

BHAGAVADGITA PARAYANA - CHAPTER 12

ōṃ śrī paramātmanē namaḥ

atha dvādaśō'dhyāyaḥ

bhaktiyōgaḥ

arjuna uvācha

ēvaṃ satatayuktā yē bhaktāstvāṃ paryupāsātē □

yē chāpyakṣaramavyaktaṃ tēṣāṃ kē yōgavittamāḥ □ 1□

śrī bhagavānuvācha

māyāvēśya manō yē māṃ nityayuktā upāsātē □

śraddhayā parayōpētāḥ tē mē yuktatamā matāḥ □ 2□

yē tvakṣaramanirdēśyam avyaktaṃ paryupāsātē □

sarvatragamachintyaṃ cha kūṭasthamachalaṃ dhruvam □ 3□

sanniyamyēndriyagrāmaṃ sarvatra samabuddhayaḥ □

tē prāpnuvanti māmēva sarvabhūtahitē ratāḥ □ 4□

klēśō'dhikatarastēṣāṃ avyaktāsaktachētasām □

avyaktā hi gatirduḥkhaṃ dēhavadbhiravāpyatē □ 5□

yē tu sarvāṇi karmāṇi mayi sannyasya matparāḥ □

ananyēnaiva yōgēna māṃ dhyāyanta upāsātē □ 6□

tēṣāmahaṃ samuddhartā mṛtyusaṃsārasāgarāt □

bhavāmi nachirātpārtha māyāvēśitachētasām □ 7□

māyēva mana ādhatsva mayi buddhiṃ nivēśaya □

nivasiṣyasi māyēva ata ūrdhvaṃ na saṃśayaḥ □ 8□

atha chittaṃ samādhattuṃ na śaknōṣi mayi sthiram □

abhyāsayōgēna tataḥ māmichChāptuṃ dhanañjaya □ 9□

abhyāsē'pyasamarthō'si matkarmaparamō bhava □

madarthamapi karmāṇi kurvansiddhimavāpsyasi □ 10□

athaitadapyaśaktō'si kartuṃ madyōgamāśritaḥ □

sarvakarmaphalatyāgaṃ tataḥ kuru yatātmavān □ 11□

śrēyō hi jñānamabhyāsāt jñānāddhyānaṃ viśiṣyatē □
dhyānātkarmaphalatyāgaḥ tyāgāchChāntiranantaram □ 12□

advēṣṭā sarvabhūtānāṃ maitraḥ karuṇa ēva cha □
nirmamō nirahaṅkāraḥ samaduḥkhasukhaḥ kṣamī □ 13□

santuṣṭaḥ satataṃ yōgī yatātmā dṛḍhaniśchayaḥ □
mayyarpitamanōbuddhiḥ yō madbhaktaḥ sa mē priyaḥ □ 14□

yasmānnōdvijatē lōkaḥ lōkānnōdvijatē cha yaḥ □
harṣāmarṣabhayōdvēgaiḥ muktō yaḥ sa cha mē priyaḥ □ 15□

anapēkṣaḥ śuchirdakṣaḥ udāsīnō gatavyathaḥ □
sarvārambhaparityāgī yō madbhaktaḥ sa mē priyaḥ □ 16□

yō na hrīṣyati na dvēṣṭi na śōchati na kāṅkṣati □
śubhāśubhaparityāgī bhaktimānyaḥ sa mē priyaḥ □ 17□

samaḥ śatrau cha mitrē cha tathā mānāpamānayōḥ □
śītōṣṇasukhaduḥkhēṣu samaḥ saṅgavivarjitaḥ □ 18□

tulyanindāstutirmaunī santuṣṭō yēna kēnachit □
anikētaḥ sthiraṃmatih bhaktimānmē priyō naraḥ □ 19□

yē tu dharmyāmṛtamidaṃ yathōktaṃ paryupāsātē □
śraddadhānā matparamāḥ bhaktāstē'tīva mē priyāḥ □ 20□

□ ōṃ tatsaditi śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyāṃ yōgaśāstrē
śrīkṛṣṇārjunasaṃvādē bhaktiyōgō nāma dvādaśō'dhyāyaḥ □