

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 55

### Chapter 4 Shloka 21

निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः ।  
शारीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥

nirāśīr-yata-cittātmā  
tyakta-sarva-parigraha: ।  
śārīraṃ kevalaṃ karma  
kurvann-āpnoti kilbiṣam ॥

Bereft of desires, with sufficient restraint over mind and senses, eschewing all kinds of gifts or gains, doing only bodily (physical) activities, one will not incur sin at all.

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