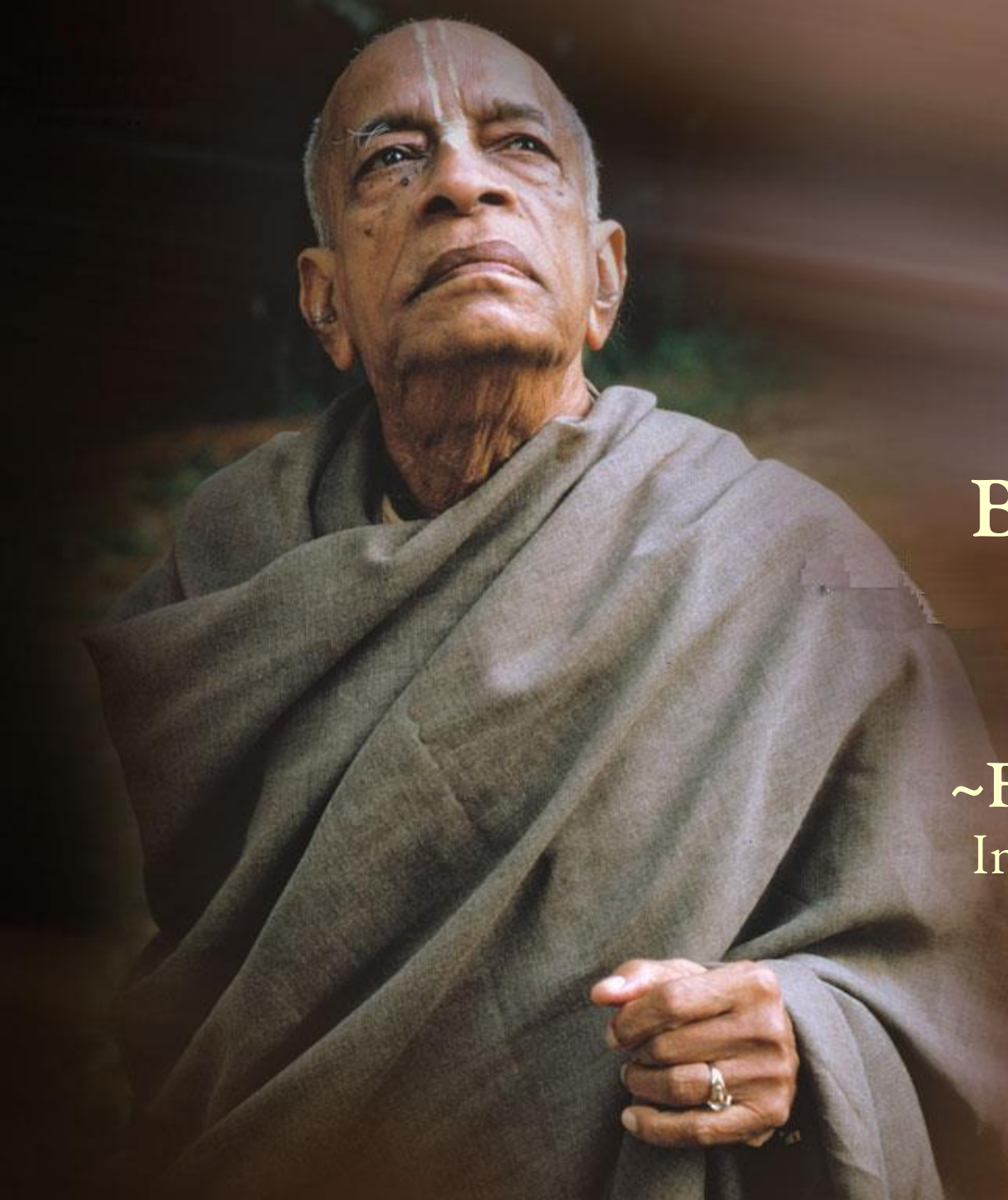




***Bhagavad Gita - 3***  
***Karma-yoga***



Based on the  
teachings of  
**His Divine  
Grace A.C.  
Bhaktivedanta  
Swami  
Prabhupada**  
~Founder Acharya~  
International Society  
for Krishna  
Consciousness

# Mangalacarana

om ajñāna-timirāndhasya jñānāñjana-śalākayā  
cakṣur unmīlitaṁ yena tasmai śrī-gurave namaḥ

śrī-caitanya-mano-'bhīṣṭaṁ sthāpitaṁ yena bhū-tale  
svayaṁ rūpaḥ kadā mahyaṁ dadāti sva-padāntikam

vande 'haṁ śrī-guroḥ śrī-yuta-pada-kamalaṁ śrī-gurūn vaiṣṇavāṁś ca  
śrī-rūpaṁ sāgrajātaṁ saha-gaṇa-raghunāthānvitaṁ taṁ sa-jīvam  
sādvaitaṁ sāvadhūtaṁ parijana-sahitaṁ kṛṣṇa-caitanya-devaṁ  
śrī-rādhā-kṛṣṇa-pādān saha-gaṇa-lalitā-śrī-viśākhānvitāṁś ca

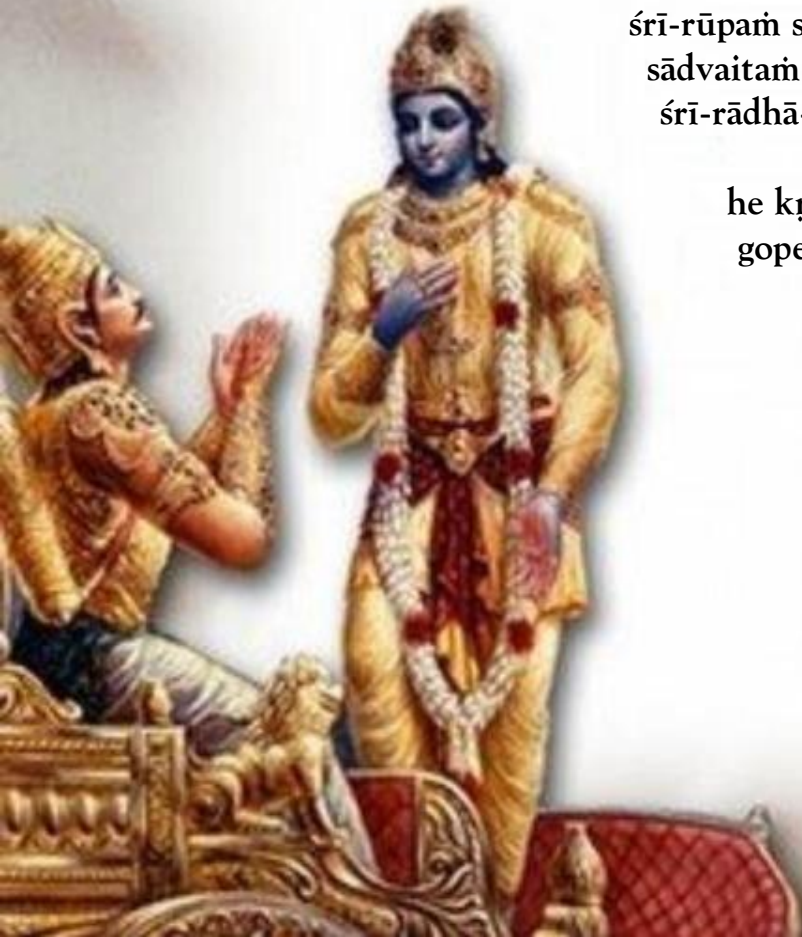
he kṛṣṇa karuṇā-sindho dīna-bandho jagat-pate  
gopeśa gopikā-kānta rādhā-kānta namo 'stu te

tapta-kāñcana-gaurāṅgi rādhe vṛndāvaneśvari  
vṛṣabhānu-sute devi praṇamāmi hari-priye

vāñchā-kalpatarubhyaś ca kṛpā-sindhubhya eva ca  
patitānāṁ pāvanebhyo vaiṣṇavebhyo namo namaḥ

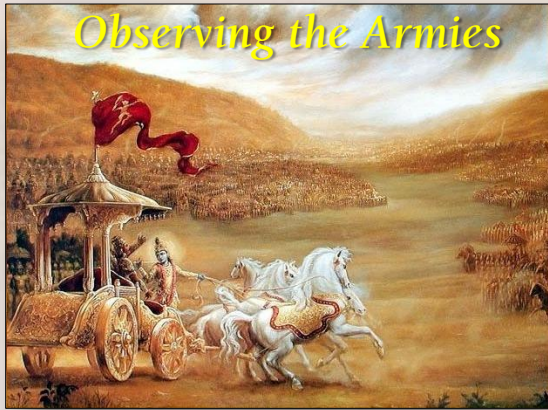
śrī-kṛṣṇa-caitanya prabhu-nityānanda  
śrī-advaita gadādhara śrīvāsādi-gaura-bhakta-vṛnda

hare kṛṣṇa hare kṛṣṇa kṛṣṇa kṛṣṇa hare hare  
hare rāma hare rāma rāma rāma hare hare



# Summary – Chapter 1 & 2

## Chapter 1



Arjuna's reasons for not wishing to fight

Compassion

Enjoyment

Saintliness and fear of sinful reactions

Destruction of Family

## Chapter 2 Lord Krishna instructs Arjuna



BG 2.6  
Indecision

Arjuna  
surrenders to  
Lord Krsna

# Summary – Chapter 2



Since Arjuna was horrified at the thought of Killing His relatives, Krsna begins His teachings

Lord Krsna summarizes all the instruction of Bhagavad Gita

Sankhya Philosophy

Karma Kanda

Buddhi Yoga or Niskama Karma Yoga

Symptoms of Self Realized Souls

Analytical study of Matter and Spirit (Soul)

Soul is eternal, imperishable

Material body is inert and outer covering of soul

If Arjuna dies in battle he will be promoted to heaven

If He wins the battle, He will rule the earth

Dishonor will overcome Him if He leaves the battlefield

*Art of all Work*

Work in the mode of selfless service

Unattached to the results of the world

With Resolute Determination

With Mind focused on Krsna

Fight simply because it is Krsna's desire

*Results*

Do not get any Sinful Reaction

Able to get out of the cycle of birth and death

Free from desire to enjoy the senses

Have a steady mind

Indifferent from good & evil

Have a taste for devotional activities

Control the senses by engaging them in the devotional activities

Being thus situated at the time of death, one can enter into the kingdom of God

One who is not connected with the supreme or not doing devotional activity cannot have *Steady Mind* or *Peace* or *Happiness*

# Chapter 3 - Sections

<i>Section</i>	<i>Verse</i>	<i>Description</i>
<i>A</i>	<i>3.1 to 3.9</i>	<i>Dealing with the confusion: Renunciation or working in Niskama Karma</i>
<i>B</i>	<i>3.10 to 3.16</i>	<i>From Karmakanda to Karma Yoga</i>
<i>C</i>	<i>3.17 to 3.35</i>	<i>Niskama Karma -- Acting dutifully, with detachment, to set the correct example.</i>
<i>D</i>	<i>3.36 to 3.43</i>	<i>Beware of Lust and Anger</i>

# Summary - Section - A

## Verse 3.1 to 3.9

### Dealing with the confusion: Renunciation or working in Niskama Karma

**1-2**

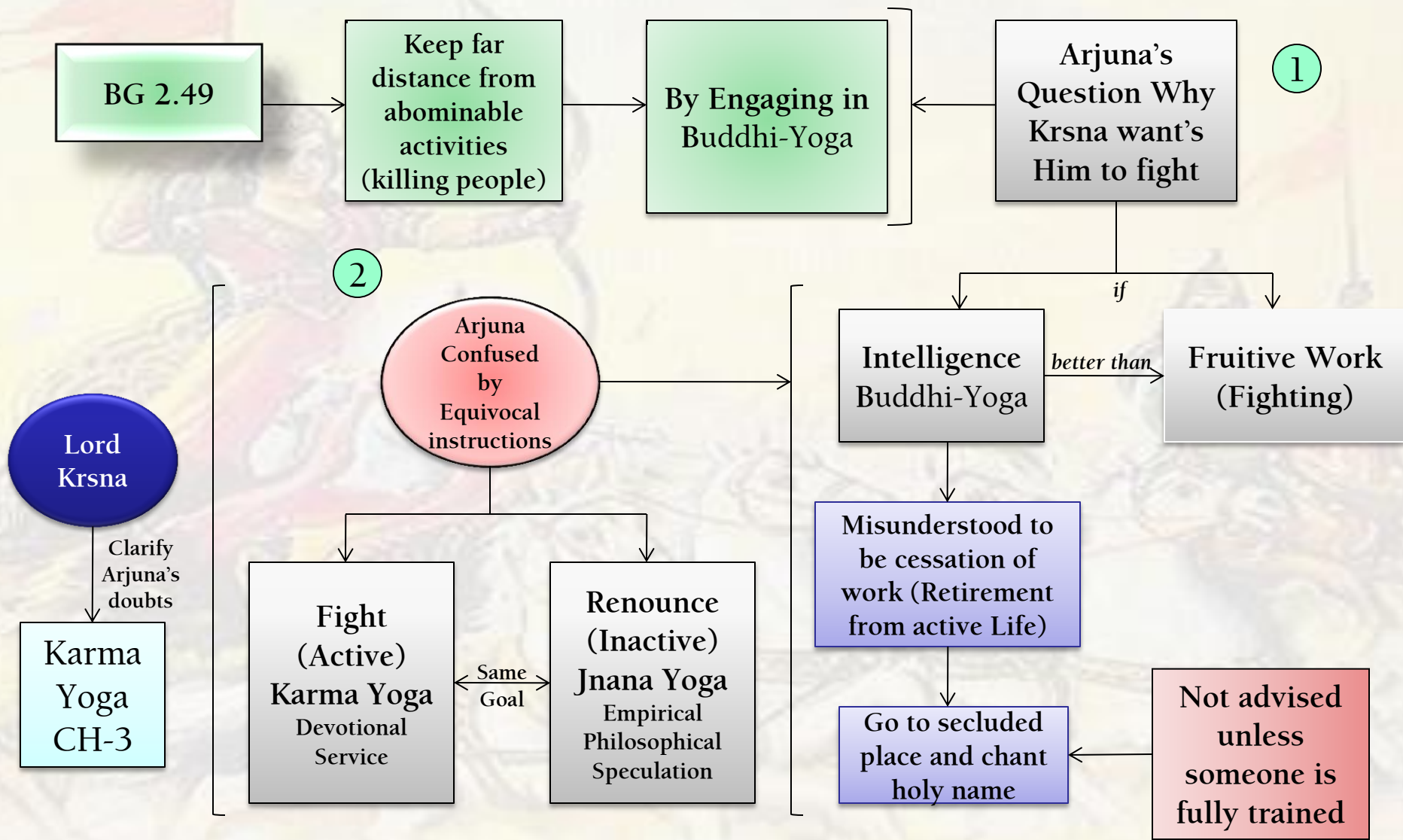
Arjuna inquires why Krsna previously recommended buddhi yoga, using one's intelligence to link to the Supreme, and has condemned fruitive work – but wishes him to fight, Krsna replies that He has actually recommended one process with two stages -- karma and jnana.

**3-9**

Krsna replies that since the soul is active by nature, renunciation of work, if one's heart is not yet clean, is inferior to performing prescribed duties with detachment. The Vedas therefore teach us to perform work as a sacrifice for Krsna. Thus our work will not bind us to this world.

# Text – 1-2

## Arjuna's Question : Intelligence better than Fruitative Work, Why Fight?

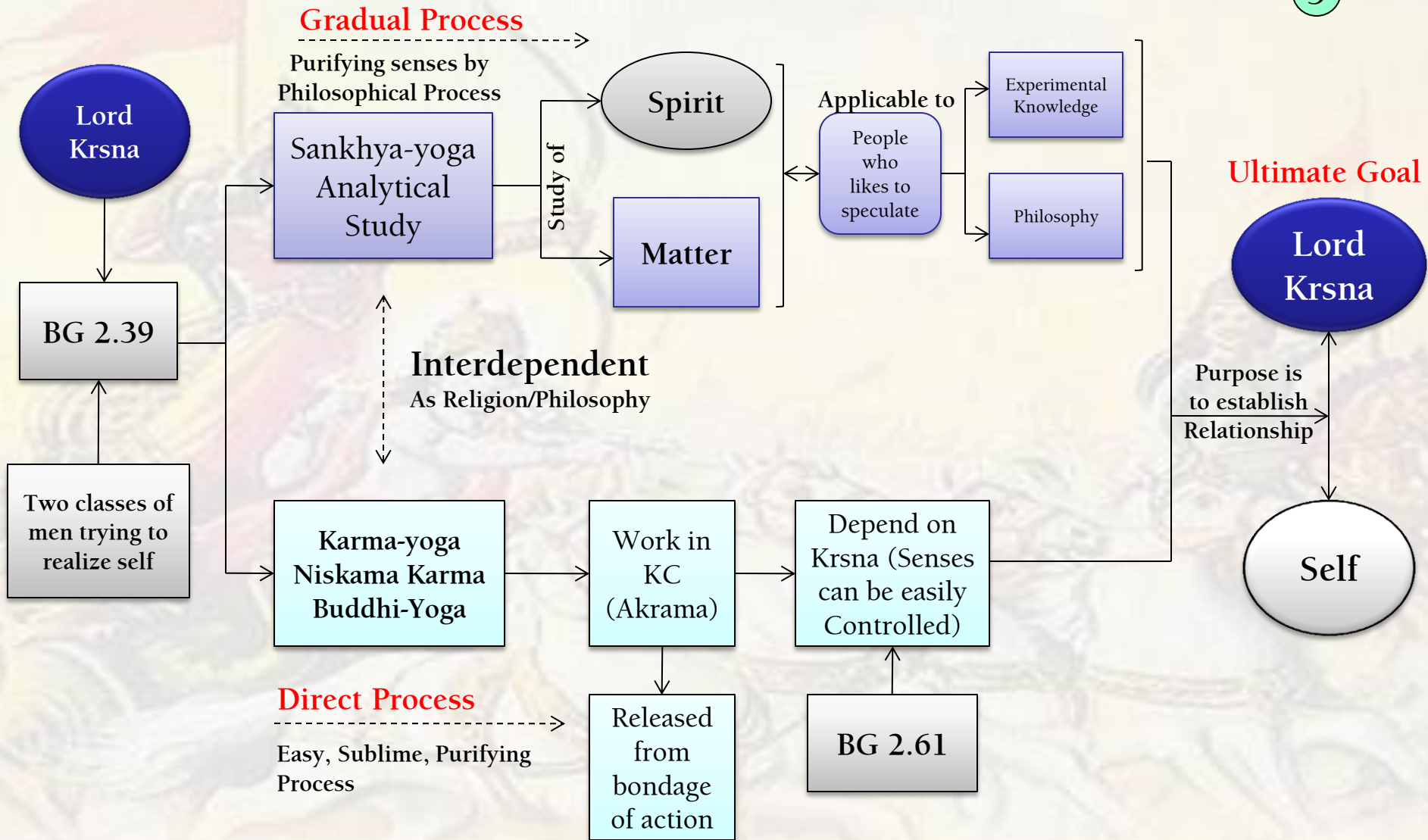




# Text - 3

Lord explains different classes of man realizing self.

3

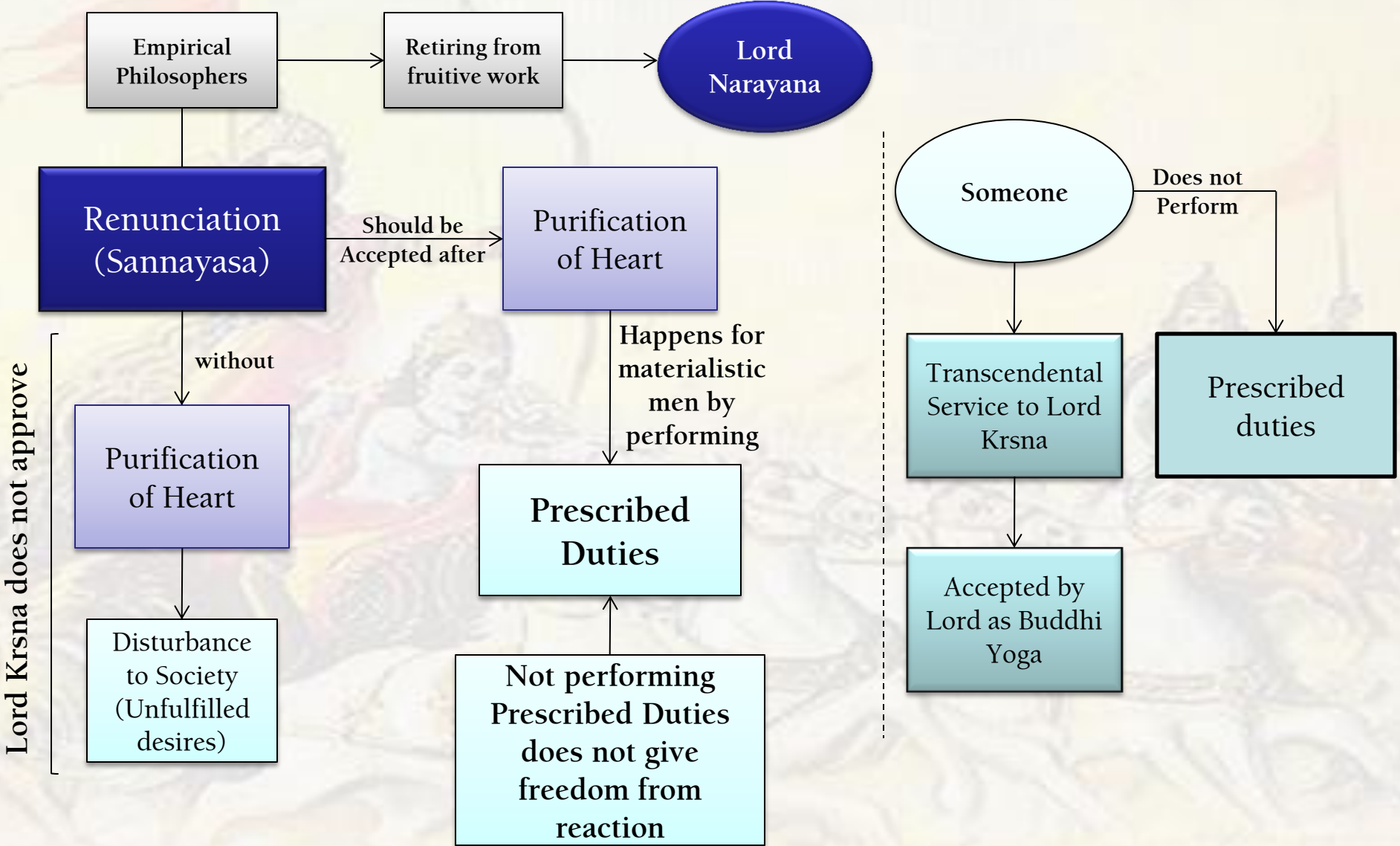


# Differences between Sankhya Yoga and Buddhi Yoga

	<b>Sankhya Yoga (Philosophical Speculation)</b>	<b>Buddhi Yoga (Krishna Consciousness)</b>
1	<b>INDIRECT PATH</b>	<b>DIRECT PATH</b> A process of directly connecting the level of our activity or karma for the purpose of Krishna Consciousness
2	<b>DEPENDENCE ON PERSONAL ENDEAVOUR</b> Meant for persons who want to understand things by experimental knowledge and philosophy on one's own limited capacity.	<b>DEPENDENCE ON KRISHNA'S MERCY</b> A process of depending Entirely on Supreme (2.61), and does not depend one's own limited capacity of sense control, purity to advance. Therefore it is easy and better.
3	<b>UNSURE OF SUCCESS</b> May never reach the highest rung of ladder which is to attain Krishna's mercy	<b>SURETY OF SUCCESS</b> There is surety of success because strength is given by mercy of Krishna and Vaishnavas, thus one is easily relieved from bonds of action (2.39) and there is no flaw in the process (2.40) of <i>Buddhi-yoga</i>
4	<b>INITIAL PURIFICATION REQUIRED BY PRESCRIBED DUTY</b> A gradual path of purification of senses by philosophical process	<b>ENDS AND MEANS ARE THE SAME</b> Krishna consciousness is itself the Purificatory process

# Text - 4

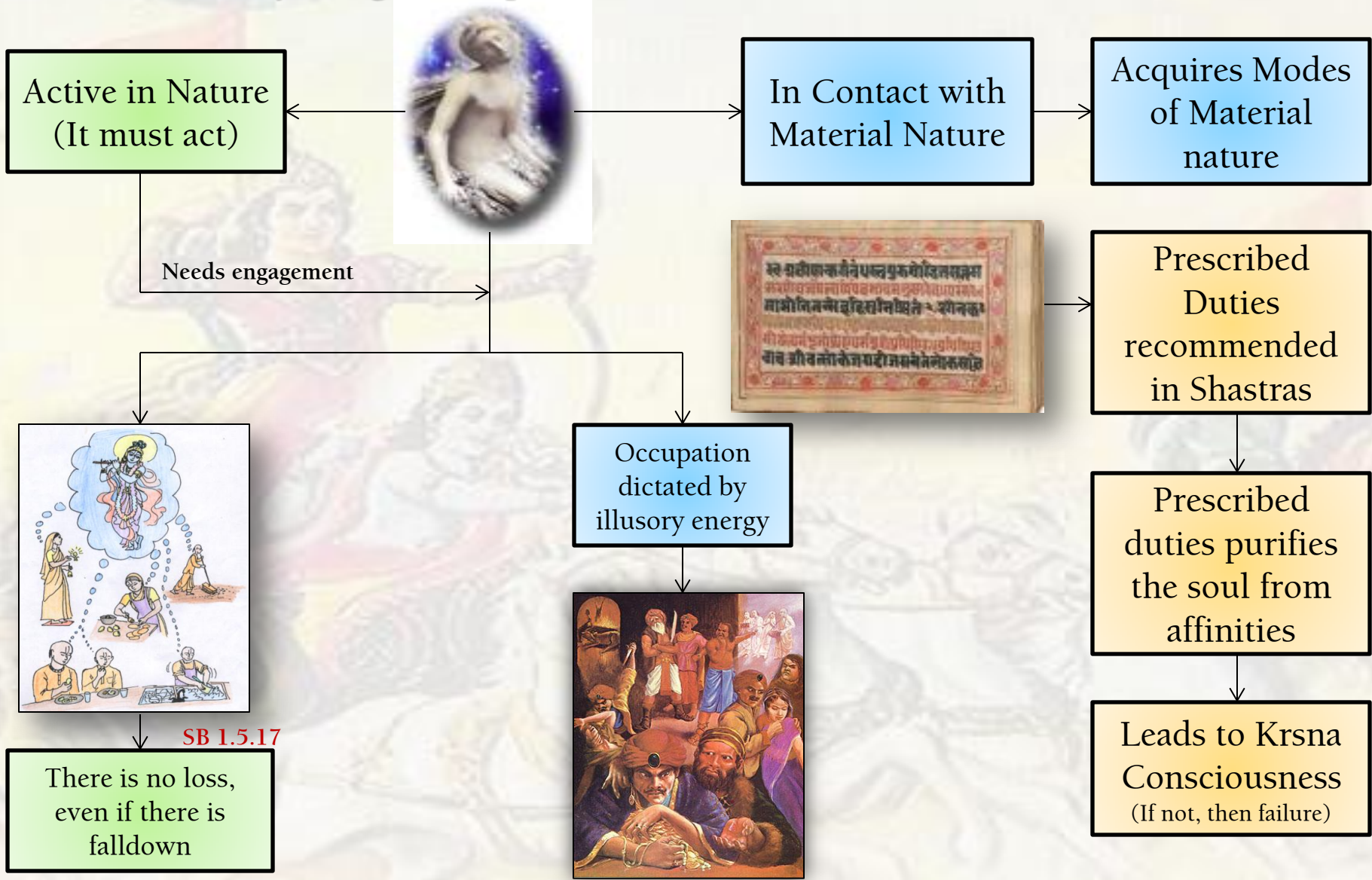
## Renunciation should not be accepted without Purification of Heart



Lord Krsna does not approve

# Text - 5

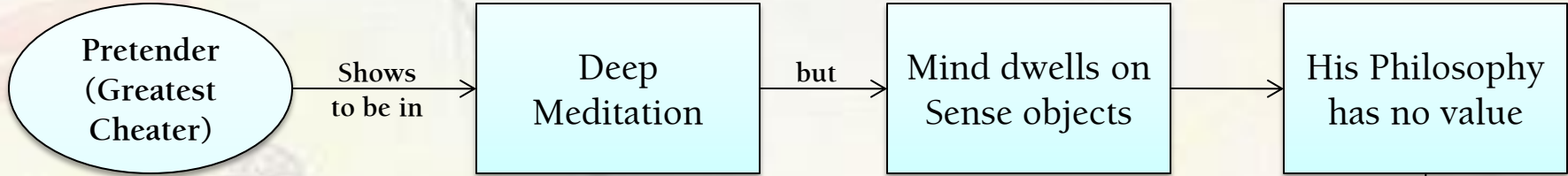
## Sankhya Yoga is Impractical since SOUL is ACTIVE in Nature



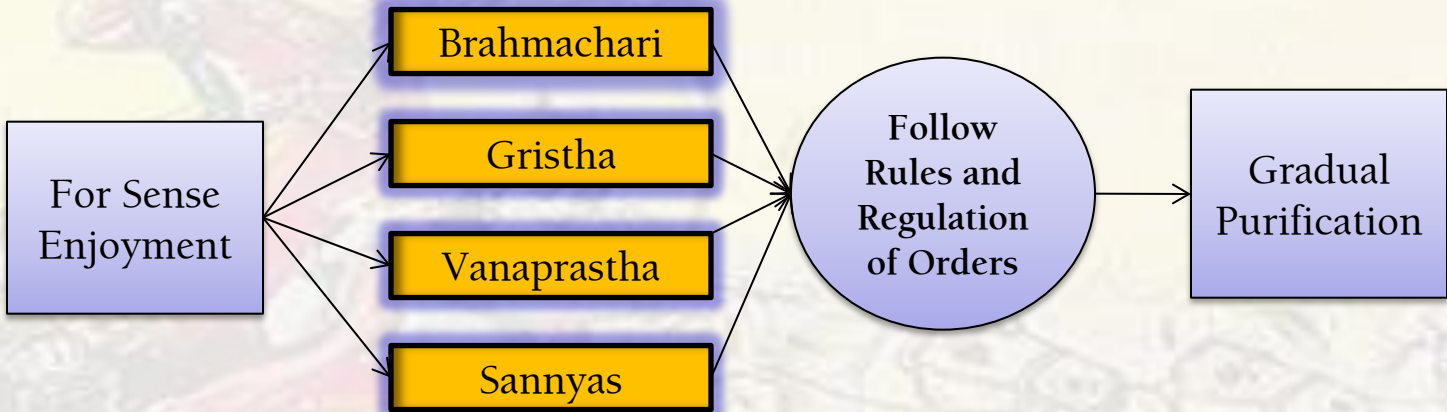
# Text – 6-7

One who restrains senses but mind dwells on sense objects is a Pretender

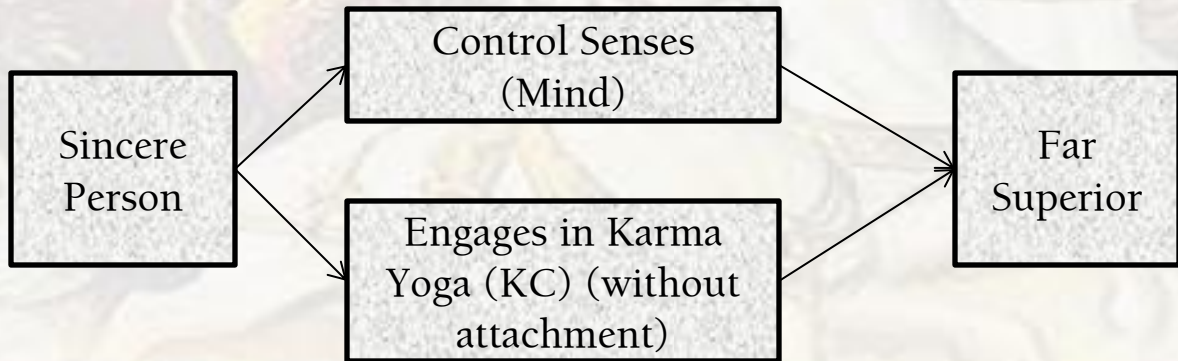
6



## Social Orders

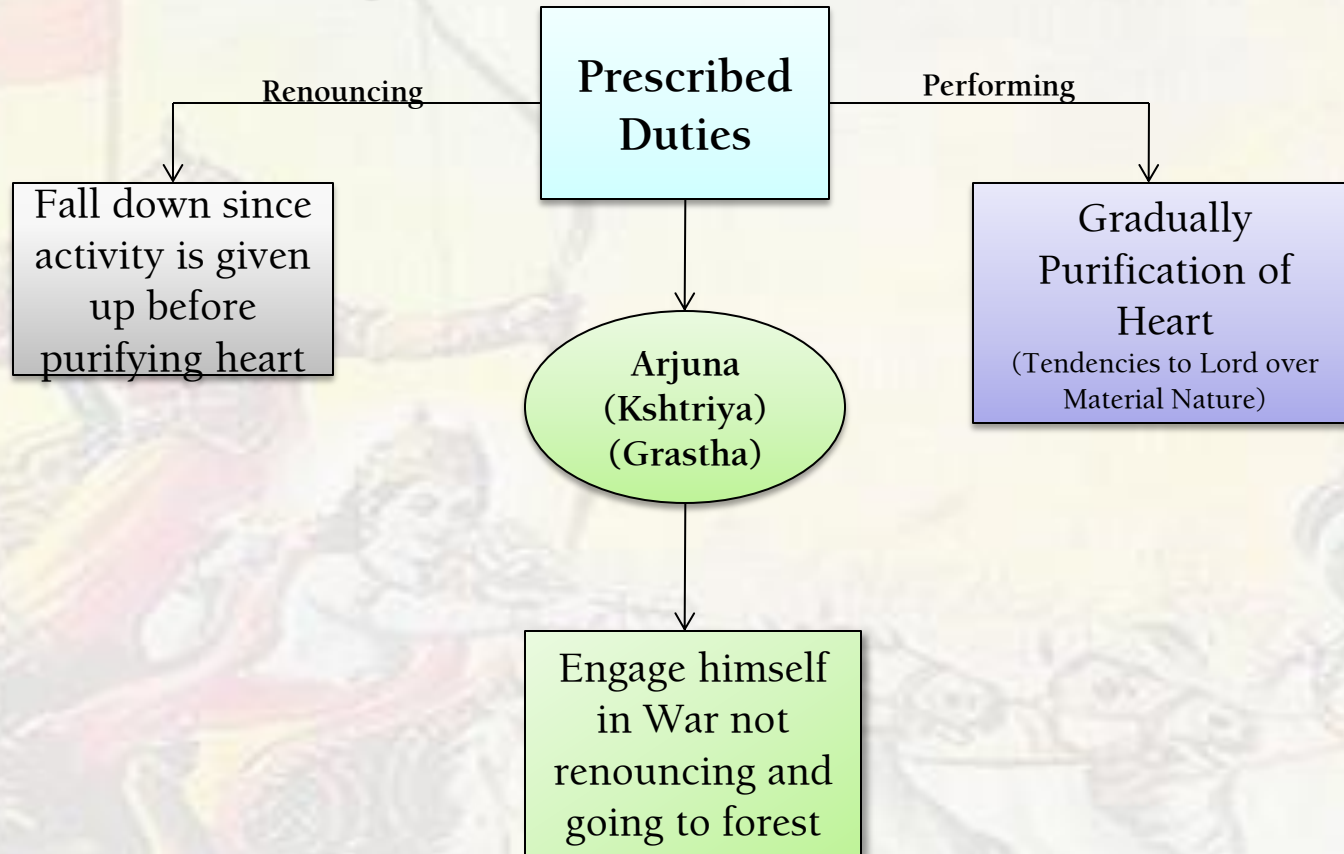


7



# Text – 8

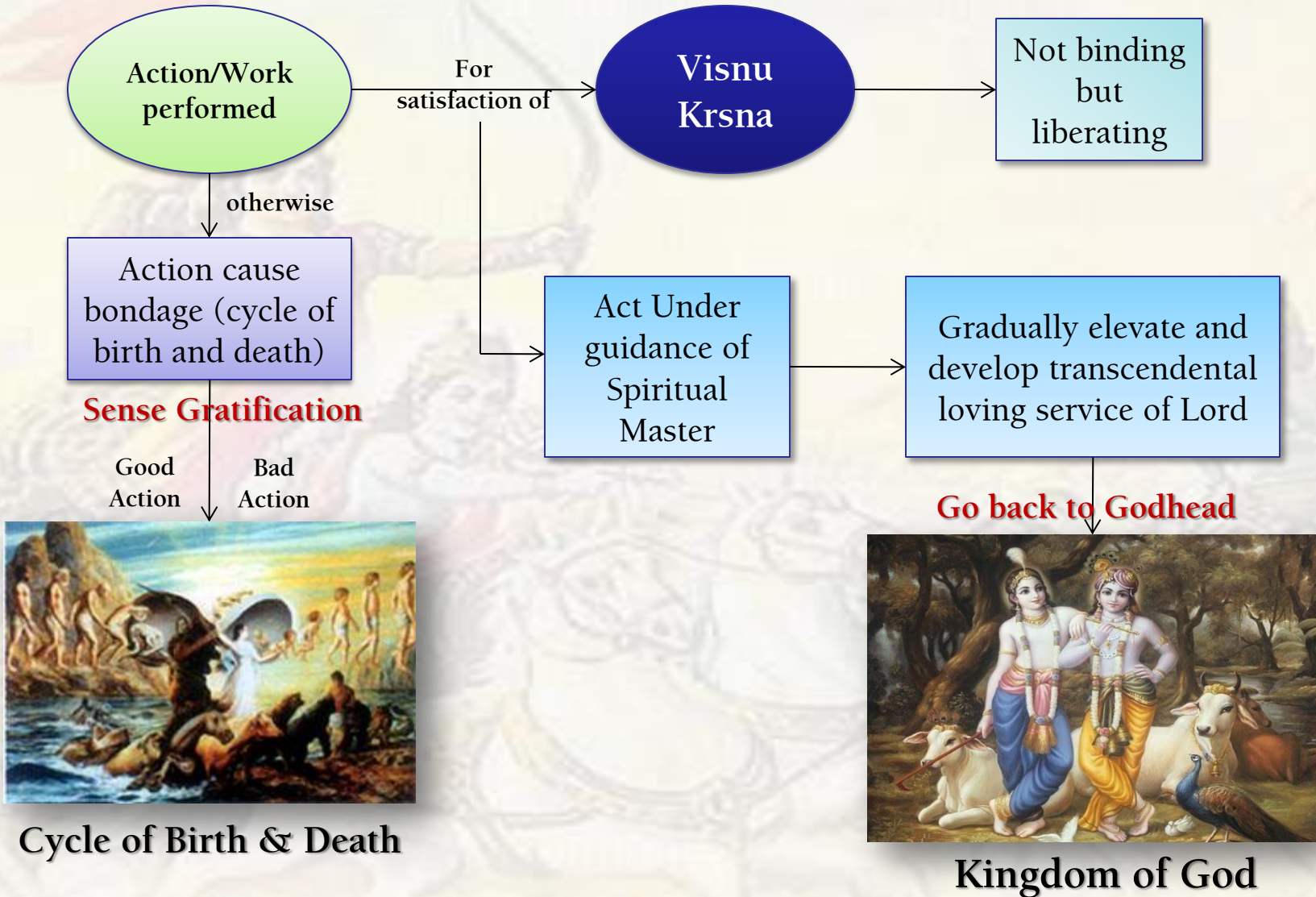
Performing Prescribed duties is better than not working



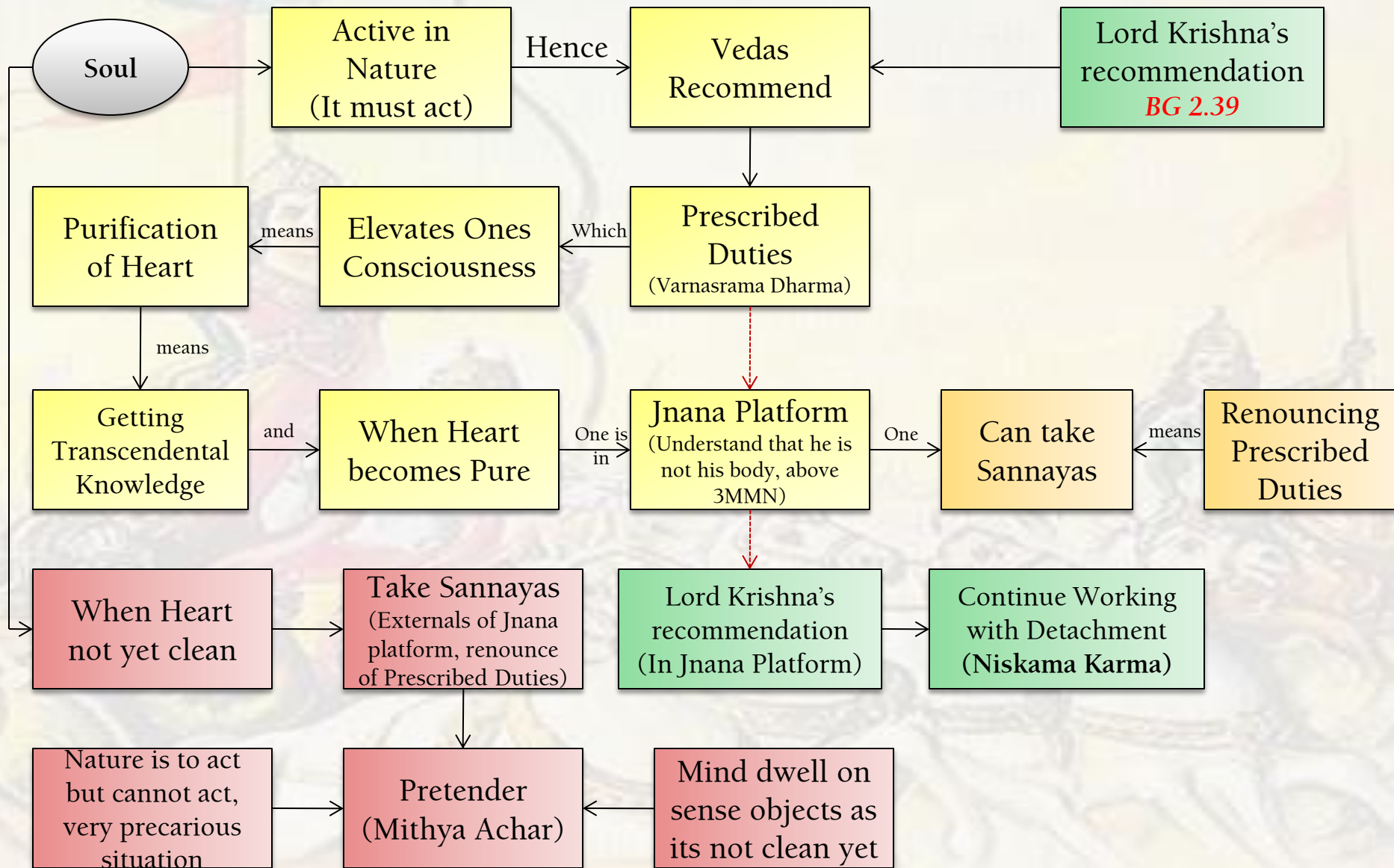
Work should not be given up capriciously, without purification of materialistic propensities.

# Text - 9

Perform work as a sacrifice to Vishnu or work causes bondage

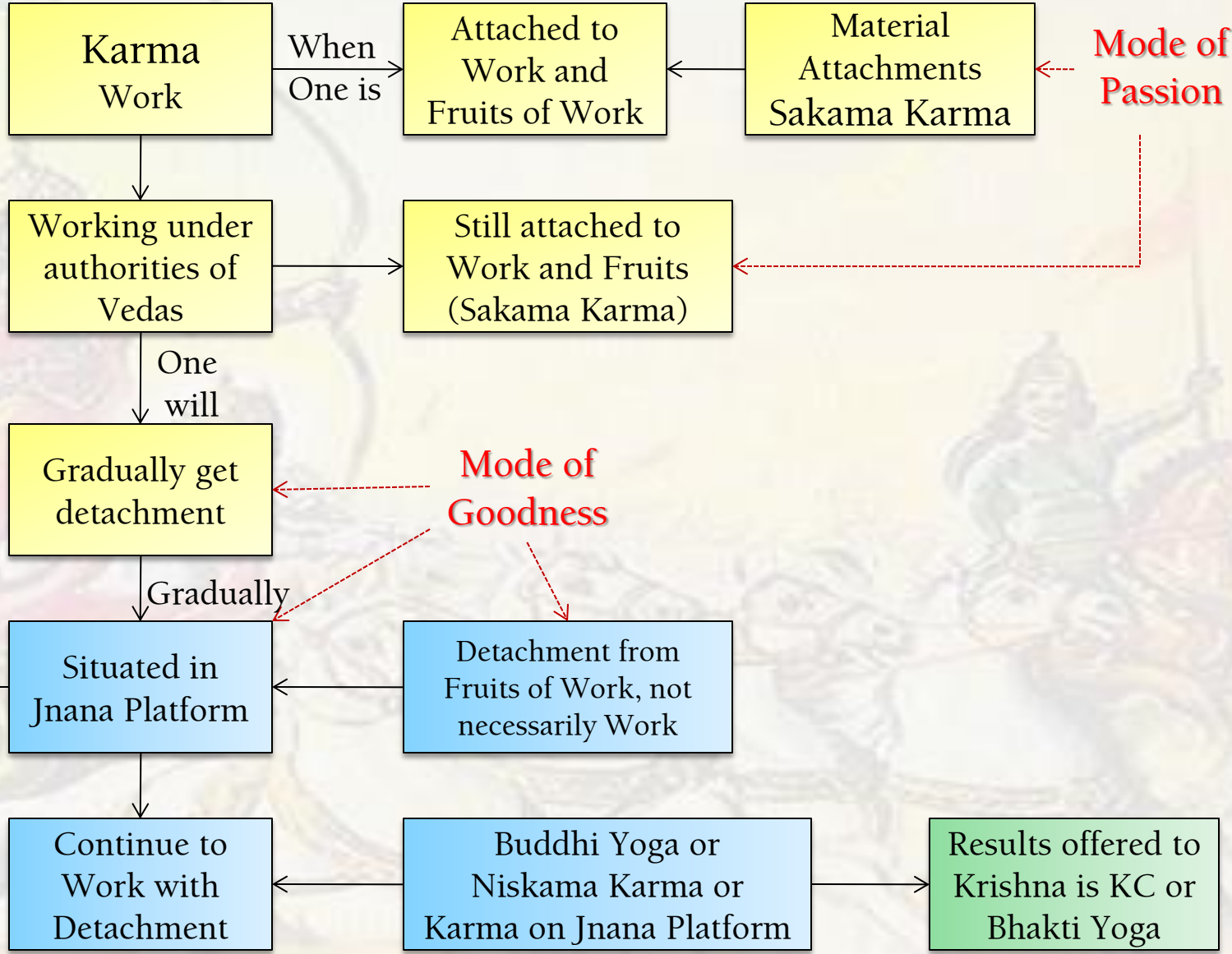


# Understanding Yoga Ladder





# Understanding Niskama Karma Gradual Yoga Ladder



Not Renunciation of Work

Renunciation of Fruits of the Work

Mode of Passion

Mode of Goodness

# Summary - Section - A

## YOGA LADDER

### (a) KARMA-KANDA

- Encourages regulated sense gratification
- Meant to bring general mass of people to the platform of religiosity
- Purifies the practitioner in many ways:
  - Regulation brings detachment which fosters knowledge
  - Gradually Vedas expose him to Jnana and Upasana sections
  - Results of Yajna gives him faith in Sastras
  - Motivates him to associate with Brahmanas who give higher knowledge
- Gradually the practitioner finds the 'futility of material life' and makes 'transcendence as his goal'

### (b) SAKAMA-KARMA-YOGA – Understands transcendence as the goal

- Frustration in material life / Desires purification
- Attempts to renounce fruits of labor
- But attachment to material desires (fruits) still linger on

### (c) NISKAMA-KARMA-YOGA – Gives up the attachment to the fruits of work, but still attached to the work itself

### (d) JNANA-YOGA

- Platform of philosophical enquiry
- Detached from both, 'action' and the 'fruit of action'

### (e) ASTANGA-YOGA

- Achieved when *jnana-yoga* elevates to the point of meditation

### (f) BHAKTI-YOGA

- Can permeate any of the stages mentioned above other than Karma Kanda , but generally does not fully manifest before the deep realisation evolved at the Jnana stage (Ref. Bg. 7.19 "Bahunam janmanam....")

Courtesy :

HG Brhat-Mrdanga Prabhu

# Summary - Section - A

## THE EXTENDED YOGA LADDER

ENTERS SUN PLANET	<b>Bhakti Yoga</b>	<b>SIDE-TRACKING:</b>
SUN DISK	<b>Astanga Yoga</b>	→ Mystic powers (yogis)
SUNSHINE	<b>Jnana Yoga</b> No work (activity)	→ Accumulating knowledge (jnanis)
	<b>Niskama Karma Yoga</b>	
	<b>Sakama Karma Yoga</b>	→ Fruits of work, fame or material enjoyment (karmis)
	<b>Karma Kanda</b>	
	<b>Animal Life</b>	

## PROGRESSIVE YOGA LADDER

	<b>Prema Bhakti</b> <b>Bhava Bhakti</b>
<b>Devotees with no desires for personal interest - selfless</b>	<b>Niskama Karma Yoga</b> <b>Sadhana Bhakti</b>
<b>Devotees with material desires - selfish</b>	<b>Sakama Karma Yoga</b>
<b>Regulated sense gratification</b>	<b>Karma Kanda</b>
<b>Unrestricted sense gratification</b>	<b>Animal Life</b>

Courtesy :

HG Brhat-Mrdanga Prabhu

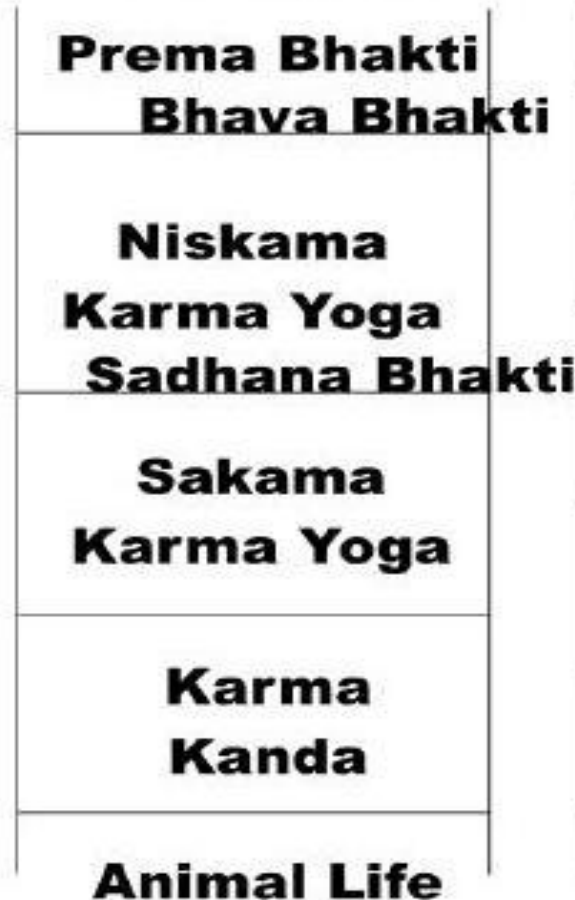
# Summary - Section - A

## EXPRESS ELEVATOR vs YOGA LADDERS

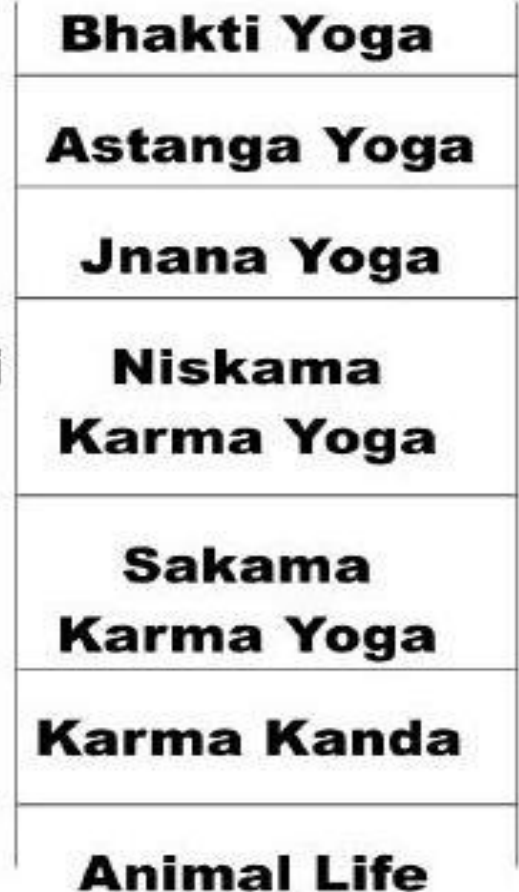
### THE EXPRESS ELEVATOR OF BHAKTI YOGA



### PROGRESSIVE YOGA LADDER



### EXTENDED YOGA LADDER



Courtesy :

HG Brhat-Mrdanga Prabhu

# Summary - Section - B

Verse 3.10 to 3.16

## From Karmakanda to Karma Yoga

*10-16* If one cannot perform detached, dutiful work, it is better to follow the karmakanda section of the Vedas. But these Vedic prescribed duties, which involve sacrifices, should be done for Krsna's pleasure.

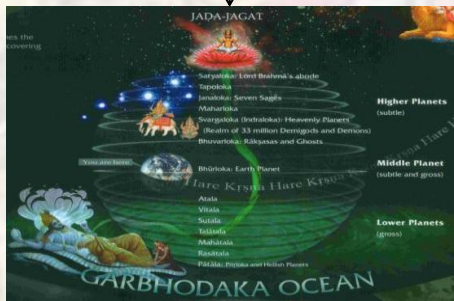
# Text - 10

Lord Vishnu in beginning of Creation provides Men with all necessities to Live Happily and Achieve Liberation (Complete Program for Soul to Go back to God)

Vishnu-Lord of Creation



Creates Material World



Men

Demigods

Sacrifices for Vishnu

Soul

Vedas  
Process to perform Sacrifices

Sacrifices



Sankirtana

Kaliyuga

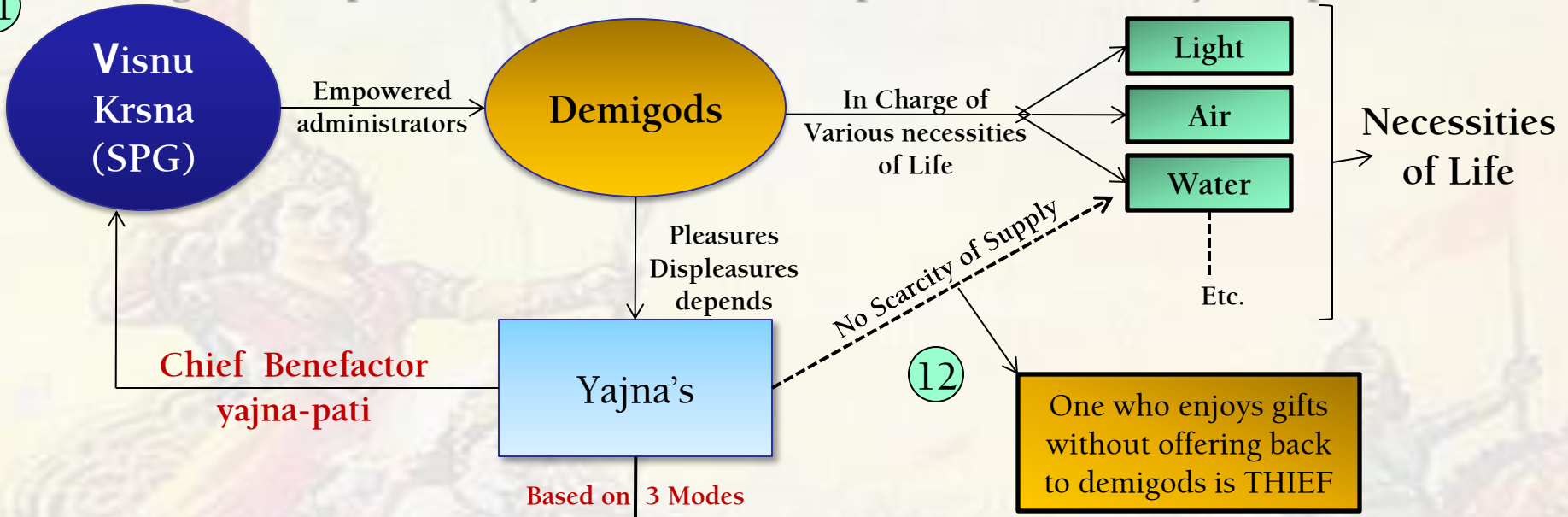
Progress towards Libration

Achieve everything desirable for Living happily

# Text - 11-12

11

Demigods are pleased by sacrifices, Prosperities follows by co-operation

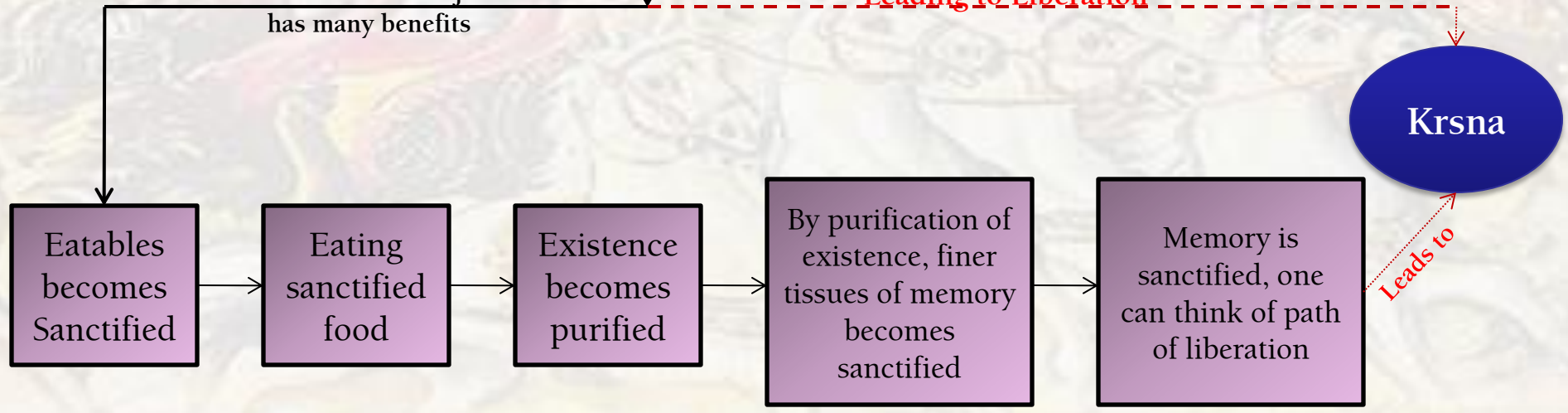


12

Chief Benefactor  
yajna-pati

Performance of Yajna  
has many benefits

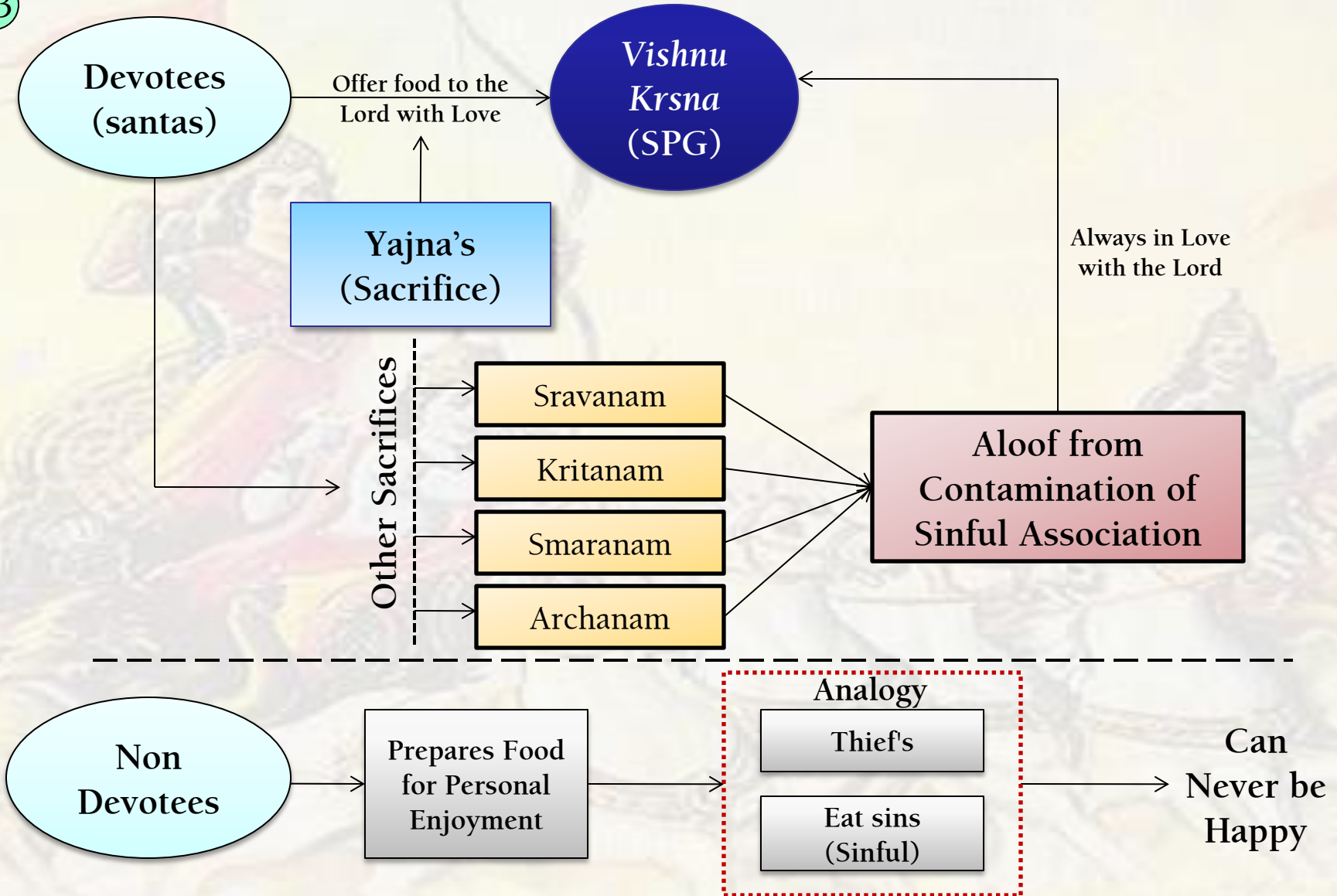
Leading to Liberation



# Text - 13

Food offered to the Lord becomes Sanctified (Free from Reaction)

13

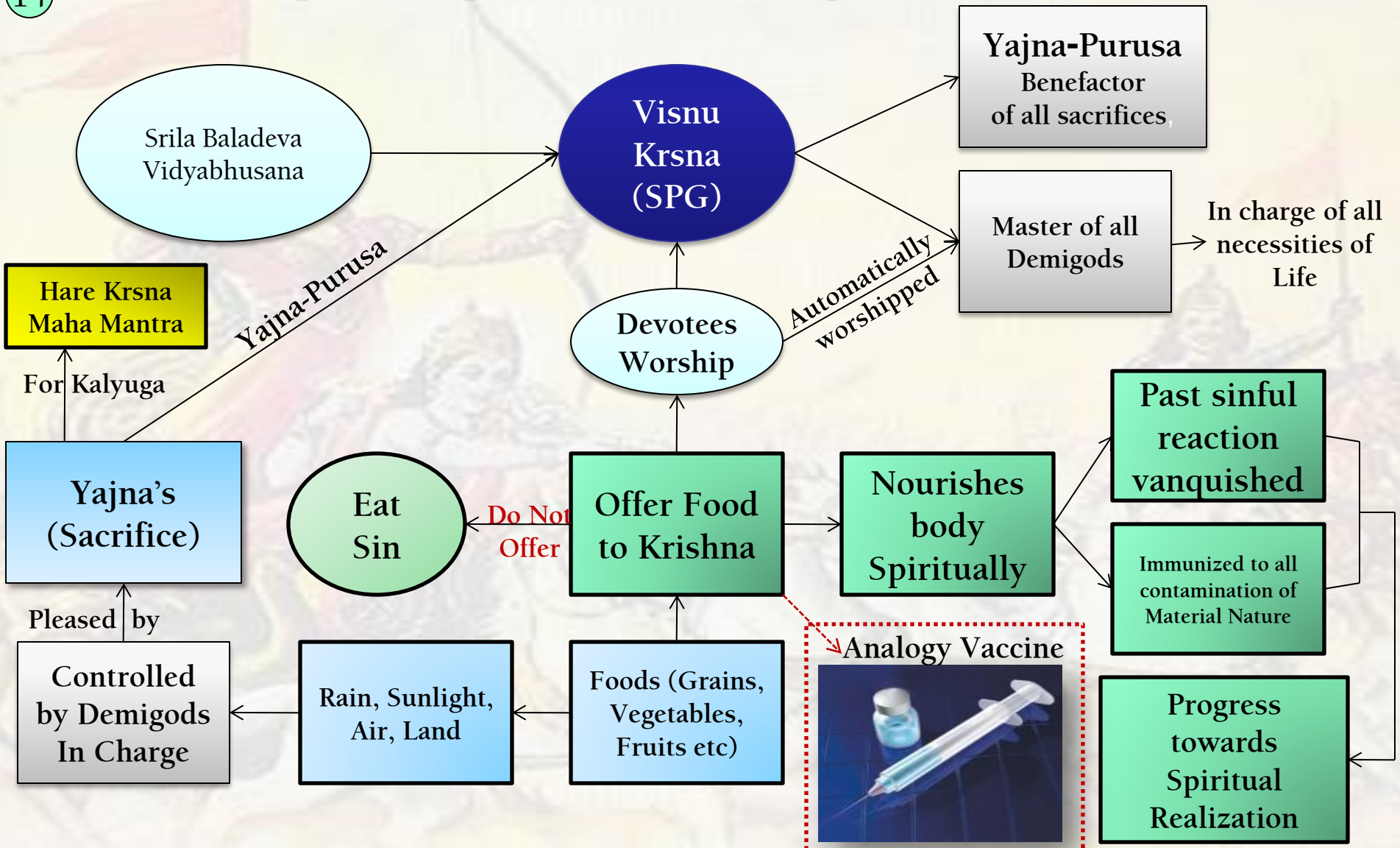




# Text - 14

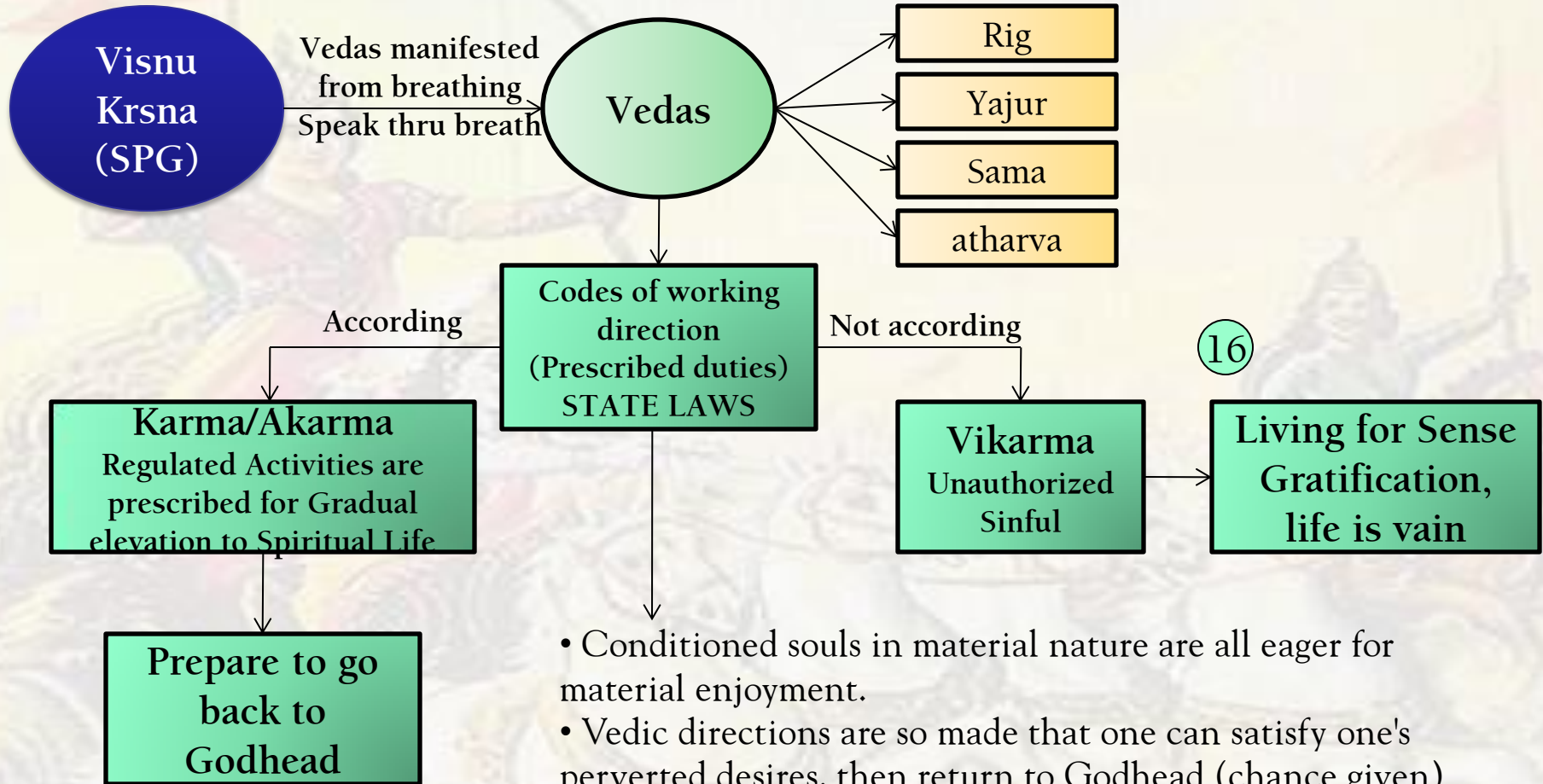
## Complete Dependence of Living Entities on the Lord

14



# Text – 15-16

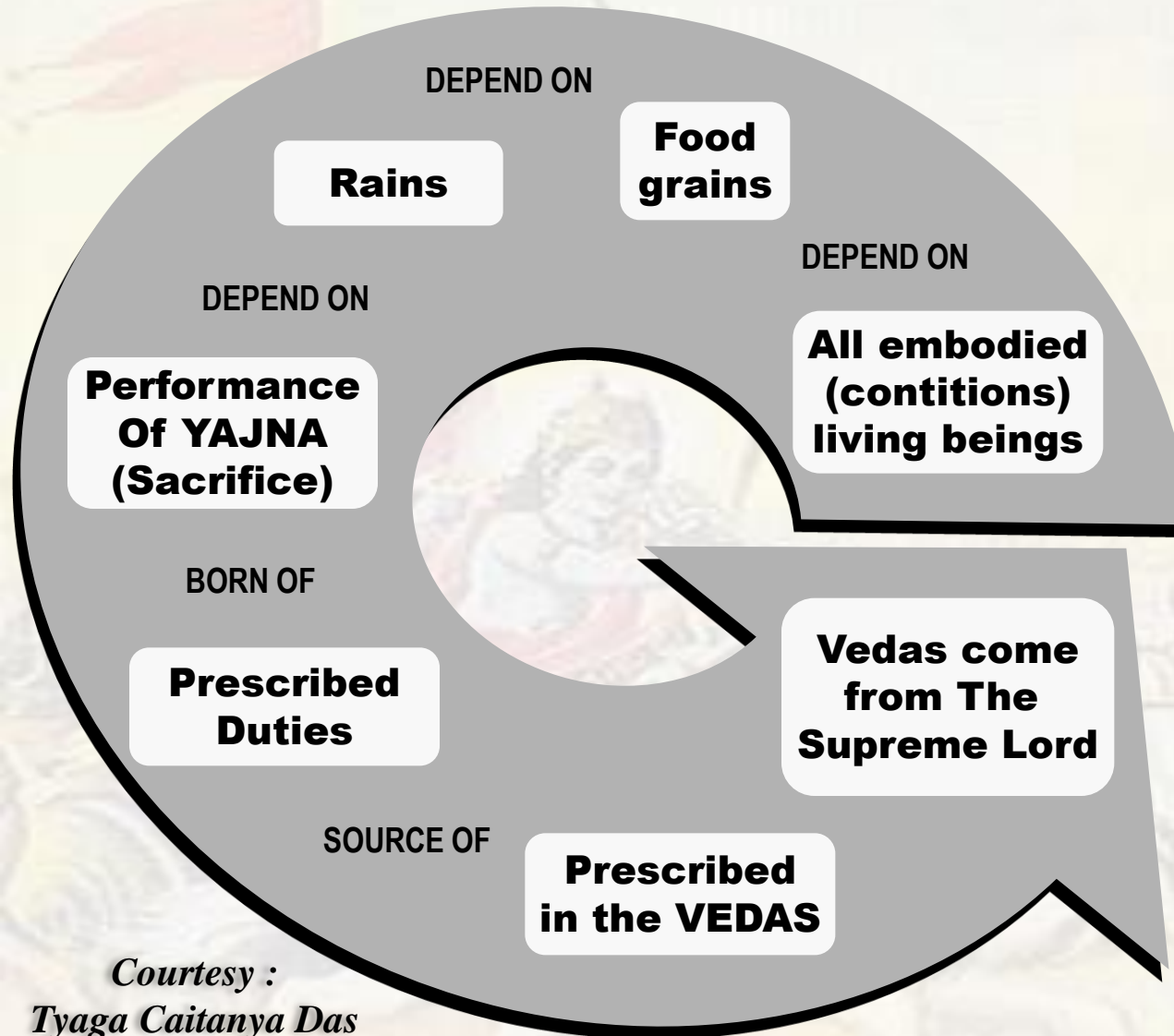
Lord situated in acts of sacrifices, prescribed in Vedas which are manifested from Lord



- Conditioned souls in material nature are all eager for material enjoyment.
- Vedic directions are so made that one can satisfy one's perverted desires, then return to Godhead (chance given)
- Conditioned souls must try to follow the process of Yajna by becoming a conscious to go back to Godhead.

# Text 3.14-15

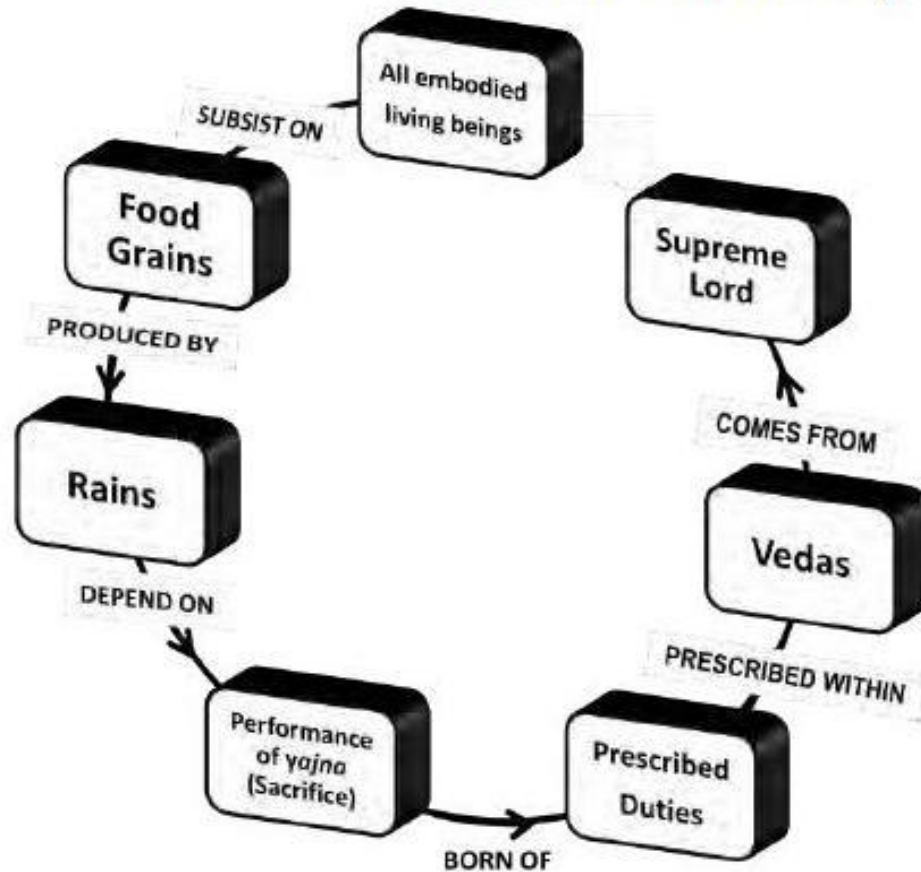
## Complete Dependence of Living Entities on the Lord



- Purpose of human life  
- to please the Supreme Lord
- Best process to please the Supreme Lord  
- unalloyed and undeviated devotional service
- Best yajna for this age of kali  
- Sankirtan Yajna (chanting the holy name)
- Best mantra to be chanted  
- Hare Krishna Mahamantra

# Text 3.14-15

## CYCLE OF SACRIFICE (3.14 – 3.15)



- **PURPOSE OF HUMAN LIFE**

Please the Supreme Lord

- **BEST PROCESS**

Please the Supreme Lord by unalloyed and un-deviated devotional service

- **BEST YAJNA FOR THIS AGE OF KALI**

*Sankirtan-yajna* – Chanting the holy names of the Lord

- **BEST MANTRA TO BE CHANTED**

Hare Krishna Maha-mantra

**CONCLUSION:** Thus All-pervading Transcendence is eternally situated in acts of sacrifice

*Courtesy :*

*Gauranga Priya das*

# Summary - Section - C

## Verse 3.17 to 3.35

***Niskama Karma -- Acting dutifully, with detachment, to set the correct example.***

**17-25**

*It is better if one performs his duties without fruitive desires or attachments, as did King Janaka and as does Krsna. One should act in this way to set the correct example for others.*

**26-32**

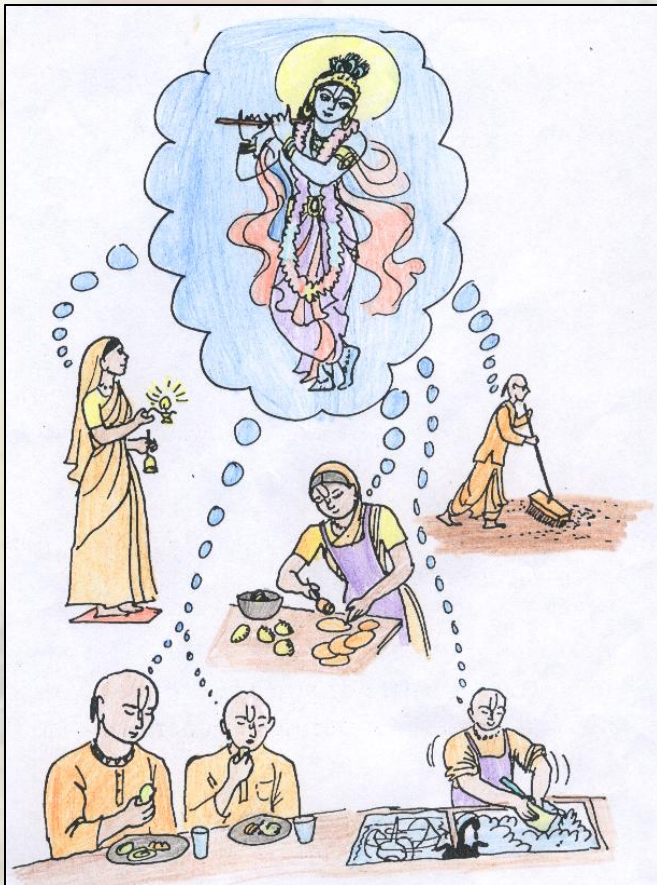
*Although the ignorant perform their duty with attachment, the wise should not unsettle them. The wise should perform their own duty without attachment (and with knowledge) and thus become free.*

**33-35**

*One should perform his duty according to his nature, in Krsna consciousness, without falling victim to attractions and aversions.*

# Text – 17-18

## Characteristics of Self Realized Person, acting as a matter of duty



**Self Realized Person**

**Engages in KC activities is fully satisfied, no duties**

17

Satisfied by Act of KC

By acting in KC is freed from all sins

No Need to Perform Yagna's to clear sins

Eternal constitutional position revealed when free from sins

Duties to be performed directed by Lord

No Need to follow Vedic Injunctions

Not Interested in Material Activities

18

Has No reason not to perform his duties

Does not depend on either Living Entities or Demigods

# Text - 19

Act as a Matter of Duty without attachments to Fruits or Work, attain Supreme

19



Acting as a matter of duty, without being attached to fruits

Result : Attain Supreme

Devotees



Liberation for Impersonalist

Under proper guidance

Acting as a matter of duty

Perfection

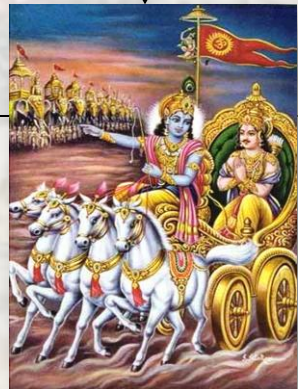
Acts only on behalf of Krsna

No attachment to results

Engages in all kinds of activities but completely unattached

Akarma  
No reaction to good or evil work

No Need of performing Vedic ritual, which are done for purification of impious activities, done due to sense gratification



# Text – 20-21

Example : King Janaka, People in general follow leaders

Example 2 : Lord Krishna

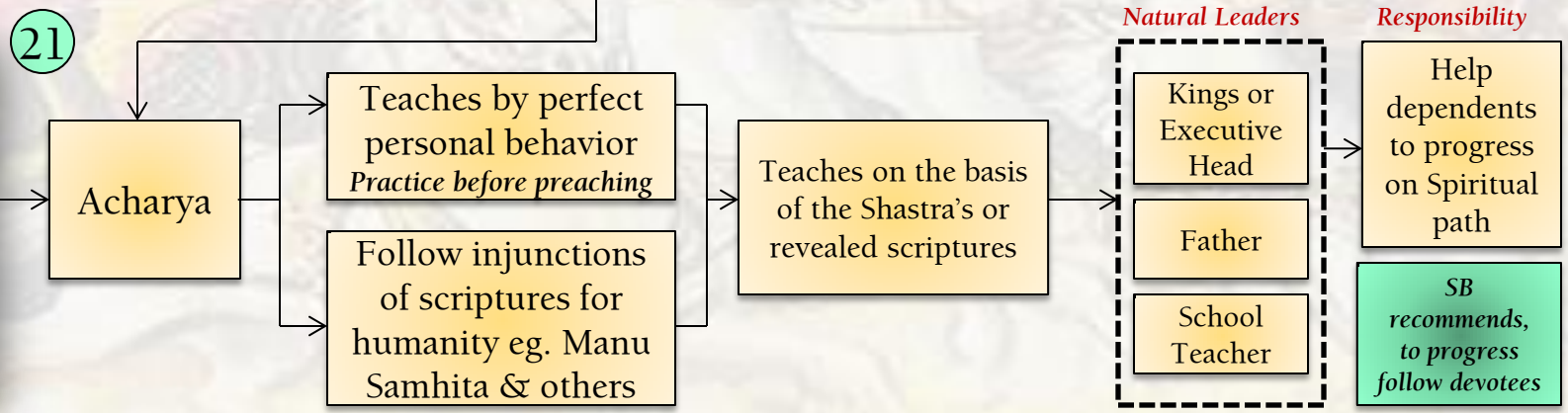


Example 1 : King Janaka



Lord Krsna and Arjuna fought battle to show "Violence is necessary where good arguments fail"

Lord Caitanya on Teaching



Natural Leaders

Responsibility

- Kings or Executive Head
- Father
- School Teacher

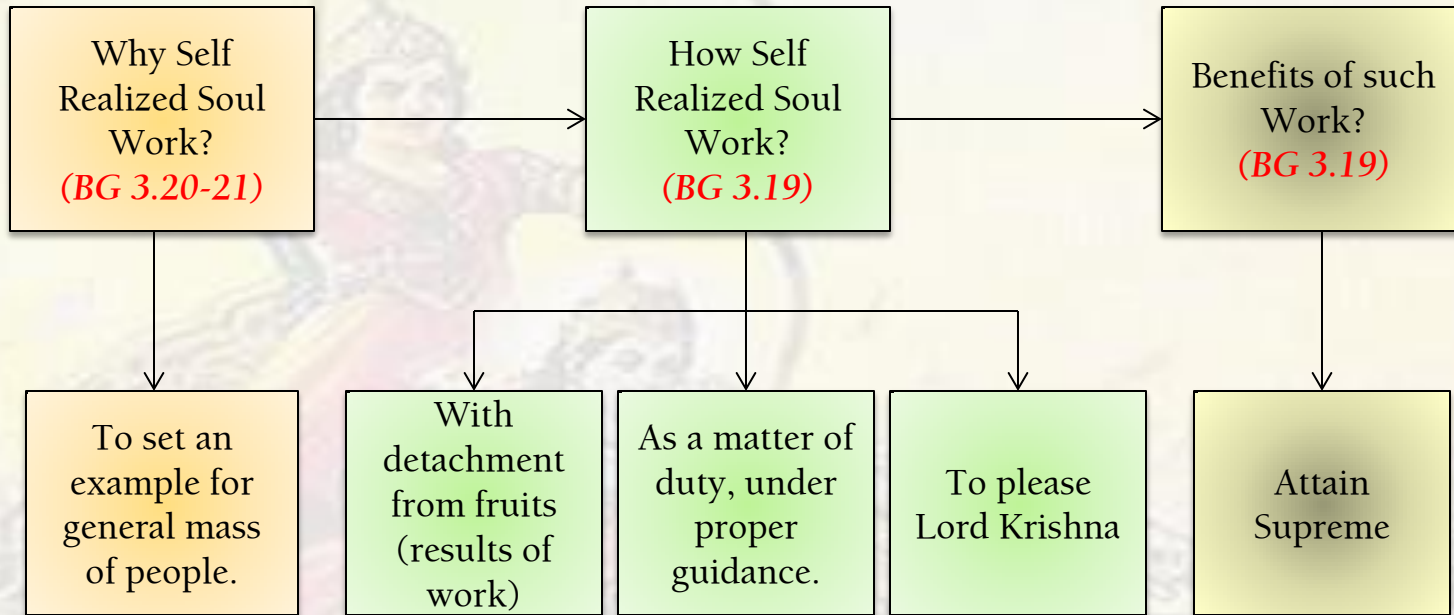
Help dependents to progress on Spiritual path

SB recommends, to progress follow devotees



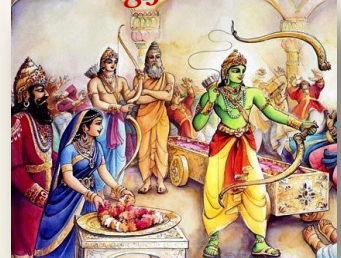
# Text 3.19-21

## How Self Realized Soul Work.



### Examples

#### King Janaka



(BG 3.19)

#### Lord Krishna



(BG 3.22-24)

# Text – 22-24

22 Lord Krishna also performs prescribed duties, although He has no material desires



Why Lord Krishna has No Prescribed Duties

There is no prescribed work for Krishna in 3 planetary systems

Nor Krishna want anything

Nor Krishna is in need of anything

Krishna is Supreme Self sufficient, full of All opulences, beyond all prescribed duties. (SU 6.7-8)

23

Why He still carefully performs prescribed duties?

To set an example

To keep social tranquility for progress in spiritual life

To establish religion

All world will be put into ruination, b/c they will follow Lord Krsna's path

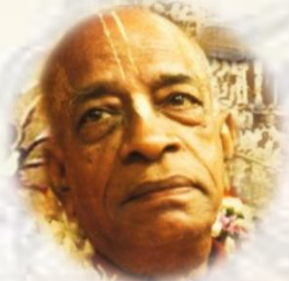
Unwanted population (Varna sankara) will be created (refutes Arjuna's argument BG 1.40)

Krsna will be responsible to destroy peace of living being

24

What if He does not follow?

24



Imitating

Following

Not same

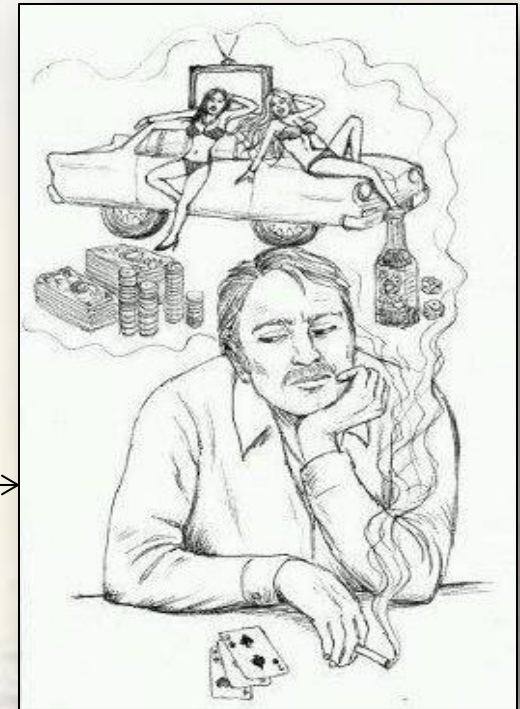
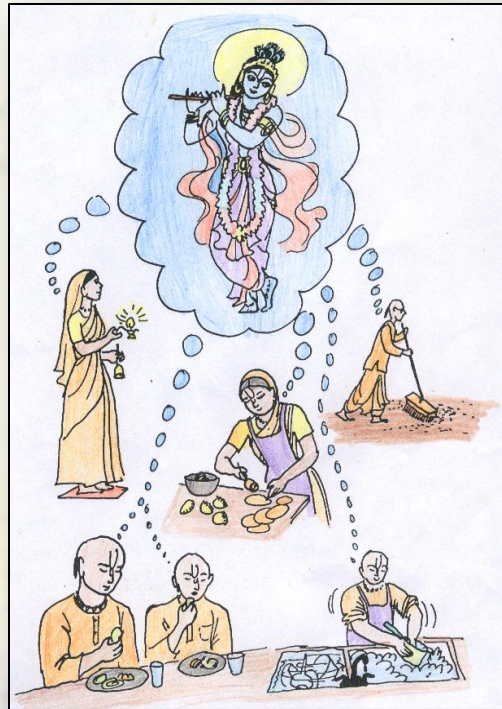
Cannot imitate Krsna's Rasa lila or lifting of Govardhan Hill, Must follow His instructions. We must understand superior position of Ishvara's and only follow their instructions.

# Text – 25

## Self Realized Person

## How Learned and Ignorant people act

## Ignorant Person



Difference  
in Desires

Satisfaction  
of Krsna's  
senses

Satisfaction  
of One's  
own senses

Work without  
attachments to  
Fruits (results  
of work)

WHY?  
To set an  
example and  
lead people on  
right path

Work with  
attachments to  
Fruits (results  
of work)

# Text – 26

## Gradual progress in Krishna Consciousness

26

Ignorant Man

Attached to Fruitive results of prescribed duties

*Gradual elevation*



*Vedas*

Self Realized Soul

Should not disturb their understanding or activities

Act by showing how results of all activities can be dedicated to service of Krishna

Need not follow vedic rituals, By KC one derives same results following Prescribed duties mentioned in Vedas

All Vedic Rituals

All Performances of Sacrifices

Everything put into vedas

All directions for Material activities

Purpose is to Understand Krishna  
BG 15.15

*How Self realized relates to Ignorant man*

# Text – 27

Bewildered by False Ego Spirit Soul thinks himself as DOER

27

*Spirit Soul*



In Material  
Consciousness

In Krishna  
Consciousness

Under  
Influence of  
False Ego

Under  
Influence  
Internal Energy

Consider  
Himself as  
DOER  
(*karta*)

Understands Material  
Nature under control of  
SPOG is DOER (*karta*)  
*BG 9.10*

Takes all credit  
of doing  
everything  
independently

Supreme Lord (Hrsikesa)  
directs Material Nature to  
create Gross and Subtle  
body.



*Spirit Soul bound by modes of  
Material Nature*

# Text – 28

28

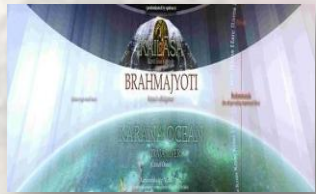
## Engagements of the Self Realized Soul.



*Bhagvan*



*Paramatma*



*Brahman*

Absolute Truth has 3 features and His position in relation with Supreme *Tattva-vit*

*Self Realized Soul*



*knows*

*knows*

Knows His real identity, Parts and Parcel of SPOG

Entrapped in Material Creation

He must dovetail his activities in devotional service to SPOG

*Engagement in Material world*

Engages in KC activities

Unattached to material sense gratification which are temporary

Understands material conditions are under control of SPOG hence **NOT DISTURBED** by material reactions

# Text 3.27-28

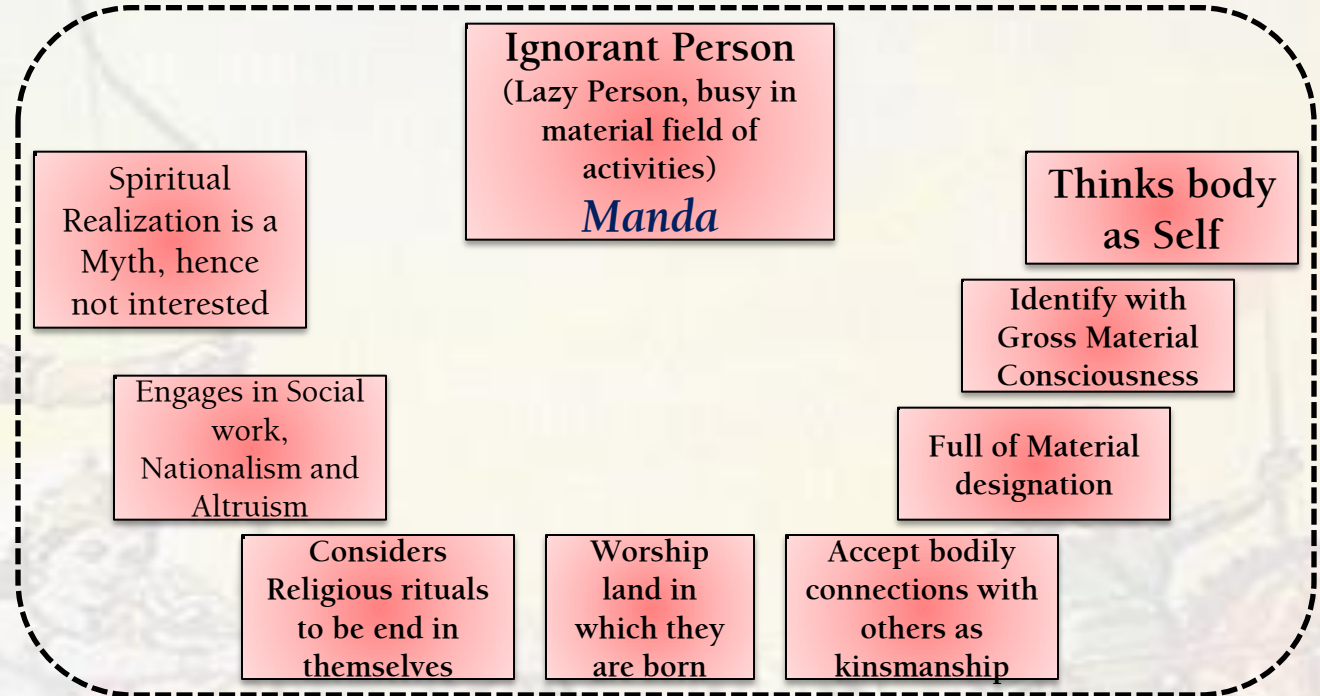
## ATTACHED WORKER (Ignorance) vs DETACHED WORKER (Knower of Absolute Truth)

S. NO	DIFFERENTIATING THEME	ATTACHED WORKER (3.27)	DETACHED WORKER (3.28)
1	'One' differentiating factor – <b>Desire</b>	<ul style="list-style-type: none"> <li>• <b>Desires</b> own sense gratification</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Desires</b> Krishna's satisfaction</li> </ul>
2	<b>Convictions</b>	<ul style="list-style-type: none"> <li>• Convinced by false ego that he is the doer of everything</li> </ul>	<ul style="list-style-type: none"> <li>• Convinced of his awkward position in material association</li> </ul>
3	<b>Knowledge of Identity</b>	<ul style="list-style-type: none"> <li>• <u>Does not know</u> that body is produced by material nature which works under the supervision of the Lord</li> <li>• <u>Does not know</u> that he is under the control of Krishna</li> <li>• <b>Symptoms of nescience</b> (Ignorance or <u>not knowing</u>) – One takes all the credit for doing things independently</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Knows</u> his real identity as part and parcel of the Supreme, who is eternal bliss and knowledge</li> <li>• <u>Knows</u> that somehow he is entrapped in the material conception of life</li> <li>• Meaning of "<b>tattva-vit</b>" – <i>Ref. SB</i> One who knows the Absolute Truth in three different features and knows one's factual position in relationship with the Supreme</li> </ul>
4	<b>Engagements</b>	<ul style="list-style-type: none"> <li>• <u>Does not engage</u> his bodily and mental activity in the service of Krishna; because he forgets that the Supreme Lord is Hrsikesha (The master of the senses)</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Engages</u> himself in the activities of Krishna consciousness and thus naturally gets unattached from activities of material senses</li> </ul>
5	<b>Consequences</b>	<ul style="list-style-type: none"> <li>• One forgets the Supreme Personality of Godhead</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Consequence of knowledge</u> is that he is not disturbed by all kinds of material reactions; and considers all reactions to be the mercy of the Lord</li> </ul>

# Text – 29

29

## Engagements of the Self Realized Soul.



Devotees are **VERY KIND** and take all kinds of risk out of compassion for conditioned soul and engages ignorant man in Krsna Consciousness.



*Spiritually Realized person*

Should not Agitate them

Perform one's own spiritual activities silently

Engage them in moral duties like non-violence and similarly materially benevolent work



# Text – 30

## Purpose of Bhagavad Gita

Surrendering  
ALL Your  
work “unto  
ME”

FREE From  
Lethargy  
FIGHT!!!

With Full  
Knowledge of  
ME

With No Claim  
of  
Proprietorship

Without  
desires for  
Profit



BHAGAVAD

HIS DIVINE GRACE  
A.C. BHAKTIVEDANTA SWAMI PRABHUPADA

President of the International Society for Krishna Consciousness

Purpose of Bhagavad Gita



# Text – 30

## Purpose of Bhagavad Gita

30

Acting in constitutional position.  
**HAPPY**

Independent of the cooperation of Supreme Lord.  
**UNHAPPY**

Discharge duties as if in Military discipline

Act according to Varnasrama Dharma

Discharge all Your duties in Krsna Consciousness

Leads to Liberation

Little difficult, nevertheless duties must be performed

Dependence on KRSNA as Supersoul

Without claim to proprietorship

Not considering the order, just execute.

Should not expect fruitive results

Without reluctance

**Adhyatma-cetas**  
Fully KC & depends solely on Supreme Soul without personal considerations

**Nirasih**  
To act on the order of the master without expecting fruitive results. Eg. Cashier

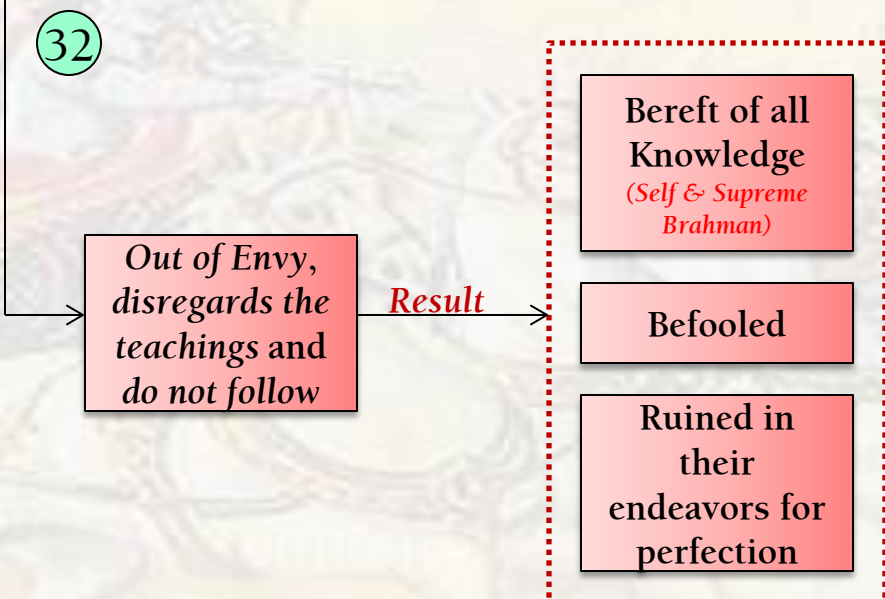
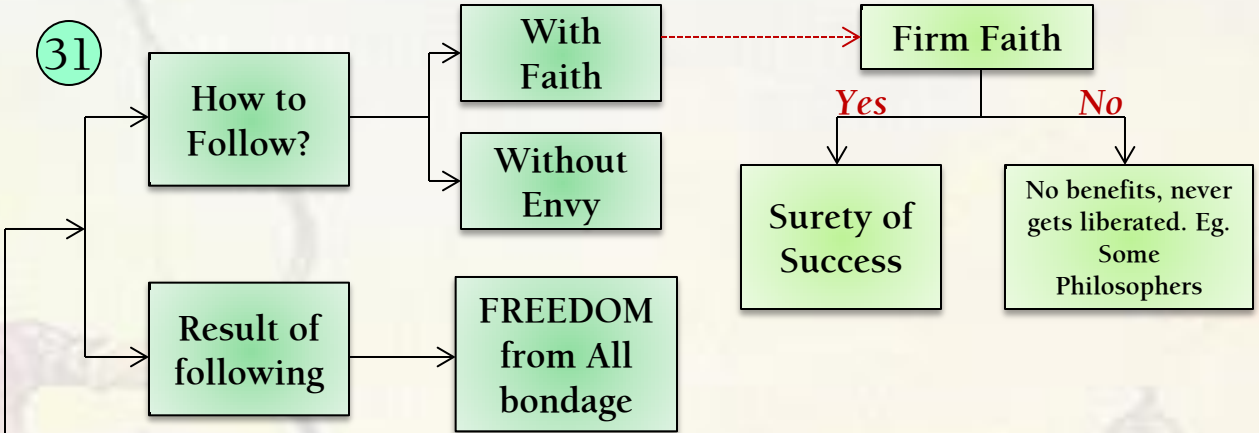
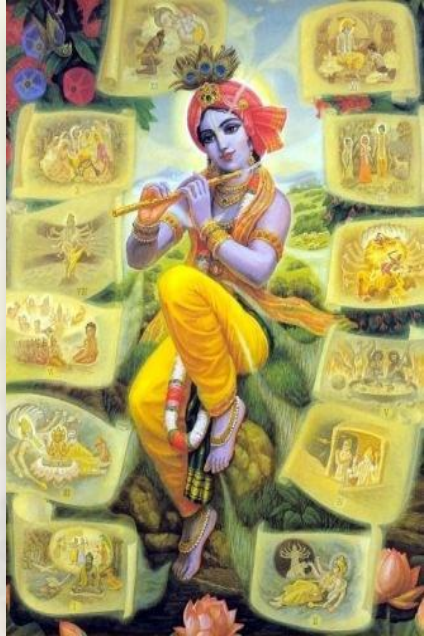
**Mayi (unto me)**  
Nothing in the world belongs to anyone, but everything belongs to the Supreme Lord

**Nirmama**  
Free from sense of proprietorship

**Vigatah-jvara**  
Without feverish mentality or lethargy Give up any reluctance to fight because of bodily relationships

# Text – 31-32

## Results of Acting or Not Acting according to Lords Injunctions



**Analogy for Disobedience**

As there is punishment for disobedience to order of supreme executive head, similarly there is punishment for disobedience to order of SPOG

# Text – 33

Everyone acts according to his own conditional nature & material desires

33



Acts according to nature



Divine & Demoniatic Natures

Even Man of Knowledge act according to his own nature

Nature is acquired from 3 modes

Higher Education fails to help

Impossible to get out of Maya by theoretical knowledge.  
*Eg. So called spiritualists*

In bondage because of long association of material nature

**Solution**  
*BG 7.14*

Transcendental platform of Krsna Consciousness



KC is gradual process, helps to get out of material entanglement, by engaging in material prescribed duties

No one should suddenly give up prescribed duties, artificially.

Stay in one's own position and try to attain KC under SUPERIOR Training.

# Text – 34

## Attachment and Aversion – Stumbling blocks on path of Self Realization

34



Cause of Material Encagement

Unrestricted Sense Enjoyment

How to get out???

Best attachment is loving service to Krishna, leads to detachment

Attachment to senses and object of senses

Aversion from KC

Avoid detachment from KC in any stage of life

Stumbling blocks on path of Self Realization

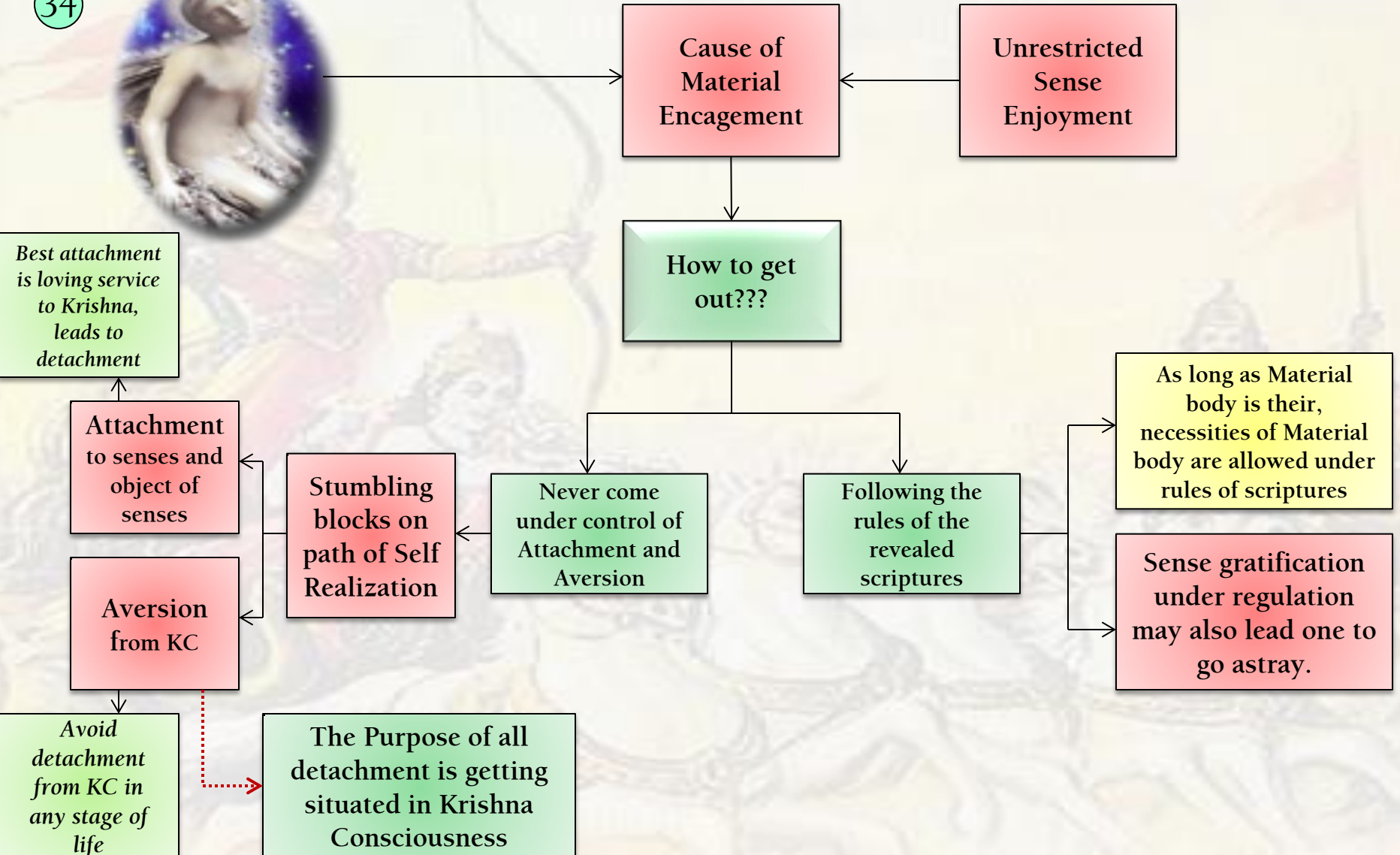
Never come under control of Attachment and Aversion

Following the rules of the revealed scriptures

As long as Material body is their, necessities of Material body are allowed under rules of scriptures

Sense gratification under regulation may also lead one to go astray.

The Purpose of all detachment is getting situated in Krishna Consciousness

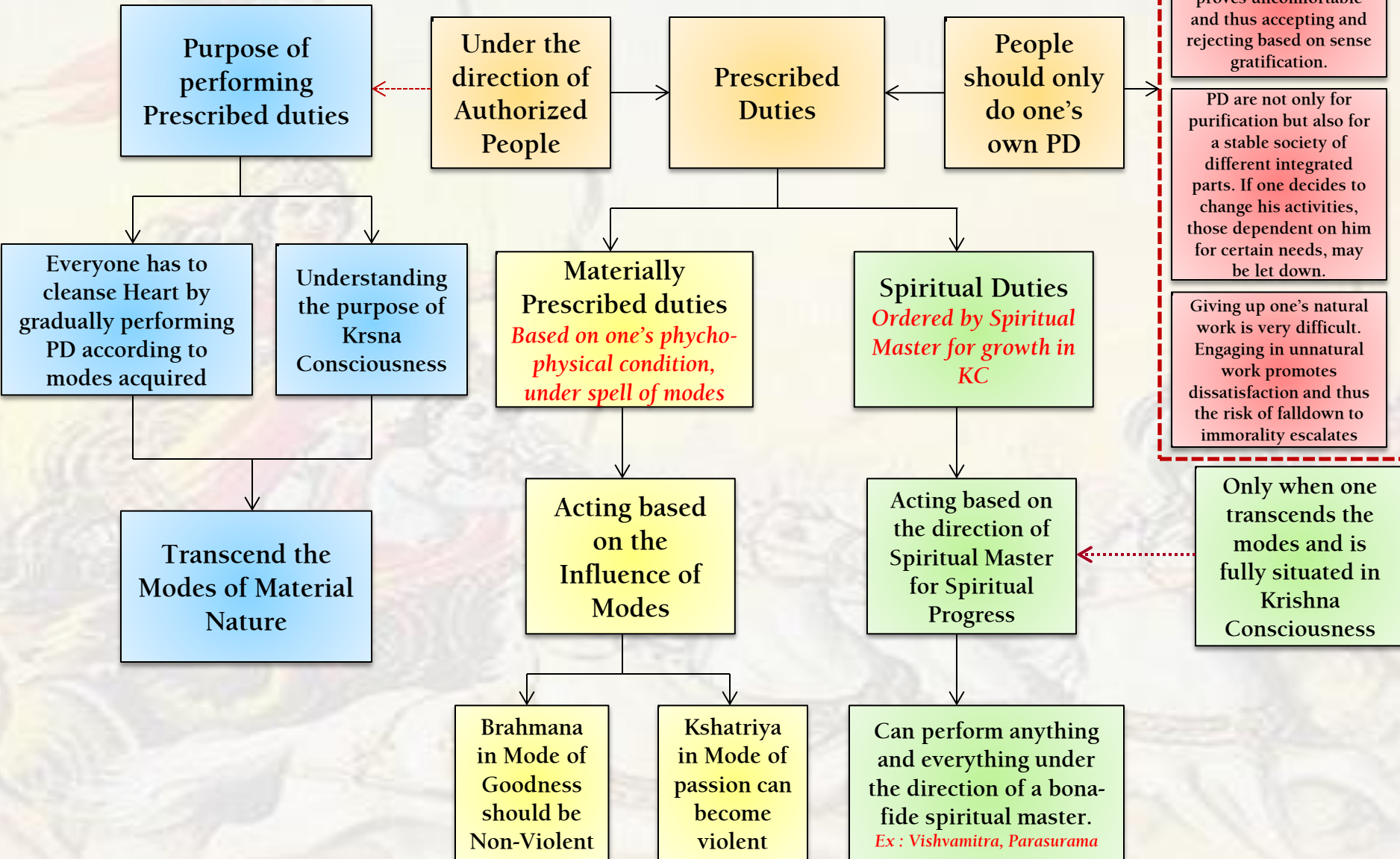


# Text – 35

Reasons Why Not follow other's Prescribed duties

35

## Follow One's own Prescribed Duties



# Summary - Section - D

Verse 3.36 to 3.43

## Beware of Lust and Anger.

36-43 *Beware of lust, the soul's sinful, all-devouring enemy. Through lust, sitting in the senses, mind, and intelligence, the soul's knowledge is covered. By regulating the senses and through spiritually strong intelligence, one should fix himself in his pure identity as a servant of Krsna and thereby conquer lust.*

# Text – 36

36

By What is One Impelled to Sinful Act, as if by force?

Living Entity



Originally  
Spiritual, Pure  
& Free from  
contamination



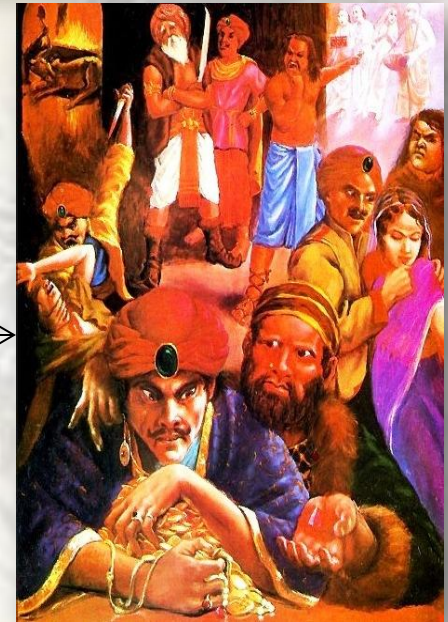
When comes in contact  
with Material Nature



Acts in Many  
sinful ways  
without  
hesitation

Sometimes acts  
against His own  
will, as if by  
force

Is it  
impelled by  
Super soul  
within?





# Text – 37

LUST : Born in contact with Mode of Passion, transformed into Wrath – All devouring sinful enemy.

## Characteristics of Lust

Living Entity



Originally Spiritual, Pure & Free from contamination

PURE LOVE  
*Intense desire to serve Krsna's senses*

Misuse of partial independence

When comes in contact with Material Nature



Forces to act sinfully  
All devouring sinful enemy



Origin of Lust



When Satisfied?

Greed

When Not Satisfied?

Anger (Wrath)

Mode of Ignorance

How to elevate Lust into mode of Goodness?

By prescribed method of living and acting

One can be saved from degradation of wrath by spiritual attachment

When living entities baffled by prolonged lustful activities, inquires about reality

Inquires about Supreme, who is He, what is my relationship with Him? etc.

How to make Lust & Wrath Spiritualized?

Desiring everything for Krishna in KC.  
*Eg. Arjuna, Hanuman*

Facility to the Conditioned Soul to fulfill lustful propensities

Purpose of Material Creation

# Text – 38

## Degrees of covering of the Lust on the Living Entities



Different Degrees of Covering of Lust

Beginning of Krsna Consciousness

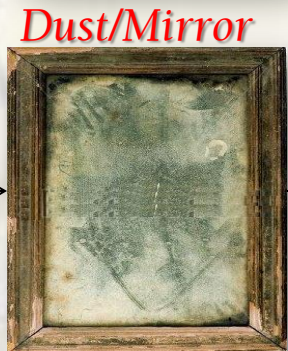


Compared to Consciousness of Human being

Human life : chance to kindle fire of KC by careful handling of smoke

Human life : One can conquer Lust by cultivation of KC under guidance of Spiritual Master

Cleansing by Spiritual Methods



Compared to Consciousness of beast & birds

Knowledge completely covered



Compared to Consciousness of Trees

# Text – 39

## More Characteristics of Lust



Characteristics of Lust

Cover Living Entity's Pure Consciousness

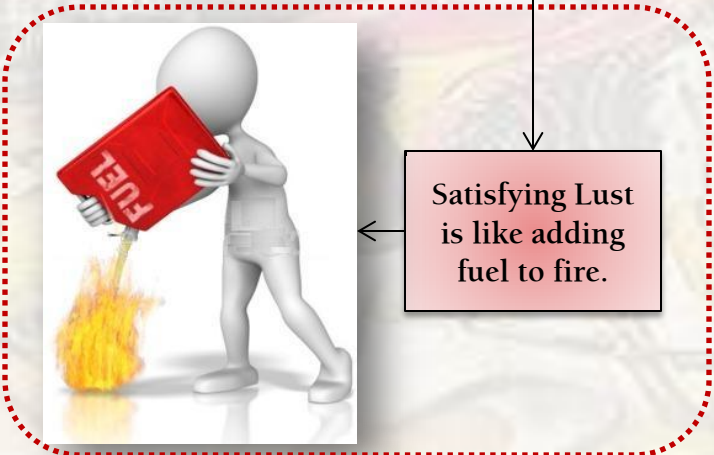
Lust is symbol of Ignorance

Lust is never satisfied

Advancement of Material civilization on the basis of Sense Gratification

Increasing duration of Material existence

So called happiness is ultimate enemy for sense enjoyer



Satisfying Lust is like adding fuel to fire.

How to Stop it?

Stop Feeding it and Let it Die



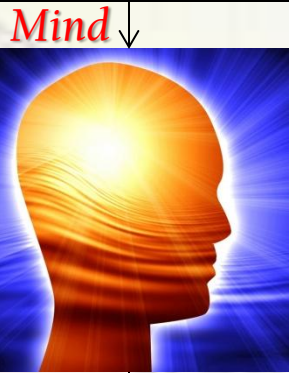
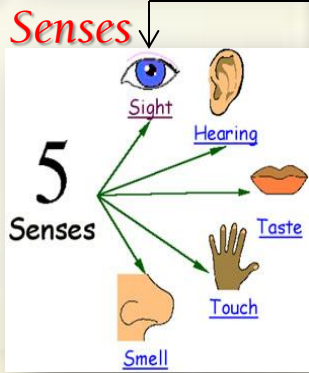
# Text – 40

## How to conquer the Enemy – LUST

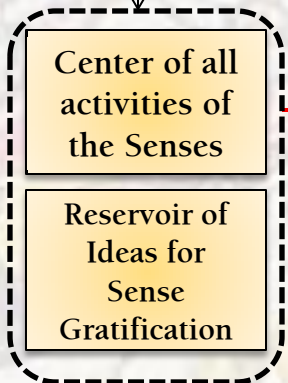
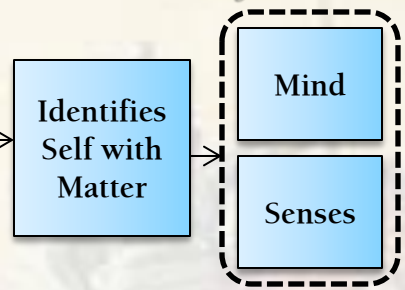


40

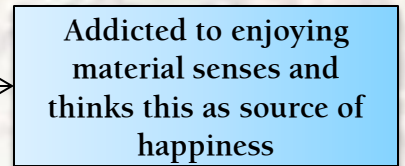
Sitting places of the Lust



### False Identification



Influences soul to



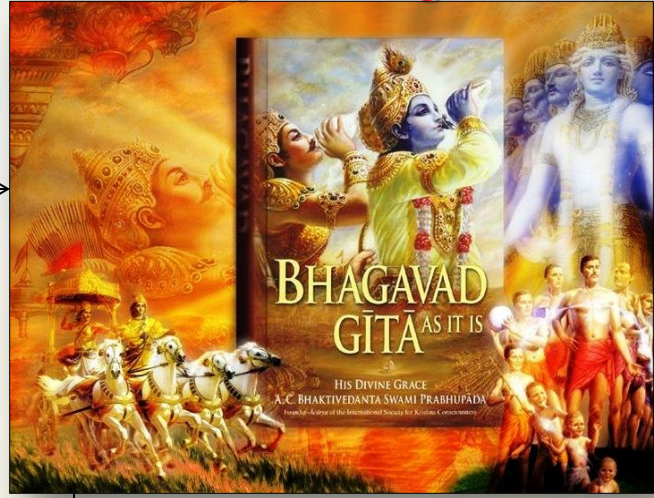
- Identify body made of 3 elements (Kapha, Vata, Pitta) as self
- Considers by products of body as his kinsmen
- Considers land of birth as worshipable
- Goes to places of pilgrimage for taking bath, rather than meeting devotees to gain transcendental knowledge

**False Identification : Manifested in various ways (SB 10.84.13)**

# Text - 41

## Regulate the Senses

Learn KC from Bhagavad Gita



How to Overcome Lust?

Sitting places of Lust

- Senses
- Mind
- Intelligence

When Attacked by lust

- Feels attracted to pleasure and repulsed by pain
- Senses send images of desirable and undesirable objects to Mind

Weakest Easiest to conquer

How???  
By following religious regulations

Destroyer of Jnana & Vijnana

- Jnana (Knowledge)**  
Knowledge of Self as distinguished from Non-Self
- Vijnana (Self-Realization)**  
Specific knowledge of the spirit soul's constitutional position and his relationship to the Supreme Soul

The Knowledge of Self and Super Self is very confidential and has to be understood as explained by Lord Himself in BG (SB 2.9.31)

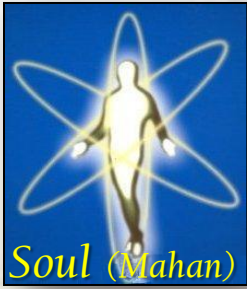
Learn living entities are part and parcel of lord and simply meant to serve lord

Lust is perverted reflection of natural love for Krsna, KC prevents Love deteriorating into Lust. When love transforms into Lust, it's very difficult to revert.

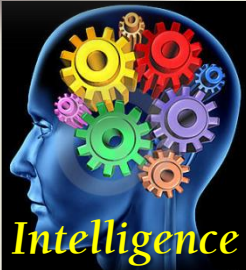
Even a late beginner can become lover of God by following regulative principles of devotional service

# Text - 42

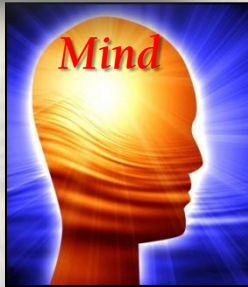
## Hierarchy of sitting places of Lust



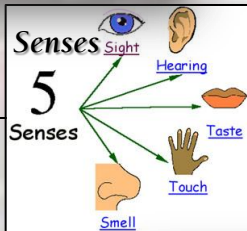
Soul (Mahan)



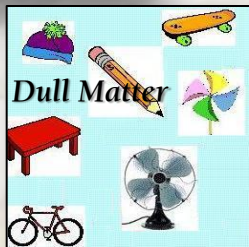
Intelligence



Mind



Different outlets for activities of Lust

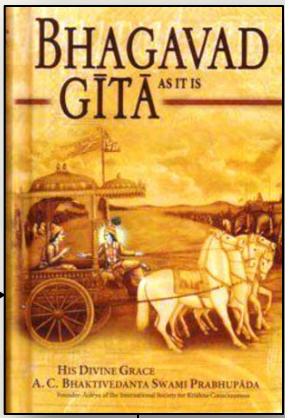
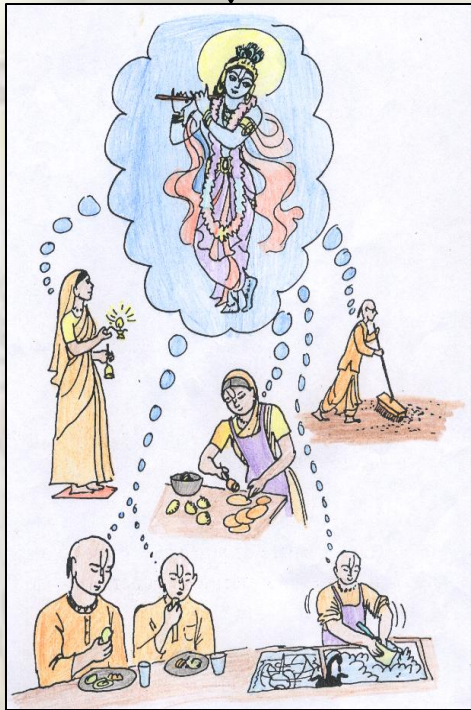


Dull Matter



Solution

Lust



Understanding Souls Constitutional position

Completely surrender to the Supreme Lord

Using intelligence engage Mind in direct service of Lord Krsna

Stopping actions of body will not help, since Mind is always active

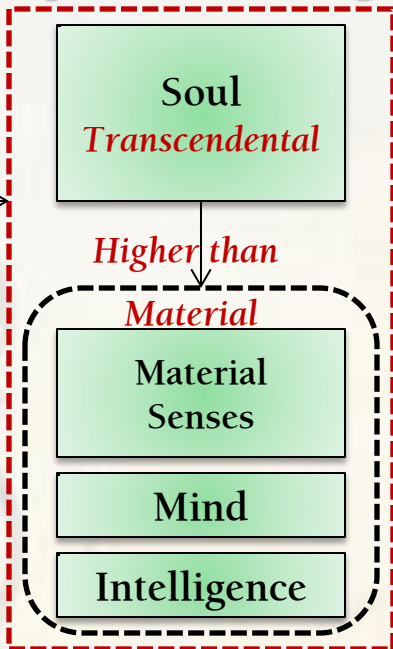
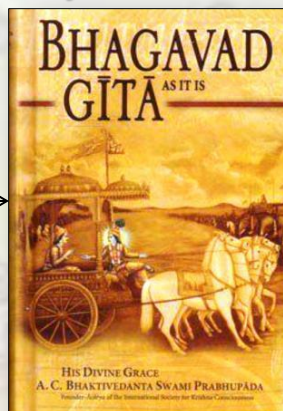
Senses will then follow the dictation of Mind

**CAUTION!** Even though the soul is the master of Intelligence, Mind, and Senses, unless it is strengthened by Krishna consciousness, there is every chance of falling down due to the AGITATED MIND

43

# Text – 43

## Steady the Mind by Spiritual Intelligence (KC)



Steady Mind  
by  
deliberate  
Spiritual  
Intelligence



### Conclusion

Chapter 3 is conclusively directed towards Krishna consciousness by knowing oneself as the eternal servitor of the Supreme Personality of Godhead and not the impersonal voidness as the ultimate end.

Do not give up work and Prescribed duties all of a sudden

Gradually develop KC & then one can be situated in a transcendental position unaffected by Mind & Senses – by the help of steady intelligence directed towards one's pure identity

Greatest enemy of conditioned soul – desire for over-lording & sense gratification, which are manifestations of lust

In immature stage philosophical speculations & artificial attempts to control senses by yoga fails to help, One must be trained in KC by higher intelligence

# Lust – Characteristics & Overcoming Lust



No Krsna Consciousness

Characteristics

Overcoming Lust (BG 3.40-43)

When Soul is not engaged in Krsna Consciousness

Senses drags Mind

Mind drags intelligence

Intelligence drags soul into Sense Gratification

Regulate Senses  
*(since mind and intelligence are difficult to control, begin with senses)*

Devotional Service  
*(following Shastras)*

Under direction of bonafied Spiritual Master

Engage Soul in Krsna Consciousness

Attack Lust in Mind & Intelligence by contemplating on real identity of being soul, Soul is superior to dictates of the senses, mind & intelligence

Practice acting on the platform of spiritual desire(KC) rather than material lust.

Intelligence is Strengthened

Mind is engaged in KC

Mind engages senses which becomes like serpent with broken fangs

Born of Mode of Passion 37

Transforms into Wrath (Ignorance) 37

Forces us to act sinfully 37

All devouring greatest enemy 37

Covers living entities pure consciousness 38

As smoke covers fire

Mirror covered by dust

Embryo covered by womb

Never satisfied, burns like fire 39

Sitting place of Lust – Senses, Mind, Intelligence 40

Covers Knowledge (Jnana) and Self realization (Vijnana) 41



# Summary – Chapter 3



Arjuna asks Why Lord Krsna wants Him to fight?

Lord Recommended Buddhi Yoga

Arjuna confuses Buddhi Yoga as retirement from active life

Condemn Fruitive Activities

According to Arjuna the War was a Fruitive Activity

Lord Krsna says He has actually recommended 1 process with 2 stages ie Karma & Jnana

**Sankhya-yoga Analytical Study**  
*Purifying senses by Philosophical Process*

Soul Active by nature, giving up work without purification of materialistic contamination will not get perfection

One will be pretender as the senses may be restrained but the mind will dwell on sense objects.

Lord Krsna replies that there are 2 ways to realize self

**Karma-yoga Niskama Karma Buddhi-Yoga**  
*Working in Devotion*

**Learned** Performing work in devotion (KC), one's prescribed duty is better than not performing any work.

**Result** Work in devotion performed for satisfaction of Vishnu will cleanse the heart of materialistic propensities and make one free from bondage

**Purpose of Bhagavad Gita**

Work only for Lord Krishna

Without Self Motivation	Following Teachings Faithfully
Without Envy	Free from Lethargy
Free from Bondage	Attain Perfection

**Ignorant** If one cannot perform work in devotion with detachment, then perform work as prescribed in the **Karma Kanda** section of the Vedas by performing **Yagna/sacrifices** for the **pleasure of Vishnu**.

**Act to set an example**

One fully absorbed in KC has no other duty to perform and by working thus with detachment one will attain the Supreme	Perfected soul still performs one's prescribed duties with detachment to set an example. Eg. Janaka, Lord Krishna
-----------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------

**Lust – All devouring Enemy**

<b>Sitting places of Lust</b>	<b>How to conquer Lust?</b>
Senses, Mind & Intelligence covers soul's knowledge	By regulating Senses, Performance of duties with detachment, steady the mind by deliberate spiritual intelligence – KC

## Summary – Chapter 3

Arjuna inquires why Krsna previously recommended buddhi yoga, using one's intelligence to link to the Supreme, and has condemned fruitive work -- but wishes him to fight, Krsna replies that He has actually recommended one process with two stages -- Karma and Jnana.

Arjuna confuses Buddhi Yoga as retirement from active life. He inquires why Krsna previously recommended buddhi yoga(using one's intelligence to link to the Supreme), and has condemned fruitive work -- but wants him to fight.

Krsna replies that there are two ways to realize the self : Sankhya Yoga and Buddhi Yoga (Work in devotion). It is not possible for one to abstain from work : the soul by nature is active,giving up work without purification of materialistic contamination will not get perfection and one will just be a pretender as the senses may be restrained but the mind will dwell on sense objects.

Performing work in devotion(Krishna Consciousness), one's prescribed duty is better than not performing any work. Work in devotion performed for the satisfaction of Vishnu will cleanse the heart of materialistic propensities and make one free from bondage.

If one cannot perform work in devotion with detachment then one can perform work as prescribed in the karma kanda section of the Vedas by performing yagna/sacrifices for the pleasure of Vishnu.

When one performs action fully absorbed in Krishna consciousness has no other duty to perform and by working thus with detachment one will attain the Supreme.

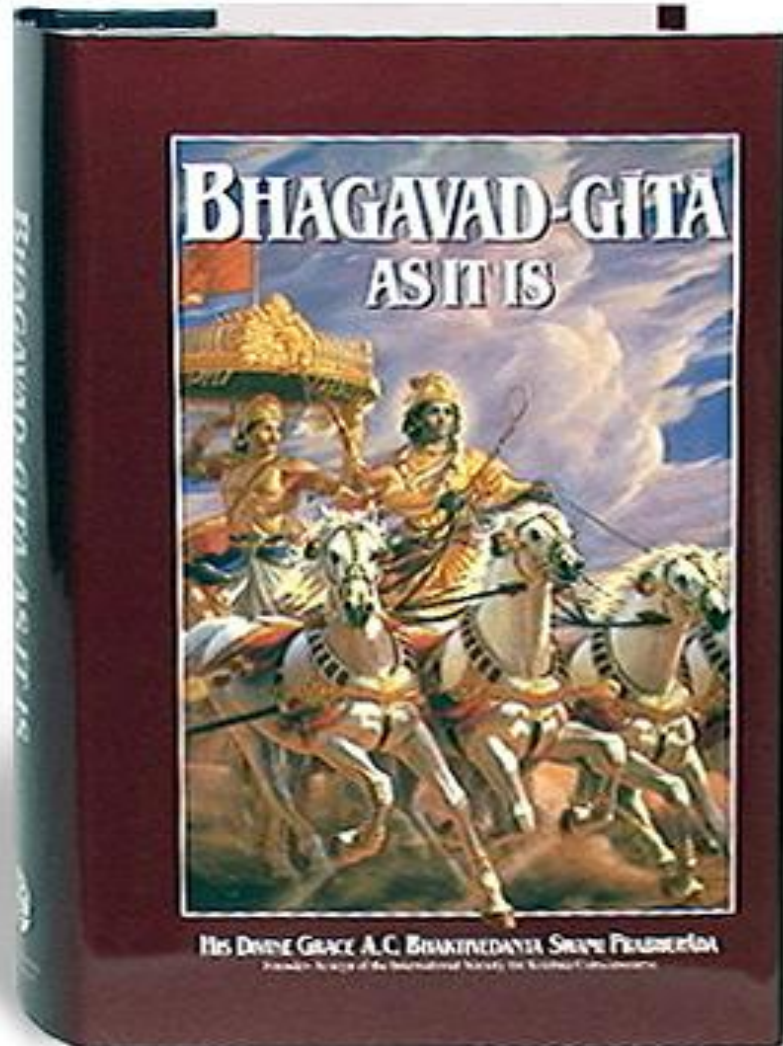
But such a perfected soul still performs one's prescribed duties with detachment to set an example for the common man. e.g Janaka and Krsna Himself: owner of everything and totally detached from material world still performs His duties.

The ignorant perform work with attachment, the learned men engage their propensity to work in devotion.

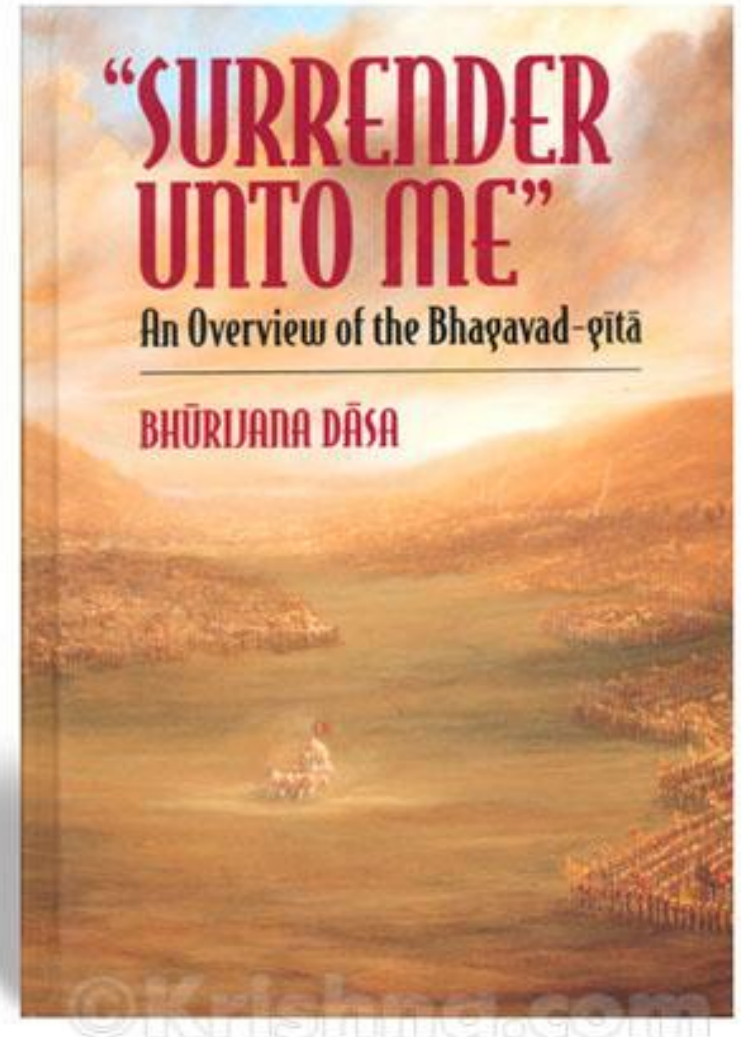
Krsna summarizes this section by instructing Arjuna to perform work only for Him without self motivation by following His teachings faithfully without envy will thus be free from bondage and attain perfection.

Insatiable lust, is the cause of all sinful activity. Through lust, sitting in the senses, mind, and intelligence, the soul's knowledge is covered. By regulating the senses (by performance of duties with detachment), steady the mind by deliberate spiritual intelligence – Krsna Consciousness the enemy of lust can be conquered.


# COMPILED FROM THE TEACHINGS OF ...



*Compiled by Amritananda das*



*email : amritanandadas@yahoo.com*



***End of  
Bhagavad Gita -3***