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1. Episode Title: Episode 71 – Bhagavad Gita (Chapter 3, Episode 71)

2. Topics & Tags:

TOPICS: The true purpose and value of the human body are explored, emphasizing its role as a means to achieve spiritual liberation rather than merely for sensory experiences. The discussion highlights the importance of understanding and overcoming the bondage of karma (karma bandha) to break the cycle of birth and death. It differentiates between those who know the ultimate truth (tattva vit) and those who are engrossed in worldly facilities, stressing the need to focus on the spiritual goal over temporary pleasures. Krishna's teachings on detachment and the inherent nature (svabhava) of the soul are presented as guidance for proper action.

TAGS: HH Chinna Jeeyar Swami, Bhagavad Gita, Chapter 3, Episode 71, Human body, Purpose of life, Karma bandha, Soul, Mind, Intellect, Detachment, Spiritual goal, Worldly pleasures, Tattva vit, Atattva vetta, Gunas, Krishna, Svabhava, Liberation, Spiritual guidance, Dharma, Moksha, Samsara, Birth and death cycle.

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

Make proper use of the human body. Utilize knowledge appropriately. Attain good goals. This is the purpose of the human body. It is not given solely for experiencing. The soul is not given a human body to limit its purpose for wealth accumulation and experiences, only to leave after some time. All the variety of bodies formed in Nature are for the purpose of indwelling souls. Every soul has got a body with a purpose. It got it because God has embodied it. It is the responsibility of the indwelling soul to fulfill the purpose of the body for which it was given. He (the soul) has to guide the work. He should know this and act accordingly with the body.

However, only human beings have the opportunity to get this knowledge. It’s not for others. If you gather cows, dogs, foxes, etc., and tell them that this is what one should do with this body, they wouldn’t be able to understand and behave accordingly. However, God gave a developed state [of mind] to humans for behaving accordingly. That is why ‘teachings’ are also aimed at human beings only. The body is not for simple experiences, but rather for qualified experiences to reach the ultimate goal.

What is the goal? Release from karma bandha (bondage due to actions). The soul here is in a bondage. It is called karma bandha (bondage due to actions). The goal is to become released from it. This body is to support one in reaching that goal. This is a priceless body. It is more valuable and precious when compared to all other bodies. Because only this body has the mechanics to utilize the wonderful manas (mind) and buddhi (intellect). Other bodies do not have this. There are senses for all other beings. They work well. They work in different ways. However, the ability to think of the goal and act accordingly is only given to human bodies. Meaning it’s valuable. The most valuable of all vehicles.

For example, assume that reaching Delhi is our goal. We might currently be somewhere in Chennai or Hyderabad, and the goal is to reach Delhi. What is the means that we can use to reach properly? We think about it. We can go on foot or cycle or by auto rickshaw or train. Each is a means to travel. There are some that go fast, some slow, others at medium pace. We don’t know how long it will take to walk. There may be a number of issues while walking. All others are similar. There is not much hassle with trains but it still takes considerable time. An airplane is the fastest vehicle. Yet, it’s also expensive. There are also many good facilities provided. You will be asked to fasten your seat belt. Someone will offer you chocolate, coffee, tea, etc. They will provide you with pricey amenities. However, does anyone board the plane because there are fancy facilities on it? If we are asked to deboard after the amenity service and before reaching the destination, do we consider it a good vehicle? We are not boarding for the facilities, but rather for reaching the destination. There will be certain facilities in the path of reaching one’s destination. Yet, we must not focus on the facilities at the cost of risking the goal. Yet, it is not necessary to reject the facilities provided. If necessary, we use them. Or else, we don’t. In either case, the primary goal is to reach the destination. The goal shouldn’t be about spending a huge amount to buy the ticket.

The human body is also the same. It is the most able of all bodies. When this body is given, we must do certain work. There are a variety of facilities that come with it. Nature provides us with facilities for food, vacation, or general affairs. What are we doing these days? We only live for these! We are satiated with those facilities. We focus on enhancing the experience of those facilities. However, we have forgotten the goal. One who wants to board a vehicle has a goal of reaching a specific destination. Similarly, what is the goal of a jiva (soul) that ‘boarded’ the human body? It is to get released from karma bandha (bondage due to actions) that has formed. This is the goal of life. We entered Nature and have been traveling in the cycle of birth and death. Taking birth and dying happen all the time. We must break and emerge from this trend. We must attain a state where we don’t need to take birth, die, or go through these tough times. This is the reason for providing us with this tool [human body]. We have put that aside. We have got engrossed in providing comfort and facilities for this [human body]. Is there a home for this? Is there a vehicle for this? Is there enough wealth for this? Are there people providing facilities for this? We are limiting our thoughts to this level. Akin to satiating oneself with facilities provided on the plane, forgetting our destination.

Maharshi says, “This [body] is also a great wealth. Do you know why it’s given?” This is a very strange, surprising and joyous question. This is called deha sampatthi (bodily wealth). This is a very strange one, he says.

SLOKA WORD -

vichithra: de:ha sampatthihi

SLOKA MEANING -

This bodily wealth is very strange.

When was this formed?

SLOKA WORD -

pu:rvame:va krutha:

SLOKA MEANING -

It was formed long ago.

Not today, it’s been in formation for some time. Because he (the soul) is not able to use it properly, he is not reaching his goal and is roaming around here. He reaches the human body, then again into an insect or fly. Again, he moves forward to the human body and falls. He forgot that he must come out of this. How did this get formed?

SLOKA WORD -

hastha pada:di samyutha

SLOKA MEANING -

It’s been formed with proper equipment to get work done, with hands, legs, etc.

It’s been formed with proper equipment to get work done. With hands, legs, etc. - a beautiful process to use them properly. Why? What is the goal?

SLOKA WORD -

i:svara:ya nive:dithum

SLOKA MEANING -

For submission to God.

This is formed for submission to God, i.e., every work is to be done as service through this. But we have forgotten that. We are working, we are acquiring wealth, and experiencing. However, we forgot that the experiences are to be submitted to God. We understood a way to use the body, but not its full capacity. Therefore, we are not called tattva vit (knower of realities). We are half-learned. We don’t know the rest. We learnt that this is a wonderful tool. We learnt we can use it very well. We learnt there are many facilities in it. We limited our knowledge to that extent. This is not right. The experiences are for the goal of attaining God. So, the experiences are for submitting to Him.

SLOKA WORD -

i:shvara:ya nive:dithum

SLOKA MEANING -

For submission to God.

If we know this, we will be able to bear the difficulties and losses caused due to the body. Otherwise, we cannot bear them. In fact, all of these are not for the body. While we are working, there will be the touch of heat, cold, etc. during the process. That’s inevitable. We will be able to handle the pleasures and pains, i.e. the cold and heat waves, etc. when we know the goal. Otherwise, we will end up running behind them, forgetting the actual goal. Currently, that is what’s happening. We forgot the goal. We understood very well the facilities that we can have. How can we increase these further? How can we protect them properly? How can we use our knowledge to experience them even better? Instead of using knowledge on the other side, we are using it on this side of things. So, what’s happening to us?

SLOKA WORD -

sajjanthe: guna karmasu

SLOKA MEANING -

We are being tied with the gunas (qualities of nature) and the resulting activities.

We are getting entangled with them. Instead, what should we be doing? He [God] clarified it. Take things to the extent they are necessary. Yes. If you are hungry, eat because you have to eat something. If you are thirsty, drink as you need to. But, why focus on the drink? When traveling on the airplane, because you shouldn’t dehydrate, they give you some water or another beverage. If you feel the need, have them to the extent you need. Sometimes we noticed back in those days on airplanes, they would bring some peppermint sweets on a plate and offer them before the plane takes off. Some would take more than a handful and stuff them in the pockets. Why? You can buy them on the street later. They were provided to ease your travel while taking off. Use one or two to that extent. There is more focus on these than on the actual goal. Sometimes, people fight for these. This is something that an atattva vetta (one who does not know the purpose of things) does. Meaning this is something done by those who do not know the purpose of things. That is why, God says…

SLOKA WORD -

thatthvavitthu maha:ba:ho:

SLOKA MEANING -

One who knows the truths and the goal as they are, O mighty-armed one.

One who knows the difference between gunas (qualities of nature) [sattva, rajas, and tamas] and karma (actions). That person will clearly recognize the need, the extent of the need and limits properly.

SLOKA WORD -

na sajjathe:

SLOKA MEANING -

Then, he will not be attached to it.

Then, he will not be attached to it. He will be able to gradually move towards the goal. Sri Krishna is teaching us our svabhava (nature) in verse 3.29. He is leading us forward. Let’s move ahead learning it.

Jai Srimannarayana!

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