

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization - 72

Chapter 5 Shloka 23

शक्रोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् ।
कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥

śaknotīhaiva ya: soḍhum
prāk-śarīra-vimokṣaṇāt ।
kāma-krodhodbhavaṃ vegam
sa yukta: sa sukhī nara: ॥

“Whoever is able to withstand the urges of passion and anger before his body falls, is indeed the spiritually integrated and happy human.”



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