

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization - 7

## Chapter 2 Shloka 14

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः ।  
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥

mātrā-sparśās-tu kaunteya  
śītoṣṇa-sukha-du:kha-dā:  
āgamāpāyino'nityās-  
tāms-titikṣasva bhārata ॥

Contacts between the senses and their objects, O son of Kunti, produce sukha-duḥkhas (joy and sorrow), like cold and heat. O Bharata, they come and go, hence are transitory. You must forbear them.

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