



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-3 Shalok-34 | श्रीमद् भगवद्गीता अध्याय तीन-श्लोक चौंतीस | PDF

Chapter 3 – Karma Yoga

Verse 34

Sanskrit Verse

Indriyasyendriyasyārthe rāga-dveṣhau vyavasthitau |
Tayor na vaśham āgachchhet tau hy asya
paripanthinau ||34||

Simple Meaning

Lord Krishna says:

Every sense naturally develops attachment (rāga) and aversion (dveṣha) toward its respective sense objects. One should never come under their control, for they are powerful enemies on the path of spiritual progress.

Detailed Explanation

Attachment and Aversion Are Natural Tendencies

In this verse, Lord Krishna explains that every sense has a natural tendency to become attached to pleasant experiences and to reject unpleasant ones.



When the eyes see something attractive, attachment arises. When they encounter something disagreeable, aversion develops. The same pattern applies to all the senses.

These emotional reactions are part of material nature and continuously influence human thoughts and actions.

Do Not Become Controlled by Them

Lord Krishna advises that a person should not become a slave to attachment and aversion.

If our decisions are based only on personal likes and dislikes, we lose the ability to act with wisdom and righteousness.

True self-control means allowing intelligence and spiritual understanding—not emotions or impulses—to guide our actions.

Why Attachment and Aversion Are Enemies

The Lord calls attachment and aversion “**paripanthinau**”—enemies on the spiritual path.

Attachment creates desire, possessiveness, and dependence on temporary pleasures.

Aversion gives rise to anger, hatred, fear, and intolerance.

Together they disturb mental peace, cloud judgment, and bind the soul to repeated actions and their consequences.



Karma Yoga in Practice

Karma Yoga teaches that actions should be performed without being driven by personal attraction or dislike.

A Karma Yogi performs duties because they are righteous and beneficial—not merely because they are pleasant or convenient.

When actions are offered to God without selfish motives, the mind gradually becomes pure and balanced.

This freedom from attachment and aversion leads to inner harmony.

The Importance of Equanimity

Life constantly presents both favorable and unfavorable situations.

A spiritually mature person learns to remain calm in success and failure, pleasure and pain, praise and criticism.

Such equanimity protects the mind from emotional disturbances and strengthens one's spiritual progress.

By remaining balanced, a person develops wisdom and inner stability.



Purifying the Mind

Lord Krishna teaches that overcoming attachment and aversion is not achieved through repression alone.

The mind becomes purified through selfless service, devotion, meditation, self-discipline, and constant remembrance of God.

As spiritual awareness increases, attachment weakens, hatred disappears, and divine qualities naturally blossom.

This inner purification is the true goal of Karma Yoga.

Key Points

- Every sense naturally develops attachment and aversion toward its objects.
- One should never become controlled by personal likes and dislikes.
- Attachment and aversion are obstacles to spiritual growth.
- Self-control means following wisdom rather than emotions.
- Karma Yoga teaches selfless action free from attachment.
- Equanimity brings peace, clarity, and spiritual strength.
- Devotion, meditation, and selfless action purify the mind.



Profound Spiritual Meaning

This verse reveals that attachment and aversion are among the greatest inner obstacles on the path of self-realization.

As long as the mind is governed by personal desires and dislikes, true freedom remains impossible.

Lord Krishna teaches that by rising above these dualities through Karma Yoga, devotion, and spiritual wisdom, the mind becomes peaceful and the soul advances toward God-realization and ultimate liberation.

Word-by-Word Meaning

Indriyasya Indriyasya – Of each sense

Arthe – Toward its respective object

Rāga-Dveṣhau – Attachment and aversion

Vyavasthitau – Naturally established, present

Tayoḥ – Of those two

Na – Not

Vaśham Āgachchhet – Come under the control of

Tau – Those two

Hi – Indeed



Asya – For a person

Paripanthinau – Obstacles, enemies on the path

Message of the Verse

Lord Krishna teaches that attachment and aversion naturally arise toward the objects of the senses, but a wise person should never become controlled by them. These two forces are major obstacles on the path of spiritual growth because they create desire, anger, and mental disturbance. By practicing Karma Yoga, selfless action, devotion, self-discipline, and spiritual wisdom, one gradually rises above these dualities. Such inner freedom leads to peace, purity of mind, self-realization, and ultimately liberation.

RELATED ARTICLE



[Chapter–3 Shalok–32](#)



[Chapter–3 Shalok–33](#)



THANKS FOR READING



READ MORE RELIGIOUS
CONTENT ON



vedicprayers.com



Follow us on:

