

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 142

Chapter 13 Shloka 23

उपद्रष्टानुमन्ता च भर्ता भोक्ता महेश्वरः ।
परमात्मेति चाप्युक्तो देहेऽस्मिन्पुरुषः परः ॥

upadraṣṭānumantā ca
bhartā bhoktā maheśvara: ।
paramātmēti cāpy-ukto
dehe'smin-puruṣa: para: ॥

“Purusha, dwelling in the body, witnesses, permits, supports and experiences everything. The overlord of all, He is also said to be Paramātmā, the supreme Self.”



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