

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 66

Chapter 5 Shloka 03

ज्ञेयः स नित्यसन्न्यासी यो न द्वेष्टि न काङ्क्षति ।
निर्द्वन्द्वो हि महाबाहो सुखं बन्धात्प्रमुच्यते ॥

jñeya: sa nitya-sannyāsī
yo na dveṣṭi na kāṅkṣati ।
nirdvandvo hi mahābāho
sukhaṃ bandhāt-pramucyate ॥

“He is to be known as a ‘constant renunciate’, who does not desire or hate. O mighty-armed, the one given to nirdvandvatā (freedom from dual responses) is indeed comfortably freed from bondage.”

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