

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

Chapter 3 - Karma Yoga

- Inaction is not actionlessness
- Inaction is impossible
- Mere renunciation does not attain Perfection
- If one suppresses the senses and organs of action while the mind dwells on sense objects then one is a hypocrite.

Chapter 3 - Karma Yoga

- Control of the senses by the Mind
- Engage organs of action
- Without attachment

- Niyatam Karma
- Yagna

Verse 3.8 – 3.10



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

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

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.’

Verse 3.1.1



दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।

राष्ट्रस्य च कर्ता स्यां
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।

राष्ट्रस्य च कर्ता स्यां
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।

राष्ट्रस्य च कर्ता स्यां
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।

Verse 3.1.1

devan bhavayatanena
te deva bhavayantu vah
parasparam bhavayantah
sreyah param avapsyatha

V3.11

The devas, being pleased by sacrifices, will also please you;
thus nourishing one another, there will reign general prosperity for all.

Verse 3.12



Verse 3.12

istan bhogan hi vo deva
dasyante yajna-bhavitah
tair dattan apradayaibhyo
yo bhunkte stena eva sah

V3.12

The devas, nourished by the sacrifice, will give you the desired objects.
Indeed, he who enjoys objects given by the Devas, without offering to
them in return is a thief.

Verse 3.13



Verse 3.13

yajna-sistasinah santo
mucyante sarva-kilbisaih
bhunjate te tv agham papa
ye pacanty atma-karanat

V3.13

The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.

Pancha Maha Yagna (5 Sacred Karma)

1. Brahma Yagna

Study the scriptures and teach them to others

2. Deva Yagna

Daily worship of God

3. Pitru Yagna

Respect and look after parents. Remember the past generations

4. Manushya Yagna

Take care of people. Look after guests, neighbours and others

5. Bhuta Yagna

Care of other creatures - Plants, Animals and Birds

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 2 March 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