

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 79

Chapter 6 Shloka 32

आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।
सुखं वा यदि वा दुःखं स योगी परमो मतः ॥

ātmaupamyena sarvatra
samaṃ paśyati yo'rjuna ।
sukhaṃ vā yadi vā du:khaṃ
sa yogī paramo mata: ॥

“The Yogi, who perceives the same Self everywhere, whether it is a pleasant (sukha) or an unpleasant (dukhha) situation, is considered the best and highest, O Arjuna”



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