



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 cāilājinaśottaram ||

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 saṃyamyā maccitto yukta āsīta matparaḥ ||

Chapter 6 Verse 15

yuñjann evaṃ sadā 'tmānaṃ yogī niyatamānaḥ |
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

sarvabhūtaṣṭhitam 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

cañcalaṃ hi manaḥ kṛṣṇa pramāthi balavad dṛḍham |
tasyāhaṃ nigrahaṃ 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 saṁśuddhakilbiṣaḥ |
anekajanmasaṁsiddhas tato yāti parāṁ 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 ||