

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization - 67, 68

### Chapter 5 Shloka 08 and 09

नैव किञ्चित्करोमीति युक्तो मन्येत तत्त्ववित् ।

पश्यञ्शृण्वन्स्पृशञ्छिघ्नन्नश्नन्गच्छन्स्वपञ्चसन् ॥८॥

प्रलपन्विसृजन्गृह्णन्निषन्निमिषन्नपि ।

इन्द्रियाणीन्द्रियार्थेषु वर्तन्त इति धारयन् ॥९॥

naiva kiñcitkaromīti yukto manyeta tattvavit ।  
paśyañ-śr̥ṇvan-spr̥śañ-jighrann-  
aśnan-gacchan-svapañ-śvasan ॥  
pralapan-viśr̥jan-gr̥hṇann-unmiṣan-nimiṣann-api ।  
indriyāṇīndriyārtheṣu vartanta iti dhārayan ॥

“The Knower of Truth, who has achieved ‘yogic integration’, will think ‘I do nothing’ even while seeing and hearing, touching and smelling, eating and moving about, sleeping and breathing, speaking and answering the calls of nature, holding, opening and winking his eyes. He understands that in all these the senses alone interact with the sense-objects (and he at heart does nothing at all).”

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