

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 195

Chapter 18 Shloka 23

नियतं सङ्गरहितमरागद्वेषतः कृतम् ।
अफलप्रेप्सुना कर्म यत्तत्सात्त्विकमुच्यते ॥

niyataṁ saṅga-rahitam-
arāga-dveṣata: kṛtam ।
aphala-prepsunā karma
yat-tat-sāttvikam-ucyate ॥

“An action which is duly regulated, performed without attachment, desire and hatred, and not motivated by results, is said to be sāttvika.”

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