

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 149

Chapter 14 Shloka 09

सत्त्वं सुखे सञ्जयति रजः कर्मणि भारत ।
ज्ञानमावृत्य तु तमः प्रमादे सञ्जयत्युत ॥

sattvaṃ sukhe sañjayati
raja: karmaṇi bhārata ।
jñānam-āvṛtya tu tama:
pramāde sañjayaty-uta ॥

“Sattva binds one by comfort and happiness, rajas by activity, O Bhārata, while tamas, covering knowledge, binds one by carelessness or inattention.”



“Insights into Bhagavad Gita” available from
publications@bhoomananda.org India
publications@globalgita.org (outside)

Flipkart (India) and Amazon USA

www.SwamiBhoomanandaTirtha.org