

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha  
Essential Shlokas for Memorization – 199-200

Chapter 18 Shloka 36 - 37

सुखं त्विदानीं त्रिविधं शृणु मे भरतर्षभ ।  
अभ्यासाद्रमते यत्र दुःखान्तं च निगच्छति ॥  
यत्तदग्रे विषमिव परिणामेऽमृतोपमम् ।  
तत्सुखं सात्त्विकं प्रोक्तमात्मबुद्धिप्रसादजम् ॥

sukhaṁ tvidānīm trividhaṁ  
śṛṇu me bharatarṣabha ।  
abhyāsād-ramate yatra  
duḥkhāntaṁ ca nigacchati ॥  
yat-tad-agre viṣam-iva  
pariṇāme'mṛtopamam ।  
tat-sukhaṁ sāttvikaṁ proktam-  
ātma-buddhi-prasādajam ॥

“O chief of Bharatas (Arjuna), listen from me now the three kinds of happiness (sukha).

That happiness (sukha) is considered sāttvika, wherein one rejoices through spiritual practice and begets end of misery, which is like poison to start with, but like nectar in the end, which is born from the placidity of Self-knowledge.”



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