

# 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

- Control of the senses by the Mind
- Engage organs of action
- Natural law of Sacrifice (Yagna)
  
- Yagna spirit - Act cooperatively, as a service, for the good of all, no selfish desires, no attachments.
- Service to the Supreme
- Attitude of gratitude
- Give and share generously

# Verse 3.14 to 3.16



## Verse 3.14 & 3.15

annad bhavanti bhutani parjanyaad anna-sambhavah  
yajnad bhavati parjanyo yajnah karma-samudbhavah  
karma brahmodbhavam viddhi brahmaksara-samudbhavam  
tasmāt sarva-gatam brahma nityam yajne pratisthitam

V3.14

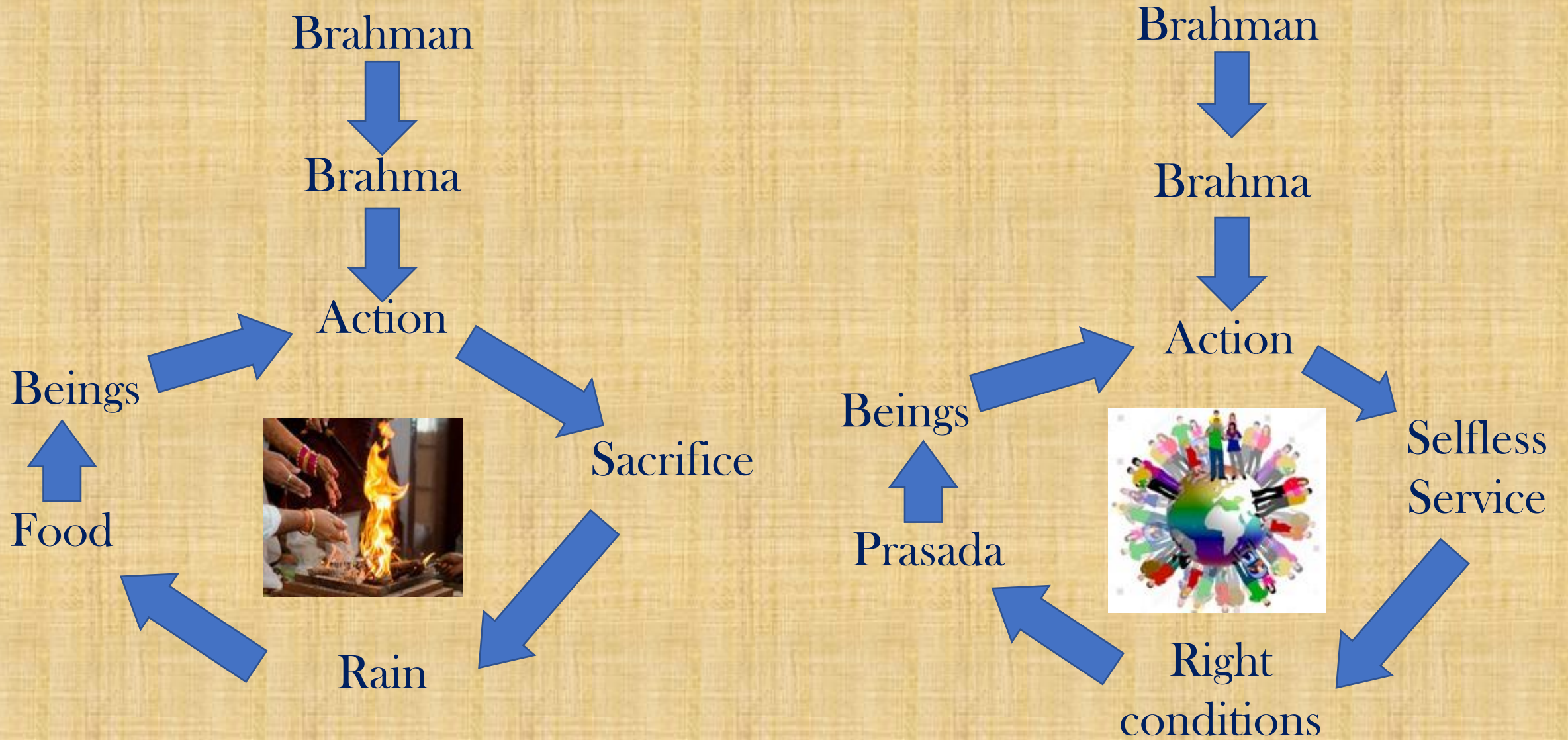
From food comes forth beings; from rain food is produced;  
from sacrifice arises rain, and sacrifice arises from action.

V3.15

Know that action comes from Brahma (the Creator) and  
Brahma comes from the Imperishable.

Therefore the all-pervading Brahman is eternally situated in acts of sacrifice.

# Verse 3.14 & 3.15 - Wheel of Action



## Verse 3.16

evam pravartitam cakram  
nanuvartayatiha yah  
aghayur indriyaramo  
mogham partha sa jivati

V3.16

My dear Arjuna, the one who does not follow this wheel of sacrifice  
certainly leads a life of sin,  
for a person delighting only in the senses lives in vain.



## Verse 3.17



उत्सीदेषुरिमे श्लोकाः  
न कुर्वीत कर्म चेदहम् ।  
साहुरस्य च कर्ता स्या  
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdeṣurime lokāḥ  
na kurvīta karma cedaham |  
sahurasya ca kartā syām  
upahanyāmi māb prajāḥ ॥ 3-24 ॥

## Verse 3.17

yas tv atma-ratir eva syad  
atma-trptas ca manavah  
atmany eva ca santustas  
tasya karyam na vidyate

V3.17

But the one who rejoices only in the Self, who is satisfied with the Self, who is content in the Self alone, for Him verily there is nothing more to be done.

# Verse 3.18



उत्सीदेपुरिमे लोकाः  
न कुर्यात् कर्म चेद्दहम् ।

राष्ट्रस्य च कर्ता स्यात्

उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdepurime lokāḥ

na kuryāt karma ceddaham |

raṣṭrasya ca kartā syāt

upāhanṣāmimāḥ prajāḥ || 3-24 ||

## Verse 3.18

naiva tasya krtenartho  
nakrteneha kascana  
na casya sarva-bhutesu  
kascid artha-vyapasrayah

V3.18

A self-realized person has no purpose to fulfill in the discharge of their prescribed duties, nor have any reason not to perform such work. Nor have they any need to depend on any other living being.

# Verse 3.19



उत्सीदेपुरिमे लोकाः  
न कुर्यात् कर्म चेदहम् ।

राष्ट्रस्य च कर्ता स्यां  
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdepurime lokāḥ  
na kuryāt karma cedaham |

raṣṭrasya ca kartā syāṁ  
upāhanṣyāmi māḥ prajāḥ || 3-24 ||

raṣṭrasya ca kartā syāṁ  
upāhanṣyāmi māḥ prajāḥ || 3-24 ||

upāhanṣyāmi māḥ prajāḥ || 3-24 ||

## Verse 3.19

asmad asaktah satatam  
karyam karma samacara  
asakto hy acaran karma  
param apnoti purusah

V3.19

Therefore, without being attached to the fruits of activities,  
one should act as a matter of duty;  
for by working without attachment, one attains the Supreme.

# Verse 3.19

Work in Karma Yoga  
(Selfless service in Yagna spirit & no attachment)



Vasanas exhausted  
No new vasanas created



No selfish desires in the mind



Mind becomes quiet and contemplative



Self Realisation

## Verse 3.20





## Verse 3.20

karmanaiva hi samsiddhim  
asthita janakadayah  
loka-sangraham evapi  
sampasyan kartum arhasi

V3.20

Even kings like Janaka and others attained the perfectional stage by performance of prescribed duties. Therefore, just for the sake of educating the people in general, you should perform your work.

# Verse 3.21



उत्सीदेयुरिमे श्लोकाः  
न कुर्वीं कर्म चेदहम् ।  
साधुरस्य च कर्ता स्यां  
उपाहन्यामिमाः प्रजाः ॥ ३-२१ ॥

utSīdeyurime lokāḥ  
na kurvīn karmā chēdaham |  
sādhubasasya cha kartā syān  
upāhanāyāmimāḥ prajāḥ || 3-21 ||

## Verse 3. 21

yad yad acarati sresthas  
tat tad evetaro janah  
sa yat pramanam kurute  
lokas tad anuvartate

V3.21

Whatever action is performed by a great man,  
common men follow in his footsteps.

And whatever standards he sets by exemplary acts,  
all the world pursues.

## Verse 3.22



## Verse 3.22

na me parthasti kartavyam  
trisu lokesu kincana  
nanavaptam avaptavyam  
varta eva ca karmani

V3.22

O son of Prtha, there is no work prescribed for Me within all the three planetary systems. Nor am I in want of anything, nor have I need to obtain anything—and yet I am engaged in work.

## Verse 3.23



## Verse 3.23

yadi hy aham na varteyam  
jatu karmany atandritah  
mama vartmanuvartante  
manusyah partha sarvasah

V3.23

For, if I did not engage in work, O Partha, certainly all men would follow My path.

# Bhagavad Gita

## Questions & Comments





# Bhagavad Gita

Next class 16 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