

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha  
Essential Shlokas for Memorization - 6

Chapter 2 Shloka 13

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।  
तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥

dehino'smin-yathā dehe  
kaumāraṃ yauvanaṃ jarā  
tathā dehāntara-prāptir-  
dhīras-tatra na muhyati ॥

Just as the one dwelling in the body undergoes childhood, youth and old age, so too is the transition from the body. The wise one is not deluded about it.

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