



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-4 Shalok-3 | श्रीमद् भगवद्गीता अध्याय चार-श्लोक तीन | PDF

Chapter 4 – Jnana Karma Sannyasa Yoga Verse 3

Sanskrit Verse

Sa evāyaṁ mayā te 'dya yogaḥ proktaḥ purāṇaḥ |
Bhakto 'si me sakhā cheti rahasyaṁ hy etad uttamam
॥3॥

Simple Meaning

Lord Krishna said:

O Arjuna, because you are My devotee and My dear friend, I am revealing this same ancient and eternal Yoga to you today. This Yoga is a supreme and profound secret, meant to guide the sincere seeker toward spiritual wisdom and liberation.

Detailed Explanation

Lord Krishna Reveals the Ancient Yoga Again

In this verse, Lord Krishna tells Arjuna that He is once again revealing



the same **ancient and eternal Yoga** that had been taught in earlier ages.

This is the same divine knowledge mentioned in the previous verses. Although this Yoga had been passed down through the spiritual tradition, its true understanding had become lost over the course of time.

Therefore, Lord Krishna is restoring this eternal spiritual wisdom by teaching it to Arjuna.

Arjuna Is a Devotee and Dear Friend

Lord Krishna says that Arjuna is both His **devotee and dear friend**.

Arjuna's relationship with Krishna is unique because it combines devotion, friendship, love, trust, and surrender. Arjuna has faith in Lord Krishna and sincerely seeks His guidance during a difficult moment in life.

Because of this devotion and trust, Arjuna is considered a worthy recipient of this profound spiritual knowledge.

The Importance of Devotion and Faith

This verse highlights the importance of **Bhakti (devotion)** in receiving spiritual wisdom.

Spiritual knowledge is not merely intellectual information.



To truly understand its deeper meaning, a seeker needs humility, faith, sincerity, and a willingness to follow the teachings.

When the heart is filled with devotion and the mind is free from excessive ego and selfishness, spiritual wisdom can be understood more deeply.

The Meaning of the Ancient Yoga

The Yoga that Lord Krishna teaches is described as **Purātana**, meaning ancient or eternal.

This Yoga is not a newly created philosophy. It is a timeless spiritual path that teaches human beings how to perform their duties while remaining connected with the Supreme.

Through selfless action, spiritual knowledge, and devotion, a person can gradually purify the mind and move toward Self-realization.

The Supreme Spiritual Secret

Lord Krishna describes this Yoga as “**Rahasyam hy etad uttamam**”, meaning the supreme and profound secret.

The word “secret” does not mean something hidden or inaccessible. Rather, it refers to a deep spiritual truth that cannot be fully understood without proper qualification, devotion, and sincere practice.





The deeper secret of this Yoga is that a person can perform worldly duties without becoming bound by selfish attachment when those actions are performed with the right understanding and offered to the Supreme.

Why Arjuna Was Chosen

Lord Krishna did not reveal this profound knowledge to Arjuna merely because he was a warrior. Arjuna was chosen because he was His devotee, friend, and sincere seeker.

This teaches us that spiritual knowledge is best received by someone who approaches the teacher with humility, faith, trust, and a genuine desire to understand the truth.

Jnana Karma Sannyasa Yoga in Practice

This verse connects devotion with spiritual knowledge and selfless action.

The path of **Jnana Karma Sannyasa Yoga** teaches that a person should perform their responsibilities without selfish attachment while cultivating spiritual wisdom and devotion.

When actions are performed with the right knowledge and offered to the Supreme, they no longer become merely material activities. They become a means of purification, spiritual growth, and liberation.



Key Points

- Lord Krishna revealed the same ancient and eternal Yoga to Arjuna.
- Arjuna was both Krishna's devotee and dear friend.
- Devotion, faith, and sincerity are important for understanding spiritual wisdom.
- The Yoga taught by Krishna is ancient and eternal.
- This Yoga is described as a supreme and profound spiritual secret.
- Spiritual knowledge is more than intellectual understanding; it must be practiced in life.
- A sincere seeker should approach spiritual wisdom with humility and devotion.
- Selfless action, spiritual knowledge, and devotion together lead toward spiritual progress and liberation.

Profound Spiritual Meaning

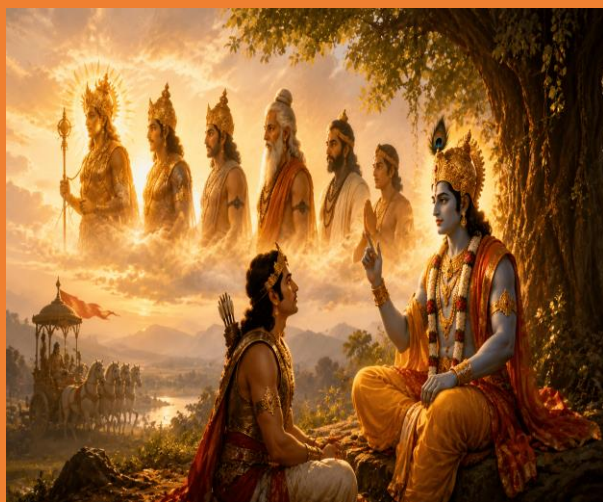
This verse teaches that the eternal spiritual wisdom of Yoga is revealed to a sincere and devoted seeker. Lord Krishna gives this profound knowledge to Arjuna because he is both His devotee and dear friend.



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