

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

- No choice about action.
- Law of Yagna since the creation of the Universe.
- Lok Sangraham. Welfare of the people.
- Actions are Prakriti working amidst Prakriti.

Verse 3.30



Verse 3.30

mayi sarvani karmani
sannyasyadhyatma-cetasa
nirasir nirmamo bhutva
yudhyasva vigata-jvarah

V3.30

Dedicating all actions to Me with
the mind centred on the Self,
free from desire, attachment and mental fever,
do your prescribed duty (fight).

Verse 3.31 & 3.32



उत्सीदेयुरिमे लोकाः
न कुर्यां कर्म चेदहम् ।
साधुरस्य च कर्ता स्यां
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśideyurime lokāḥ
na kuryāṁ karma cedaham |
sādurasya ca kartā syāṁ
upāhanjāmimāḥ prajāḥ || 3-24 ||

Verse 3.31

ye me matam idam nityam
anutisthanti manavah
sraddhavanto 'nasuyanto
mucyante te 'pi karmabhih

V3.31

People who constantly practice this teaching of Mine,
full of faith and without cavil,
become free from the bondage of fruitive actions.

Verse 3.32

ye tv etad abhyasuyanto
nanutisthanti me matam
sarva-jnana-vimudhams tan
viddhi nastan acetasah

V3.32

But those who carp at My teachings and do not practice them regularly, are to be considered deluded in all knowledge and devoid of discrimination, know them to be doomed to destruction.

Verse 3.33



उत्सीदयुषिणे लोकाः
न कुर्यात् कर्म चेदहम् ।
राक्षसस्य च कर्ता स्या
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdayuṣiṇe lokāḥ
na kuryāts karmā cedaham |
raṅksasasya ca kartā syām
upāhanṅyāmimāḥ prajāḥ ॥ 3-24 ॥

Verse 3.33

sadr̥sam cestate svasyah
prakrter jnanavan api
prakrtim yanti bhutani
nigrahah kim karisyati

V3.33

Even a man of knowledge acts according to his own nature, for everyone follows his nature. What can repression accomplish?

Verse 3.34



उत्सीदेषुरिमे श्लोकाः
न कुर्यात् कर्म चेदहम् ।

राष्ट्रस्य च कर्ता स्यां
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdeṣuṛime ślokaḥ

na kuryāt karma cedaham |

raṣṭrasya ca kartā syāṃ

upāhanṇyāmi māh prajāḥ || 3-24 ||

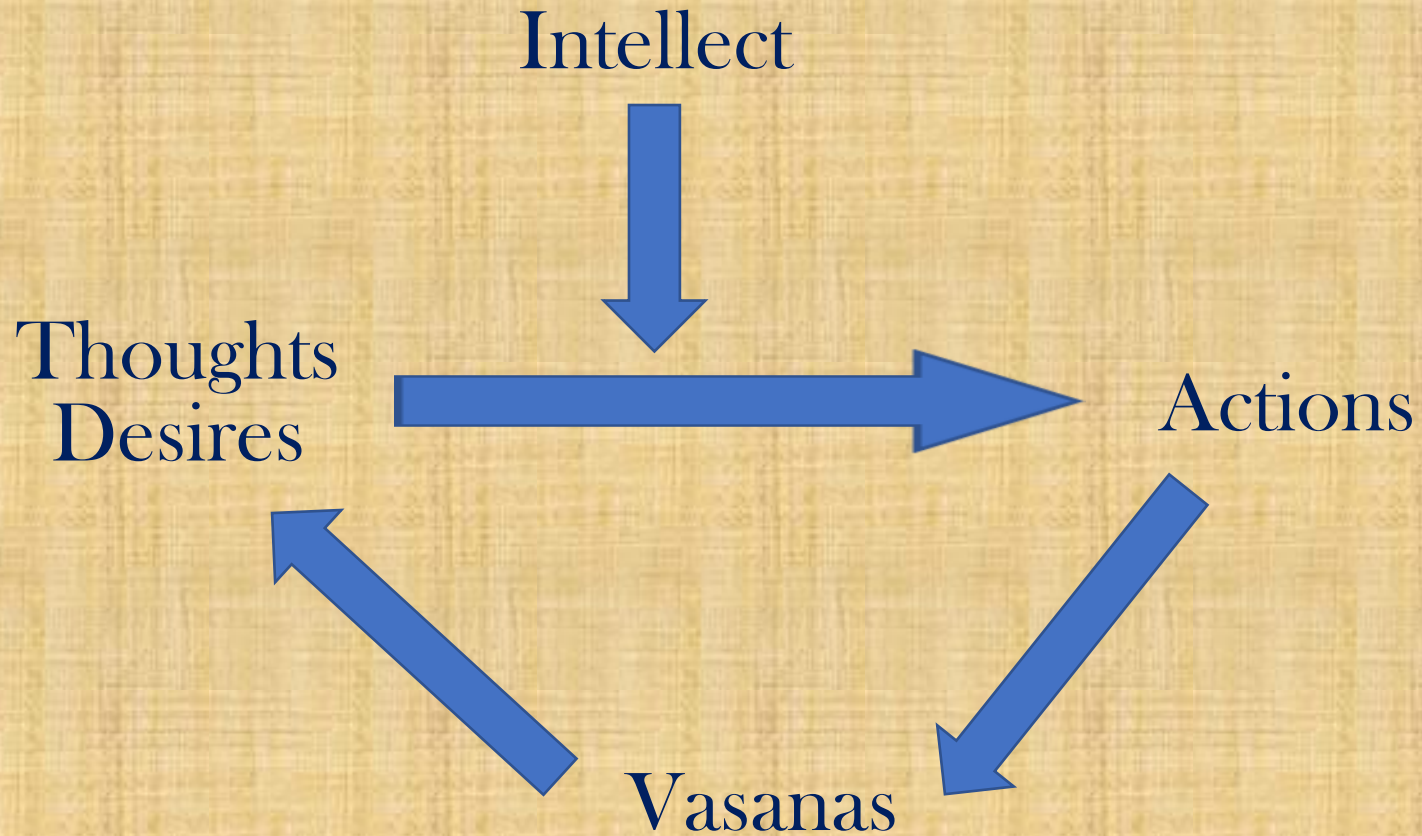
Verse 3.34

indriyasyendriyasyarthe
raga-dvesau vyavasthitau
taylor na vasam agacchet
tau hy asya paripanthinau

V3.34

Attraction and repulsion for sense objects are felt by embodied beings, but one should not fall under the control of senses and sense objects because they are stumbling blocks on the path of Self-realization.

Intelligent Choice of Thought



Verse 3.34

indriyasyendriyasyarthe
raga-dvesau vyavasthitau
taylor na vasam agacchet
tau hy asya paripanthinau

V3.34

Attraction and repulsion for sense objects are felt by embodied beings, but one should not fall under the control of senses and sense objects because they are stumbling blocks on the path of self-realization.

Verse 3.35



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

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

Verse 3.35

sreyan sva-dharmo vigunah
para-dharmat sv-anusthitat
sva-dharme nidhanam sreyah
para-dharmo bhayavahah

V3.35

It is far better to discharge one's prescribed duties, even though they may be faulty, than another's duties. Death in the course of performing one's own duty is better than engaging in another's duties, for to follow another's path is dangerous.

Verse 3.35

Sva-dharma in Vedic Period

1. Sadharan Dharma - General ethics
2. Varna-ashrama Dharma - Caste and stage in life
3. Asadharana Dharma - Unique duties

Verse 3.35

	<i>Dharma</i> (Duty)	<i>Adharma</i> (Against duty)
<i>Your Prakriti</i> (Your Nature)	<i>Dharma + Your Prakriti</i> Duty + Your Nature Sva-dharma	<i>Adharma + Your Prakriti</i> Against Duty + Your Nature
<i>Not your Prakriti</i> (Not your Nature)	<i>Dharma + Not your Prakriti</i> Duty + Not your Prakriti	<i>Adharma + Not your Prakriti</i> Against Duty + Not your Nature

Verse 3.35

sreyan sva-dharmo vigunah
para-dharmat sv-anusthitat
sva-dharme nidhanam sreyah
para-dharmo bhayavahah

V3.35

It is far better to discharge one's prescribed duties, even though they may be faulty, than another's duties. Death in the course of performing one's own duty is better than engaging in another's duties, for to follow another's path is dangerous.

Verse 3.36



दासीदेयुरिमे श्लोकाः
न कुर्यात् कर्म चेदहम् ।
साधुरस्य च कर्ता स्या
उपाहन्त्यामिमाः प्रजाः ॥ ३-२६ ॥

daasīdeyurime lokāḥ
na kuryāt karma cedaham |
sadhurasya cha kartā syām
upahantyaṁimāḥ prajāḥ ॥ 3-26 ॥

Verse 3.36

arjuna uvaca

atha kena prayukto 'yam

papam carati purusah

anicchann api varsneya

balad iva niyojitah

V3.36

Arjuna said: O descendant of Vrsni, by what is one impelled to sinful acts, even unwillingly, as if engaged by force?

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 20 April 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