

SRIMAD BHAGAWAD GITA CHAPTER 6

atha śaṣṭhō'dhyāyaḥ □

ātmasaṃyamayōgaḥ

śrībhagavānuvācha □

anāśritaḥ karmaphalaṃ kāryaṃ karma karōti yaḥ □

sa sannyāsī cha yōgī cha na niragnirna chākriyaḥ □ 1 □

yaṃ sannyāsamiti prāhuryōgaṃ taṃ viddhi pāṇḍava □

na hyasannyastasaṅkalpō yōgī bhavati kaśchana □ 2 □

āruruḥṣōrmunēryōgaṃ karma kāraṇamuchyātē □

yōgārūḍhasya tasyaiva śamaḥ kāraṇamuchyātē □ 3 □

yadā hi nēndriyārthēṣu na karmasvanuṣajjatē □

sarvasaṅkalpasannyāsī yōgārūḍhastadōchyātē □ 4 □

uddharēdātmanātmānaṃ nātmānamavasādayēt □

ātmaiva hyātmanō bandhurātmaiva ripurātmanaḥ □ 5 □

bandhurātmātmanastasya yēnātmaivātmanā jitaḥ □

anātmanastu śatrutvē vartētātmaiva śatruvat □ 6 □

jitātmanaḥ praśāntasya paramātmā samāhitaḥ □

śītōṣṇasukhaduḥkhēṣu tathā mānāpamānayōḥ □ 7 □

jñānavijñānatṛptātmā kūṭasthō vijitēndriyaḥ □

yukta ityuchyātē yōgī samalōṣṭāśmakāñchanaḥ □ 8 □

suhṛnmitrāryudāsīnamadhyasthadvēṣyabandhuṣu □

sādhuṣvapi cha pāpēṣu samabuddhirviśiṣyatē □ 9 □

yōgī yuñjīta satatamātmānaṃ rahasi sthitaḥ □

ēkākī yatachittātmā nirāśīraparigrahaḥ □ 10 □

śuchau dēśē pratiṣṭhāpya sthiramāsanamātmanaḥ □

nātyuchChritaṃ nātinīchaṃ chailājīnakuśōttaram □ 11 □

tatraikāgraṃ manaḥ kṛtvā yatachittēndriyakriyāḥ □
upaviśyāsanē yuñjyādyōgamātmaviśuddhayē □ 12 □

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

praśāntātmā vigatabhīrbrahmachārivratē sthitaḥ □
manaḥ saṃyama machchittō yukta āsīta matparaḥ □ 14 □

yuñjannēvaṃ sadātmānaṃ yōgī niyatamānasaḥ □
śāntiṃ nirvāṇaparamāṃ matsaṃsthāmadhigachChatī □ 15 □

nātyaśnatastu yōgō'sti na chaikāntamanaśnataḥ □
na chātisvapnaśīlasya jāgratō naiva chārjuna □ 16 □

yuktāhāravihārasya yuktachēṣṭasya karmasu □
yuktasvapnāvabōdhasya yōgō bhavati duḥkhahā □ 17 □

yadā viniyataṃ chittamātmānyēvāvatiṣṭhatē □
niḥsprhaḥ sarvakāmēbhyō yukta ityuchyatē tadā □ 18 □

yathā dīpō nivāstathō nēngatē sōpamā smṛtā □
yōginō yatachittasya yuñjatō yōgamātmanaḥ □ 19 □

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

sukhamātyantikaṃ yattadbuddhigrāhyamatīndriyam □
vētti yatra na chaivāyaṃ sthitaśchalati tattvataḥ □ 21 □

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

taṃ vidyādduḥkhasaṃyōgaviyōgaṃ yōgasañjñitam □
sa niśchayēna yōktavyō yōgō'nirviṇṇachētasā □ 23 □

sañkalpaprabhavānkāmāṃstyaktvā sarvānaśēṣataḥ □
manasaivēndriyagrāmaṃ viniyama samantataḥ □ 24 □

śanaiḥ śanairuparamēdbuddhyā dhṛtigṛhītayā □
ātmasaṃsthaṃ manaḥ kṛtvā na kiñchidapi chintayēt □ 25 □

yatō yatō niścharati manaśchañchalamasthiram □
tatatastō niyamyaitadātmanyēva vaśaṃ nayēt □ 26 □

praśāntamanasaṃ hyēnaṃ yōginaṃ sukhamuttamam □
upaiti śāntarajasam brahmabhūtamakalmaṣam □ 27 □

yuñjannēvaṃ sadātmānaṃ yōgī vigatakalmaṣaḥ □
sukhēna brahmasaṃsparśamatyantaṃ sukhamaśnutē □ 28 □

sarvabhūtaṣṭhamātmānaṃ sarvabhūtāni chātmani □
īkṣatē yōgayuktātmā sarvatra samadarśanaḥ □ 29 □

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

sarvabhūtaṣṭhitaṃ 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 □

śrībhagavānuvācha □
asaṃśayaṃ mahābāhō manō durnigrahaṃ chalam □
abhyāsēna tu kauntēya vairāgyēṇa cha gṛhyatē □ 35 □

asaṃyatātmanā yōgō duṣprāpa iti mē matiḥ □
vaśyātmanā tu yatatā śakyō'vāptumupāyataḥ □ 36 □

arjuna uvācha □
ayatiḥ śraddhayōpētō yōgāchchalitamānasaḥ □
aprāpya yōgasamsiddhim kāṃ gatiṃ kṛṣṇa gachChatī □ 37 □

kachchinnōbhayavibhraṣṭaśChinnābhramiva naśyati □
apraṭiṣṭhō mahābāhō vimūḍhō brahmaṇaḥ pathi □ 38 □

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

śrībhagavānuvācha □
pārtha naivēha nāmutra vināśastasya vidyatē □
na hi kalyāṇakṛtkāśchiddurgatiṃ tāta gachChatī □ 40 □

prāpya puṇyakṛtāṃ lōkānuṣitvā 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 ॥
anēkajanmasaṃsiddhastatō yāti parāṃ gatim ॥ 45 ॥

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

yōgināmapi sarvēṣāṃ madgatēnāntarātmanā ॥
śraddhāvānbhajatē yō māṃ sa mē yuktatamō mataḥ ॥ 47 ॥

ōṃ tatsaditi śrīmadbhagavadgītāsūpaniṣatsu brahmavidyāyāṃ yōgaśāstrē
śrīkṛṣṇārjunasaṃvādē

ātmasamyamayōgō nāma ṣaṣṭhō'dhyāyaḥ ॥ 6 ॥