

कर्मेन्द्रियाणि संयम्य य आस्ते मनसा स्मरन्।

इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स उच्यते। ~ अध्याय 3, श्लोक 6

बस कर्म का संयम धरे  
और मन से भोग करे  
त्यागी नहीं वह कपटी है  
जो विषयों को सोचा करे

Stopping the work will not stop everything. Someone inside there is still working in the background via thinking something about work continuously. This working won't stop until work assigned is executed successfully. Thus, give the right work to that someone and start the work unless executed completely to finally stop in the true form from the subject.



मयि सर्वाणि कर्माणि संन्यस्याध्यात्मचेतसा।

निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः॥ अध्याय 3, श्लोक 30

आत्मज्ञान के प्रकाश में  
अंधे कर्म सब त्याग दो  
निराश हो निर्मम बनो  
तापरहित बस युद्ध हो

With all the understanding and intelligence available, select a right work to do. Once selected serve the requirements demanded by the work. Take good care of the Intruders and flow stabilities. Improve performance in unfavourable circumstances to overcome intrusions. optimally use the resources and keep executing while accepting all the consequences whole heartedly at the same time.



श्रीमद् भगवद्गीता – Personal Notes

चेतना के तल	In 3.6	In 3.7
अहम	प्रकृतिस्त	आत्मा अवलोकन + निष्काम विषय चिंतन
मन	असहज ऊपरी संयम	सहज निर्बोध गति
कर्म	सामान्य मिथ्याचारी	विरल सदाचारी

To be continued...