

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 24

Chapter 2 Shloka 56

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः ।
वीतरागभयक्रोधः स्थितधीर्मुनिरुच्यते ॥

du:kheṣv-anudvigna-manā:
sukheṣu vigata-spr̥ha: ।
vīta-rāga-bhaya-krodha:
sthitadhīr-munir-ucyate ॥

With the mind not smitten by dukhas, fostering no desire for Sukhas, he who rises above attraction, fear and anger is a sthita-dhee. He is verily a Muni, one given devoutly to rumination.

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