

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 104 and 105

Chapter 10 Shloka 4 and 5

बुद्धिर्ज्ञानमसंमोहः क्षमा सत्यं दमः शमः ।
सुखं दुःखं भवोऽभावो भयं चाभयमेव च ॥
अहिंसा समता तुष्टिस्तपो दानं यशोऽयशः ।
भवन्ति भावा भूतानां मत्त एव पृथग्विधाः ॥

buddhir-jñānam-asam̐moha:
kṣamā satyaṁ dama: śama: ।
sukhaṁ du:khaṁ bhavo'bhāvo
bhayaṁ cābhyam-eva ca ॥
ahiṁsā samatā tuṣṭis-
tapo dānaṁ yaśo'yaśa: ।
bhavanti bhāvā bhūtānāṁ
matta eva prthag-vidhā: ॥

“Intelligence, knowledge, freedom from delusion, tolerance, truthfulness, sensory restraint, calmness of mind, happiness, unhappiness, existence, non-existence, fear and fearlessness; non-hurting, equality, contentment, austerity, acts of charity, fame, ill-fame – all these are various expressions in humans arising from Me (the Supreme) alone.”



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