

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha  
Essential Shlokas for Memorization – 75

## Chapter 6 Shloka 6

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।  
अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत् ॥

bandhur-ātmātmanas-tasya  
yenātmaivātmanā jita: ।  
anātmanas-tu śatrutve  
vartetātmaiva śatruvat ॥

“For one who has won over himself by his own effort itself, his self is a friend to him. But for one who lacks inner mastery, his very self will behave inimically towards him like an enemy.”

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