

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 78

Chapter 6 Shloka 25

शनैः शनैरुपरमेदबुद्ध्या धृतिगृहीतया ।
आत्मसंस्थं मनः कृत्वा न किञ्चिदपि चिन्तयेत् ॥

śanaiḥ śanair-uparamed-
buddhyā dhṛti-gṛhītayā ।
ātma-samsthāṁ manaḥ kṛtvā
na kiñcid-api cintayet ॥

“Gradually and steadily with close attention, withdraw yourself by employing diligently the intelligence controlled by the will. Once the mind becomes self-ward and finally self-settled, do not think at all. (All thinking and willing must come to a stop.)”

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