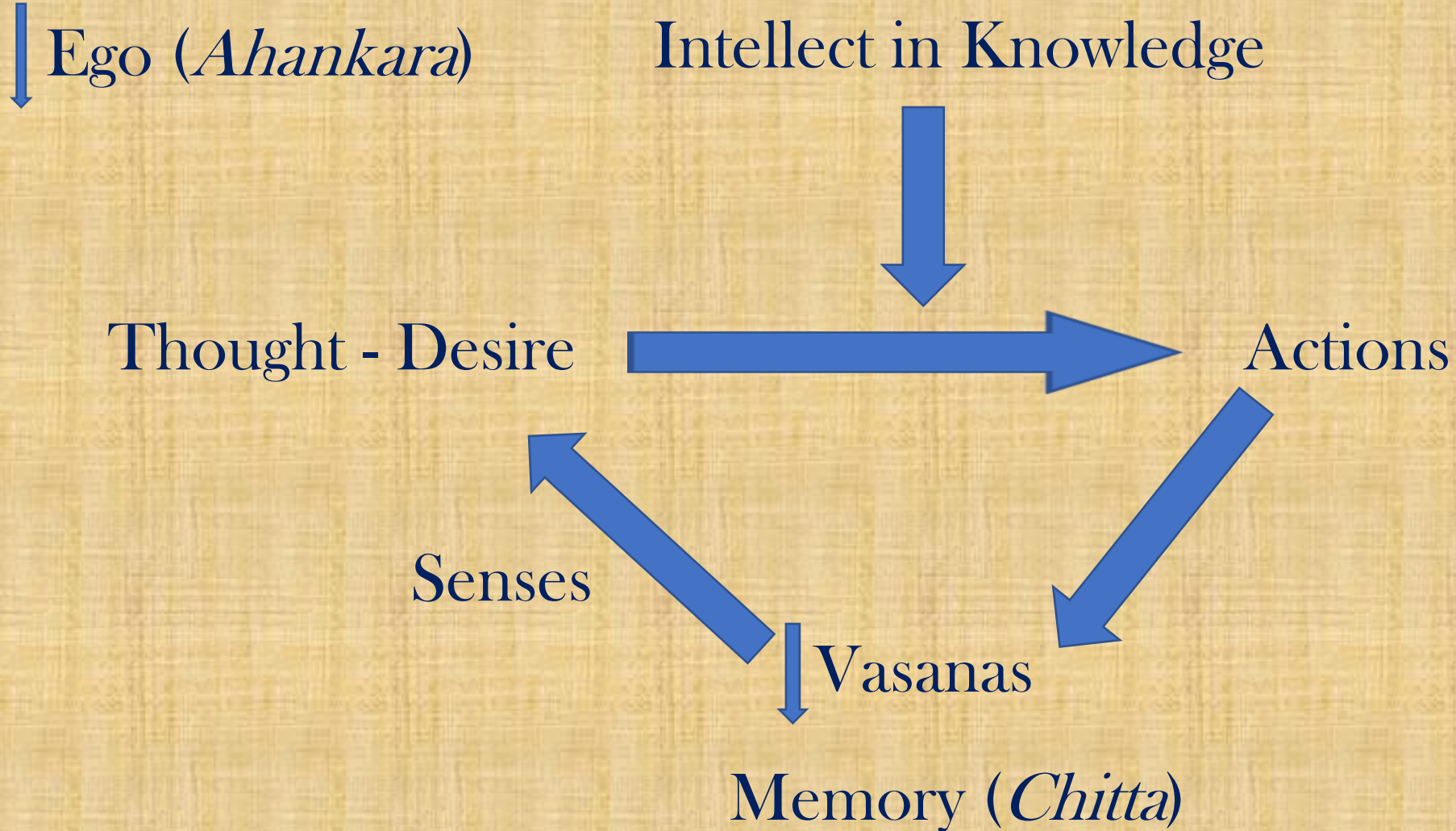
Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravanam</i> - Hear <i>Mananam</i> - Contemplate <i>Nidhidhyasana</i> - Meditate
<i>Vikshepa</i> – Unfocused	<i>Ekagrata</i> - Focus	<i>Upasana</i> – Meditate
<i>Chitta Mala</i> – Impure Mind	<i>Chitta Sudhi</i> – Purity of Mind	<i>Karma Yoga</i> – Path of Action

Based on Swami Sarvapriyananda talks

Intelligent Choice of Thought



Intelligent Choice of Thought



Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 16 February 2023 at 7:30pm



Closing Prarthana

Aum Sarve Bhavantu Sukhina, Sarve Santu Niramaya
Sarve Bhadrani Pashyant, Ma Kashchid Dukha Bhak Bhavet

Asato Ma Sat Gamaya
Tamaso Ma Jyotir Gamaya
Mrityor Ma Amritam Gamaya

Aum Poornam-adah Poornam-idam, Poornat Poornam Udachyate,
Poornasya Poornam-adaya, Poornam-eva Vashisyate.
Aum Shanti Shanti Shantihi