



## Group III – Prayers and Slokas

### Year 1 Bhagawad Gita – Jana, Karma, and Declaration

1. Nahi jnaanena sadrusham pavitramiha vidyate  
Tat swayam yoga samsiddhaha kaalenaatmani vindati
2. Shraddhaavaan labhate jnaanam tatparas-samyatendriyaha  
Jnaanam labhdhwaa paraam shaantim achireNaadhi gacchati
3. KarmaNyevaadhikaaraste maa phaleShu kadaachana  
Maa karma phala hey tur bhoohoo maate sangostwa karmaNi
4. Yukta(h)karma phalam Tyaktwaa shaanti maapnoti nyShTikeem  
Ayukta(h)kaama kaareNa phale sakto nibadhyate
5. Tasmaada-saktas-satatam kaaryam karma samaachara  
Asakto hyaacharan karma paramaapnoti pooruShaha
6. Ananyaas chinta yantomaam ye janaa(f) paryupaasate  
TeShaam Nityaabhiyuktaanaam yogakshemam vahaamyaham

### Year 2 - Sadhana

7. Uddharedaatma naatmaanam naatmaanam avasaadayet  
Aatmaiva hyaatmano bandhuhu aatmaiva ripuraatmanaha
8. Idam shareeram kaunteya kshetra mityabhi dheeyate  
Yetadyo veththi tam prahuhu kshetragna iti tad vidaha
9. Satwam rajas tama iti guNaa(f)prakruti sambhavaahaa  
Nibadhnanti mahaabaaho dehe dehinam avyayam
10. AdweShtaa sarva bhootaanaam maitra(h) karuna yeva cha  
Nirmamo Nirahankaaraha sama duhkkha-sukha –k-kshamee
11. Anudvegakaram vaakyam satyam priyahitam chayath  
Swaadhyaayaabhyasanam chaiva vaangmayam tapa uchayate
12. Trividham narakas yedam dwaaram naashana maatmanaha  
Kaama(h)krodhas tathaa lobhaha tasmaadetat trayam tyajet
13. Shreyohi jnaanam abhyaasaat jnaanaa-d- dhyaanam visiShyate  
Dhyaanaat karma phala tyaagaha tyaagaa-cchaanti-ranantaram