

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 209 - 211

Chapter 18 Shloka 51 - 53

बुद्ध्या विशुद्धया युक्तो धृत्यात्मानं नियम्य च ।
शब्दादीन् विषयांस्त्यक्त्वा रागद्वेषौ व्युदस्य च ॥ ५१ ॥
विविक्तसेवी लघ्वाशी यतवाक्कायमानसः ।
ध्यानयोगपरो नित्यं वैराग्यं समुपाश्रितः ॥ ५२ ॥
अहङ्कारं बलं दर्पं कामं क्रोधं परिग्रहम् ।
विमुच्य निर्ममः शान्तो ब्रह्मभूयाय कल्पते ॥ ५३ ॥

buddhyā viśuddhayā yukto dhṛtyātmānaṁ niyamy ca ।
śabdādīn viṣayāṁstyaktvā rāga-dveṣau vyudasya ca ॥ 51 ॥
viviktasevī laghvāśī yata-vāk-kāya-mānasaः ।
dhyāna-yogaparo nityaṁ vairāgyaṁ samupāśritaः ॥ 52 ॥
ahaṅkāraṁ balaṁ darpaṁ kāmaṁ krodhaṁ parigrahaṁ ।
vimucya nirmamaः śānto brahma-bhūyāya kalpate ॥ 53 ॥

“Integrated with pure intellect and regulating the mind with will; giving up sensory thrills like sound, etc., eschewing desire and dislike;

being given to aloneness (not resorting to crowd); eating but little; regulating activities of speech, body and mind; constantly pursuing contemplation; taking refuge in dispassion;

abandoning egotism, clout, arrogance, lust and rage (hatred); not accepting gifts; possessing nothing; and composed; – such a one is said to be fit to become Brahman.”

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