



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-3 Shalok-29 | श्रीमद् भगवद्गीता अध्याय तीन-श्लोक बाईस | PDF

Chapter 3 – Karma Yoga

Verse 29

Sanskrit Verse

Prakṛiter guṇa-sammūḍhāḥ sajjante guṇa-karmasu |
Tān akṛitsna-vido mandān kṛitsna-vin na vichālayet
॥29॥

Simple Meaning

O Arjuna!

People who are deluded by the three qualities (gunas) of material nature become attached to actions and their results. A person who possesses complete spiritual knowledge should not disturb or confuse those whose understanding is still incomplete.

Detailed Explanation

Deluded by the Three Gunas

In this verse, Lord Krishna explains that most people





live under the influence of the three gunas of material nature—Sattva (goodness), Rajas (passion), and Tamas (ignorance).

Because of this influence, they identify themselves with the body and mind, becoming deeply attached to worldly duties, desires, achievements, and material pleasures.

Without spiritual understanding, they cannot recognize the eternal nature of the soul.

Attachment to Material Actions

Those who are influenced by the gunas become attached to their actions and the fruits they expect from them.

They work with the hope of gaining wealth, recognition, success, and personal satisfaction.

Their attention remains focused on external achievements rather than realizing the higher purpose of life.

This attachment keeps them bound to the cycle of karma.

The Duty of the Wise

Lord Krishna instructs Arjuna that a spiritually enlightened person should never ridicule or confuse those who lack complete knowledge.



Instead of criticizing their way of life or forcing spiritual concepts upon them, the wise should patiently guide them through compassion, encouragement, and personal example.

True wisdom inspires rather than discourages.

Karma Yoga in Practice

Karma Yoga teaches that one should perform every duty sincerely while respecting the spiritual stage of others.

A Karma Yogi serves society without pride and helps people progress gradually according to their level of understanding.

Rather than creating conflict, the enlightened person encourages righteous action and devotion through gentle guidance.

The Importance of Self-Knowledge

A self-realized person understands that ignorance is the result of identification with material nature.

Instead of becoming angry or judgmental toward those who remain attached to worldly life, such a person responds with patience, kindness, and understanding.

This compassionate attitude reflects true spiritual maturity.

Key Points

- Most people are influenced by the three gunas of material nature.



- Attachment to actions and their results arises from ignorance.
- The spiritually wise should not disturb those with incomplete understanding.
- True guidance comes through example, compassion, and patience.
- Karma Yoga promotes selfless action while respecting others' spiritual growth.
- Self-knowledge develops humility, tolerance, and compassion.

Profound Spiritual Meaning

This verse emphasizes that spiritual wisdom should always be accompanied by humility and compassion. Most people remain attached to worldly actions because they are influenced by the three gunas and have not yet realized the true nature of the soul.

A person established in wisdom understands this reality and does not create doubt or confusion in the minds of those who are still progressing on the spiritual path. Instead, they inspire others through their own righteous conduct, allowing spiritual understanding to develop naturally.

Lord Krishna teaches Arjuna that true knowledge is not merely intellectual—it is expressed through patience, kindness, and selfless guidance.



Word-by-Word Meaning

Prakṛiteḥ – Of material nature

Guṇa-sammūḍhāḥ – Deluded by the three qualities (gunas)

Sajjante – Become attached

Guṇa-karmasu – To actions produced by the gunas

Tān – Those people

Akṛitsna-vidaḥ – Those with incomplete knowledge

Mandān – Less intelligent, spiritually immature

Kṛitsna-vit – One who possesses complete knowledge

Na – Should not

Vichālayet – Disturb, confuse, or unsettle

Message of the Verse

Lord Krishna teaches that people influenced by the three gunas naturally become attached to worldly actions and their results. Those who possess true spiritual wisdom should not criticize or confuse such individuals. Instead, they should lead by example, encouraging righteous action with patience, humility, and compassion.



This is the essence of Karma Yoga—performing one’s own duties selflessly while helping others progress toward spiritual realization without disturbing their faith or understanding.

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