



# Ancient Vedic Mantras and Rituals





## Shrimad Bhagavad Gita Chapter-4 Shalok-10 | श्रीमद् भगवद्गीता अध्याय चार-श्लोक दस | PDF

### Chapter 4 – Jnana Karma Sannyasa Yoga Verse 10

#### Sanskrit Verse

Vīta-rāga-bhaya-krodhā man-mayā mām upāśhritāḥ ।  
Bahavo jñāna-tapasā pūtā mad-bhāvam āgatāḥ ॥10॥

#### Simple Meaning

**Lord Krishna said:**

Many people, freed from attachment, fear, and anger, absorbed in Me, taking refuge in Me, and purified through the discipline of spiritual knowledge, have attained My divine nature.

#### Detailed Explanation

##### Freedom from Attachment, Fear, and Anger

In this verse, Lord Krishna explains the inner transformation that leads a seeker toward spiritual realization.



The words **vīta-rāga-bhaya-krodhā** describe those who have become free from attachment, fear, and anger.

**Rāga**, or attachment, binds the mind to worldly objects, relationships, desires, and expectations. When a person becomes excessively attached, inner peace often becomes dependent upon external circumstances.

**Bhaya**, or fear, arises from insecurity, uncertainty, attachment, and the fear of losing what one possesses or desires.

**Krodha**, or anger, can arise when desires are obstructed or when circumstances do not follow one's expectations.

Lord Krishna teaches that freedom from these inner disturbances helps the seeker develop a calm, balanced, and spiritually focused mind.

### **Man-Maya – Absorbed in the Supreme Lord**

The word **man-mayā** means “absorbed in Me” or “filled with consciousness of Me.”

This means that the seeker gradually directs the mind toward the Supreme Lord rather than allowing it to remain constantly controlled by worldly desires and distractions.

Being absorbed in the Lord involves remembrance, devotion, spiritual reflection, and the cultivation of a higher purpose in life.



As the mind becomes increasingly centered on the Divine, attachment, fear, and anger gradually lose their power.

### **Mām Upāśhritāḥ – Taking Refuge in the Lord**

The phrase **mām upāśhritāḥ** means taking refuge in the Supreme Lord.

Taking refuge in God does not mean abandoning one's responsibilities or escaping from life. Instead, it means performing one's duties with faith, surrender, and trust in the Divine.

A seeker understands that personal strength and worldly resources are limited. By developing spiritual dependence upon the Supreme, one gains inner courage and stability.

This surrender also helps reduce the influence of ego, fear, and excessive attachment.

### **Purified Through the Discipline of Knowledge**

Lord Krishna says that many seekers have become purified through **jñāna-tapasā**, the discipline or austerity of spiritual knowledge.

Spiritual knowledge is not simply the collection of information. It requires sincere reflection, self-examination, discipline, and the willingness to overcome ignorance and false understanding.



The process of gaining true knowledge can be considered a form of **tapas**, because it requires the seeker to control harmful tendencies and transform one's thoughts and actions.

Through this discipline, the mind and heart gradually become purified.

### **The Meaning of Spiritual Purification**

The word **pūtāḥ** means purified.

Human consciousness can become influenced by selfish desires, ignorance, attachment, fear, anger, and ego.

Through spiritual knowledge, devotion, self-discipline, and sincere practice, these inner impurities can gradually be reduced.

Purification does not necessarily happen instantly. It is a gradual process in which the seeker becomes more aware of one's thoughts, motives, and actions and increasingly aligns life with spiritual principles.

### **Attaining the Divine Nature**

The verse concludes with the words **mad-bhāvam āgatāḥ**, meaning "they have attained My divine nature" or "they have attained Me."

This represents a high state of spiritual realization.





Such seekers rise above ordinary material consciousness and become established in a deeper relationship with the Supreme Lord.

By overcoming attachment, fear, and anger, and by becoming purified through spiritual knowledge, they progress toward the ultimate spiritual goal.

### **Connection with the Previous Verse**

In Verse 9, Lord Krishna explains that one who truly understands the divine nature of His birth and activities does not take birth again after leaving the body but attains Him.

Verse 10 now explains how many seekers have reached that elevated spiritual state.

They became free from attachment, fear, and anger. They absorbed their minds in the Supreme Lord, took refuge in Him, and purified themselves through the discipline of spiritual knowledge.

Thus, Verse 10 provides a practical spiritual path toward the realization described in the previous verse.

### **Many Seekers Have Attained This Goal**

The word **bahavaḥ**, meaning “many,” carries an important message of hope.



Lord Krishna makes it clear that spiritual realization is not limited to a single person or an unreachable ideal. Many seekers have followed this path and attained spiritual purification and divine realization.

This encourages every sincere seeker to continue the spiritual journey with patience, faith, discipline, and determination.

### **Jnana Karma Sannyasa Yoga in Practice**

This verse presents an important practical teaching of **Jnana Karma Sannyasa Yoga**.

A person does not necessarily need to abandon action. Instead, spiritual knowledge should transform the attitude with which actions are performed.

By reducing selfish attachment and performing duties with a spirit of surrender, a seeker gradually becomes free from karmic bondage.

Daily life can become a field of spiritual practice when actions are guided by wisdom, self-discipline, devotion, and a sincere desire to overcome negative tendencies.

In this way, knowledge, devotion, and selfless action work together to purify consciousness and guide the seeker toward spiritual realization.



## Key Points

- Attachment, fear, and anger are important inner obstacles on the spiritual path.
- **Man-mayā** means being absorbed in the Supreme Lord.
- **Mām upāśhritāḥ** means taking refuge in the Lord.
- Spiritual knowledge requires discipline, reflection, and inner transformation.
- **Jñāna-tapasā** refers to purification through the discipline of spiritual knowledge.
- True knowledge helps reduce ignorance, ego, and negative tendencies.
- Many seekers have attained spiritual realization through this path.
- Devotion and knowledge support the purification of consciousness.
- Selfless action helps reduce karmic attachment.
- The ultimate goal is to attain the divine nature and spiritual realization.





## Profound Spiritual Meaning

This verse reveals that the path toward the Supreme Lord requires an inner transformation.

A person may be surrounded by worldly responsibilities and challenges, yet still make spiritual progress by gradually overcoming **attachment, fear, and anger**.

Attachment binds the mind to temporary things. Fear disturbs inner stability, while anger can weaken wisdom and self-control.

When the mind becomes absorbed in the Divine and the seeker takes refuge in the Supreme Lord, these negative tendencies gradually lose their influence.

The phrase **jñāna-tapasā pūtāḥ** teaches that true spiritual knowledge purifies the entire personality. Knowledge is not merely something to be understood intellectually; it must transform the way a person thinks, acts, and lives.

The deeper message is that **through spiritual knowledge, devotion, self-discipline, and surrender to the Supreme, a seeker can purify consciousness and attain a higher state of divine realization.**

## Word-by-Word Meaning

**Vīta** – Free from, devoid of



**Rāga** – Attachment, worldly attraction

**Bhaya** – Fear

**Krodhāḥ** – Anger

**Man-mayāḥ** – Absorbed in Me, filled with My consciousness

**Mām** – Me

**Upāśhritāḥ** – Having taken refuge, surrendered

**Bahavaḥ** – Many

**Jñāna** – Spiritual knowledge

**Tapasā** – Through discipline, austerity, spiritual practice

**Pūtāḥ** – Purified

**Mad-bhāvam** – My divine nature, My spiritual state

**Āgatāḥ** – Attained, reached

### **Message of the Verse**

Lord Krishna teaches that many seekers have attained Him by becoming **free from attachment, fear, and anger**, absorbing their minds in Him, taking refuge in Him, and purifying themselves through the discipline of spiritual knowledge.

This verse teaches us that spiritual progress requires more than external practices.



True transformation takes place when the mind is gradually freed from negative tendencies and becomes focused on a higher spiritual purpose.

Through **spiritual knowledge, devotion, self-discipline, selfless action, and surrender to the Supreme Lord**, a seeker can purify consciousness, overcome inner bondage, and progress toward **spiritual realization and the attainment of the Divine**.

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