# 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

## 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
- Wheel of Action

#### Verse 3.17 - 3.19



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.

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.

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.

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 - 3.21



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

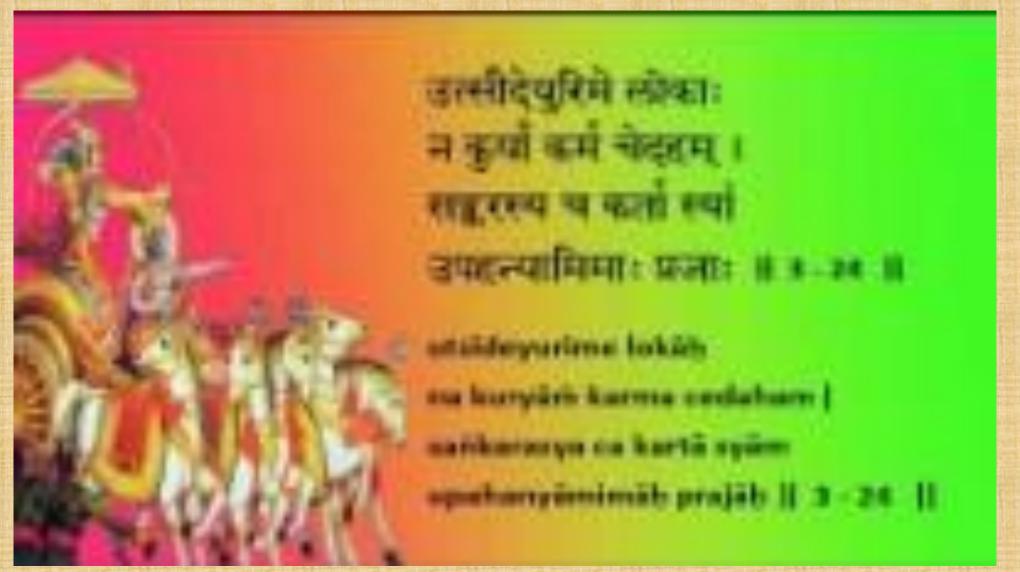
V3.20

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

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 - 3.24



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

V3.22

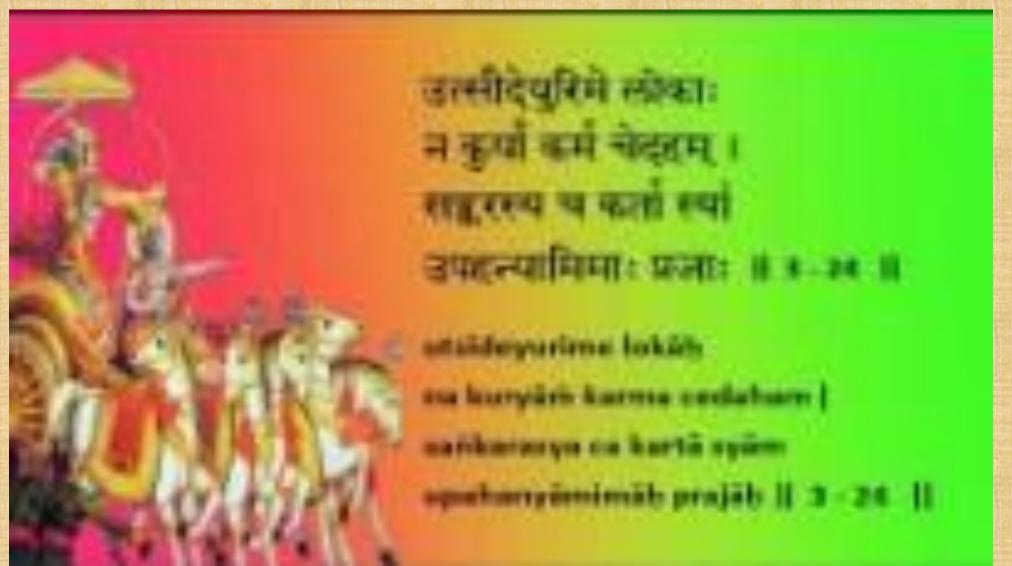
O son of Prtha, there is no work prescribed for Me within all the three worlds (lokas). Nor am I in want of anything, nor have I need to obtain anything—and yet I am engaged in work.

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.

utsideyur ime loka
na kuryam karma ced aham
sankarasya ca karta syam
upahanyam imah prajah

V3.24
If I should cease to work, then all these worlds will perish.
I would also be the cause of confusion, and
I would ruin these living beings.



saktah karmany avidvamso yatha kurvanti bharata kuryad vidvams tathasaktas cikirsur loka-sangraham

V3.25

As ordinary people perform their duties with attachment to results, similarly the wise may also act, but without attachment, for the sake of leading people on the right path.



na buddhi-bhedam janayed ajnanam karma-sanginam josayet sarva-karmani vidvan yuktah samacaran

V3.26

Let not the wise confuse the minds of the ordinary people who are attached to fruitive action. They should not be encouraged to refrain from work, but to engage in work in the spirit of devotion.

# Bhagavad Gita Questions & Comments



## Bhagavad Gita Next class 23 March 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