

Bhagavad Gita

Vedic Society Hindu Temple,
Southampton

Today's class starts at 8pm



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

Matrix of Spiritual Practice (Vedanta)

Problem	Solution	Method
<i>Agyana</i> - Ignorance	<i>Gyana</i> - Knowledge	<i>Shravanam</i> - Hear <i>Mananam</i> - Contemplate <i>Nidhidhyasana</i> - Meditate
<i>Vikshepa</i> – Unfocused	<i>Ekagrata</i> - Focus	<i>Upasana</i> – Meditate
<i>Chitta Mala</i> – Impure Mind	<i>Chitta Sudhi</i> – Purity of Mind	<i>Karma Yoga</i> – Path of Action

Based on Swami Sarvapriyananda talks

Chapter 3 - Karma Yoga

- Law of Yagna since the creation of the Universe.
- Circle of Action
- Lok Sangraham. Welfare of the people.
- Actions are Prakriti (BMI) working amidst Prakriti (world).

Chapter 3 - Karma Yoga

- Dedicate all action to the Supreme
- Mind centred on the Self
- Free from desire
- Free from attachment and
- Free from mental fever

- Do your prescribed duty (fight).

Chapter 3 - Karma Yoga

Svadharna - prescribed duties

Role in family, society and occupation

Svabhava - character

Vasanas, likes & dislikes

ICT - Purification of Antakarana

Intellect (*Buddhi*) in Knowledge

Likes & Dislikes

Right & Wrong

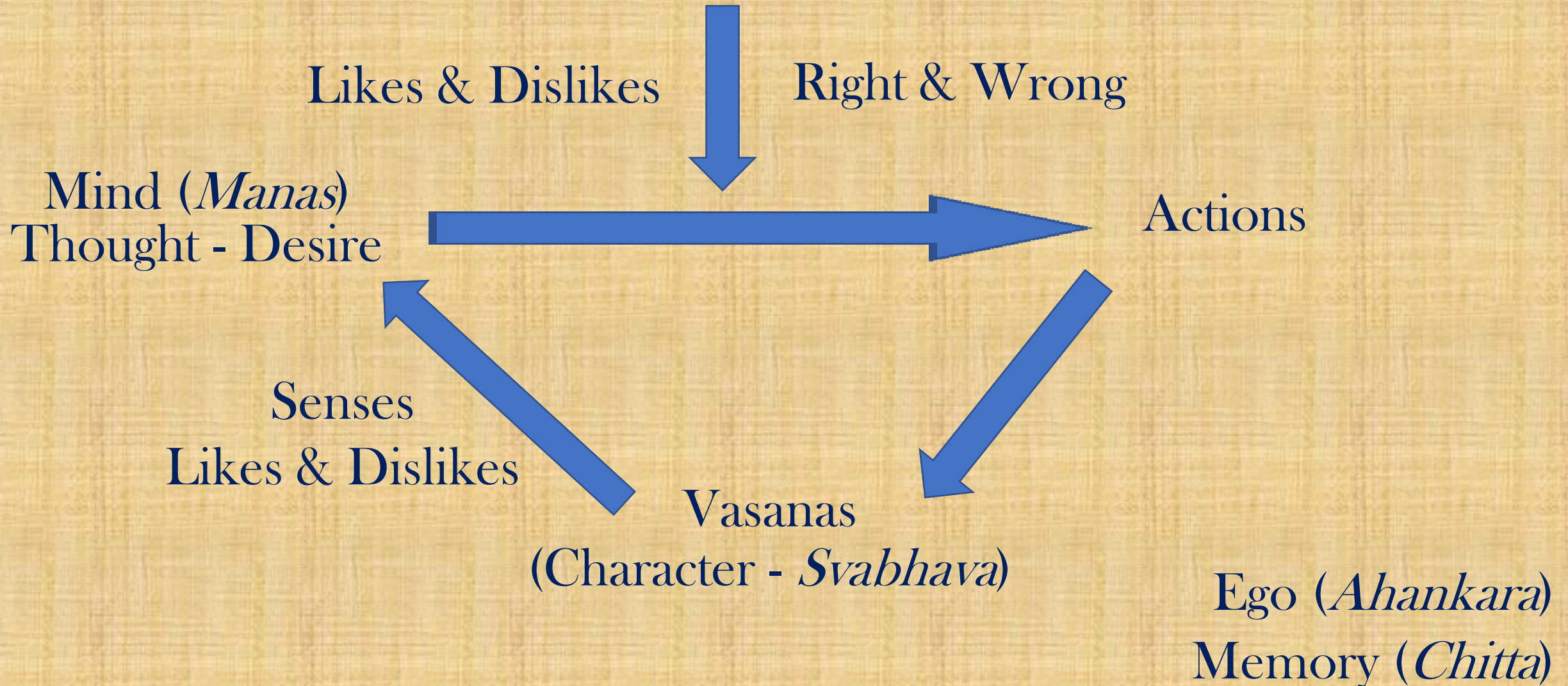
Mind (*Manas*)
Thought - Desire

Actions

Senses
Likes & Dislikes

Vasanas
(Character - *Svabhava*)

Ego (*Ahankara*)
Memory (*Chitta*)



Choice in Action

Character
(*Svabhava*)

Vasanas Desires
Likes & Dislikes



Prescribed Duty
(*Svadharmā*)

Right action
Right attitude

Verse 3.36



दासीदेयुरिमे श्लोकाः
न कुर्यात् कर्म चेदहम् ।
राष्ट्रस्य च कर्ता स्या
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

daasīdeyurime lokāḥ
na kuryāt karma cedaham |
raṣṭrasya cha kartā syām
upahanyāmi māh prajāḥ ॥ 3-24 ॥

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?

Verse 3.37



दासीदेयुरिमे श्लोकाः
न कुर्वन् कर्म चेदहम् ।
साह्वरस्य च कर्ता स्या
उपाहन्यामिमाः प्रजाः ॥ ३-२४ ॥

daasīdeyurime lokāḥ
na kurvan karmā cedaham |
sahvarasya cha kartā syām
upahanyāmimāḥ prajāḥ ॥ 3-24 ॥

Verse 3.37

sri-bhagavan uvaca
kama esa krodha esa
rajo-guna-samudbhavah
mahasano maha-papma
viddhy enam iha vairinam

V3.37

The Blessed Lord said: It is craving (intense desire), Arjuna, which is born of rajas guna (the material mode of passion) and later transformed into anger, and which is voracious. It produces great sin and it is the enemy.

Verse 3.38



उत्सीदेयुरिमे लोकः
न कुर्वन् कर्म चेदहम् ।

राक्षसस्य च कर्ता स्यां
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

utsideyurime lokah

na kurvan karma chedaham |

raksasasya cha kartā syān

upahantyanimāh prajāh || 3-24 ||

Verse 3.38

dhumenavriyate vahnir
yathadarso malena ca
yatholbenavrto garbhas
tatha tenedam avrtam

V3.38

As fire is covered by smoke, as a mirror is covered by dust, or as the embryo is covered by the womb, similarly this (Wisdom) is covered by different degrees of this desire.

Verse 3.39



Verse 3.39

avrtam jnanam etena
jnanino nitya-vairina
kama-rupena kaunteya
duspurenanalena ca

V3.39

Thus, a person's wisdom (Knowledge) is covered by his eternal enemy in the form of intense desire, which is never satisfied and which burns like fire.

Verse 3.40



दासीदेयुरिमे लोकाः
न कुर्वन् कर्म चेदहम् ।
साधुरस्य च कर्ता स्या
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

daasīdeyurime lokāḥ
na kurvan̄ karma cedaham |
sadhurasya cha kartā syām
upahantyaamimāḥ prajāḥ || 3-24 ||

Verse 3.40

indriyani mano buddhir
asyadhistanam ucyate
etair vimohayaty esa
jnanam avrtya dehinam

V3.40

The senses, the mind and the intelligence
are said to be the seat of this desire;
Through these it deludes the embodied,
by veiling their wisdom.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 4 May 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