

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization - 121-122

Chapter 12 Shloka 13-14

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ १३ ॥
सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः ।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥ १४ ॥

adveṣṭā sarva-bhūtānāṃ maitraḥ karuṇa eva ca ।
nirmamo nirahaṅkāraḥ sama-duḥkha-sukhaḥ kṣamī ॥
santuṣṭaḥ satataṃ yogī yatātmā dṛḍha-niścayaḥ ।
mayy-arpita-mano-buddhiryo mad-bhaktaḥ sa me
priyaḥ ॥

“He who is free of hatred towards all beings, friendly and kind to all, free of possessiveness and egoism, equal in unhappiness and happiness, forbearing, ever contented, inwardly integrated, with senses and mind well-disciplined, of firm conviction, with mind and intelligence fully resting on Me (the Supreme), is dear to Me.”

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