

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 41

## Chapter 4 Shloka 1

श्रीभगवानुवाच

इमं विवस्वते योगं प्रोक्तवानहमव्ययम् ।  
विवस्वान्मनवे प्राह मनुर्िक्ष्वाकवेऽब्रवीत् ॥

śri bhagavān uvāca  
imaṃ vivasvate yogaṃ  
proktavān-aham-avyayam ।  
vivasvān manave prāha  
manur ikṣvakave'bravit ॥

Lord Krishna said: I first imparted this imperishable spiritual science (yoga) to Vivasvan. Vivasvan told Manu about it; and Manu spoke to Ikshvaku.

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