



Chapter 1  
viṣāda yogaḥ  
The Yoga of Lamentation

Chapter 1 Verse 1

dhṛtarāṣṭra uvāca |

dharmakṣetre kurukṣetre samavetā yuyutsavaḥ |  
māmakāḥ pāṇḍavāś cāiva kim akurvata saṃjaya ||

Chapter 1 Verse 2

saṁjaya uvāca |

dr̥ṣṭvā tu pāṇḍavānīkaṁ vyūḍhaṁ duryodhanas tadā |

ācāryamupasaṁgamyā rājā vacanam abravīt ||

## Chapter 1 Verse 3

paśyaitāṃ pāṇḍuputrāṇāṃ ācārya mahatīṃ camūṃ |  
vyūḍhāṃ drupadaputreṇa tava śiṣyeṇa dhīmatā ||

## Chapter 1 Verse 4

atra śūrā maheṣvāsā bhīmārjunasamā yudhi |  
yuyudhāno virāṭaś ca drupadaś ca mahārathaḥ ||

## Chapter 1 Verse 5

dhṛṣṭaketuś cakitānaḥ kāśirājaś ca vīryavān |  
puruḥit kuntibhojaś ca śaibyaś ca narapuṅgavaḥ ||

## Chapter 1 Verse 6

yudhāmanyuś ca vikrānta uttamāujāś ca vīryavān |  
saubhadro draupadeyāś ca sarva eva mahārathāḥ ||

## Chapter 1 Verse 7

asmākaṃ tu viśiṣṭā ye tān nibodha dvijottama |  
nāyakā mama sāinyasya saṃjñārthaṃ tān bravīmi te ||



## Chapter 1 Verse 8

bhavān bhīṣmaś ca karṇaś ca kṛpaś ca samitiṃjayaḥ |  
aśvatthāmā vikarṇaś ca sāumadattis tathāiva ca ||

## Chapter 1 Verse 9

anye ca bahavaḥ śūrā madarthe tyaktajīvitāḥ |  
nānāśāstrapraharaṇāḥ sarve yuddhaviśārādāḥ ||

## Chapter 1 Verse 10

aparyāptaṃ tad asmākaṃ balaṃ bhīṣmābhirakṣitam |  
paryāptaṃ tu idam eteṣāṃ balaṃ bhīmābhirakṣitam ||

## Chapter 1 Verse 11

ayaneṣu ca sarveṣu yathābhāgam avasthitāḥ |  
bhīṣmam evābhirakṣantu bhavantaḥ sarva eva hi ||

## Chapter 1 Verse 12

tasya samjanayan harṣaṃ kuruvṛddhaḥ pitāmahaḥ |  
siṃhanādaṃ vinadyocchāiḥ śaṅkhaṃ dadhmāu pratāpavān ||

## Chapter 1 Verse 13

tataḥ śaṅkhāś ca bheryaś ca paṇavānakagomukhāḥ |  
sahasāivābhyahanyanta sa śabdāsa tumulo 'bhavat ||

## Chapter 1 Verse 14

tataḥ śvetāir hayāir yukte mahati syandane sthitāu |  
mādhavaḥ pāṇḍavaścāiva divyāu śaṅkhāu pradadhmatuḥ ||

## Chapter 1 Verse 15

pāñcānyam hṛṣīkeśo devadattam dhanamjayah |  
pāuṇḍram dadhmāu mahāśankham bhīmakarmā vṛkodarah ||



## Chapter 1 Verse 16

anantavijayaṃ rājā kuntīputro yudhiṣṭhiraḥ |  
nakulaḥ sahadewaś ca sughoṣamaṇipuṣpakāu ||

## Chapter 1 Verse 17

kāśyaś ca parameṣvāsaḥ śikhaṇḍī ca mahārathaḥ |  
dhr̥ṣṭadyumno virāṭaś ca sātyakiścāparājitaḥ ||

## Chapter 1 Verse 18

drupado drāupadeyāś ca sarvaśaḥ pṛthivīpate |  
sāubhadraś ca mahābāhuḥ śaṅkhān dadhmuḥ pṛthak pṛthak ||

## Chapter 1 Verse 19

sa ghoṣo dhārtarāṣṭrāṇāṃ hṛdayāni vyadārayat |  
nabhaś ca pṛthivīm cāiva tumulo vyanunādayan ||

## Chapter 1 Verse 20

atha vyavasthitān dr̥ṣṭvā dhārtarāṣṭrān kapidhvajāḥ |  
pravṛtte śāstrasampāte dhanur udyamya pāṇḍavaḥ ||

## Chapter 1 Verse 21

hṛṣīkeśaṃ tadā vākyam idam āha mahīpate |  
senayor ubhayor madhye rathaṃ sthāpaya me 'cyuta ||

## Chapter 1 Verse 22

yāvad etān nirīkṣe 'haṃ yoddhukāmān avasthitān |  
kāir mayā saha yoddhavyam asmin raṇasamudyame ||

## Chapter 1 Verse 23

yotsyamānān avekṣe 'haṃ ya ete 'tra samāgatāḥ |  
dhārtarāṣṭrasya durbuddher yuddhe priyacikīrṣavaḥ ||



Chapter 1 Verse 24

evam ukto hr̥ṣīkeśo guḍākeśena bhārata |  
senayor ubhayor madhye sthāpayitvā rathottamam ||

Chapter 1 Verse 25

bhīṣmadroṇapramukhataḥ sarveṣāṃ ca mahīkṣitām |  
uvāca pārtha paśyāitān samavetān kurūn iti ||

## Chapter 1 Verse 26

tatrāpaśyat sthitān pārthaḥ pitṛn atha pitāmahān |  
ācāryān mātulān bhrātṛn putrān pāutrān sakhīns tathā ||

## Chapter 1 Verse 27

śvaśurān suhṛdaścaiva senayor ubhayor api |  
tān samikṣya sa kāunteyaḥ sarvān bandhūn avasthitān ||

## Chapter 1 Verse 28

kṛpayā parayāviṣṭo viṣīdann idam abravīt |  
dṛṣṭvemaṃ svajānaṃ kṛṣṇa yuyutsum samupasthitam ||

## Chapter 1 Verse 29

sīdanti mama gātrāṇi mukhaṃ ca pariśuṣyati |  
vepathuś ca śarīre me romaharṣaś ca jāyate ||

## Chapter 1 Verse 30

gāṇḍīvaṃ straṃsate hastāt tvak cāiva paridāhyate |  
na ca śaknoṃy avasthātuṃ bhramatīva ca me manaḥ ||

## Chapter 1 Verse 31

nimittāni ca paśyāmi viparītāni keśava |  
na ca śreya 'nupaśyāmi hatvā svajanam āhave ||



## Chapter 1 Verse 32

na kāṅkṣe vijayaṃ kṛṣṇa na ca rājyaṃ sukhāni ca |  
kiṃ no rājyena govinda kiṃ bhogāir jīvitena vā ||

## Chapter 1 Verse 33

yeṣāṃ arthe kāṅkṣitaṃ no rājyaṃ bhogāḥ sukhāni ca |  
ta ime 'vasthitā yuddhe prāṇāṅs tyaktvā dhanāni ca ||

Chapter 1 Verse 34

ācāryāḥ pitarāḥ putrās tathāiva ca pitāmahāḥ |  
mātulāḥ śvaśurāḥ pāutrāḥ śyālāḥ saṃbandhinas tathā ||

## Chapter 1 Verse 35

etān na hantum icchāmi ghnato 'pi madhusūdana |  
api trāilokyarājyasya hetoḥ kiṃ nu mahīkr̥te ||

## Chapter 1 Verse 36

nihatya dhārtarāṣṭrān naḥ kā prītiḥ syāj janārdana |  
pāpam evāśrayed asmān hatvāitān ātatāyinaḥ ||

## Chapter 1 Verse 37

tasmān nārḥā vyaṃ hantuṃ dhārtarāṣṭrān svabāndhavān |  
svajānaṃ hi kathaṃ hatvā sukhinaḥ syāma mādḥava ||

## Chapter 1 Verse 38

yadyapyete na paśyanti lobhopahatacetasah |  
kulakṣayakṛtaṃ doṣaṃ mitradrohe ca pātakam ||

## Chapter 1 Verse 39

kathaṃ na jñeyam asmābhiḥ pāpād asmān nivartitum |  
kulakṣayakṛtaṃ doṣaṃ prapaśyadbhir janārdana ||



## Chapter 1 Verse 40

kulakṣaye praṇaśyanti kuladharmāḥ sanātanāḥ |  
dharṁe naṣṭe kulam kṛtsnam adharmo 'bhibhavatyuta ||

Chapter 1 Verse 41

adharmābhibhavāt kṛṣṇa praduṣyanti kulastriyaḥ |  
strīṣu duṣṭāsu vārṣṇeya jāyate varṇasaṃkaraḥ ||

## Chapter 1 Verse 42

saṃkaro narakāyāiva kulaghnānāṃ kulasya ca |  
patanti pitaro hyeṣāṃ luptapiṇḍodakakriyāḥ ||

## Chapter 1 Verse 43

doṣair etāiḥ kulaghnānāṃ varṇasaṃkarakākāiḥ |  
utsādyante jātidharmāḥ kuladharmāś ca śāśvatāḥ ||

Chapter 1 Verse 44

utsannakuladharmāṇāṃ manuṣyāṇāṃ janārdana |  
narake 'niyataṃ vāso bhavatītyanuśuśrūma ||

## Chapter 1 Verse 45

aho bata mahat pāpaṃ kartuṃ vyavasitā vayam |  
yad rājasukhalobhena hantuṃ svajanam udyatāḥ ||

## Chapter 1 Verse 46

yadi mām apratīkāram aśastram śastrapāṇayaḥ |  
dhārtarāṣṭrā raṇe hanyus tan me kṣemataram bhavet ||

Chapter 1 Verse 47

evam uktvā 'rjunaḥ saṁkhye rathopastha upāviśat |  
visṛjya saśaram cāpaṁ śokasaṁvignamānasah ||





Chapter Two  
sāṃkhya yogaḥ  
The Yoga of Enumeration

## Chapter 2 Verse 1

saṃjaya uvāca |

taṃ tathā kṛpayāviṣṭam aśrupūrṇākulekṣaṇam |  
viṣīdantam idaṃ vākyaṃ uvāca madhusūdanaḥ ||

Chapter 2 Verse 2

śrībhagavān uvāca |

kutastvā kaśmalam idaṃ viṣame samupasthitam |

anāryajuṣṭam asvargyam akīrtikaram arjuna ||

## Chapter 2 Verse 3

klāibyaṃ mā sma gamaḥ pārtha nāitat tvayyupapadyate |  
kṣudraṃ hṛdayadāurbalyaṃ tyaktvottiṣṭha paraṃtapa ||

Chapter 2 Verse 4 arjuna uvāca |  
kathaṃ bhīṣmam ahaṃ saṃkhye droṇaṃ ca madhusūdana |  
iṣubhiḥ pratiyotsyāmi pūjārḥāvarisūdana ||

## Chapter 2 Verse 5

gurūn ahatvā hi mahānubhāvān śreyo bhoktuṃ bhāikṣyamapīha loka |  
hatvārthakāmāṅs tu gurūn ihāiva bhuñjīya bhogān  
rudhirapradigdhān ||

## Chapter 2 Verse 6

na cāitad vidmaḥ kataran no garīyo yad vā jayema yadi vā no jayeyuḥ |  
yān eva hatvā na jijīviṣāmas te 'vasthitāḥ pramukhe dhārtarāṣṭrāḥ ||

Chapter 2 Verse 7

kārpaṇyadoṣopahatasvabhāvaḥ pṛcchāmi tvāṃ  
dharmasaṃmūḍhacetāḥ |

yacchreyaḥ syān niścitaṃ brūhi tan me śiṣyas te 'haṃ śādhi mām tvāṃ  
prapannam ||



## Chapter 2 Verse 8

na hi prapaśyāmi mamāpanudyād yacchokam ucchoṣaṇam  
indriyāṇām |

avāpya bhūmāvasapatnam ṛddham rājyaṃ surāṇām api cādhipatyam ||

Chapter 2 Verse 9

saṁjaya uvāca |

evam uktvā hṛṣīkeśaṁ guḍākeśaḥ paraṁtapa |  
na yotsya iti govindam uktvā tūṣṇīṁ babhūva ha ||

## Chapter 2 Verse 10

tam uvāca hṛṣīkeśaḥ prahasann iva bhārata |  
senayor ubhayor madhye viṣīdantam idaṃ vacaḥ ||

Chapter 2 Verse 11

śrībhagavān uvāca |

aśocyān anvaśocas tvaṃ prajñāvādāñś ca bhāṣase |  
gatāsūn agatāsūñś ca nānuśocanti paṇḍitāḥ ||

## Chapter 2 Verse 12

na tvevāhaṃ jātu nāsaṃ na tvaṃ neme janādhipāḥ |  
na cāiva na bhaviṣyāmaḥ sarve vayam ataḥ param ||

## Chapter 2 Verse 13

dehino 'smin yathā dehe kāumāraṃ yāuvanaṃ jarā |  
tathā dehāntaraprāptir dhīras tatra na muhyati ||

Chapter 2 Verse 14

mātrāsparsās tu kāunteya śītoṣṇasukhaduḥkhadāḥ |  
āgamāpāyino 'nityās tāñs titikṣasva bhārata ||

## Chapter 2 Verse 15

yaṃ hi na vyathayantyete puruṣaṃ puruṣarṣabha |  
samaduḥkhasukhaṃ dhīraṃ so 'mṛtatvāya kalpate ||



## Chapter 2 Verse 16

nāsato vidyate bhāvo nābhāvo vidyate sataḥ |  
ubhayor api dṛṣṭo 'antas tvanayor tattvadarśibhiḥ ||

## Chapter 2 Verse 17

avināśi tu tad viddhi yena sarvam idaṃ tatam |  
vināśam avyayasyāśya na kaścit kartum arhati ||

## Chapter 2 Verse 18

antavanta ime dehā nityasyoktāḥ śarīriṇaḥ |  
anāśino 'prameyasya tasmād yudhyasva bhārata ||

## Chapter 2 Verse 19

ya enaṃ vetti hantāraṃ yaścāinaṃ manyate hatam |  
ubhāu tāu na vijānīto nāyaṃ hanti na hanyate ||

## Chapter 2 Verse 20

na jāyate mriyate vā kadācin nāyaṃ bhūtvā bhavitā vā na bhūyaḥ |  
ajo nityaḥ śāśvato 'yaṃ purāṇo na hanyate hanyamāne śarīre ||

## Chapter 2 Verse 21

vedāvināśinaṃ nityaṃ ya enam aḥam avyayam |  
kathaṃ sa puruṣaḥ pārtha kaṃ ghātayati hanti kaṃ ||

## Chapter 2 Verse 22

vāsāṃsi jīrṇāni yathā vihāya navāni grhṇāti naro 'parāṇi  
tathā śarīrāṇi vihāya jīrṇāny anyāni saṃyāti navāni dehī ||

## Chapter 2 Verse 23

nāinaṃ chindanti śāstrāṇi nāinaṃ dahati pāvakaḥ |  
na cāinaṃ kledayantyāpo na śoṣayati mārutaḥ ||



## Chapter 2 Verse 24

acchedyo 'yam adāhyo 'yam akledyo 'śoṣya eva ca |  
nityaḥ sarvagataḥ sthāṇur acalo 'yaṃ sanātanah ||

## Chapter 2 Verse 25

avyakto 'yam acintyo 'yam avikāryo 'yam ucyate |  
tasmād evaṃ viditvāinaṃ nānuśocitum arhasi ||

## Chapter 2 Verse 26

atha cāinaṃ nityajātaṃ nityaṃ vā manyase mṛtaṃ |  
tathāpi tvaṃ mahābāho nāivaṃ śocitumarhasi ||

## Chapter 2 Verse 27

jātasya hi dhruvo mṛtyur dhruvaṃ janma mṛtasya ca |  
tasmādaparihārye 'rthe na tvaṃ śocitumarhasi ||

Chapter 2 Verse 28

avyaktādīni bhūtāni vyaktamadyāni bhārata |  
avyaktanidhānānyeva tatra kā paridevanā ||

## Chapter 2 Verse 29

āścaryavat paśyati kaścidenam āścaryavad vadati tāthaiva cānyaḥ |  
āścaryavaccāinam anyaḥ śṛṇoti śrutvāpyenaṃ veda na cāiva kaścit ||

## Chapter 2 Verse 30

dehī nityam avadhyo 'yaṃ dehe sarvasya bhārata |  
tasmāt sarvāṇi bhūtāni na tvaṃ śocitumarhasi ||

## Chapter 2 Verse 31

svadharmam api cāveṣya na vikampitum arhasi |  
dharmyād dhi yuddhācchreya 'nyat kṣatriyasya na vidyate ||



## Chapter 2 Verse 32

yadṛcchayā copapannaṃ svargadvāram apāvṛtam |  
sukhinaḥ kṣatriyāḥ pārtha labhante yuddham īdṛśam ||

## Chapter 2 Verse 33

atha cet tvam imaṃ dhārmyaṃ saṃgrāmaṃ na kariṣyasi |  
tataḥ svadharmaṃ kīrtiṃca hitvā pāpam avāpsyasi ||

Chapter 2 Verse 34

akīrtiṃ cāpi bhūtāni kathayiṣyanti te 'vyayām |  
saṃbhāvitasya cākīrtir maraṇād atiricyate ||

## Chapter 2 Verse 35

bhayād raṇād uparataṃ maṅsyante tvāṃ mahārathāḥ |  
yeṣāṃ ca tvaṃ bahumato bhūtvā yāsyasi lāghavam ||

## Chapter 2 Verse 36

avācyavādānśca bahūn vadiṣyanti tavāhitāḥ |  
nindantas tava sāmartyaṃ tato duḥkhataraṃ tu kim ||

## Chapter 2 Verse 37

hato vā prāpsyasi svargaṃ jivā vā bhokṣyase mahīm |  
tasmād uttiṣṭha kāunteya yuddhāya kṛtaniścayaḥ ||

## Chapter 2 Verse 38

sukhaduḥkhe same kṛtvā lābhālābhāu jayājayau |  
tato yuddhāya yujyasva nāivam pāpam avāpsyasi ||

## Chapter 2 Verse 39

eṣā te 'bhihitā sāṃkhye buddhir yoge tvimāṃ śṛṇu |  
buddhyā yukto yayā pārtha karmabandhaṃ prahāsyasi ||



## Chapter 2 Verse 40

nehābhikramanāśo 'sti pratyavāyo na vidyate |  
svalpam apy asya dharmasya trāyate mahato bhayāt ||

Chapter 2 Verse 41

vyavasāyātmikā buddhir ekeha kurunandana |  
bahuśākhā hyanantāś ca buddhayo 'vyavasāyinām ||

## Chapter 2 Verse 42

yām imāṃ puṣpitāṃ vācaṃ pravadantyavipaścitaḥ |  
vedavādaratāḥ pārtha nānyad astīti vādinaḥ ||

Chapter 2 Verse 43

kāmātmānaḥ svargaparā janmakarmaphalaprādām |  
kriyāviśeṣabahulāṃ bhogāiśvaryaḡatimḡ prati ||

Chapter 2 Verse 44

bhogāiśvaryaprasaktānāṃ tayāpahṛtacetasām |  
vyavasāyātmikā buddhiḥ samādhāu na vidhīyate ||

Chapter 2 Verse 45

trāiguṇyaविषयā vedā nistrāiguṇyo bhavārijuna |  
nirdvandvo nityasattvastho niryogakṣema ātmavān ||

## Chapter 2 Verse 46

yāvān artha udapāne sarvataḥ samplutodake |  
tāvān sarveṣu vedeṣu brāhmaṇasya vijānataḥ ||

Chapter 2 Verse 47

karmaṇyevādhikāraṣṭe mā phaleṣu kadācana |  
mā karmaphalahetur bhūr mā te saṅgo 'stv akarmaṇi ||



## Chapter 2 Verse 48

yogasthaḥ kuru karmāṇi saṅgaṃ tyaktvā dhanamjaya |  
siddhyasiddhyoḥ samo bhūtvā samatvaṃ yoga ucyate ||

Chapter 2 Verse 49

dūreṇa hyavaraṃ karma buddhiyogād dhanamjaya |  
buddhāu śaraṇam anviccha kṛpaṇāḥ phalahetavaḥ ||

Chapter 2 Verse 50

buddhiyukto jahātīha ubhe sukṛtaduṣkṛte |  
tasmād yogāya yujyasva yogaḥ karmasu kāuśalam ||

## Chapter 2 Verse 51

karmajaṃ buddhiyuktā hi phalaṃ tyaktvā manīṣiṇaḥ |  
janmabandhavinirmuktāḥ padaṃ gacchhanty anāmayam ||

## Chapter 2 Verse 52

yadā te mohakalilaṃ buddhir vyatitariṣyati |  
tadā gantāsi nirvedaṃ śrotavyasya śrutasya ca ||

## Chapter 2 Verse 53

śrutivipratipannā te yadā sthāsyati niścalā |  
samādhāvacalābuddhis tadā yogam avāpsyasi ||

## Chapter 2 Verse 54

arjuna uvāca | sthitaprajñasya kā bhāṣā samādhisthasya keśava |  
sthitadhīḥ kiṃ prabhāṣeta kim āsīta vrajeta kim ||

## Chapter 2 Verse 55

śrībhagavān uvāca | prajahāti yadā kāmān sarvān pārtha manogatān |  
ātmanyevātmanā tuṣṭaḥ sthitaprajñastadocyate ||



Chapter 2 Verse 56

duḥkheṣvanudvignamanāḥ sukheṣu vigataspr̥haḥ ||  
vītarāgabhayakrodhaḥ sthitadhīr munir ucyate ||

Chapter 2 Verse 57

yaḥ sarvatrānabhisnehas tattat prāpya śubhāśubham |  
nābhinandati na dveṣṭi tasya prajñā pratiṣṭhitā ||

## Chapter 2 Verse 58

yadā saṃharate cāyaṃ kūrmo 'ṅgānīva sarvaśaḥ |  
indriyāṅindriyārthebhyas tasya prajñā pratiṣṭhitā ||

## Chapter 2 Verse 59

viṣayā vinivartante nirāhārasya dehinaḥ |  
rasavarjaṃ raso 'pyasya paraṃ dṛṣṭvā nivartate ||

Chapter 2 Verse 60

yatato hyapi k unteya puruṣasya vipaścitaḥ |  
indriy ni pram th ni haranti prasabhaṃ manaḥ ||

## Chapter 2 Verse 61

tāni sarvāṇi saṃyamy yukta āsīta matparaḥ |  
vaśe hi yasyendriyāṇi tasya prajñā pratiṣṭhitā ||

## Chapter 2 Verse 62

dhyāyato viṣayān puṃsaḥ saṅgas teṣūpajāyate |  
saṅgāt saṃjāyate kāmaḥ kāmāt krodho 'bhijāyate ||

Chapter 2 Verse 63

krodhād bhavati saṃmohaḥ saṃmohāt smṛtivibhramah |  
smṛtibhramśād buddhināśo buddhināśāt praṇaśyati ||



Chapter 2 Verse 64

rāgadveṣaviyuktas tu viṣayān indriyaiścaraṇaḥ |  
ātmaśāntiḥ vidheyātmā prasādam adhiḡacchati ||

Chapter 2 Verse 65

prasāde sarvaduḥkhānāṃ hānir asyopajāyate |  
prasannacetaso hyāśu buddhiḥ paryavatiṣṭhate ||

## Chapter 2 Verse 66

nāsti buddhir ayuktasya na cāyuktasya bhāvanā |  
na cābhāvayataḥ śāntir aśāntasya kutaḥ sukham ||

## Chapter 2 Verse 67

indriyāṇāṃ hi caratāṃ yaṃ mano 'nuvidhīyate |  
tadasya harati prajñāṃ vāyur nāvam ivāmbhasi ||

## Chapter 2 Verse 68

tasmād yasya mahābāho nigrhītāni sarvaśaḥ |  
indriyāṅindriyārthebhyas tasya prajñā pratiṣṭhitā ||

## Chapter 2 Verse 69

yā niśā sarvabhūtānāṃ tasyāṃ jāgati saṃyamī |  
yasyāṃ jāgrati bhūtāni sā niśā paśyato muneḥ ||

## Chapter 2 Verse 70

āpūryamāṇam acalapratiṣṭhaṃ samudram āpaḥ praviśanti yadvat |  
tadvat kāmā yaṃ praviśanti sarve sa śāntim āpnoti na kāmakāmī ||

Chapter 2 Verse 71

vihāya kāmān yaḥ sarvān pumānścarati niḥspṛhaḥ |  
nirmamo nirahaṃkāraḥ sa śāntim adhigacchati ||



## Chapter 2 Verse 72

eṣā brāhmī sthitiḥ pārtha nāināṃ prāpya vimuhyati |  
sthitvā 'syām antakāle 'pi brahmanirvāṇam ṛcchati ||





Chapter Three  
karma yogaḥ  
The Yoga of Action

## Chapter 3 Verse 1

arjuna uvāca |

gyāyasī cet karmaṇas te matā buddhir janārdana |

tatkiṃ karmaṇi ghore māṃ niyojayasi keśava ||

## Chapter 3 Verse 2

vyāmiśreṇeva vākyena buddhiṃ mohayasīva me |  
tad ekaṃ vada niścītya yena śreya 'ham āpnuyām ||

Chapter 3 Verse 3

śrībhagavān uvāca |

loke 'smin dvividhā niṣṭhā purā proktā mayā 'nagha |  
jñānayogena sām̐khyānām̐ karmayogena yoginām̐ ||

## Chapter 3 Verse 4

na karmaṇām anārambhān nāṣkarmaṃ puruṣo 'śnute |  
na ca saṃnyasanādeva siddhiṃ samadhigacchati ||

## Chapter 3 Verse 5

na hi kaścit kṣaṇamāpi jātu tiṣṭhatyakarmakṛt |  
kāryate hyavaśaḥ karma sarvaḥ prakṛtijāir guṇāih ||



## Chapter 3 Verse 6

karmendriyāṇi saṃyamyā ya āste manasā smaran |  
indriyārthān vimūḍhātmā mithyācāraḥ sa ucyate ||

## Chapter 3 Verse 7

yas tvindriyāṇi manasā niyamyārabhate 'rjuna |  
karmaindriyāiḥ karmayogam asaktaḥ sa viśiṣyate ||

## Chapter 3 Verse 8

niyataṃ kuru karma tvaṃ karma jyāyo hyakarmaṇaḥ |  
śarīrayātrāpi ca te na prasiddhyed akarmaṇaḥ ||

## Chapter 3 Verse 9

yajñārthāt karmaṇo 'nyatra loko 'yaṃ karmabandhanaḥ |  
tadārthaṃ karma kāunteya muktasaṅgaḥ samācara ||

## Chapter 3 Verse 10

sahayajñāḥ prajāḥ sṛṣṭvā purovāca prajāpatiḥ |  
anena prasaviṣyadhvam eṣa vo 'stviṣṭakāmadhuk ||

## Chapter 3 Verse 11

devān bhāvayatānena te devā bhāvayantu vaḥ |  
parasparam bhāvayantaḥ śreyaḥ param avāpsyatha ||

## Chapter 3 Verse 12

iṣṭān bhogān hi vo devā dāsyante yajñabhāvitāḥ |  
tāir dattān apradāyāibhyo yo bhukte stena eva saḥ ||

### Chapter 3 Verse 13

yajñāśiṣṭāśinaḥ santo mucyante sarvakilbiṣāiḥ |  
bhuñjate te tvaghaṃ pāpā ye pacantyātmakāraṇāt ||



## Chapter 3 Verse 14

annād bhavanti bhūtāni parjanyaḍ annasambhavaḥ |  
yajñād bhavati parjanyo yajñahḥ karmasamudbhavaḥ ||

## Chapter 3 Verse 15

karma brahmodbhavaṃ viddhi brahmākṣarasamudbhavam |  
tasmāt sarvagataṃ brahma nityaṃ yajñe pratiṣṭhitam ||

## Chapter 3 Verse 16

evaṃ pravartitaṃ cakraṃ nānuvartayatīha yaḥ |  
aghāyurindriyārāmo moghaṃ pārtha sa jīvati ||

## Chapter 3 Verse 17

yastvātmaratireva syād ātmatr̥ptaśca mānavaḥ |  
ātmanyeva ca saṁtuṣṭas tasya kāryaṁ na vidyate ||

## Chapter 3 Verse 18

nāiva tasya kṛtenārtho nākṛteneha kaścana |  
na cāsyā sarvabhūteṣu kaścīd arthavyapāśrayaḥ ||

## Chapter 3 Verse 19

tasmād asaktaḥ satataṃ kāryaṃ karma samācara |  
asakto hyācarankarma param āpnoti pūruṣaḥ ||

## Chapter 3 Verse 20

karmaṇāiva hi saṃsiddhim āsthitā janakādayaḥ |  
lokasaṃgrahamevāpi saṃpaśyan kartum arhasi ||

## Chapter 3 Verse 21

yadyad ācarati śreṣṭhas tattad evetaro janaḥ |  
sa yat pramāṇaṃ kurute lokastadanuvartate ||



## Chapter 3 Verse 22

na me pārthāsti kartavyaṃ triṣu lokeṣu kiṃcana |  
nānavāptamavāptavyaṃ varta eva ca karmaṇi ||

## Chapter 3 Verse 23

yadi hyahaṃ na varteyaṃ jātu karmaṇyatandritaḥ |  
mama vartmānuvartante manuṣyāḥ pārtha sarvaśaḥ ||

## Chapter 3 Verse 24

utsīdeyur ime lokā na kuryāṃ karma cedaham |  
saṃkarasya ca kartā syāṃ upahanyāṃ imāḥ prajāḥ ||

## Chapter 3 Verse 25

saktāḥ karmaṇyavidvāṃso yathā kurvanti bhārata |  
kuryād vidvāṅs tathāsaktaś cikīrṣur lokasaṃgraham ||

## Chapter 3 Verse 26

na buddhibhedam janayed ajñānām karmasaṅginām |  
joṣayet sarvakarmāṇi vidvān yuktaḥ samācāran ||

## Chapter 3 Verse 27

prakṛteḥ kriyamāṇāni guṇāiḥ karmāṇi sarvaśaḥ |  
ahaṃkāravimūḍhātmā kartāham iti manyate ||

## Chapter 3 Verse 28

tattvavit tu mahābāho guṇakarmavibhāgayoḥ |  
guṇā guṇeṣu vartanta iti matvā na sajjate ||

## Chapter 3 Verse 29

prakṛter guṇasaṃmūḍhāḥ sajjante guṇakarmasu |  
tān akṛtsnavido mandān kṛtsnavin na vicālayet ||



## Chapter 3 Verse 30

mayi sarvāṇi karmāṇi samnyasyādhyātmacetasā |  
nirāśīr nirmamo bhūtvā yudhyasva vigatajvaraḥ ||

## Chapter 3 Verse 31

ye me matam idaṃ nityam anuṣṭhanti mānavāḥ |  
śraddhāvanto 'nasūyanto mucyante te 'pi karmabhiḥ ||

## Chapter 3 Verse 32

ye tvetad abhyasūyanto nānutiṣṭhanti me matam |  
sarvajñānavimūḍhāṅs tān viddhi naṣṭān acetasaḥ ||

### Chapter 3 Verse 33

sadṛśaṃ ceṣṭate svasyāḥ prakṛter jñānavān api |  
prakṛtiṃ yānti bhūtāni nigrahaḥ kiṃ kariṣyati ||

## Chapter 3 Verse 34

indriyasyendriyasyārthe rāgadveṣāu vyavasthitāu |  
tayoṛ na vaśam āgacchhet tāu hyasya paripanthināu ||

## Chapter 3 Verse 35

śreyān svadharmo viguṇaḥ paradharmāt svanuṣṭhitāt |  
svadharme nidhanaṃ śreyaḥ paradharmo bhayāvahaḥ ||

## Chapter 3 Verse 36

arjuna uvāca |

atha kena prayukto 'yaṁ pāpaṁ carati pūruṣaḥ |  
anicchannapi vārṣṇeya balād iva niyojitaḥ ||

Chapter 3 Verse 37

śrībhagavān uvāca |

kāma eṣa krodha eṣa rajoguṇasamudbhavaḥ |  
mahāśano mahāpāpmā viddhyenam iha vāiriṇam ||



## Chapter 3 Verse 38

dhūmenāvriyate vahnir yathā 'darśo malena ca |  
yatholbenāvṛto garbhas tathā tenedam āvṛtam ||

Chapter 3 Verse 39

āvṛtaṃ jñānam etena jñānino nityavāiriṇā |  
kāmarūpeṇa kāunteya duṣpūreṇānalena ca ||

## Chapter 3 Verse 40

indriyāṇi mano buddhir asyādhiṣṭhānam ucyate |  
etāir vimohayatyeṣa jñānam āvr̥tya dehinam ||

## Chapter 3 Verse 41

tasmāt tvam indriyāṅyādāu niyamyā bharatarṣabha |  
pāpmānaṃ prajahi hyenaṃ jñānavijñānanāśanam ||

## Chapter 3 Verse 42

indriyāṇi parāṅyāhur indriyebhyaḥ param manaḥ |  
manasas tu parā buddhir yo buddheḥ paratas tu saḥ ||

Chapter 3 Verse 43

evaṃ buddheḥ paraṃ buddhvā saṃstabhyātmānam ātmanā |  
jahi śatruṃ mahābāho kāmarūpaṃ durāsadam ||



Chapter Four  
jñāna yogaḥ  
The Yoga of Knowledge

Chapter 4 Verse 1

śrībhagavān uvāca |

imaṃ vivasvate yogaṃ proktavān aham avyayam |

vivasvān manave prāha manur ikṣvākave 'bravīt ||



## Chapter 4 Verse 2

evaṃ paramparāprāptam imaṃ rājarṣayo viduḥ |  
sa kāleneha mahatā yogo naṣṭaḥ paraṃtapa ||

### Chapter 4 Verse 3

sa evāyaṃ mayā te 'dya yogaḥ proktaḥ purātaḥ |  
bhakto 'si me sakhā ceti rahasyaṃ hyetaḍ uttamam ||

## Chapter 4 Verse 4

arjuna uvāca |

aparaṃ bhavato janma paraṃ janma vivasvataḥ |  
katham etad vijānīyāṃ tvam ādāu proktavān iti ||

Chapter 4 Verse 5

śrībhagavān uvāca |

bahūni me vyatītāni janmāni tava cārjuna |

tānyahaṃ veda sarvāṇi na tvaṃ vettha paraṃtapa ||

## Chapter 4 Verse 6

ajo 'pi sann avyayātmā bhūtānām īśvaro 'pi san |  
prakṛtiṃ svām adhiṣṭhāya saṃbhavāmyātmamāyayā ||

## Chapter 4 Verse 7

yadā yadā hi dharmasya glānir bhavati bhārata |  
abhyutthānam adharmasya tadā 'tmānaṃ sṛjāmyaham ||

## Chapter 4 Verse 8

paritrāṇāya sādḥūnāṃ vināśāya ca duṣkṛtām |  
dharmasamsthāpanārthāya sambhavāmi yuge yuge ||

## Chapter 4 Verse 9

janma karma ca me divyam evaṃ yo vetti tattvataḥ |  
tyaktvā dehaṃ punarjanma nāiti mām eti so 'rjuna ||



## Chapter 4 Verse 10

vītarāgabhayakrodhā manmayā mām upāśritāḥ |  
bahavo jñānatapasā pūtā madbhāvam āgatāḥ ||

## Chapter 4 Verse 11

ye yathā māṃ prapadyante tāṃs tathāiva bhajāmyaham |  
mama vartmānuvartante manuṣyāḥ pārtha sarvaśaḥ ||

## Chapter 4 Verse 12

kāṅkṣantaḥ karmaṇāṃ siddhiṃ yajanta iha devatāḥ |  
kṣipraṃ hi mānuṣe loke siddhir bhavati karmajā ||

## Chapter 4 Verse 13

cāturvarṇyaṃ mayā sṛṣṭaṃ guṇakarmavibhāgaśaḥ |  
tasya kartāram api mām viddhyakartāram avyayam ||

## Chapter 4 Verse 14

na mām karmāṇi limpanti na me karmaphale sprhā |  
iti mām yo 'bhijānāti karmabhir na sa badhyate ||

## Chapter 4 Verse 15

evaṃ jñātvā kṛtaṃ karma pūrvāir api mumukṣubhiḥ |  
kuru karmāiva tasmāt tvaṃ pūrvaiḥ pūrvataraṃ kṛtaṃ ||

## Chapter 4 Verse 16

kiṃ karma kim akarmeti kavayo 'py atra mohitāḥ |  
tat te karma pravakṣyāmi yaj jñātvā mokṣyase 'śubhāt ||

## Chapter 4 Verse 17

karmaṇo hyapi boddhavyaṃ boddhavyaṃ ca vikarmaṇaḥ |  
akarmaṇaśca boddhavyaṃ gahanā karmaṇo gatiḥ ||



## Chapter 4 Verse 18

karmaṇyakarma yaḥ paśyed akarmaṇi ca karma yaḥ |  
sa buddhimān manuṣyeṣu sa yuktaḥ kṛtsnakarmakṛt ||

## Chapter 4 Verse 19

yasya sarve samārambhāḥ kāmasaṃkalpavarjitāḥ |  
jñānāgnidagdhakarmāṇaṃ tam āhuḥ paṇḍitaṃ budhāḥ ||

## Chapter 4 Verse 20

tyaktvā karmaphalāsaṅgaṃ nityatr̥pto nirāśrayaḥ |  
karmaṇy abhipravṛtto 'pi nāiva kiṃcit karoti saḥ ||

## Chapter 4 Verse 21

nirāśīr yatacittātmā tyaktasarvaparigrahaḥ |  
śārīraṃ kevalaṃ karma kurvan nāpnoti kilbiṣam ||

## Chapter 4 Verse 22

yadṛcchālābhasaṃtuṣṭo dvandvātīto vimatsaraḥ |  
samaḥ siddhāv asiddhau ca kṛtvā 'pi na nibadhyate ||

## Chapter 4 Verse 23

gataśaṅgasya muktasya jñānāvasthitacetasaḥ |  
yajñāyācarataḥ karma samagraṃ pravilīyate ||

## Chapter 4 Verse 24

brahmārpaṇaṃ brahma havir brahmāgnāu brahmaṇā hutam |  
brahmāiva tena gantavyaṃ brahmakarmasamādhinā ||

## Chapter 4 Verse 25

dāivam evāpare yajñam yoginaḥ paryupāsate |  
brahmāgnāv apare yajñam yajñenāivopajuvhati ||



## Chapter 4 Verse 26

śrotrādīnīndriyāṅy anye saṃyamāgñiṣu juhvati |  
śabdādīn viṣayān anya indriyāgñiṣu juhvati ||

Chapter 4 Verse 27

sarvāṅīndriyakarmāṅi prāṅakarmāṅi cāpare |  
ātmasaṃyamayogāgnāu juvhati jñānadīpīte ||

## Chapter 4 Verse 28

dravyayajñās tapoyajñā yogayajñās tathāpare |  
svādhyāyajñānayajñāśca yatayaḥ saṃśītavratāḥ ||

## Chapter 4 Verse 29

apāne juhvati prāṇaṃ prāṇe 'pānaṃ tathāpare |  
prāṇāpānagatī ruddhvā prāṇāyāmaparāyaṇāḥ ||

## Chapter 4 Verse 30

apare niyatāhārāḥ prāṇān prāṇeṣu juhvati |  
sarve 'pyete yajñavido yajñakṣapitakalmaṣāḥ ||

## Chapter 4 Verse 31

yajñāśiṣṭāmṛtabhujo yānti brahma sanātanam |  
nāyaṃ loko 'sty ayajñasya kuto 'nyaḥ kurusattama ||

## Chapter 4 Verse 32

evaṃ bahuvīdhā yajñā vitatā brahmaṇo mukhe |  
karmajān viddhi tān sarvān evaṃ jñātvā vimokṣyase ||

## Chapter 4 Verse 33

śreyān dravyamayād yajñāj jñānayajñāḥ paraṃtapa |  
sarvaṃ karmākhilaṃ pārtha jñāne parisamāpyate ||



## Chapter 4 Verse 34

tad viddhi praṇipātena paripraśnena sevayā |  
upadekṣyanti te jñānaṃ jñāninas tattvadarśinaḥ ||

## Chapter 4 Verse 35

yaj jñātvā na punar moham evaṃ yāsyasi pāṇḍava |  
yena bhūtāny aśeṣeṇa draṅsyasy ātmany atho mayi ||

## Chapter 4 Verse 36

api ced asi pāpebhyaḥ sarvebhyaḥ pāpakṛttamaḥ |  
sarvaṃ jñānaplavenāiva vṛjinaṃ saṃtariṣyasi ||

Chapter 4 Verse 37

yathāidhāṃsi samiddho 'gnir bhasmasāt kurute 'rjuna |  
jñānāgniḥ sarvakarmāṇi bhasmasāt kurute tathā ||

## Chapter 4 Verse 38

na hi jñānena sadṛśaṃ pavitram iha vidyate |  
tat svayaṃ yogasaṃsiddhaḥ kālenātmāni vindati ||

## Chapter 4 Verse 39

śraddhāvāñī labhate jñānaṃ tatparaḥ saṃyatendriyaḥ |  
jñānaṃ labdhvā parāṃ śāntim acireṇādhiḡacchati ||

## Chapter 4 Verse 40

ajñāścāśraddadhānaśca saṃśayātmā vinaśyati |  
nāyaṃ loko 'sti na paro na sukhaṃ saṃśayātmanaḥ ||

## Chapter 4 Verse 41

yogaṣaṁnyastakarmāṇaṁ jñānaṣaṁchinnasaṁśayaṁ |  
ātmavantam na karmāṇi nibadhnanti dhanamjaya ||



## Chapter 4 Verse 42

tasmād ajñānasambhūtaṃ hṛtsthaṃ jñānāsinā 'tmanaḥ |  
chittvāinaṃ saṃśayaṃ yogam ātiṣṭhottiṣṭha bhārata ||





## Chapter Five

karma saṁnyāsa yogaḥ

The Yoga of Renunciation in Action

## Chapter 5 Verse 1

arjuna uvāca |

samnyāsaṃ karmaṇām kṛṣṇa punar yogaṃ ca śaṃsasi |  
yacchreya etayor ekaṃ tan me brūhi suniścitam ||

Chapter 5 Verse 2

śrībhagavān uvāca |

saṁnyāsaḥ karmayogaśca niḥśreyasakarāv ubhāu |

tayos tu karmasaṁnyāsāt karmayogo viśiṣyate ||

## Chapter 5 Verse 3

jñeyaḥ sa nityasaṁnyāsī yo na dveṣṭi na kāṅkṣati |  
nirdvandvo hi mahābāho sukhaṁ bandhāt pramucyate ||

## Chapter 5 Verse 4

sāṃkhyayogāu pṛthagbālāḥ pravadanti na paṇḍitāḥ |  
ekam apy āsthitaḥ samyag ubhayor vindate phalam ||

## Chapter 5 Verse 5

yat sām̐khyāiḥ prāpyate sthānaḥ tad yogāir api gamyate |  
ekaḥ sām̐khyam̐ ca yogaḥ ca yaḥ paśyati sa paśyati ||



## Chapter 5 Verse 6

saṁnyāsas tu mahābāho duḥkham āptum ayogataḥ |  
yogayukto munir brahma nacireṇādhigacchati ||

## Chapter 5 Verse 7

yogayukto viśuddhātmā vijitātmā jitendriyaḥ |  
sarvabhūtātmabhūtātmā kurvann api na lipyate ||

## Chapter 5 Verse 8

nāiva kiñcit karomīti yukto manyate tattvavit |  
paśyañśṛṇvan spr̥ṣañjighrann aśnan gacchan svapañśvasan ||

## Chapter 5 Verse 9

pralapan visṛjan gr̥hṇann unmiṣan nimiṣann api |  
indriyāṇīndriyārtheṣu vartanta iti dhārayan ||

## Chapter 5 Verse 10

brahmaṇy ādhāya karmāṇi saṅgaṃ tyaktvā karoti yaḥ |  
lipyate na sa pāpena padmapatram ivāmbhasā ||

## Chapter 5 Verse 11

kāyena manasā buddhyā kevalāir indriyāir api |  
yoginaḥ karma kurvanti saṅgaṃ tyaktvā 'tmaśuddhaye ||

## Chapter 5 Verse 12

yuktaḥ karmaphalaṃ tyaktvā śāntimāpnoti nāiṣṭhikīm |  
ayuktaḥ kāmakāreṇa phale sakto nibadhyate ||

## Chapter 5 Verse 13

sarvakarmāṇi manasā samnyasyāste sukhaṃ vaśī |  
navadvāre pure dehī nāiva kurvan na kārayan ||



## Chapter 5 Verse 14

na kartṛtvam na karmāṇi lokasya sṛjati prabhuḥ |  
na karmaphalasaṃyogaṃ svabhāvas tu pravartate ||

## Chapter 5 Verse 15

nādatte kasyacit pāpaṃ na cāiva sukṛtaṃ vibhuḥ |  
ajñānenāvṛtaṃ jñānaṃ tena muhyanti jantavaḥ ||

## Chapter 5 Verse 16

jñānena tu tad ajñānaṃ yeṣāṃ nāśitam ātmanaḥ |  
teṣāṃ ādityavaj jñānaṃ prakāśayati tat param ||

Chapter 5 Verse 17

tadbuddhayaḥ tadātmānaḥ tanniṣṭhāḥ tatparāyaṇāḥ |  
gacchantyapunarāvṛttiṃ jñānanirdhūtakalmaṣāḥ ||

## Chapter 5 Verse 18

vidyāvinayasampanne brāhmaṇe gavi hastini |  
śuni cāiva śvapāke ca paṇḍitāḥ samadarśinaḥ ||

## Chapter 5 Verse 19

ihāiva tāir jitaḥ sargo yeṣāṃ sāmye sthitaṃ manaḥ |  
nirdoṣaṃ hi samaṃ brahma tasmād brahmaṇi te sthitāḥ ||

## Chapter 5 Verse 20

na prahr̥ṣyet priyaṃ prāpya nodvijet prāpya cāpriyam |  
sthirabuddhir asaṃmūḍho brahmavid brahmaṇi sthitaḥ ||

## Chapter 5 Verse 21

bāhyasparśeṣvasaktātmā vindatyātmani yat sukham |  
sa brahmayogayuktātmā sukham akṣayam aśnute ||



## Chapter 5 Verse 22

ye hi saṃsparśajā bhogā duḥkhaṇaya eva te |  
ādyantavantaḥ kāunteya na teṣu ramate budhaḥ ||

## Chapter 5 Verse 23

śaknotīhāiva yaḥ soḍhum prāk śarīravimokṣaṇāt |  
kāmakrodhodbhavaṃ vegaṃ sa yuktaḥ sa sukhī naraḥ ||

## Chapter 5 Verse 24

yo 'ntaḥsukho 'ntarārāmas tathāntarjyotir eva yaḥ |  
sa yogī brahmanirvāṇaṃ brahmabhūto 'dhigacchati ||

## Chapter 5 Verse 25

labhante brahmanirvāṇam ṛṣayaḥ kṣīṇakalmaṣāḥ |  
chinnadvāidhā yatātmānaḥ sarvabhūtahite ratāḥ ||

Chapter 5 Verse 26

kāmakrodhaviyuktānāṃ yatīnāṃ yatacetasām |  
abhito brahmanirvāṇaṃ vartate viditātmanām ||

## Chapter 5 Verse 27

sparśān kṛtvā bahir bāhyāṃś cakṣuścaivāntare bhruvoḥ |  
prāṇāpānāu samāu kṛtvā nāsābhyantaracāriṇāu ||

## Chapter 5 Verse 28

yatendriyamanobuddhir munir mokṣaparāyaṇaḥ |  
vigatecchābhayakrodho yaḥ sadā mukta eva saḥ ||

Chapter 5 Verse 29

bhoktāraṃ yajñatapasāṃ sarvalokamaheśvaram |  
suhṛdaṃ sarvabhūtānāṃ jñātvā mām śāntimṛcchati ||





Chapter Six  
dhyāna yogaḥ  
The Yoga of Meditation

Chapter 6 Verse 1

śrībhagavān uvāca |

anāśritaḥ karmaphalaṃ kāryaṃ karma karoti yaḥ |

sa saṃnyāsī ca yogī ca na niragnir na cākriyaḥ ||

## Chapter 6 Verse 2

yaṃ saṃnyāsam iti prāhur yogaṃ taṃ viddhi pāṇḍava |  
na hy asaṃnyastasaṃkalpo yogī bhavati kaścana ||

## Chapter 6 Verse 3

āruruḡᡣor muner yogaᡣ karma kāraᡣam ucyate |  
yogaᡣrūᡣhasya tasyāiva śamaᡣ kāraᡣam ucyate ||

## Chapter 6 Verse 4

yadā hi nendriyārtheṣu na karmasv anusajjate |  
sarvasaṃkalpasamnyāsī yogārūḍhas tadocyate ||

## Chapter 6 Verse 5

uddhared ātmanā 'tmānaṃ nātmānam avasādayet |  
ātmāiva hyātmano bandhur ātmāiva ripur ātmanaḥ ||

## Chapter 6 Verse 6

bandhur ātmā 'tmanas tasya yenātmāivātmanā jitaḥ |  
anātmanas tu śatrutve vartetātmāiva śatruvat ||

## Chapter 6 Verse 7

jitātmanaḥ praśāntasya paramātmā samāhitaḥ |  
śītoṣṇasukhaduḥkheṣu tathā mānāpamānayoḥ ||



## Chapter 6 Verse 8

jñānavijñānatṛptātmā kūṭastho vijitendriyaḥ |  
yukta ityucyate yogī samaloṣṭāśmakāñcanaḥ ||

## Chapter 6 Verse 9

suhṛnmitrāryudāsīnamadhyasthadveṣyabandhuṣu |  
sādhuṣv api ca pāpeṣu samabuddhir viśiṣyate ||

Chapter 6 Verse 10

yogī yuñjīta satatam ātmānaṃ rahasi sthitaḥ |  
ekākī yatacittātmā nirāśīr aparigrahaḥ ||

## Chapter 6 Verse 11

śucāu deśe pratiṣṭhāpya sthiram āsanam ātmanaḥ |  
nātyucchritaṃ nātinīcaṃ cāilājinakuśottaram ||

## Chapter 6 Verse 12

tatrāikāgraṃ manaḥ kṛtvā yatacittendriyakriyaḥ |  
upaviśyāsane yuñjyād yogamātmaviśuddhaye ||

## Chapter 6 Verse 13

samaṃ kāyaśirogrīvaṃ dhārayann acalaṃ sthiraḥ |  
saṃprekṣya nāsikāgraṃ svaṃ diśaścānavalokayan ||

Chapter 6 Verse 14

praśāntātmā vigatabhīr brahmacārivrate sthitaḥ |  
manaḥ saṃyama maccitto yukta āsīta matparaḥ ||

## Chapter 6 Verse 15

yuñjann evaṃ sadā 'tmānaṃ yogī niyatamānaṣaḥ |  
śāntiṃ nirvāṇaparamāṃ matsaṃsthām adhigacchati ||



Chapter 6 Verse 16

nātyaśnatas tu yogo 'sti na cāikāntam anaśnataḥ |  
na cātisvapnaśīlasya jāgrato nāiva cārjuna ||

Chapter 6 Verse 17

yuktāhāravihārasya yuktaceṣṭasya karmasu |  
yuktasvapnāvabodhasya yogo bhavati duḥkhahā ||

## Chapter 6 Verse 18

yadā viniyataṃ cittam ātmany evāvatiṣṭhate |  
niḥsprhaḥ sarvakāmebhyo yukta ity ucyate tadā ||

## Chapter 6 Verse 19

yathā dīpo nivāstho neṅgate sopamā smṛtā |  
yogino yatacittasya yuñjato yogam ātmanah ॥

## Chapter 6 Verse 20

yatroparamate cittam niruddham yogasevayā |  
yatra cāivātmanā 'tmānam paśyann ātmani tuṣyati ||

## Chapter 6 Verse 21

sukham ātyantikam yat tad buddhigrāhyam atīndriyam |  
vetti yatra na cāivāyam sthitaścalati tattvataḥ ||

## Chapter 6 Verse 22

yaṃ labdhvā cāparaṃ lābhaṃ manyate nādhikaṃ tataḥ |  
yasmin sthito na duḥkhena guruṇāpi vicālyate ||

## Chapter 6 Verse 23

taṃ vidyād duḥkhasaṃyogaviyogaṃ yogasaṃjñitam |  
sa niścayena yuktavyo yogo 'nirviṇṇacetasā ||



## Chapter 6 Verse 24

saṁkalpaprabhavān kāmāns tyaktvā sarvān aśeṣataḥ |  
manasāivendriyagrāmaṃ viniyamyā samantataḥ ||

## Chapter 6 Verse 25

śanāiḥ śanāir upamed buddhyā dhṛtigrhīṭayā |  
ātmasamsthaṃ manaḥ kṛtvā na kiṃcid api cintayet ||

## Chapter 6 Verse 26

yato yato niścarati manaścañcalam asthiram |  
tatastato niyamyāitad ātmany eva vaśam nayet ||

Chapter 6 Verse 27

praśāntamanasaṃ hyenaṃ yoginaṃ sukham uttamam |  
upāiti śāntarajasam brahmabhūtam akalmaṣam ||

## Chapter 6 Verse 28

yuñjann evaṃ sadā 'tmānaṃ yogī vigatakalmaṣaḥ |  
sukhena brahmasaṃsparśam atyantam sukham aśnute ||

Chapter 6 Verse 29

sarvabhūstham ātmānaṃ sarvabhūtāni cātmani |  
īkṣate yogayuktātmā sarvatra samadarśanaḥ ||

## Chapter 6 Verse 30

yo mām paśyati sarvatra sarvaṃ ca mayi paśyati |  
tasyāhaṃ na praṇaśyāmi sa ca me na praṇaśyati ||

Chapter 6 Verse 31

sarvabhūsthitam yo mām bhajaty ekatvam āsthitaḥ |  
sarvathā vartamānopi sa yogī mayi vartate ||



## Chapter 6 Verse 32

ātmāupamyena sarvatra samaṃ paśyati yo 'rjuna |  
sukhaṃ vā yadi vā duḥkhaṃ sa yogī paramo mataḥ ||

Chapter 6 Verse 33

arjuna uvāca |

yo 'yaṃ yogas tvayā proktaḥ sāmyena madhusūdana |  
etasyāhaṃ na paśyāmi cañcalatvāt sthitim sthirām ||

## Chapter 6 Verse 34

cañcalam hi manaḥ kṛṣṇa pramāthi balavad dṛḍham |  
tasyāham nigraham manye vāyor iva suduṣkaram ||

Chapter 6 Verse 35

śrībhagavān uvāca |

asaṃśayaṃ mahābāho mano durnigrahaṃ calam |

abhyāseṇa tu kāunteya vāirāgyeṇa ca gr̥hyate ||

## Chapter 6 Verse 36

asaṃyatātmanā yogo duṣprāpa iti me matiḥ |  
vaśyātmanā tu yatatā śakyo 'vāptum upāyataḥ ||

Chapter 6 Verse 37

arjuna uvāca |

ayatiḥ śraddhayopeto yogāccalitamānaḥ |

aprāpya yogasaṁsiddhiṁ kām gatiṁ kṛṣṇa gacchati ||

## Chapter 6 Verse 38

kacchin nobhayavibhraṣṭaś chinnābhram iva naśyati |  
apraṭiṣṭho mahābāho vimūḍho brahmaṇaḥ pathi ||

## Chapter 6 Verse 39

etan me saṁśayaṁ kṛṣṇa chettum arhasy aśeṣataḥ |  
tvadanyaḥ saṁśayasyāśya chettā na hy upapadyate ||



Chapter 6 Verse 40

śrībhagavān uvāca |

pārtha nāiveha nāmutra vināśas tasya vidyate |  
na hi kalyāṇakṛt kaścid durgatiṃ tāta gacchati ||

## Chapter 6 Verse 41

prāpya puṇyakṛtāṃ lokān uṣitvā śāśvatīḥ samāḥ |  
śucīnāṃ śrīmatāṃ gehe yogabhraṣṭo 'bhijāyate ||

## Chapter 6 Verse 42

athavā yoginām eva kule bhavati dhīmatām |  
etad dhi durlabhataram loka janma yad īdṛśam ||

Chapter 6 Verse 43

tatra taṃ buddhisamyogaṃ labhate pāurvadehikam |  
yatate ca tato bhūyaḥ saṃsiddhāu kurunandana ||

Chapter 6 Verse 44

pūrvābhyāsenā tenāiva hriyate hy avaśo 'pi saḥ |  
jijñāsur api yogasya śabdabrahmātivartate ||

Chapter 6 Verse 45

prayatnād yatamānas tu yogī saṃśuddhakilbiṣaḥ |  
anekajanmasaṃsiddhas tato yāti parāṃ gatim ||

Chapter 6 Verse 46

tapasvibhyo 'dhiko yogī jñānibhyo 'pi mato 'dhikaḥ |  
karmibhyaś cādhiko yogī tasmād yogī bhavānjuna ||

Chapter 6 Verse 47

yoginām api sarveṣāṃ madgatenāntarātmanā |  
śraddhāvān bhajate yo mām sa me yuktatamo mataḥ ||