

BHAGAVADGITA PARAYANA - CHAPTER 6

ōṃ śrī paramātmanē namaḥ
atha śaṣṭhō'dhyāyaḥ
ātmasaṃyamayōgaḥ

śrī bhagavānuvācha

anāśritaḥ karmaphalaṃ kāryaṃ karma karōti yaḥ □
sa sannyāsī cha yōgī cha na niragnirna chākriyaḥ □ 1□

yaṃ sannyāsamiti prāhuḥ yōgaṃ taṃ viddhi pāṇḍava □
na hyasannyastasaṅkalpaḥ yōgī bhavati kaśchana □ 2□

āruruḥṣōrmunēryōgaṃ karma kāraṇamuchyatē □
yōgārūḍhasya tasyaiva śamaḥ kāraṇamuchyatē □ 3□

yadā hi nēndriyārthēṣu na karmasvanuṣajjatē □
sarvasaṅkalpasannyāsī yōgārūḍhastadōchyatē □ 4□

uddharēdātmanā"tmānaṃ nātmānamavasādayēt □
ātmaiva hyātmanō bandhuḥ ātmaiva ripurātmanaḥ □ 5□

bandhurātmātmanastasya yēnātmaivātmanā jitaḥ □
anātmanastu śatrutvē vartētātmaiva śatruvat □ 6□

jitātmanaḥ praśāntasya paramātmā samāhitaḥ □
śītōṣṇasukhaduḥkhēṣu tathā mānāpamānayōḥ □ 7□

jñānavijñānatṛptātmā kūṭasthō vijitēndriyaḥ □
yukta ityuchyatē yōgī samalōṣṭāśmakāñchanaḥ □ 8□

suhṛṇmitrāryudāsīnamadhyasthadvēṣyabandhuṣu □
sādhuṣvapi cha pāpēṣu samabuddhirviśiṣyatē □ 9□

yōgī yuñjīta satatam ātmānaṃ rahasi sthitaḥ □
ēkākī yatachittātmā nirāśīraparigrahaḥ □ 10□

śuchau dēśē pratiṣṭhāpya sthiramāsanamātmanaḥ □
nātyuchChritaṃ nātinīchaṃ chailājīnakuśōttaram □ 11□

tatraikāgraṃ manaḥ kṛtvā yatachittēndriyakriyaḥ □
upaviśyāsanē yuñjyāt yōgamātmaviśuddhayē □ 12□

samaṃ kāyaśirōgrīvaṃ dhārayannachalaṃ sthiraḥ □
samprēkṣya nāsikāgraṃ svaṃ diśaśchānavalōkayan □ 13□

praśāntātmā vigata bhīḥ brahmachārivratē sthitaḥ □
manaḥ saṃyama machchittaḥ yukta āsīta matparaḥ □ 14□

yuñjannēvaṃ sadā”tmānaṃ yōgī niyatamānasaḥ □
śāntiṃ nirvāṇaparamāṃ matsaṃsthāmadhigachChatī □ 15□

nātyaśnatastu yōgō’sti na chaikāntamanaśnataḥ □
na chāti svapnaśīlasya jāgratō naiva chārjuna □ 16□

yuktāhāravihārasya yuktachēṣṭasya karmasu □
yuktasvapnāvabōdhasya yōgō bhavati duḥkhahā □ 17□

yadā viniyataṃ chittam ātmanyēvāvatiṣṭhatē □
nissprhaḥ sarvakāmēbhyaḥ yukta ityuchyate tadā □ 18□

yathā dīpō nivāsthaḥ nēṅgatē sōpamā smṛtā □
yōginō yatachittasya yuñjatō yōgamātmanaḥ □ 19□

yatrōparamatē chittaṃ niruddhaṃ yōgasēvayā □
yatra chaivātmanātmānaṃ paśyannātmani tuṣyati □ 20□

sukhamātyantikaṃ yattat buddhigrāhyamatīndriyam □
vētti yatra na chaivāyaṃ sthitaśchalati tattvataḥ □ 21□

yaṃ labdhvā chāparaṃ lābhaṃ manyatē nādhikaṃ tataḥ □
yasmin sthitō na duḥkhēna guruṇāpi vichālyatē □ 22□

taṃ vidyāt duḥkhasaṃyōgaviyōgaṃ yōgasañjñitam □
sa niśchayēna yōktavyaḥ yōgō’nirviṇṇachētasā □ 23□

saṅkalpaprabhavānkāmān tyaktvā sarvānaśēṣataḥ □
manasaivēndriyagrāmaṃ viniyamya samantataḥ □ 24□

śanaīḥ śanairuparamēt buddhyā dhṛtigṛhītayā □
ātmasaṃsthaṃ manaḥ kṛtvā na kiñchidapi chintayēt □ 25□

yatō yatō niścharati manaśchañchalamasthiram □
tatastatō niyamaitat ātmanyēva vaśaṃ nayēt □ 26□

praśāntamanasaṃ hyēnaṃ yōginaṃ sukhamuttamam □
upaiti śāntarajasam brahmabhūtamakalmaṣam □ 27□

yuñjannēvaṃ sadā”tmānaṃ yōgī vigatakalmaṣaḥ □
sukhēna brahmasaṃsparśam atyantam sukhamasnutē □ 28□

sarvabhūsthamātmānaṃ sarvabhūtāni chātmani □
īkṣatē yōgayuktātmā sarvatra samadarśanaḥ □ 29□

yō māṃ paśyati sarvatra sarvaṃ cha mayi paśyati □
tasyāhaṃ na praṇaśyāmi sa cha mē na praṇaśyati □ 30□

sarvabhūstasthitam yō māṃ bhajatyēkatvamāsthitaḥ □
sarvathā vartamānō’pi sa yōgī mayi vartatē □ 31□

ātmaupamyēna sarvatra samaṃ paśyati yō’rjuna □
sukhaṃ vā yadi vā duḥkhaṃ sa yōgī paramō mataḥ □ 32□

arjuna uvācha -
yō’yaṃ yōgastvayā prōktaḥ sām्यēna madhusūdana □
ētasyāhaṃ na paśyāmi chañchalatvātsthitim sthirām □ 33□

chañchalam hi manaḥ kṛṣṇa pramāthi balavaddṛḍham □
tasyāhaṃ nigrahaṃ manyē vāyōriva suduṣkaram □ 34□

śrī bhagavānuvācha -
asaṃśayaṃ mahābāhō manō durnigrahaṃ chalam □
abhyāsēna tu kauntēya vairāgyēṇa cha gṛhyatē □ 35□

asaṃyatātmanā yōgaḥ duṣprāpa iti mē matiḥ □
vaśyātmanā tu yatatā śakyō’vāptumupāyataḥ □ 36□

arjuna uvācha

ayatiḥ śraddhayōpētaḥ yōgāchchalitamānasaḥ □
aprāpya yōgasamsiddhim kāṃ gatiṃ kṛṣṇa gachChatī □ 37□

kachchinnōbhayavibhraṣṭaḥ Chinnābhramiva naśyati □
apraṭiṣṭhō mahābāhō vimūḍhō brahmaṇaḥ pathi □ 38□

ētanmē saṃśayaṃ kṛṣṇa Chēttumarhasyaśēṣataḥ □
tvadanyaḥ saṃśayasyāsyā Chēttā na hyupapadyatē □ 39□

śrī bhagavānuvācha

pārtha naivēha nāmutra vināśastasya vidyatē □
na hi kalyāṇakṛtkāśchit durgatiṃ tāta gachChatī □ 40□

prāpya puṇyakṛtāṃ lōkān uṣitvā śāśvatīḥ samāḥ □
śuchīnāṃ śrīmatāṃ gēhē yōgabhraṣṭō'bhijāyatē □ 41□

athavā yōgināmēva kulē bhavati dhīmatām □
ētaddhi durlabhataraṃ lōkē janma yadīdṛśam □ 42□

tatra taṃ buddhisamyōgaṃ labhatē paurvadēhikam □
yatatē cha tatō bhūyaḥ saṃsiddhau kurunandana □ 43□

pūrvābhyāsēna tēnaiva hriyatē hyavaśō'pi saḥ □
jijñāsurapi yōgasya śabdabrahmātivartatē □ 44□

prayatnādyatamānastu yōgī saṃśuddhakilbiṣaḥ □
anēkajanmasaṃsiddhaḥ tatō yāti parāṃ gatim □ 45□

tapasvibhyō'dhikō yōgī jñānibhyō'pi matō'dhikaḥ □
karmibhyaśchādhikō yōgī tasmādyōgī bhavārjuna □ 46□

yōgināmapi sarvēśāṃ madgatēnāntarātmanā □
śraddhāvānbhajatē yō māṃ sa mē yuktatamō mataḥ □ 47□

□ ōṃ tatsaditi śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyāṃ
yōgaśāstrē śrīkṛṣṇārjunasaṃvādē ātmasamyamayōgō nāma ṣaṣṭhō'dhyāyaḥ □