

Daily Wisdom from Bhagavad Gita

Daily (Mon-Fri) 9:00 pm CDT (7:30 AM IST)

Zoom Meeting ID: 84590458431



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गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

GururBrahma GururVishnu GururDevo
Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri
Gurave Namaha

Meaning:

Guru is the Creator (Brahma), Guru is the
Preserver(Vishnu), GuruDeva is
Destroyer(Maheshwara)
Guru is the absolute (singular) Lord himself,
Salutations to that Sri Guru

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम्

vasudeva sutam devam kamsa
cāṇūramardanam |
devakī paramānandam kṛṣṇam vande
jagadgurum

Meaning:

I offer my obeisance's to Lord Kṛṣṇa, the
beloved son of Vasudeva, who killed the
great demons Kamsa and Cāṇūra,
who is the source of great joy to Mother
Devakī; and who is indeed a world teacher
and spiritual master of the universe

Shloka (In Sanskrit)

न हि कश्चित्क्षणमपि जातु
तिष्ठत्यकर्मकृत् ।
कार्यते ह्यवशः कर्म सर्वः
प्रकृतिजैर्गुणैः ॥ 5॥

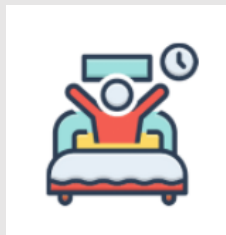
Shloka (in English)

*na hi kaśhchit kṣhaṇam api
jātu tiṣṭhatyakarma-kṛit
kāryate hyavaśhaḥ karma
sarvaḥ prakṛiti-jair guṇaiḥ*

Commentary: <https://www.holy-bhagavad-gita.org/chapter/3/verse/5>

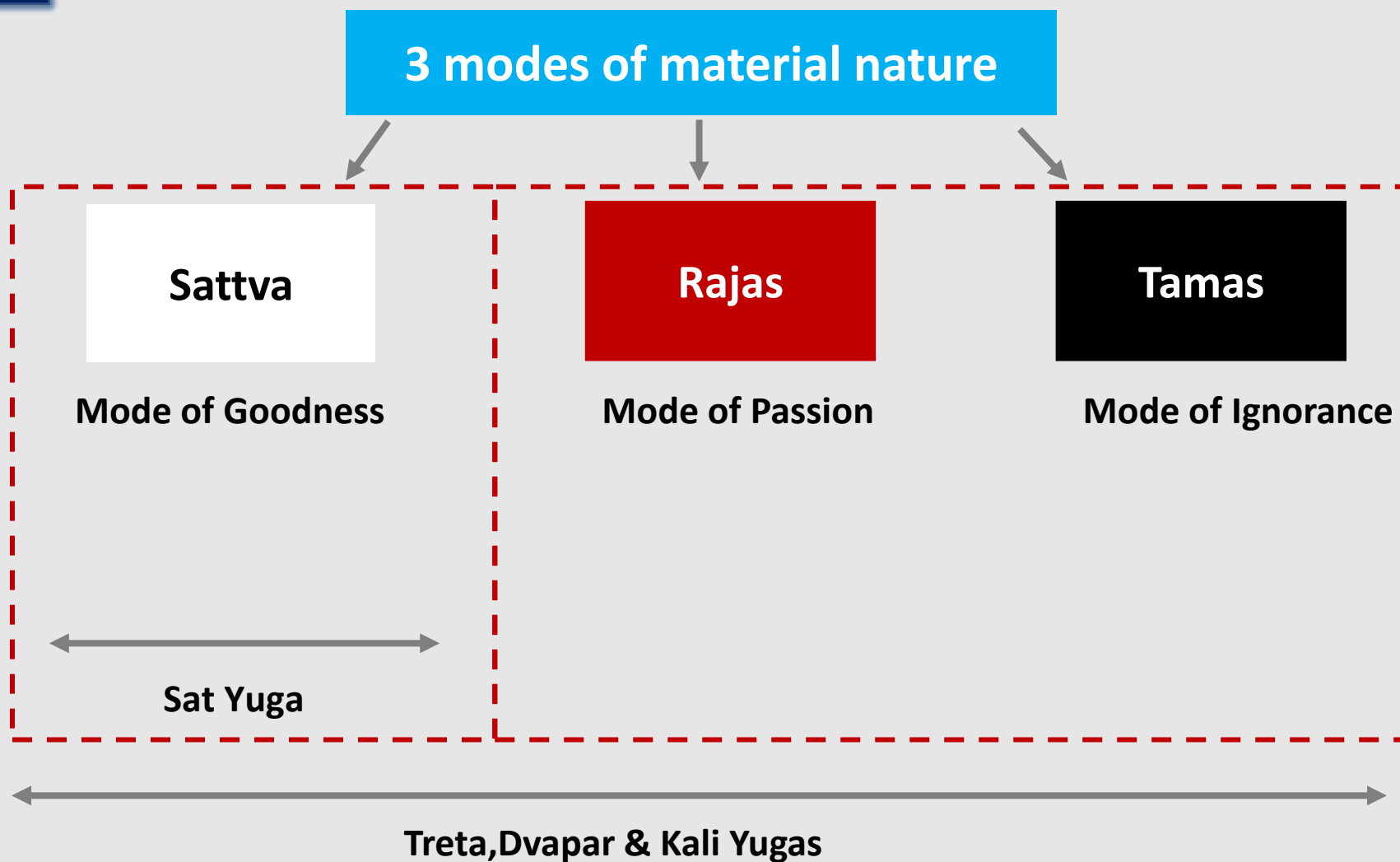
Short Translation:

BG 3.5: There is no one who can remain without action even for a moment. Indeed, all beings are compelled to act by their qualities born of material nature (the three *guṇas*).



Some people think that action refers only to professional work, and not to daily activities such as eating, drinking, sleeping, waking and thinking. So when they renounce their profession, they think they are not performing actions.

But Shree Krishna considers all activities performed with **the body, mind, and tongue as actions**. Hence, he tells Arjun that complete inactivity is impossible even for a moment. If we simply sit down, it is an activity; if we lie down, that is also an activity; if we fall asleep, the mind is still engaged in dreaming; even in deep sleep, the heart and other bodily organs are functioning



Shree Krishna declares that for human beings inactivity is an impossible state to reach, since the body-mind-intellect mechanism is compelled by its own make-up of the three *gunas* (*sattva*, *rajas*, and *tamas*) to perform work in the world.

Chapter 3 Verse 5

3.5

Holy Bhagavad Gita



Satya Yuga
(100% Light)
Sattva Only
Everything is light and
high vibration

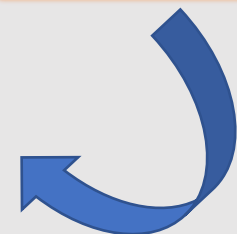


Kali Yuga
(25% Light 75%
Darkness)
Focus on material
world over the spirit
world-
Disease,war,evil

Treta Yuga
(75% Light 25%
Darkness)
Some lower vibration
energy is introduced



Dvapara Yuga
(50% Light 50%
Darkness)
Light is more covered
,war ,power & greed
begin



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As long as a soul or jeeva is under Maya and he is impacted by the three modes of material nature.

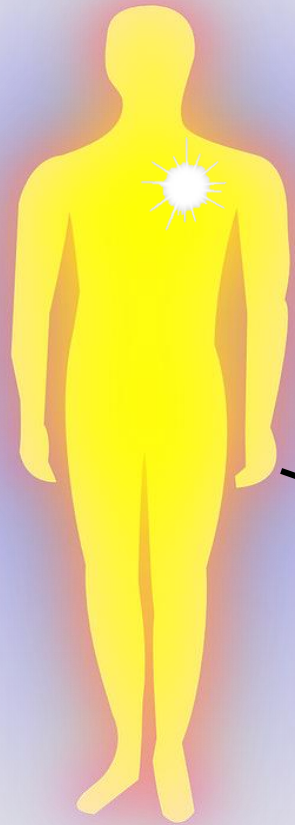
In the Bhagavad-gita, Krishna talks at length in 14th chapter about the "three modes of material nature." These are subtle forces that influence our behavior as well as every aspect of our physical, mental, and emotional world.

The Sanskrit term for these forces is guna, "rope," and the Gita explains how they pull us to act in various ways, even against our better judgment.

Bhagavad Gita shloka 14.5
sattvaṁ rajas tama iti
guṇāḥ prakṛti-sambhavāḥ
nibadhnanti mahā-bāho
dehe dehinam avyayam

O mighty-armed Arjun, the material energy consists of three guṇas (modes)—sattva (goodness), rajas (passion), and tamas (ignorance). These modes bind the eternal soul to the perishable body."

These three modes control the activities of the pure living entity in this world based on their desires and permitted by their karma. It is very important to understand these three modes of nature and how they act upon a living entity; In the Bhagavad-Gita for our understanding Lord Krishna gives the symptoms by which one can recognize these three modes in a person.



Sattva

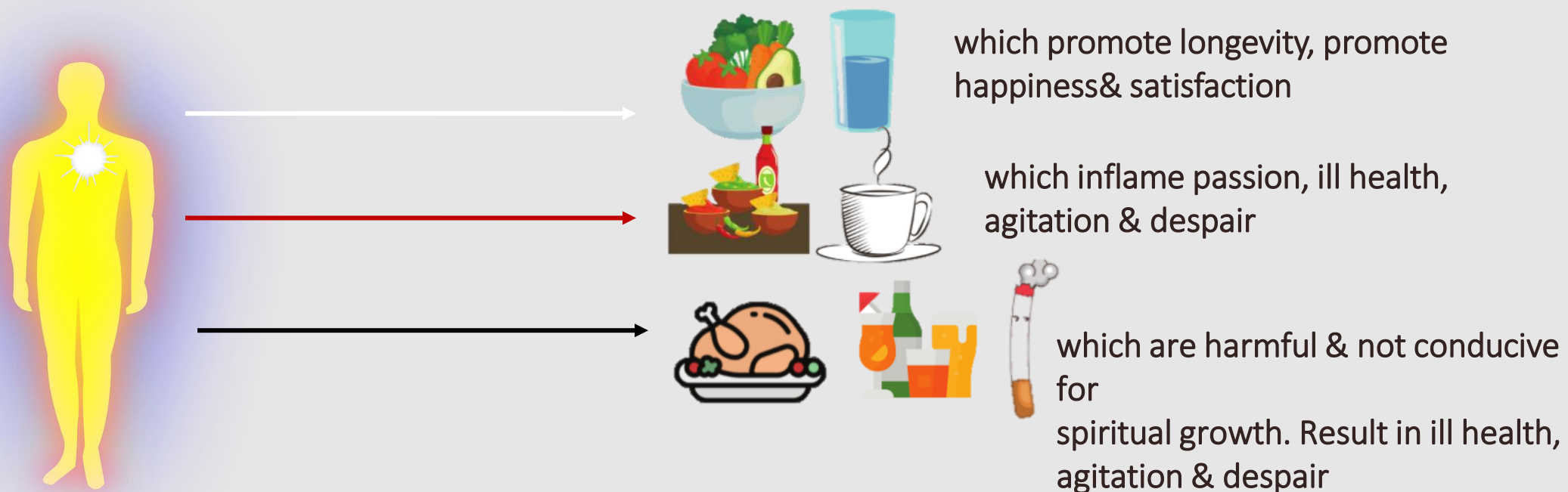
The mode of goodness, are seen when an atmosphere of peace, serenity, and harmony prevails in our environment and ourselves

Rajas

The mode of passion, is felt as insatiable desire for temporary things, striving for more and more of them, and perpetual dissatisfaction

Tamas

The mode of ignorance, is indicated when there's laziness, depression, intoxication, and insanity.



Source of energy to lift and eat food => Super Soul as the energizer of the soul

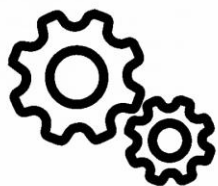
Doer/
Karta

What I would like to Eat => Gunas

What do I end up eating => Free Will

Baggage of Sanskars to be carried by => Soul

Bearer/
Bhokta



-The Śhrīmad Bhāgavatam contains a similar verse:
na hi kaśhchit kṣhaṇam api jātu tiṣṭhaty akarma-
kṛit
kāryate hy avaśhaḥ karma guṇaiḥ svābhāvikair balāt
“Nobody can remain inactive for even a moment.
Everyone is forced to act by their modes of nature.”

This mind is such a machine that it keeps on creating thoughts.
Multiple thought each second. that is the nature of the mind.
Human beings inactivity is an impossible state to reach, since
the body-mind-intellect mechanism is compelled by its own
make-up of the three guṇas (sattva, rajas, and tamas) to perform
work in the world.

grah grihit puni bat vash tah puni bichhi mar.
puni piaia varuni kehiye kah upachar

The sage Tulsidas , writer of hindi ramayan says ,

O lord Ram- If a scorpion is tied to a monkey's tail, in any case Monkey is a restless creature, how restless will it be. On top of that if it has got hysteria, what will be the state of the monkey. And then u make him drink alcohol, that monkey will be totally out of control. Oh my lord, my mind is like that monkey. So I have got no recourse except your grace. So I am surrendering to you. Please correct my mind.

So mind is such that it keeps working.

If we are compelled to act through our Gunas,
then are we in auto-pilot?

What should be do-do not to progress spirutally
given our dependence on our Gunas?

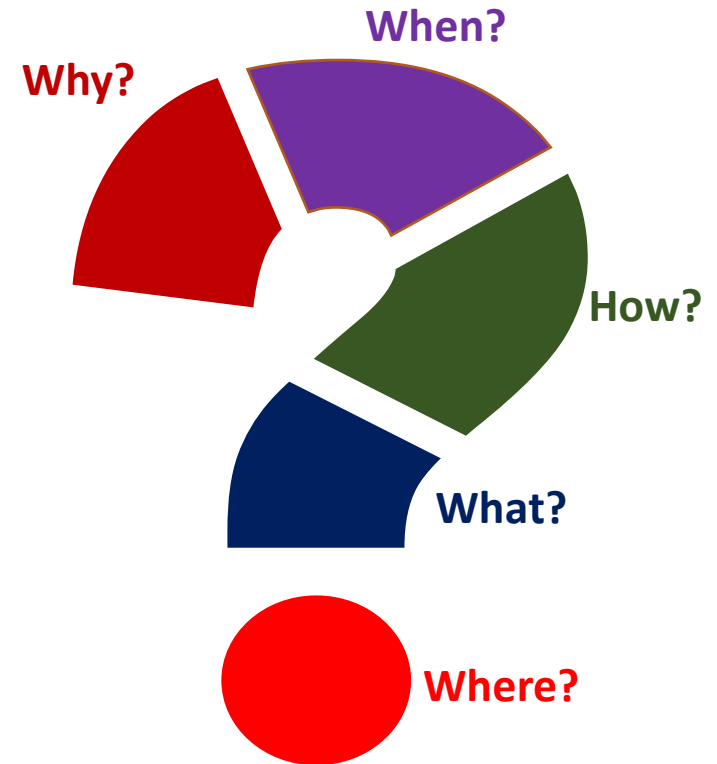
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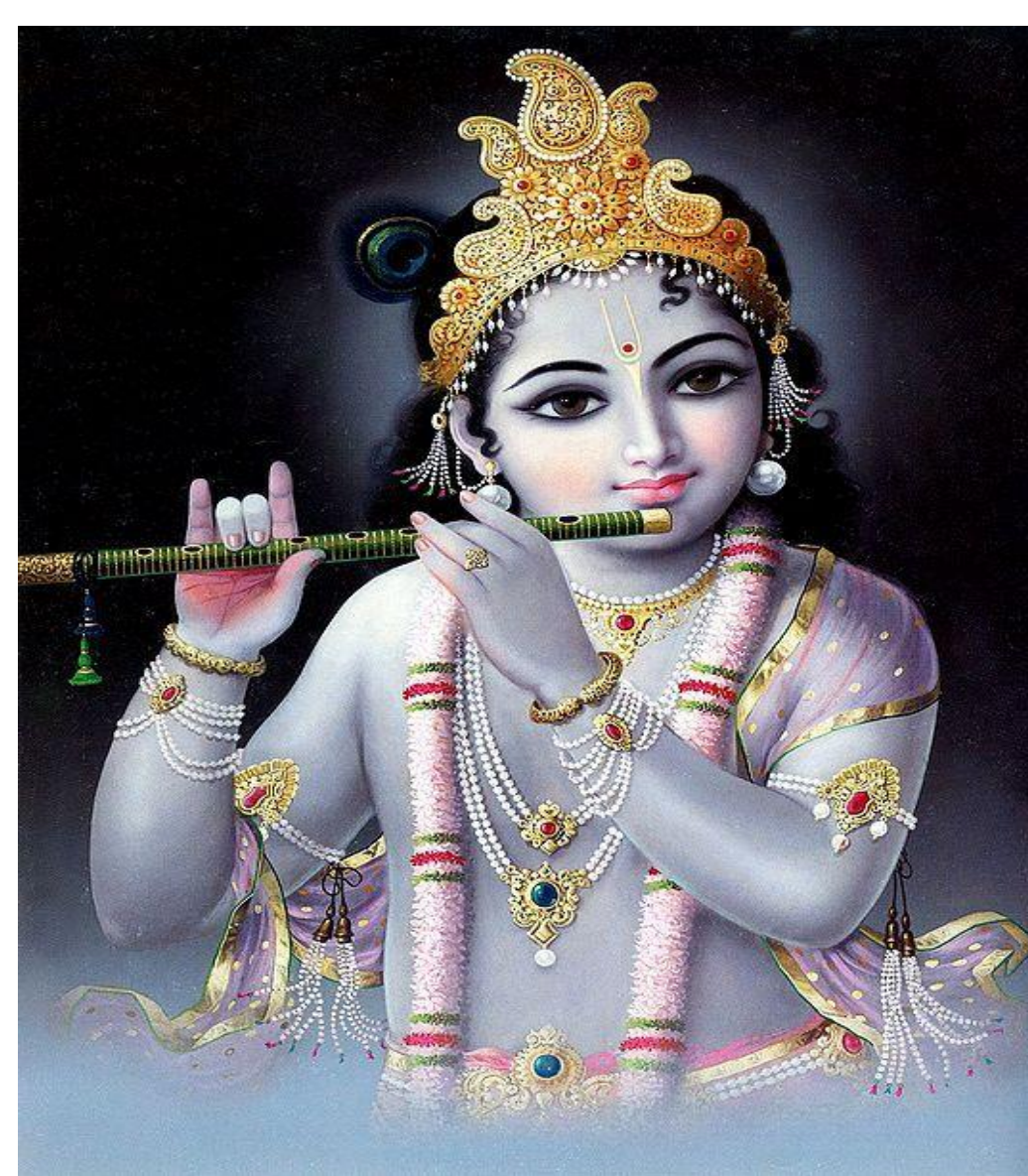
Question & Answers



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Closing Prayers



सर्वे भवन्तु सुखिनः
सर्वे सन्त निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥
Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

**Om, May All be Happy,
May All be Free from Illness.
May All See what is Auspicious,
May no one Suffer.
Om Peace, Peace, Peace.**

Thanks for
the
opportunity
to serve you

