



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-3 Shalok-31 | श्रीमद् भगवद्गीता अध्याय तीन-श्लोक इकतीस | PDF

Chapter 3 – Karma Yoga

Verse 31

Sanskrit Verse

Ye me matam idam nityam anutiṣṭhanti mānavāḥ |
Śhraddhāvanto 'nasūyanto muchyante te 'pi karmabhiḥ
॥31॥

Simple Meaning

Lord Krishna says:

Those who faithfully follow My teachings of Karma Yoga with sincere devotion and without finding fault in them become free from the bondage of karma.

Detailed Explanation

Following the Divine Teachings

In this verse, Lord Krishna emphasizes that spiritual knowledge becomes truly meaningful only when it is





practiced in daily life.

Merely listening to or studying the teachings of the Bhagavad Gita is not enough. Those who consistently live according to these divine principles gradually experience inner transformation and spiritual growth.

The path of Karma Yoga is meant to be practiced every day through righteous thoughts, words, and actions.

The Importance of Faith

The word “**Śhraddhāvantah**” refers to those who possess deep faith in the Lord and His teachings.

Faith is not blind belief; it is complete trust that God’s wisdom always leads to the highest good.

A faithful person remains steady even during difficulties because they know that following divine guidance ultimately leads to peace, happiness, and liberation.

Such faith strengthens determination and helps one remain committed to the path of Dharma.

Freedom from Fault-Finding

Lord Krishna also uses the word “**Anasūyantah**,” meaning those who do not criticize, doubt, or find fault with His teachings.

A humble and open mind is essential for spiritual progress.





People who constantly criticize spiritual wisdom or approach it with arrogance often fail to understand its deeper meaning.

Those who study the scriptures with sincerity, humility, and respect receive the true benefit of divine knowledge.

Freedom from the Bondage of Karma

Lord Krishna assures that anyone who faithfully practices His teachings becomes free from karmic bondage.

Such individuals continue performing their duties, but because their actions are aligned with Dharma and free from selfish motives, those actions no longer bind them.

Gradually, the heart becomes purified, attachment weakens, and the soul moves toward liberation.

Karma Yoga in Practice

Karma Yoga is not limited to saints or monks.

Every person can practice Karma Yoga by performing daily responsibilities honestly, selflessly, and according to God's teachings.

Whether at home, at work, or in society, every action performed with faith and righteousness becomes an offering to God.

This transforms ordinary life into a spiritual journey.

The Power of Faith and Obedience



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





This verse highlights that spiritual progress depends not only on knowledge but also on faithful practice.

Knowledge without action produces little transformation, while sincere practice with faith gradually removes ignorance, ego, and attachment.

Those who trust God's guidance and live according to it experience lasting peace and spiritual fulfillment.

Key Points

Follow Lord Krishna's teachings regularly.

Practice Karma Yoga with unwavering faith.

Avoid criticizing or doubting divine wisdom.

Live according to Dharma in daily life.

Faithful practice frees one from karmic bondage.

Humility and devotion accelerate spiritual growth.

Consistent practice leads to inner peace and liberation.

Profound Spiritual Meaning

This verse teaches that liberation is attained not merely through intellectual understanding but through faithful application of divine wisdom.

When a seeker accepts Lord Krishna's teachings with humility, faith, and sincerity, every action becomes purified.



Instead of creating new karmic bondage, such actions become instruments of spiritual evolution.

Through unwavering faith, selfless action, and obedience to divine guidance, the soul gradually attains inner freedom, peace, and ultimately liberation.

Word-by-Word Meaning

Ye – Those who

Me – My

Matam – Teaching, doctrine, instruction

Idam – This

Nityam – Constantly, always

Anutiṣṭhanti – Practice, faithfully follow

Mānavāḥ – Human beings

Śhraddhāvantaḥ – Full of faith

Anasūyantaḥ – Free from envy, criticism, or fault-finding

Muchyante – Become liberated

Te Api – They also

Karmabhiḥ – From the bondage of actions (karma)

Message of the Verse

Lord Krishna teaches that those who faithfully and consistently



practice His teachings of Karma Yoga with devotion, humility, and without criticizing divine wisdom become free from the bondage of karma. Faith combined with righteous action purifies the heart, strengthens spiritual understanding, and leads the soul toward inner peace, self-realization, and ultimate liberation.

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