

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 197

Chapter 18 Shloka 30

प्रवृत्तिं च निवृत्तिं च कार्याकार्ये भयाभये ।
बन्धं मोक्षं च या वेत्ति बुद्धिः सा पार्थ सात्त्विकी ॥

pravṛttiṃ ca nivṛttiṃ ca
kāryākārye bhayābhave ।
bandhaṃ mokṣaṃ ca yā vetti
buddhiḥ sā pārtha sāttvikī ॥

“O Partha, that intelligence, which is able to distinguish between ‘involvemental action’ and ‘freedom from action’, what is ‘to be done’ and ‘not to be done’, what is ‘to be feared’ and wherein lies ‘fearlessness’, what is ‘bondage’ and where lies ‘liberation’, is sāttvika.”

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