

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 156

Chapter 14 Shloka 24

समदुःखसुखः स्वस्थः समलोष्टाश्मकाञ्चनः ।
तुल्यप्रियाप्रियो धीरस्तुल्यनिन्दात्मसंस्तुतिः ॥

sama-duḥkha-sukhaḥ svasthaḥ
sama-loṣṭāśma-kāñcanaḥ ।
tulya-priyāpriyo dhīra-
stulya-nindātma-saṁstutiḥ ॥

“He (a guṇātīta) remains equipoised in sorrow and happiness, rests firmly in oneself, considers a clod of earth, stone and a piece of gold with equal importance, is evenly disposed towards the desirable and detestable, poised (dhīraḥ), accepting praise and blame alike.”

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