

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

Verse 3.39 & 40



उत्सीदेयुरिमे श्लोकाः
न कुर्यात् कर्म चेदहम् ।
साधुरस्य च कर्ता स्या
उपाहन्यामिमाः प्रजाः ॥ ३-२९ ॥

utsideyurime lokāḥ
na kuryāt karma cedaham |
sadhurasya cha kartā syām
upahanyāminīmāḥ prajāḥ ॥ 3-29 ॥

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

indriyani mano buddhir
asyadhistanam ucyate
etair vimohayaty esa
jnanam avrtya dehinam

V3.40

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

Chariot

Body (Śarīra)



Consciousness
(Ātman)

Higher Intellect
(Buddhi)

Mind
(Manas)

Senses (Indriyas)



(based on the Katha Upanishad)

Verse 3.41



उत्सीदयुषिणे लोकाः
न कुर्वन् कर्म चेदहम् ।
साहुरस्य च कर्ता स्या
उपाहन्त्यामिमाः प्रजाः ॥ ३-२४ ॥

utśīdayuṣiṇe lokāḥ
na kurvan̄ karma cēdaham |
sahurasya cha kartā syā
upahantyaṁimāḥ prajāḥ || 3-24 ||

Verse 3.41

tasmat tvam indriyany adau
niyamyā bharatarsabha
papmanam prajahi hy enam
jnana-vijnana-nasanam

V3.41

Therefore, O Arjuna, best of the Bharatas, in the very beginning curb this great symbol of sin (desire) by regulating the senses, and slay this destroyer of knowledge and wisdom.

Verse 3.42



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

utśīdeṣurime lokāḥ
na kuryāt karma cedaham |
sādhusasya ca kartā syāt
upahanyāminīmāḥ prajāḥ ॥ 3-24 ॥

Verse 3.42

indriyani parany ahur
indriyebhyah param manah
manasas tu para buddhir
yo buddheh paratas tu sah

V3.42

The working senses are superior (to objects);
mind is higher than the senses;
intellect is still higher than the mind;
and the atman is even higher than the intellect.

Verse 3.42

Self (*Atman*)

Intellect (*Buddhi*)

Mind (*Manas*)

Senses (*Indriya*)

Objects

V3.42

The working senses are superior (to objects);
mind is higher than the senses;
intellect is still higher than the mind;
and the atman is even higher than the intellect.

Chariot

Body (Śarīra)

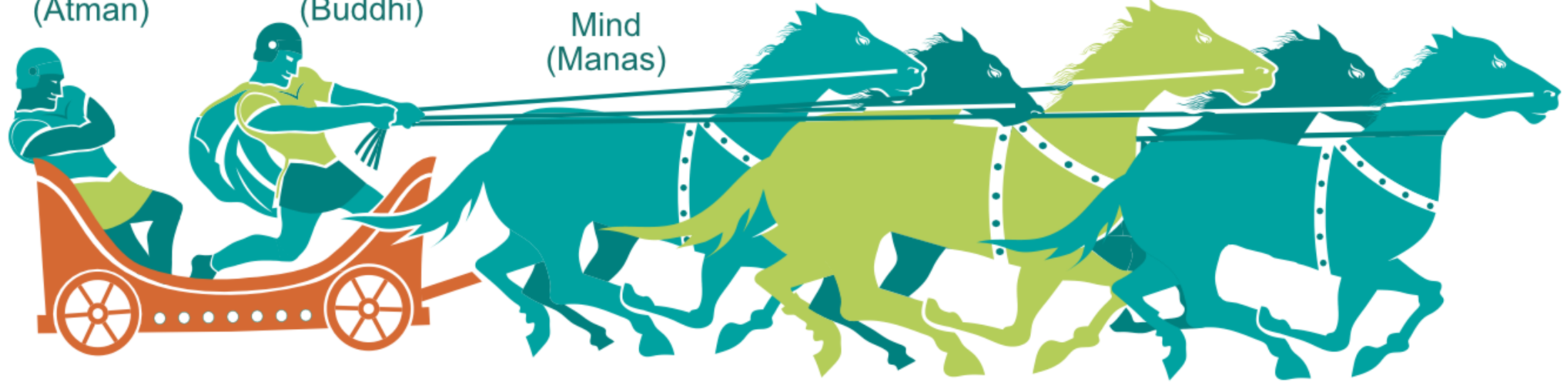


Consciousness
(Ātman)

Higher Intellect
(Buddhi)

Mind
(Manas)

Senses (Indriyas)



(based on the Katha Upanishad)

Verse 3.43



Verse 3.43

evam buddheh param buddhva
samstabhyatmanam atmana
jahi satrum maha-baho
kama-rupam durasadam

V3.43

Thus knowing the Self to be superior to the intellect
and becoming established in the Self
conquer this formidable enemy desire,
O mighty armed Arjuna.

End of Chapter 3



Sankalpa Vakya

om tat sat iti srimad bhagavadgeetaasu upanishatsu
brahma vidyaayaam yogashaastre
sri krishnaarjuna samvaade Karma yogo naama trtiyo'dyaayah
Harihi Om

Thus in the Upanishads of the glorious Bhagavad Gita,
the Brahma vidya (science of the Eternal),
Yoga shashtra (the scripture of Yoga),
the dialogue between Sri Krishna and Arjuna ends
the third chapter entitled the Path of Action.

Bhagavad Gita

Questions & Comments



Bhagavad Gita

Next class 11 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