

# 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 3.4 – 3.6



## 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

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

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



उत्सीदेयुरिमे लोकः  
न कुर्यात् कर्म चेदहम् ।  
राक्षस्य च कर्ता स्या  
उपाहन्यामिमाः प्रजाः ॥ ३-२६ ॥

utsideyurime lokah  
na kuryat karma cedaham |  
rakshasasya cha kartā syām  
upahanyāmi māh prajāh || 3-26 ||



## 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 organs of action in works of Karma Yoga (devotion), without attachment, is by far superior.

## Verse 3.8



## Verse 3.8

niyatam kuru karma tvam  
karma jyayo hy akarmanah  
sarira-yatrapi ca te  
na prasiddhyed akarmanah

V3.8

Perform your prescribed duty, for action is better than inaction.

A man cannot even maintain his physical body without work.

## Verse 3.9



## Verse 3.9

yajnarthat karmano 'nyatra  
loko 'yam karma-bandhanah  
tad-artham karma kaunteya  
mukta-sangah samacara

V3.9

Human beings are bound by work (karma) that is not performed as a selfless service (Seva, Yagna).

Therefore, O son of Kunti, do your duty as a service to Me for the good of humanity, while being free from all selfish attachments.

# Verse 3.10



## Verse 3.10

saha-yajnah prajah srstva  
purovaca prajapatih  
anena prasavisyadhvam  
esa vo 'stv ista-kama-dhuk

V3.10

In the beginning the Creator (Prajapati) created human beings together with selfless service – (seva, yagna, sacrifice) and said

‘By serving each other you shall prosper and selfless service will fulfil all your desires.’

# Bhagavad Gita

## Questions & Comments





# Bhagavad Gita

Next class 23 February 2023 at 7:30pm



# Closing Prarthana

Aum Sarve Bhavantu Sukhina, Sarve Santu Niramaya  
Sarve Bhadrani Pashyantu, 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