

# Daily Wisdom from Bhagavad Gita

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

Zoom Meeting ID: 84590458431



**JKYog**

**JKYOG Center For Indian Culture & Education**

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)

कर्मैन्द्रियाणि संयम्य य आस्ते मनसा  
स्मरन् ।  
इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स  
उच्यते ॥ 6॥

## Shloka ( in English)

*karmendriyāṇi sanyamya ya  
āste manasā smaran  
indriyārthān vimūḍhātmā  
mithyāchāraḥ sa uchyate*

Commentary: <https://www.holy-bhagavad-gita.org/chapter/3/verse/6>

## Short Translation:

**BG 3.6:** Those who restrain the external organs of action, while continuing to dwell on sense objects in the mind, certainly delude themselves and are to be called hypocrites.



Striving for spiritual progress  
or  
Pure Escapism?



where one displays an external show of religiosity while internally living a life of ignoble sentiments and base motives. Hence, it is better to face the struggles of the world as a karm yogi, than to lead the life of a false ascetic. Running away from the problems of life by prematurely taking sanyās is not the way forward in the journey of the evolution of the soul.



Attracted by the lure of an ascetic life, people often renounce their work, only to discover later that their renunciation is not accompanied by an equal amount of mental and intellectual withdrawal from the sensual fields. This creates a situation of hypocrisy



Saint Kabir stated sarcastically:

*mana na raṅgāye ho, raṅgāye yogī kapaṛā  
jatavā baḍhāe yogī dhuniyā ramaule, dahiyā baḍhāe yogī bani  
gayele bakarā[v2]*

“O Ascetic Yogi, you have donned the ochre robes, but you have ignored dyeing your mind with the color of renunciation. You have grown long locks of hair and smeared ash on your body (as a sign of detachment). But without the internal devotion, the external beard you have sprouted only makes you resemble a goat.” Shree Krishna states in this verse that people who externally renounce the objects of the senses while continuing to dwell upon them in the mind are hypocrites, and they delude themselves.

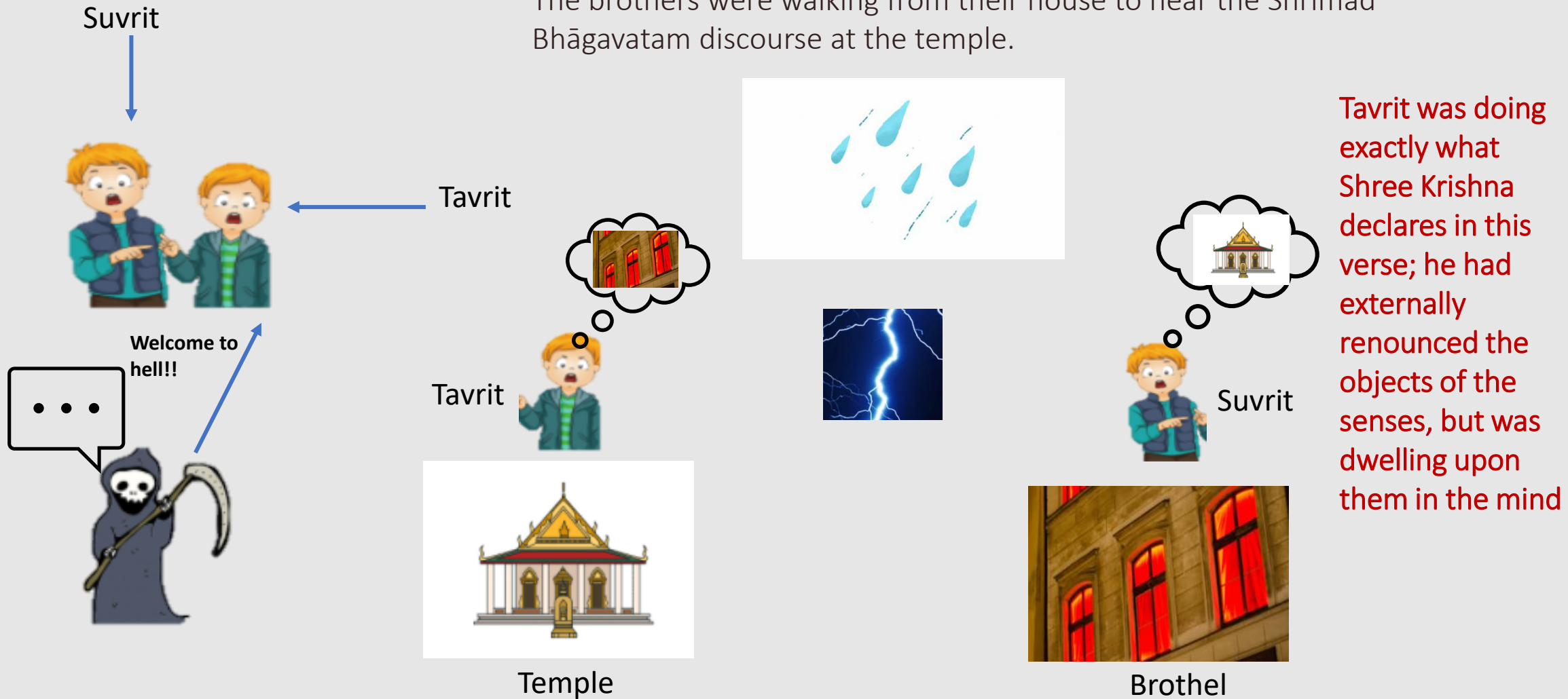


# Chapter 3 Verse 6

3.6

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The brothers were walking from their house to hear the Śhrīmad Bhāgavatam discourse at the temple.





**External World**

Gross world consists of the objects desired  
By the subtler inner world

**Internal World**

Subtle World of desires

**IS STRONGER THAN**

Gross World



Mind of every human being

Consists of innumerable subtle impressions created in countless lifetimes  
By the desires for various gross material objects

..because even if the gross world is  
absent, the subtle world of desires  
Does its work through thinking!



Sometimes, these desires appear even without the presence of a gross material object and disturb the mind

These external objects disturb us ONLY when the desires for those objects are present in the mind



Occasionally , a desire of which we are unaware suddenly Emerges upon contact with an external object



**However, our experience proves that even in the absence of external material objects these desires can intensify and cause us suffering**



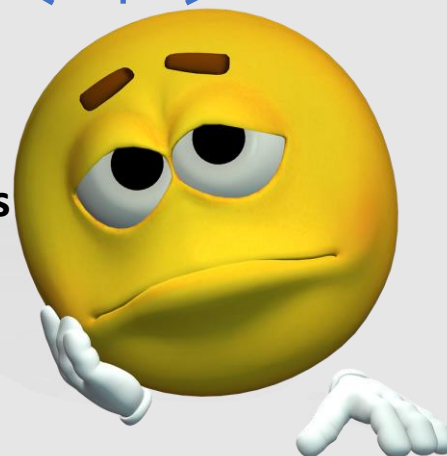


What is the underlying cause of different emotions for different people for the same objects?

Happy



Sad/Envious



Neutral



# Coming up soon..

Gita

Holy Bhagavad Gita



## Implement



## Contemplate



## Years of Experience!!

## Practice to perfect



## Join Hands!



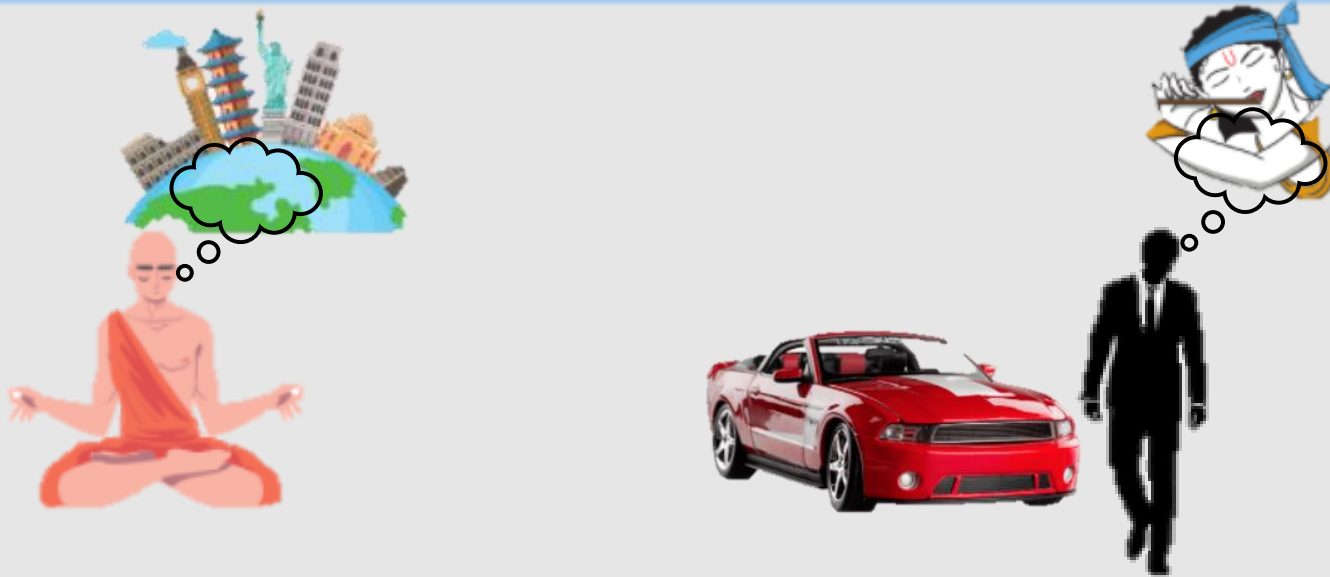
## Reflect



# Chapter 3 Verse 6- Point to Ponder

3.6

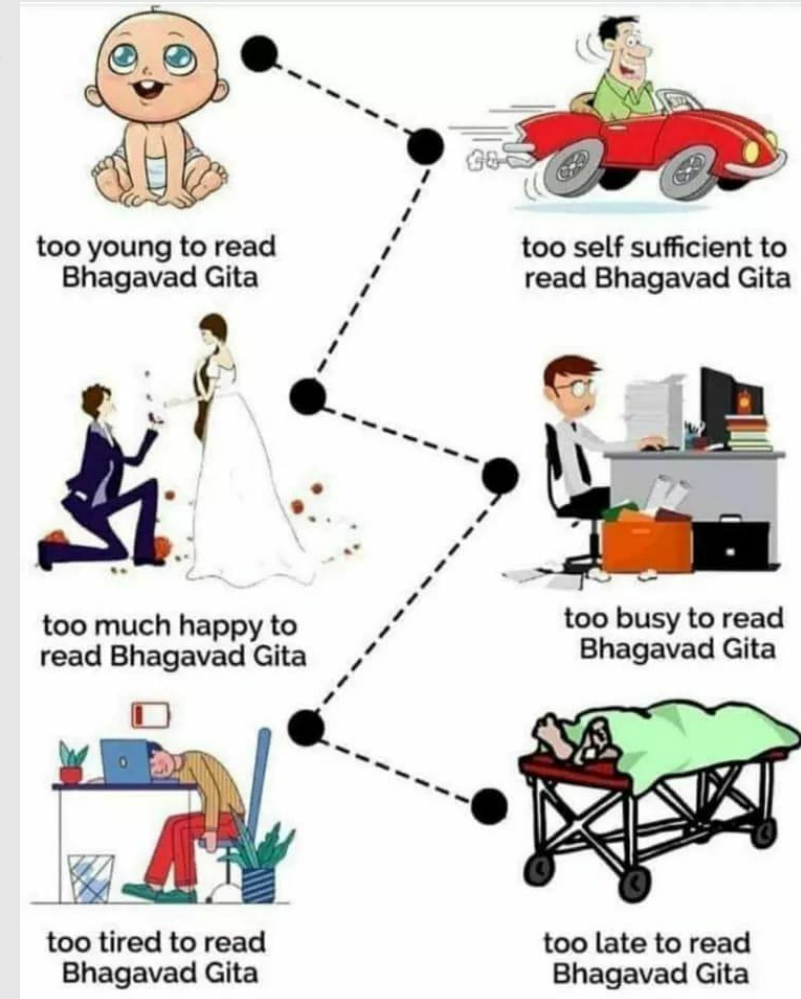
Holy Bhagavad Gita



Who is progressing spiritually between the two?

What is your key takeaway from today's session?

02:00

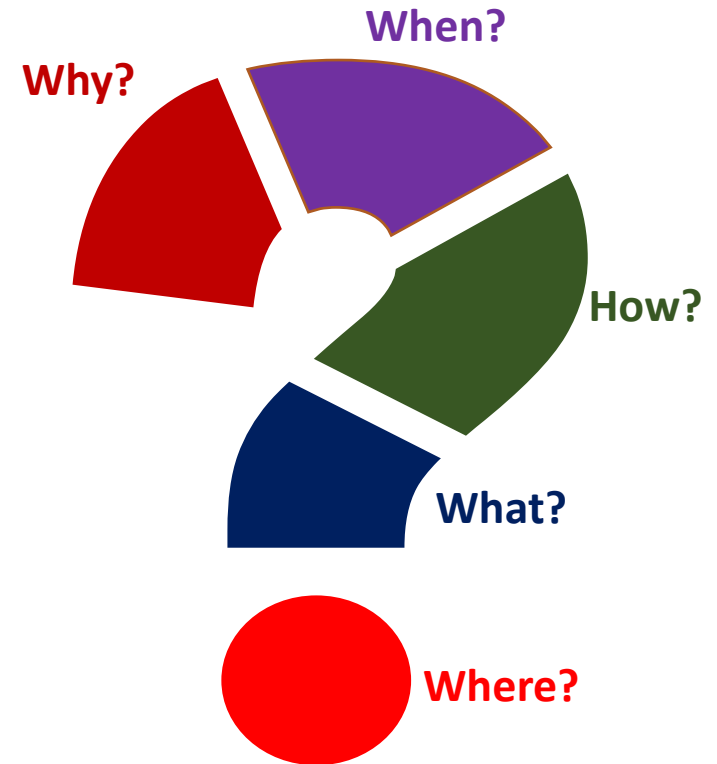




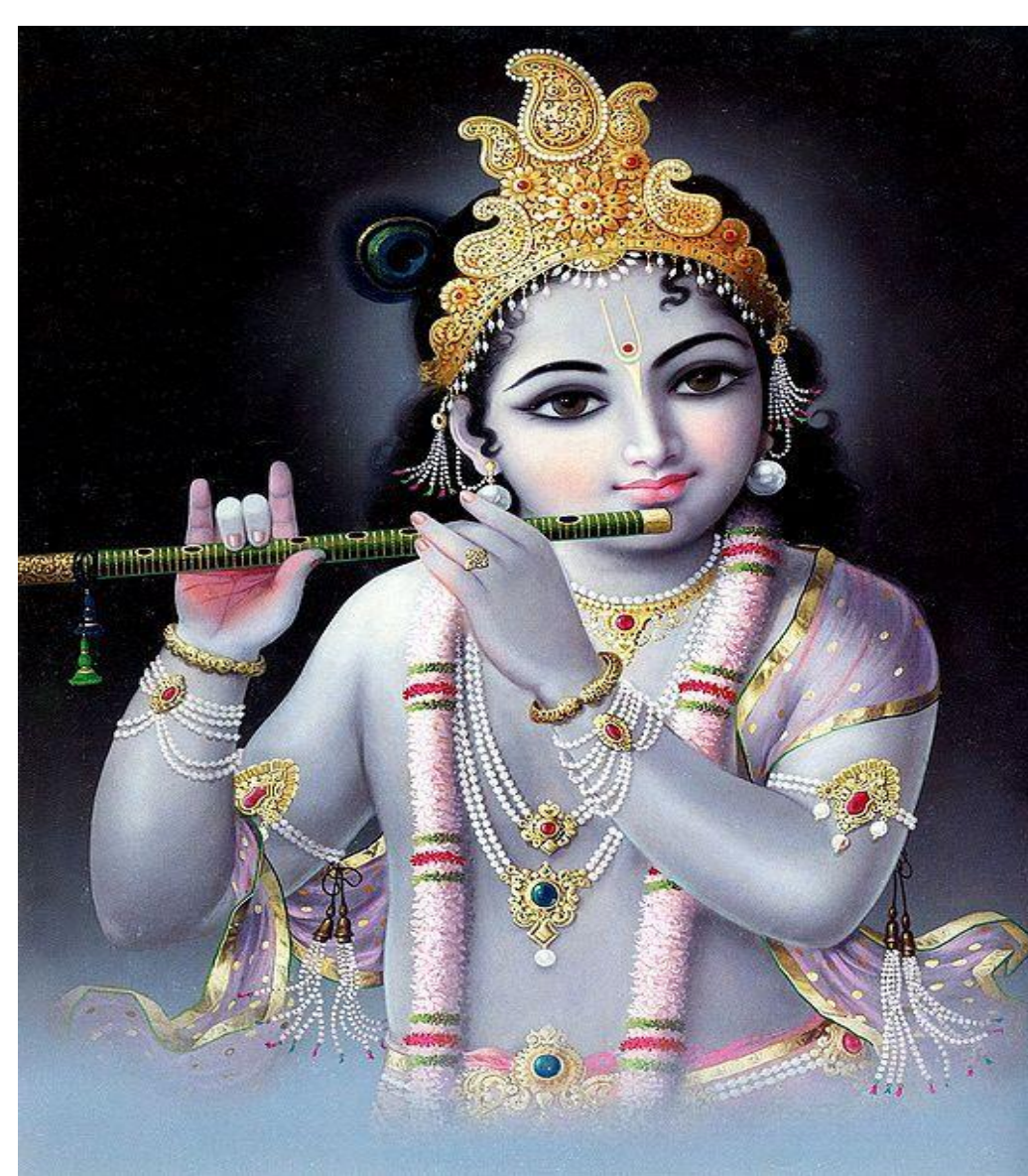
# Question & Answers



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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

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