Krishna's Powerful Instructions

from Śrīmad Bhagavad Gītā

expounded by

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Awakening

Ch 2.3

क्लैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते ।
क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप ।। ३।।

klaibyaṁ mā sma gamaḥ pārtha naitattvayyupapadyate,
kṣudraṁ hṛdayadaurbalyaṁ tyaktvottiṣṭha parantapa. (3)

Yield not to impotence, O Partha! It does not befit thee. Cast off this mean weakness of heart! Stand up, O Parantapa (O scorcher of foes)!

Forbearance

Ch 2.14

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः।
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ।। १४।।

mātrāsparśāstu kaunteya śītoṣṇasukhaduḥkhadāḥ,
āgamāpāyino'nityāstāṁstitikṣasva bhārata. (14)

The contacts of senses with objects, O son of Kunti, which cause heat and cold, pleasure and pain, have a beginning and an end; they are impermanent. Endure them bravely, O descendant of Bharata.

Peace

Ch 2.45

त्रैगुण्यविषया वेदा निस्त्रैगुण्यो भवार्जुन ।
निर्द्वन्द्वो नित्यसत्त्वस्थो निर्योगक्षेम आत्मवान् ।। ४५।।

traiguṇyaviṣayā vedā nistraiguṇyo bhavārjuna,
nirdvandvo nityasattvastho niryogakṣema ātmavān. (45)

The Vedas deal with the three attributes; be you above these three attributes (gunas), O Arjuna, free yourself from the pairs of opposites, and ever remain in the sattva (goodness), freed from all thoughts of acquisition and preservation, and be established in the Self.

Attitude

Ch 2.47

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ।। ४७।।

karmaṇyevādhikāraste mā phaleṣu kadācana,
mā karmaphalaheturbhūrmā te saṅgo'stvakarmaṇi. (47)

Thy right is to work only; but never to its fruits; let not the fruit of action be thy motive, nor let thy attachment be to inaction.

Inspiration

Ch 3.30

मयि सर्वाणि कर्माणि सन्न्यस्याध्यात्मचेतसा ।
निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः।। ३०।।

mayi sarvāṇi karmāṇi sannyasyādhyātmacetasā,
nirāśīrnirmamo bhūtvā yudhyasva vigatajvaraḥ. (30)

Renouncing all actions in Me, with the mind centred on the Self, free from hope and egoism (ownership), free from (mental) fever, (you) do fight!

Wisdom

Ch 4.34

तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया ।
उपदेक्ष्यन्ति ते ज्ञानं ज्ञानिनस्तत्त्वदर्शिनः ।। ३४।।

tadviddhi praṇipātena paripraśnena sevayā,
upadekṣyanti te jñānaṁ jñāninastattvadarśinaḥ. (34)

Know that by long prostration, by question, and service; the wise who have realized the Truth will instruct you in (that) Knowledge.

Knowledge

Ch 4.42

तस्मादज्ञानसम्भूतं हृत्स्थं ज्ञानासिनात्मनः ।
छित्त्वैनं संशयं योगमातिष्ठोत्तिष्ठ भारत ।। ४२।।

tasmādajñānasambhūtaṁ hṛtsthaṁ jñānāsinātmanaḥ,
chittvainaṁ saṁśayaṁ yogamātiṣṭhottiṣṭha bhārata. (42)

Therefore, with the sword of Knowledge cut asunder the doubt of the Self, born of ignorance, residing in your heart, and take refuge in 'Yoga'. Arise, O Bharata.

Happiness

Ch 5.23

शक्नोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् ।
कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः।। २३।।

śaknotīhaiva yaḥ soḍhuṁ prākśarīravimokṣaṇāt,
kāmakrodhodbhavaṁ vegaṁ sa yuktaḥ sa sukhī naraḥ. (23)

He who is able, while still here (in this world), to withstand, before the liberation from the body (death), the impulse born out of desire and anger, he is a Yogi, he is a happy man.

Self-worth

Ch 6.5

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः।। ५।।

uddharedātmanātmānaṁ nātmānamavasādayet,
ātmaiva hyātmano bandhurātmaiva ripurātmanaḥ. (5)

Let a man lift himself by his own Self alone, and let him not lower himself; for, this Self alone is the friend of oneself, and this Self alone is the enemy of oneself.

Vigilance

Ch 8.7

तस्मात्सर्वेषु कालेषु मामनुस्मर युध्य च ।
मय्यर्पितमनोबुद्धिर्मामेवैष्यस्यसंशयम् ।। ७।।

tasmātsarveṣu kāleṣu māmanusmara yudhya ca,
mayyarpitamanobuddhirmāmevaiṣyasyasaṁśayam. (7)

Therefore, at all times, remember Me and fight, with mind and intellect fixed (or absorbed) in Me; you shall doubtless, come to Me alone.

Assurance

Ch 9.22

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ।। २२।।

ananyāścintayanto māṁ ye janāḥ paryupāsate,
teṣaṁ nityābhiyuktānāṁ yogakṣemaṁ vahāmyaham. (22)

To those men who worship Me alone, thinking of no other, to those ever self-controlled, I secure for them that which is not already possessed (yoga) by them, and preserve for them what they already possess (kshema).

Reassurance

Ch 9.30

अपि चेत्सुदुराचारो भजते मामनन्यभाक् ।
साधुरेव स मन्तव्यः सम्यग्व्यवसितो हि सः ।। ३०।।

api cetsudurācāro bhajate māmananyabhāk,
sādhureva sa mantavyaḥ samyagvyavasito hi saḥ. (30)

Even if the most sinful worships Me, with devotion to none else (or with single-pointedness), he too, should indeed be regarded as 'righteous', for, he has rightly resolved.

Guarantee

Ch 9.31

क्षिप्रं भवति धर्मात्मा शश्वच्छान्तिं निगच्छति ।
कौन्तेय प्रतिजानीहि न मे भक्तः प्रणश्यति ।। ३१।।

kṣipraṁ bhavati dharmātmā śaśvacchāntiṁ nigacchati,
kaunteya pratijānīhi na me bhaktaḥ praṇaśyati. (31)

Soon he becomes righteous and attains eternal Peace, O Kaunteya, know for certain that My devotee is never destroyed.

Victory

Ch 11.33

तस्मात्त्वमुत्तिष्ठ यशो लभस्व
जित्वा शत्रून् भुङ्क्ष्व राज्यं समृद्धम् ।
मयैवैते निहताः पूर्वमेव
निमित्तमात्रं भव सव्यसाचिन् ।। ३३।।

tasmāttvamuttiṣṭha yaśo labhasva
jitvā śatrūn bhuṅkṣva rājyaṁ samṛddham,
mayaivaite nihatāḥ pūrvameva
nimittamātraṁ bhava savyasācin. (33)

Therefore, stand up and obtain fame. Conquer the enemies and enjoy the flourishing kingdom. Verily, by Myself they have already been slain; be you a mere instrument, O left-handed archer!

Abidance

Ch12.8

मय्येव मन आधत्स्व मयि बुद्धिं निवेशय ।
निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ।। ८।।

mayyeva mana ādhatsva mayi buddhiṁ niveśaya,
nivasiṣyasi mayyeva ata ūrdhvaṁ na saṁśayaḥ. (8)

Fix your mind on Me only, place your intellect in Me; then, (thereafter) you shall, no doubt, live in Me alone.

Achievement

Ch15.5

निर्मानमोहा जितसङ्गदोषा
अध्यात्मनित्या विनिवृत्तकामाः ।
द्वन्द्वैर्विमुक्ताः सुखदुःखसञ्ज्ञै-
र्गच्छन्त्यमूढाः पदमव्ययं तत् ।। ५।।

nirmānamohā jitasaṅgadoṣā
adhyātmanityā vinivṛttakāmāḥ,
dvandvairvimuktāḥ sukhaduḥkhasaṅjñai-
rgacchantyamūḍhāḥ padamavyayaṁ tat. (5)

Free from pride and delusion, victorious over the evil of attachment, dwelling constantly in the Self, their desires having completely retired, freed from the pairs of opposites, such as pleasure and pain, the undeluded reach that goal eternal.

Resolution

Ch16.24

तस्माच्छास्त्रं प्रमाणं ते कार्याकार्यव्यवस्थितौ ।
ज्ञात्वा शास्त्रविधानोक्तं कर्म कर्तुमिहार्हसि ।। २४।।

tasmācchāstraṁ pramāṇaṁ te kāryākāryavyavasthitau,
jñātvā śāstravidhānoktaṁ karma kartumihārhasi. (24)

Therefore, let the scriptures be your authority in determining what ought to be done and what ought not to be done. Having known what is said in the commandments of the scripture, you should act here (in this world).

Surrender

Ch18.66

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ।। ६६।।

sarvadharmānparityajya māmekaṁ śaraṇaṁ vraja,
ahaṁ tvā sarvapāpebhyo mokṣayiṣyāmi mā śucaḥ. (66)

Abandoning all dharmas (of the body, mind and intellect), take refuge in Me alone; I will liberate thee from all sins; grieve not.