# Bhagavad (sita 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



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'.

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.

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.



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

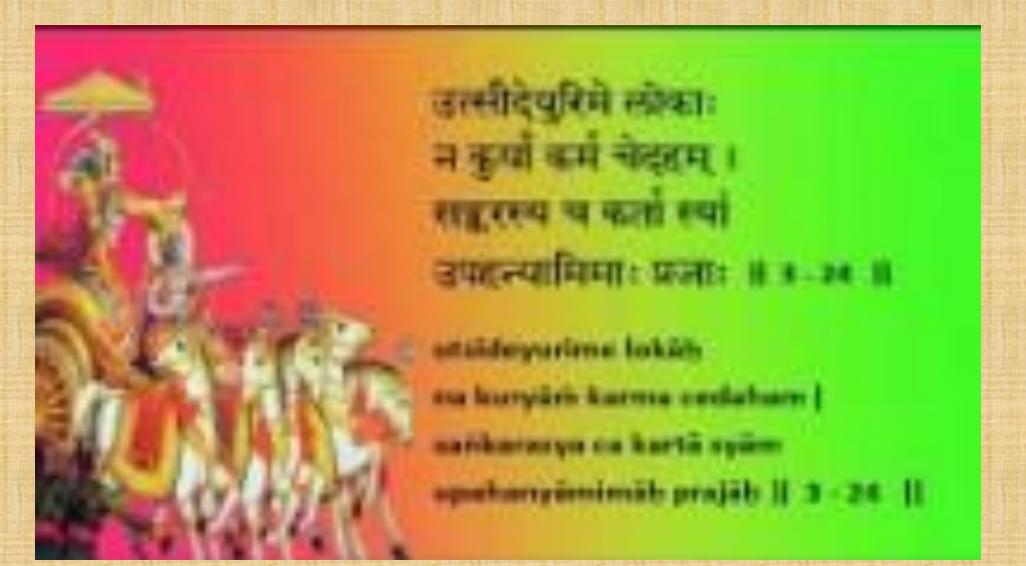
V3.7

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.



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.



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.



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