

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
- Wheel of Action

Verse 3.17 – 3.19



उत्सीदेषुरिमे श्लोकाः
न कुर्यात् कर्म चेदहम् ।
साधुरस्य च कर्ता स्या
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdeyaśurīme ślokaḥ
na kuryāt karma cedaham |
sādhuṛasya ca kartā syām
upahanyāmi māb prajāb ॥ 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

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

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 – 3.21



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 the welfare of the people in general, you should perform your work.

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 – 3.24



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 worlds (lokas). Nor am I in want of anything, nor have I need to obtain anything—and yet I am engaged in work.

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.

Verse 3.24

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.

Verse 3.25



Verse 3.25

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.

Verse 3.26



दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।
साधुरस्य च कर्ता स्यां
उपाहन्यामिमाः प्रजाः ॥ ३-२६ ॥

daasīdeyurime lokāḥ
na kurvan karmā cedaham |
sādhurasya ca kartā syāṁ
upahanyāmimāḥ prajāḥ || 3-26 ||

Verse 3.26

na buddhi-bhedam janayed
ajnanam karma-sanginam
josayet sarva-karmani
vidvan yuktaḥ samācāraṇ

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 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