



## 6

# BHAGAVAD GITA

The Bhagavad-Gita is a conversation between Arjuna and Krishna, his charioteer. In the course of giving Arjuna all manner of spiritual and material advice, Krishna explains karma, the self, the supreme self, the purpose of yoga, the difference between our self and our material body, how our environment affects our consciousness, and how to attain the perfection of life.



## OBJECTIVES

After studying this lesson, you will be able to :

- recite all the shlokas of 12th chapter of Bhagavad Gita without taking help of the book;
- explain the meaning of shlokas in own words; and
- summarize shlokas of 12th chapter in own words.

## 6.1 12<sup>TH</sup> CHAPTER - BHAGAVAD GITA

Bhagavad Gita, one of the sacred books is full of virtues and life enrichment lessons. 12th chapter has all such good virtues. One



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can see and observe many of these qualities among people around us like parents, teachers, brothers, sisters, relatives, friends, house workers, farmers, government officials etc. everyday.

All these qualities are listed in the form of shlokas. Let us practice these shlokas, how to recite them correctly, where to stop and how to chant them with devotion.

Since, Bhagavad Gita is in the form of dialogue between Arjuna and Krishna, in the beginning of this chapter Arjuna asks Krishna, 'Who is the best devotee? Who do you love most?' Krishna says, "All of those who worship me with idols and who do not have idols are also my devotees. I love both ". It's like the mother loving all the children, without difference between elders and young kids. Don't your mother love all of you equally? Similarly, I love all my devotees.

## 6.2 SHLOKAS 1-12

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vtü mokpA

एवं सततयुक्ता ये भक्तास्त्वां पर्युपासते ।

ये चाप्यक्षरमव्यक्तं तेषां के योगवित्तमा : ॥12-1॥

Those devotees who, ever steadfast, thus worship and those also who worship the imperishable and the unmanifested - which of them are better versed in Yoga?

## शुद्धचित्तवृत्तव्यवहारः

मय्यावेश्य मनो ये मां नित्ययुक्ता उपासते ।  
श्रद्धया परयोपेताः ते मे युक्ततमा मताः ॥12-2 ॥

ये त्वक्षरमनिर्देश्यमव्यक्तं पर्युपासते ।  
सर्वत्रगमचिन्त्यञ्च कूटस्थमचलन्ध्रुवम् ॥12-3 ॥

सन्नियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः ।  
ते प्राप्नुवन्ति मामेव सर्वभूतहिते रताः ॥12-4 ॥

Treating all the people evenly. Don't you see some elderly persons also respecting youngsters and treating equally important? They will call you with respect, treat you with respect, communicate with respect etc. they all behave as there is no difference between literate and illiterate, educated and uneducated. That is what Krishna said " I love those who behave equally with all".

क्लेशोऽधिकतरस्तेषामव्यक्तासक्तचेतसाम् ।  
अव्यक्ता हि गतिर्दुःखं देहवद्भिरवाप्यते ॥12-5 ॥

ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः ।  
अनन्येनैव योगेन मां ध्यायन्त उपासते ॥12-6 ॥



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तेषामहं समुद्धर्ता मृत्युसंसारसागरात् ।  
भवामि नचिरात्पार्थ मय्यावेशितचेतसाम् ॥12-7 ॥

मय्येव मन आधत्स्व मयि बुद्धिं निवेशय ।  
निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ॥ 12-8 ॥

अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम् ।  
अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय ॥ 12-9 ॥

अभ्यासेऽप्यसमर्थोऽसि मत्कर्मपरमो भव ।  
मदर्थमपि कर्माणि कुर्वन्सिद्धिमवाप्स्यसि ॥12-10 ॥

अथैतदप्यशक्तोऽसि कर्तुं मद्योगमाश्रितः ।  
सर्वकर्मफलत्यागं ततः कुरु यतात्मवान् ॥12-11 ॥

श्रेयो हि ज्ञानमभ्यासाज्ज्ञानाद्ध्यानं विशिष्यते ।  
ध्यानात्कर्मफलत्यागस्त्यागाच्छान्तिरनन्तरम् ॥12-12 ॥

• अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय - Yoga by constant practice, do you seek to reach me, O Arjuna!

Krishna says, you can do anything by practice.

Assume you want to become an athlete. You know how to run.

But to become an athlete, you have to train yourself in the particular manner. You should know the rules of running if you want to become a runner. You should eat proper food to keep strength and stamina. Every day you must run under the guidance of a trainer. One day, your dream of becoming a runner comes true. You will win the gold medal for sure. To be a winner the practice is most important aspect.

Here, Krishna says if you want to reach me, you have to practice constantly. Involve all the recourses you have with you. Engage yourself completely to attain the goal you have selected. This is one of the qualities of Bhakta to practice.

**INTEXT QUESTIONS 6.1**

1. एवं सततयुक्ता ये ..... पर्युपासते ।
2. अभ्यासयोगेन ततो ..... धनञ्जय ।

**6.3 SHLOKAS 13-20**

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।  
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥12-13 ॥

सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः ।  
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥12-14 ॥

यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः ।  
हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः ॥12-15 ॥

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अनपेक्षः शुचिर्दक्ष उदासीनो गतव्यथः ।  
सर्वारम्भपरित्यागी यो मद्भक्तः स मे प्रियः ॥12-16 ॥

यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति ।  
शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥12-17 ॥

समः शत्रौ च मित्रे च तथा मानापमानयोः ।  
शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः ॥12-18 ॥

तुल्यनिन्दास्तुतिर्मौनी सन्तुष्टो येन केनचित् ।  
अनिकेतः स्थिरमतिर्भक्तिमान्मे प्रियो नरः ॥12-19 ॥

ये तु धर्म्यामृतमिदं यथोक्तं पर्युपासते ।  
श्रद्धधाना मत्परमा भक्तास्तेऽतीव मे प्रियाः ॥12-20 ॥

From the Shloka-13 of this chapter till the end of the chapter, it's completely description of qualities of a Bhakta. You need not have any god or godhead to become a devotee or Bhakta. But, you have tried developing these qualities.

- अद्वेष्टा सर्वभूतानां - He who hates no creature
- मैत्रः करुण एव च - Who is friendly and compassionate to all
- निर्ममो निरहङ्कारः - Who is free from attachment and egoism



- समदुःखसुख - Balanced in pleasure and pain
- क्षमी - Forgiving
- सन्तुष्टः - Ever content
- सततं योगी - Steady in meditation
- यतात्मा - Self controlled
- दृढनिष्ठयः - Possessed of firm conviction
- मययर्पितमनोबुद्धिर्यो मदक्तः स मे प्रियः - With mind and intellect dedicated to me
- यस्मान्नोद्विजते लोको - He by whom the world is not agitated
- लोकन्नोद्विजते च यः - Who cannot be agitated by the world
- हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः - Who is freed from joy, envy, fear and anxiety-he is dear to me.
- अनपेक्षः - He who is free from wants
- शुचिः - Pure
- दक्षः - Expert
- उदासीनो - Unconcerned
- गतव्यथः - Untroubled
- सर्वास्मभपरित्यागी यो मदक्तः स मे प्रियः - Renouncing all undertakings or commencements-he who is (thus) devoted to me, is dear to me



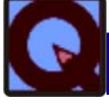
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- यो न द्विषसति न द्वेष्टि न शोचति न काङ्क्षति - He who neither rejoices, nor hates, nor grieves, nor desires
- शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः - Renouncing good and evil, and who is full of devotion, is dear to me.
- समः शत्रौ च मित्रे च तथा मानापमानयोः - He who is the same to foe and friend, and in honour and dishonour
- शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः - Who is the same in cold and heat and in pleasure and pain, who is free from attachment
- तुल्यनिन्दास्तुति' - He to whom censure and praise are equal
- मौनी - Who is silent
- सन्तुष्टो येन केनचित् - Content with anything
- अनिकेतः - Homeless
- स्थिरमतिर्भक्तिमान्मे प्रियो नरः - Of a steady mind, and full of devotion-that man is dear to me.

Many of the qualities listed above can be found very easily. When you see someone is successful in the life, you can find at least a few of these in them.

Try to find in you how many of these are available in you.

ॐ तत्सदिति श्रीमद्भगवद्गीतासूपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे  
श्रीकृष्णार्जुनसंवादे भक्तियोगो नाम द्वादशोऽध्यायः ॥१२॥

**INTEXT QUESTIONS 6.2**

1. समः शत्रौ च मित्रे च तथा मानापमानयोः ।  
शीतोष्णसुखदुःखेषु समः ..... ॥
2. सन्तुष्टः सततं योगी..... ।  
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः ॥

**WHAT HAVE YOU LEARNT**

All shlokas deliberates between bhakti, or love for a personal god, and worship of the God, through intense study and meditation. Shri Krishna advocates primarily for devotional love, arguing this is an easier and more focused path. Bhakti also is more directly tied to karma yoga, or the yoga of action. Krishna teaches Arjuna that devotional love can be expressed by imbuing all action with devotional worship.

All are routes to the same end: freedom from the endless cycle of death and rebirth. Without a face or a shape to put on God, it is more difficult to focus one's meditation and worship. Worshipping Krishna's manifestation of God, however, allows a person to find a more direct and relatable channel for their devotion.

Krishna fully describes the person he loves most. In the yogic tradition, regardless of the path chosen, the devotee will demonstrate ways of being in the world that reflect inner balance and goodness.

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## TERMINAL QUESTIONS

1. Summarize teachings of Shri Krishna in 12th Chapter of Bhagavad Gita.
2. Which practice Shri Krishna teaches Arjun to reach him?
3. Explain few qualities to be developed by all human beings. (Shloka 13-20)



## ANSWERS TO INTEXT QUESTIONS

### 6.1

1. भक्तास्त्वां
2. मामिच्छाप्तुं

### 6.2

1. सङ्गविवर्जितः
2. यतात्मा दृढनिश्चयः