

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 85

Chapter 7 Shloka 12

ये चैव सात्त्विका भावा राजसास्तामसाश्च ये ।
मत्त एवेति तान्विद्धि न त्वहं तेषु ते मयि ॥

ye caiva sātṭvikā bhāvā
rājasās-tāmasāśca ye ।
matta eveti tān-viddhi
na tv-ahaṃ teṣu te mayi ॥

“Whatever features or expressions sattva (goodness and purity), rajas (activity and passion) or tamas (ignorance and inertia) arouse, know them all as having emerged from Me alone. However, I am not in them; they are in Me.”



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