## Insights into Bhagavad Gita By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization - 48

Chapter 4 Shloka 10

वीतरागभयक्रोधा मन्मया मामुपाश्रिताः । बहवो ज्ञानतपसा पूता मदुभावमागताः ।।

vīta-rāga-bhaya-krodhā man-mayā mām-upāśritā: I bahavo jñāna-tapasā pūtā mad-bhāvam-āgatā: II

Transcending passion, fear and anger, reflecting constantly upon Me, taking refuge in Me, many have become like Me getting purified by knowledge-austerity.

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