

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 74

Chapter 6 Shloka 5

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

uddhared-ātmanātmānaṃ
nātmānam-avasādayet ।
ātmaiva hy-ātmano bandhur-
ātmaiva ripur-ātmanaः ॥

“Elevate yourself by your own intrinsic power. Do not enervate or degrade yourself. One’s own self alone is, verily, one’s friend, and equally one’s enemy.”



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