



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter–3 Shalok–30 | श्रीमद् भगवद्गीता अध्याय तीन-श्लोक तीस | PDF

Chapter 3 – Karma Yoga

Verse 30

Sanskrit Verse

Mayi sarvāṇi karmāṇi sannyasyādhyātma-chetasā |
Nirāśhīr nirmamo bhūtvā yudhyasva vigata-jvaraḥ ||30||

Simple Meaning

O Arjuna!

Surrender all your actions unto Me with your mind fixed on spiritual consciousness. Free yourself from attachment to results, possessiveness, and anxiety, and perform your duty with courage and a peaceful mind.

Detailed Explanation

Surrender All Actions to God

In this verse, Lord Krishna reveals one of the central principles of Karma Yoga. He instructs Arjuna to dedicate





every action to the Supreme Lord rather than acting with ego or personal ambition.

When a person performs duties as an offering to God, the sense of “I am the doer” gradually disappears, and actions become an act of devotion rather than a source of bondage.

Acting with Spiritual Consciousness

The phrase “**adhyātma-chetasā**” means keeping the mind established in spiritual awareness.

While carrying out worldly responsibilities, one should remember that the true identity is the eternal soul, not merely the body or mind. This awareness transforms ordinary work into a sacred spiritual practice.

Every duty performed with God-consciousness becomes a step toward self-realization.

Freedom from Desire and Possessiveness

Lord Krishna advises Arjuna to become **nirāśhī** (free from expectation of rewards) and **nirmama** (free from possessiveness).

People often suffer because they expect specific outcomes and develop attachment to possessions, achievements, or relationships.

When actions are performed without selfish expectations and without the feeling of “this is mine,” the mind becomes calm,



pure, and free from inner conflict.

Perform Duty Without Fear or Anxiety

The word **vigata-jvarah** means free from mental distress, fear, anxiety, doubt, and sorrow.

Arjuna was overwhelmed by emotional confusion before the battle. Lord Krishna reminds him that once actions are surrendered to God, there is no need to worry about success or failure.

One should perform one's righteous duty with confidence, courage, and complete faith in the Divine.

Karma Yoga in Practice

Karma Yoga teaches that every responsibility can become a path to spiritual growth when performed with devotion and selflessness.

Instead of working only for personal gain, a Karma Yogi works as an instrument of God's will.

Such actions purify the heart, reduce ego, and gradually lead the individual toward liberation.

The Importance of Complete Surrender

This verse highlights the transformative power of surrender.

When a person offers all actions to God, abandons attachment to results, and performs duties with unwavering faith, life



Key Points

Offer all actions to God with complete devotion.

Perform duties with spiritual awareness.

Give up attachment to the fruits of actions.

Let go of possessiveness and ego.

Perform your responsibilities without fear, anxiety, or mental agitation.

Selfless action leads to inner peace and spiritual progress.

Complete surrender to God is the essence of Karma Yoga.

Profound Spiritual Meaning

This verse represents the heart of Karma Yoga. Lord Krishna teaches that liberation is not attained by abandoning action but by surrendering every action to God.

When a person gives up ego, attachment, and the desire for personal gain, actions no longer create karmic bondage.

Such a devotee performs every duty with love, faith, and equanimity, remaining peaceful regardless of the outcome. This complete surrender transforms ordinary work into divine service and leads the soul toward ultimate freedom.

Word-by-Word Meaning

Mayi – Unto Me, in Me



Sarvāṇi – All

Karmāṇi – Actions, duties

Sannyasya – Surrendering, dedicating

Adhyātma-chetasā – With the mind fixed in spiritual consciousness

Nirāśhīḥ – Free from expectation of rewards

Nirmamaḥ – Free from possessiveness and the sense of “mine”

Bhūtvā – Having become

Yudhasva – Fight, perform your duty

Vigata-jvaraḥ – Free from anxiety, fear, grief, and mental agitation

Message of the Verse

Lord Krishna teaches that every action should be performed as an offering to God with spiritual awareness and complete surrender. One should abandon attachment to rewards, ego, and possessiveness while carrying out one’s responsibilities without fear or anxiety. This selfless attitude transforms action into worship and leads to inner peace, spiritual purification, and ultimately liberation. This is the true essence of Karma Yoga.



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