

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 23

Chapter 2 Shloka 55

श्रीभगवानुवाच -

प्रजहाति यदा कामान् सर्वान् पार्थ मनोगतान् ।
आत्मन्येवात्मना तुष्टः स्थितप्रज्ञस्तदोच्यते ॥

śrī-bhagavān uvāca –
prajahāti yadā kāmān
sarvān pārtha manogatān ।
ātmany-evātmanā tuṣṭaḥ
sthita-prajñas-tadocyate ॥

Lord Krishna said: O Partha, when one relinquishes all desires engendered by the mind and, rejoices by himself in his own Self, he is said to be a sthita-prajna, one with steady consciousness.

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