

Sloka 49 (Chapter 2)

**DOORENA HYAVARAM KARMA BUDDHI YOGAT DHANANJAYA
BHUUDDHOU SHARANAM ANVICHHA KRIPANAHA PHALAHETAVAHA.**

O Arjuna, work with attachment is far inferior to nishkama karma. Seek refuge in desireless actions with equanimity of mind. Those who work for fruits are wretched.

Doorena hyavaram: very inferior indeed.

Karma in the context of the first quarter of the sloka refers to "actions with attachment." (desire fulfilling actions).

The word "Buddhi yogat", in the second quarter of the sloka refers to actions conducted using the reasoning faculty. It is about "Nishkama karma."

We are told by the Lord that "Desireless actions are far superior to desire prompted actions."

Attitude to work is far more important than the actual value of the work.

When the thought flow is controlled the mind remains serene and calm. Such a mind is called "The intellect". It takes over the reins for the work to be conducted. The experts say that it is "Nischayatmika", which means "clear mind." (intellect)

If the intellect is not brought in to control the thought process generated in the mind or if the intellect is not brought in to control the new impulses received by the mind, agitations develop and the experts say it is "samshayatmika". (the doubting mind)

"Buddhi yoga" is the process wherein the clear intellect reins supreme and the doubting mind is under control.

When one becomes a master over his own mind, like a search light, the mind can be turned away from the external world and diverted towards the Atman inside. We are asked to become masters over our own mind because it leads us to experience the "Eternal Bliss".

Failure to control the mind leads to sorrow and distress. We have to go through many more births and deaths.

"Kripana" means "wretched." Those who conduct desire prompted actions, the Lord says are "Kripanas."