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1. Episode Title: Episode 105 – Bhagavad Gita (Chapter 3, Episode 105)

2. Topics & Tags:

TOPICS: The discourse analyzes the pervasive nature of ego (ahanka:ra) and its detrimental effects on human progress. It emphasizes the critical importance of understanding one's true life goal to avoid succumbing to attachment (ra:ga) and aversion (dwe:sha). Krishna's teachings from Bhagavad Gita Chapter 3, Verse 34 are explained, highlighting how these internal feelings act as primary enemies that hinder spiritual advancement. The discussion also covers the illusion of individual control over the world and the necessity of performing the right actions with the correct mindset, rather than merely engaging in any activity.

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 3, Episode 105, Karma Yoga, ahanka:ra, ego, ra:ga, dwe:sha, attachment, hatred, purpose of life, goal, responsibility, family, liberation, Paramatma, Krishna, spiritual guidance, self-realization, human body, actions, internal enemies, verse 3.34, dharma, spiritual progress, illusion of control.

3. Main Content:

Jai Srimannarayana! Priya Bhagavadbandhus (Dear devotees of the Lord),

a:pada:m apahartha:ram da:tha:ram sarva sampada:m

lo:ka:bhi ra:mam sri:ra:mam bhu:yo: bhu:yo: nama:myaham

(I repeatedly bow to Sri Rama, who removes all dangers, bestows all wealth, and delights the world.)

An ant at its level, a mosquito at its level, a human being at his level, Brahma at his level… The great sages say that all of them have ahanka:ra (ego). As soon as a human takes birth on this earth, the effect of the earth gives rise to ahanka:ra (ego). When elevated, one feels that there is no one greater than he. During Dhanurma:sa, we hear Goda Devi saying that there is ahanka:ra (ego) in everyone as per their respective levels.

anganma:n jna:na thalasar abhima:nam (I am the king here!)

When one is in this body, he feels that he is ruling his body. A mosquito feels it is its kingdom. Brahma feels it’s his kingdom. The amount of air that a tree can give is dependent on the size of the tree. That’s how it is. Ahanka:ra (ego) puts one in a state which hinders the achievement of his goal. As one’s false ego decreases, it becomes more suitable for him to make progress. However, it is very difficult to eliminate ego completely. Because this kingdom is a very beautiful one. There are a variety of stages and experiences. We see a lot of scenes in the external world. Similarly, there are a lot of ‘scenes’ here as well. There is an external world and an inner world. It’s quite difficult to overcome and escape from the effects of both worlds.

Many people in the world feel that whatever is happening is because of them. They feel that things are working as they are, because of them, which is really not the case. Many great people passed away. Nothing stopped. The sun is rising. Stars are moving. The moon is shining. Wind is blowing. Trees are growing. Birds are flying. Rivers are flowing. Nothing stopped. Everything is going on its own. The person left, that’s all. The one who was egotistic about everything has left but yet we don’t realize. Everyone thinks the world will stop if they aren’t around. “If my broomstick and stove aren’t there, the Sun won’t rise.” This is the kind of unwanted egoistic attitude human beings have.

Why does such an attitude develop? It is because people do not know their goal. Why am I in this? For what reason am I traveling on this journey? This is the danger of not having that kind of knowledge and the corresponding goal. Generally, there is a responsibility of running a family for the wife and husband. They have kids. To what extent is their responsibility? It is the responsibility of parents to raise them until the children can stand on their own. If they can stand on their own, they should be left to live by themselves happily. However, that is not the case. “I want to be the one doing everything. I should be the one to tell them what to study.” “I should be the one to tell them what job they should take.” “I should be the one to tell who they should marry.” “I should be the one to tell them how to have kids.” “I should be the one to tell them what they should do.” “I should be the one to take them [the grand kids] to school.” Following with their wedding, etc. My God! Where does this end? Why did he take birth? Is this why? Or is there a goal for human life? Because of forgetting that there is a goal… They succumb to ra:ga (love) and dwe:sha (hatred), at the body and senses level. They keep going around in circles only on these aspects. When visiting a temple, one thinks about her granddaughter’s entrance to college. When will my granddaughter get married? When will my great grandson get a visa? Do you want such a goal after living all this life?! You had kids. You raised them. You helped them settle down in a home. Your job is over. Your responsibility is done. Why do you carry the rest and where do you sink to?

We notice that’s not how people feel. They think they are the ones doing everything. They [family] don’t listen to them. They don’t work according to them. They cry over that. In fact, this is not a difficulty one faces by nature. These are all sorrows one ‘buys’ and gets. This is how about 99.9% of the people in the world live. That is why the entire world runs. Otherwise, because Lord incarnated several times, and He liberated many souls every time He incarnated, the global show would have ceased by now. But, that didn’t happen. Do we let that happen? No. We want it to go on. He wants to rest after ending it all. When none of this exists, it’s called maha:pralaya (the grand dissolution). “What happens if the mega dissolution takes place? None of this will exist.” “No way. I am the one making all of this happen. Screenplay, direction - it’s all mine!” “Hence, what happens if I am not there? Something will happen to all of this.” Nothing will happen. Nothing is happening because of someone. Nothing will stop despite anyone’s absence. However, our ego makes us feel that the world is running on our shoulders. That is the primary cause for a person to be tied up here. Having that feeling is why even great people have come back in this circle of life. We alluded to many such examples in the past. Jadabharatha and others.

A person cannot refuse to do any work. However, what should his feelings be, and to what extent? As long as there is life, he should keep working. How much should one work at each age? As a ba:la (little kid), to what extent should he work? As a gruhastha (married person), to what extent should he work? As a yuva (a young adult), to what extent should he work? As a vruddha (an old person), to what extent should he work? There is nothing wrong if one can recognise to what extent he should work in his situation. However, the hindrance is the always rising ra:ga (love) and dwe:sha (hatred) due to the effect of imprints of tastes from the past. He says in verse 3.34.

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SLOKA WORD -

indriyas ye:ndriyasy a:rtthe: ra:gadve:shau vyavastthithau |

thayo:r na vasam a:gachche:th thau hyasya paripantthinau ||

SLOKA MEANING -

Attachment and aversion are fixed in relation to the objects of the senses. One should not come under their sway, for they are indeed one’s enemies.

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They are the prime enemies, dear! He develops love for his grandson. He asks him to do something. The grandson refuses. He said it with love. He doesn’t do it, or his mother or father won’t let him do it. Because I am the one who advised, he should do it as per my guidance. If he decides independently, he begins to worry. He develops hatred for one who gave another piece of advice to him. That is how hatred begins. In fact, he does not need ra:ga (love) or dwe:sha (hatred). He does not need either. Because his responsibility is over, he can happily spend time chanting the names of Krishna and Rama. Or a number of other things he can do in this humongous world. There is so much social service one can do, isn’t it? However, we see that it’s not the case. There is an ocean of work and only a couple of drops are being completed. Why? Is it because there are no human beings? Or no energy? Or no intelligence? No. It is the effect of unwanted egoistic nature. It keeps pulling one down, making him think that he can achieve everything while not caring for anyone. The cause is the primary enemies called ra:ga (love) and dwe:sha (hatred).

What is it that he should do instead? Don’t stop doing any work. Every activity at the physical level must continue to happen. None of these can stop, yet, that shouldn’t be the goal. When your goal is 1000, if someone wants to stay at 1, constantly staring at it only… People will laugh. These responsibilities of ours are like the 1 or 2 or 3. That is where we are. However, the energy that should be put into the higher goal is being wasted in protecting the 1. That is the painful stuff. The root cause is the ra:ga (love) and dwe:sha (hatred) stemming from the effects of past tastes and tendencies. You should be at such heights. However you are being tied up at this lower level. “Oh dear, this is not appropriate.” This is what Sri Krishna is trying to explain in verse 3.34.

thayo:r na vasam a:gachche:th (don’t succumb to them)

Why?

paripantthinau (they are primary enemies)

But, shouldn’t we be doing some kind of work? No, not just any kind of work, but the right kind of work. Someone went into a laboratory. He felt thirsty there. If he drinks acid there, what happens? It’s not important that he simply drinks something, it also has to be an appropriate beverage. There is no need to touch anything that is not necessary. “What’s wrong with that? It’s clear. It is liquid.” It burns him! If he washes his hands with it saying it’s water… That is kept in a bottle. This is also kept in a bottle. Saying so, if he pours it on his hands, it burns! Just as knowing what to use is important, and not just using any liquid… It is not important to simply work, it is important to know what kind of work and how. In a railway station, if you say that boarding any train is important and not which one… If you say that the train on a platform is very full as there is a huge unruly crowd… And that there’s an empty train on another platform - claiming that one is comfortable for all the luggage, etc. If you sleep and put your luggage in a different compartment on that other train… The train that you have to board is full, there is a huge rush. That’s okay. That is the train that will take you to the goal. Irrespective of whether you like it or it’s difficult or it’s hard or it’s yielding loss or comfort or difficulty… You must travel in it somehow by hanging in there. You can’t say you will take the other train because it’s comfortable. Did you come to the railway station for comfort? Did you buy the ticket for comfort? You got it to reach your destination. Anything that blocks you from traveling towards your destination is an enemy. The first enemy is…

ra:gadwe:shau vyavastthithau (love or hatred, these are feelings within you)

thayo:r na vasam a:gachche:th thau hyasya paripantthinau || (One should not come under their sway, for they are indeed one’s enemies.)

These are different for each. The goal and the journey for the goal are different [for each]. One might argue… “‘That is a body, this is also a body. It has blood, and this one has blood.” “He has hunger. I have hunger.” This is all nonsensical talk. For example, we can’t see anything in the dark despite having eyes. There is a body and senses. What is the use? Without light, we can’t see anything. A cat has a body and senses too. It has eyes. However, it can see in the dark. Each body has its mechanism setup differently. Realize this. Train it for the goal that’s appropriate for you. Realize that they [ra:ga (love) and dwe:sha (hatred)] are enemies. So, keep them in limits. If you are controlled by them, you cannot reach your goal. Your opportunity will be wasted. So, do not spoil the human body that you have been given with unnecessary activities. You cannot refuse to do activities. “Why do all these activities, karma… nonsense?!” “Give it up. Sit freely, and do nothing.” This is not an acceptable way. You must work. You must know your goal and habituate yourself to work accordingly. Remember that ra:ga (love) and dwe:sha (hatred) are the primary enemies. Saying so… In chapter 3, Paramatma (Supreme Soul) Sri Krishna is trying to explain the direction and path that we must take. Let’s try to learn this.

Jai Srimannarayana!

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