





# The Yoga of Action

The Bhagavad Gita  
“The Song of the Lord”



**3:35** It is better to follow your own calling

(do your own duty or *dharma*)

even imperfectly,

than someone else's *dharma* perfectly.

Even better to die in your *dharma* than in  
another's

which brings great fear.

# Commentary

- Remember that you have been brought into this world not for your job.
- You have nothing to do here.
- You have nothing to gain, nothing to lose.

- You didn't come planned.
- “Did you consciously plan to be born in Virginia in the womb of Mrs. so-and-so?”
- No.

- You were just pushed along.
- You are brought along stage by stage.
- You don't have any responsibility of your own.
- Remember that.

- You didn't come according to your own plan.
- You are not going to leave according to your own plan.



- You have been brought here, and you will be kept here as long as that One up there needs you.
- Whoever it is.
- The minute He or She thinks your job is over,  
all the Divine One has to do is just turn off the switch.
- No air will enter your lungs.

- Finished.
- The doctors say: heart failure.
- The Yogis say: stopped breathing.
- The breath refused to go in.
- That's it; finished

- Somebody was pumping the air in and out.
- He stopped pumping,  
you don't get the air anymore.

...

- It's okay; just flow.
- Feel the unseen hand directing you every minute,  
taking you along from one thing to another.
- Know that it's always unplanned by you  
and for the good of everybody.
- That's *svadharma*.



- But very often people think  
some other person's work would be better.
- That's the tendency of the mind.
- The other's grass is always greener.
- Turn the tide of that mentality.
- Know that you are always wanted.

- You have been sent here and given special skills.
- You might think: “I don’t seem to have any special skill.”
- But you eat and you sleep, don’t you?
- Even these are special skills.

- Don't belittle yourself.
- Don't degrade yourself, thinking

“I'm no good.

I'm wasting my time.

I'm a burden to people.”

- People go crazy thinking like that.
- You aren't a burden to anybody.
- If that supreme intelligence thinks  
that you are a burden to somebody,  
He won't be wasting His breath on you.



- The next minute it will be turned off, finished.
- He's no fool to keep you as a burden here  
and keep you and put breath into you.

...

**3:36** Then Arjuna asked the Lord:

What force is it that drags us into sin,

even against our will —

as if by some compulsion?

- You want to know the origin of sin?
- Arjuna asks:
- What drags people into committing sin?
- Though they don't want to do such things,  
still unwillingly they are dragged into it.
- Is there some force behind it? he asks.

- Often we come across this in our lives.
- We don't want to do certain things.
- We even know it's terribly wrong.
- But some force seems to be pushing us.
- “Go ahead and get it ... do it ... think it.
- It's all right.”
- No wonder Arjuna asks Krishna, “What is this?”...



**3:37** The blessed Lord said:

Know that the enemy here on earth is  
desire and anger,

which arise from the all-consuming *rajasic*  
*guna* (the restless quality of nature).

- The blessed Lord says,
- “It’s nothing but personal desire.
- Your wanting it.
- Your desire overpowers your intelligent discrimination.
- It’s a fight between your lower selfish desire and clear thinking.

- Such desire is caused by *rajas*.
- It's all-consuming and it's the cause of sin.
- “Remember, this is your deadliest enemy,”
- says Krishna.

- Selfish desire and the wrath that comes out of that — when you don't get it, you get angry.
- Both the desire and the wrath are caused by *rajas*.
- ...





**Om, Shanti**