

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 202

Chapter 18 Shloka 42

शमो दमस्तपः शौचं क्षान्तिरार्जवमेव च ।
ज्ञानं विज्ञानमास्तिक्यं ब्रह्मकर्म स्वभावजम् ॥

śamo damas-tapa: śaucaṃ
kṣāntirārjavam-eva ca ।
jñānaṃ vijñānam-āstikyam
brahma-karma svabhāvajam ॥

“Mental discipline, sensory control, austerity, purity, forbearance, straightforwardness, knowledge, realization of the knowledge, and unflinching faith in the spiritual truth – these verily constitute the natural activities of a brāhmaṇa.”

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