

	ōṃ śrīparamātmānē namaḥ	
	atha ṣaṣṭhō:'dhyāyaḥ	
	ātmasaṁyamayōgaḥ	

śrībhagavānuvāca
 anāśritaḥ karmaphalaṁ kāryaṁ karma karōti yaḥ |
 sa sannyāsī ca yōgī ca na niragnirna cākriyaḥ || 6-1 ||

yaṁ sannyāsamiti prāhuḥ yōgaṁ taṁ viddhi pāṇḍava |
 na hyasannyastasaṅkalpaḥ yōgī bhavati kaścana || 6-2 ||

ārurukṣōrmunēryōgaṁ karma kāraṇamucyatē |
 yōgārūḍhasya tasyaiva śamaḥ kāraṇamucyatē || 6-3 ||

yadā hi nēndriyārthēṣu na karmasvanuṣajjatē |
 sarvasaṅkalpasannyāsī yōgārūḍhastadōcyatē || 6-4 ||

uddharēdātmanā:'tmanāṁ nā'tmanānavasādayēt |
 ātmaiva hyātmanō bandhuḥ ātmaiva ripurātmanah || 6-5 ||

bandhurātmā:'tmanastasya yēnā'tmaivā'tmanā jitaḥ |
 anātmanastu śatrutvē vartētā'tmaiva śatruvat || 6-6 ||

jitātmanah praśāntasya paramātmā samāhitaḥ |
 śītōṣṇasukhaduḥkhēṣu tathā mānāpamānayōḥ || 6-7 ||

jñānavijñānatṛptātmā kūṭasthō vijitēndriyaḥ |
 yukta ityucyatē yōgī samalōṣṭāśmakāñcanaḥ || 6-8 ||

suhṛṇmitrāryudāsīna madhyasthadvēṣyabandhuṣu |
 sādhuṣvapi ca pāpēṣu samabuddhirviśiṣyatē || 6-9 ||

yōgī yuñjīta satatam ātmānaṁ rahasi sthitaḥ |
 ēkāki yatacittātmā nirāśīraparigrahaḥ || 6-10 ||

śucau dēśē pratiṣṭhāpya sthiramāsanamātmanah |
nātyucchritam nātinīcam cailājīnakusōttaram || 6-11 ||

tatraikāgram manah kṛtvā yatacittēndriyakriyaḥ |
upaviśyā:'sanē yuñjyāt yōgamātmaviśuddhayē || 6-12 ||

samam kāyaśirōgrīvam dhārayannacalam sthiraḥ |
samprēkṣya nāsikāgram svam diśaścānavalōkayan || 6-13 ||

praśāntātmā vigatabhīḥ brahmacārivratē sthitaḥ |
manah saṁyamya maccittaḥ yukta āsīta matparaḥ || 6-14 ||

yuñjannēvam sadā:':tmānam yōgī niyatamānasah |
śāntim nirvāṇaparamām matsamsthāmadhigacchati || 6-15 ||

nātyaśnatastu yōgō:'sti na caikāntamanaśnataḥ |
na cātisvapnaśīlasya jāgratō naiva cārjuna || 6-16 ||

yuktāhāravihārasya yuktacēṣṭasya karmasu |
yuktasvapnābōdhasya yōgō bhavati duḥkhahā || 6-17 ||

yadā viniyataṁ cittam ātmanyēvāvatiṣṭhatē |
niḥspṛhaḥ sarvakāmēbhyaḥ yukta ityucyatē tadā || 6-18 ||

yathā dīpō nivātasthaḥ nēṅgatē sōpamā smṛtā |
yōginō yatacittasya yuñjatō yōgamātmanah || 6-19 ||

yatrōparamatē cittam niruddham yōgasēvayā |
yatra caivātmanā:':tmānam paśyannātmani tuṣyati || 6-20 ||

sukhamātyantikam yattat buddhigrāhyamatīndriyam |
vētti yatra na caivāyam sthitaścalati tattvataḥ || 6-21 ||

yaṁ labdhvā cāparam lābham manyatē nādhikam tataḥ |
yasminsthitō na duḥkhēna guruṇā:'pi vicālyatē || 6-22 ||

taṁ vidyād duḥkhasaṁyōgaviyōgaṁ yōgasañjñitam |
sa niścayēna yōktavyaḥ yōgō nirviṇṇacētasā || 6-23 ||

saṅkalpaprabhavānkāmān tyaktvā sarvānaśēṣataḥ |
manasaivēndriyagrāmaṁ viniyamyā samantataḥ || 6-24 ||

śanaiḥ śanairuparamēt buddhyā dhṛtigṛhītayā |
ātmasaṁsthaṁ manaḥ kṛtvā na kiñcidapi cintayēt || 6-25 ||

yatō yatō niścaraṭi manaścañcalamasthiram |
tatastatō niyamyaitat ātmanyēva vaśaṁ nayēt || 6-26 ||

praśāntamanasaṁ hyēnaṁ yōginaṁ sukhamuttamam |
upaiti śāntarajasaṁ brahmabhūtamakalmaṣam || 6-27 ||

yuñjannēvaṁ sadā:'tmānaṁ yōgī vigatakalmaṣaḥ |
sukhēna brahmasaṁsparśam atyantaṁ sukhamaśnutē || 6-28 ||

sarvabhūtasthamātmānaṁ sarvabhūtāni cā:'tmani |
īkṣatē yōgayuktātmā sarvatra samadarśanaḥ || 6-29 ||

yō mām paśyati sarvatra sarvaṁ ca mayi paśyati |
tasyāhaṁ na praṇaśyāmi sa ca mē na praṇaśyati || 6-30 ||

sarvabhūtasthitaṁ yō mām bhajatyēkatvamāsthitaḥ |
sarvathā vartamānō:'pi sa yōgī mayi vartatē || 6-31 ||

ātmaupamyēna sarvatra samaṁ paśyati yō:'rjuna |
sukhaṁ vā yadi vā duḥkhaṁ sa yōgī paramō mataḥ || 6-32 ||

arjuna uvāca
yō:'yaṁ yōgastvayā prōktaḥ sāmyēna madhusūdana |
ētasyāhaṁ na paśyāmi cañcalatvāt sthitiṁ sthirām || 6-33 ||

cañcalaṁ hi manaḥ kṛṣṇa pramāthi balavaddṛḍham |
tasyāhaṁ nigrahaṁ manyē vāyōriva suduṣkaram || 6-34||

śrībhagavānuvāca
asaṁśayaṁ mahābāhō manō durnigrahaṁ calam |
abhyāsēna tu kauntēya vairāgyeṇa ca grhyatē || 6-35||

asaṁyatātmanā yōgaḥ duṣprāpa iti mē matiḥ |
vaśyātmanā tu yatatā śakyō:'vāptumupāyataḥ || 6-36||

arjuna uvāca
ayatiḥ śraddhayōpētaḥ yōgāccalitamānasaḥ |
aprāpya yōgasamsiddhiṁ kām gatiṁ kṛṣṇa gacchati || 6-37||

kaccinnōbhayavibhraṣṭaḥ chinnābhramiva naśyati |
apraṭiṣṭhō mahābāhō vimūḍhō brahmaṇaḥ pathi || 6-38||

ētanmē saṁśayaṁ kṛṣṇa chēttumarhasyaśēṣataḥ |
tvadanyaḥ saṁśayasyāśya chēttā na hyupapadyatē || 6-39||

śrībhagavānuvāca
pārtha naivēha nāmutra vināśastasya vidyatē |
na hi kalyāṇakṛtkaścit durgatiṁ tāta gacchati || 6-40||

prāpya puṇyakṛtāṁ lōkān uṣitvā śāśvatīḥ samāḥ |
śucīnāṁ śrīmatāṁ gēhē yōgabhraṣṭō:'bhijāyatē || 6-41||

athavā yōgināmēva kulē bhavati dhīmatām |
ētaddhi durlabhataṁ lōkē janma yadīdṛśam || 6-42||

tatra taṁ buddhisamyōgaṁ labhatē paurvadēhikam |
yatatē ca tatō bhūyaḥ saṁsiddhau kurunandana || 6-43||

pūrvābhyāsēna tēnaiva hriyatē hyavaśō:'pi saḥ |
jijñāsurapi yōgasya śabdabrahmātivartatē || 6-44||

prayatnādyatamānastu yōgī saṁśuddhakilbiṣaḥ |
anēkajanmasaṁsiddhaḥ tatō yāti parām gatim || 6-45 ||

tapasvibhyō:'dhikō yōgī jñānibhyō:'pi matō:'dhikaḥ |
karmibhyaścādhikō yōgī tasmādyōgī bhavārjuna || 6-46 ||

yōgināmapī sarvēṣāṁ madgatēnāntarātmanā |
śraddhāvānbhajatē yō māṁ sa mē yuktatamō mataḥ || 6-47 ||

ōṁ tatsaditi śrīmad bhagavadgītāsu upaniṣatsu brahmavidyāyām yōgaśāstrē
śrīkṛṣṇārjunasaṁvādē ātmasaṁyamayōgō nāma ṣaṣṭhō:'dhyāyaḥ || 6 ||

With Blessings from:

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