

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 176

Chapter 17 Shloka 16

मनःप्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।
भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥

manah-prasādaḥ saumyatvaṁ
maunam-ātma-vinigrahaḥ ।
bhāva-saṁśuddhir-ity-etat-
tapo mānasam-ucyate ॥

“Cheerful calmness of the mind, gentleness, silence, self-control, attitudinal and emotional purity – these are held to constitute mental austerity.”

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