

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 80

Chapter 6 Shloka 34

चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् ।
तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥

cañcalaṃ hi mana: kṛṣṇa
pramāthi balavad-dṛḍham ।
tasyāhaṃ nigrahaṃ manye
vāyor-iva suduṣkaram ॥

“The mind, O Krishna, is given to swinging and swerving. It is turbulent, very powerful too. I think, to bring it under control or moderation is as difficult as restraining the wind.”

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