



ōṃ śrī paramātmanē namaḥ atha śaṣṭhō'dhyāyaḥ | ātmasaṃyamayōgaḥ

śrībhagavānuvācha

anāśritaḥ karma phalaṃ kāryaṃ karma karōti yaḥ |
sa sannyāsī cha yōgī cha na niragnirna chākriyaḥ || 1 ||

yaṃ sannyāsamiti prāhur yōgaṃ taṃ viddhi pāṇḍava |
na hya sannyasta saṅkalpaha yōgī bhavati kaśchana || 2 ||

ārurukṣōr munēr yōgaṃ karma kāraṇa muchyatē |
yōgārūḍhasya tasyaiva śamaḥ kāraṇa muchyatē || 3 ||

yadā hi nēndriyārthēṣu na karmas vanuṣajjatē |
sarva saṅkalpa sannyāsī yōgārūḍhas tadōchyatē || 4 ||

uddharē dātmanātmānaṃ nātmāna mavasādayēt |
ātmaiva hyātmanō bandhuhu ātmaiva ripurātmanaḥ || 5 ||

bandhurātmātmanastasya yēnātmai vātmanā jitaḥ |
anātmanastu śatrutvē vartē tātmaiva śatruvat || 6 ||

jitātmanaḥ praśāntasya paramātmā samāhitaḥ |
śītōṣṇa sukha duḥkhēṣu tathā mānāpamānayōḥ || 7 ||

jñāna vijñāna tṛptātmā kūṭasthō vijitēndriyaḥ |
yukta ityuchyatē yōgī sama lōṣṭāśma kāñchanaḥ || 8 ||



suhṛt mitrār yudāsīna madhyastha dvēṣya bandhuṣu |
sādhuṣvapi cha pāpēṣu samabuddhir viśiṣyatē || 9 ||

yōgī yuñjīta satatam ātmānaṃ rahasi sthitaḥ |
ēkākī yatachittātmā nirāśī raparigrahaḥ || 10 ||

śuchau dēśē pratiṣṭhāpya sthira māsana mātmanah |
nātyuchChritaṃ nāti nīchaṃ chailājina kuśōttaram || 11 ||

tatraikāgraṃ manaḥ kṛtvā yata chittēndriya kriyāḥ |
upaviśyāsanē yuñjyād yoga mātma viśuddhayē || 12 ||

samaṃ kāya śirōgrīvaṃ dhārayan nachalam sthiraḥ |
samprēkṣya nāsikāgraṃ svaṃ diśaś chānavalōkayan || 13 ||

praśāntātmā vigatabhīhi brahmachāri vratē sthitaḥ |
manaḥ saṃyamya machchittaha yukta āsīta matparaḥ || 14 ||

yuñjan nēvaṃ sadātmānaṃ yōgī niyata mānasaḥ |
śāntiṃ nirvāṇa paramāṃ mat samsthā madhigachChati || 15 ||

nātyaśna tastu yōgō'sti na chaikānta manaśnataḥ |
na chāti svapna śīlasya jāgratō naiva chārjuna || 16 ||

yuktāhāra vihārasya yukta chēṣṭasya karmasu |
yukta svapnābabōdhasya yōgō bhavati duḥkhahā || 17 ||

yadā viniyataṃ chittam ātmanyē vāvatiṣṭhatē |
niḥsprhaḥ sarva kāmēbhyaha yukta ityuchyatē tadā || 18 ||



yathā dīpō nivāstathataha nēṅgatē sōpamā smṛtā ।
yōginō yatachittasya yuñjatō yoga mātmanah ॥ 19 ॥

yatrōparamatē chittaṃ niruddhaṃ yoga sēvayā ।
yatra chaivātma nātmānaṃ paśyan nātmani tuṣyati ॥ 20 ॥

sukha mātyantikaṃ yattad buddhi grāhya matīndriyam ।
vētti yatra na chaivāyaṃ sthitaś chalati tattvataḥ ॥ 21 ॥

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

taṃ vidyād duḥkha saṃyōga viyōgaṃ yōgasañjñitam ।
sa niśchayēna yōktavyaha yōgō' nirviṇṇa chētasā ॥ 23 ॥

saṅkalpa prabhavān kāmān tyaktvā sarvā naśēṣataḥ ।
manasai vēndriya grāmaṃ viniyamyā samantataḥ ॥ 24 ॥

śanaiḥ śanai ruparamēd buddhyā dhṛti grhītayā ।
ātma saṃsthaṃ manaḥ kṛtvā na kiñchidapi chintayēt ॥ 25 ॥

yatō yatō niścharati manaś chañchala masthiram ।
tatas tatō niyamyai tat ātmanyēva vaśaṃ nayēt ॥ 26 ॥

praśānta manasaṃ hyēnaṃ yōginaṃ sukha muttamam ।
upaiti śānta rajasaṃ brahmabhūta makalmaṣam ॥ 27 ॥

yuñjan nēvaṃ sadātmānaṃ yōgī vigata kalmaṣaḥ ।
sukhēna brahma saṃsparśam atyantam sukha maśnutē ॥ 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 sāmyēna madhusūdana ।
ētasyāhaṃ na paśyāmi chañchalatvāt sthitiṃ sthirām ॥ 33 ॥

chañchalaṃ hi manaḥ kṛṣṇa pramāthi balavad dṛḍham ।
tasyāhaṃ nigrahaṃ manyē vāyōriva suduṣkaram ॥ 34 ॥

śrībhagavānuvācha

asaṃśayaṃ mahābāhaha manō durnigrahaṃ chalam ।
abhyāsēna tu kauntēya vairāgyēṇa cha gr̥hyatē ॥ 35 ॥

asaṃya tātmanā yōgaha duṣprāpa iti mē matiḥ ।
vaśyātmanā tu yatatā śakyō'vāptu mupāyataḥ ॥ 36 ॥

arjuna uvācha

ayatiḥ śraddha yōpētaha yōgāch chalita mānasaḥ ।
aprāpya yoga saṃsiddhiṃ kām gatiṃ kṛṣṇa gachChatī ॥ 37 ॥



kachchin nōbhaya vibhraṣṭaha Chinnābhramiva naśyati |
apraṭiṣṭhō mahābāhaha vimūḍhō brahmaṇaḥ pathi || 38 ||

ētanmē saṁśayaṁ kṛṣṇa Chēttu marhas yaśēṣataḥ |
tvadanyaḥ saṁśayas yāsyā Chēttā na hyupapadyatē || 39 ||

śrībhagavānuvācha

pārtha naivēha nāmutra vināśas tasya vidyatē |
na hi kalyāṇakṛt kaśchid durgatiṁ tāta gachChatī || 40 ||

prāpya puṇyakṛtām lōkān uṣitvā śāśvatīḥ samāḥ |
śuchīnām śrīmatām gēhē yoga bhraṣṭō'bhi jāyatē || 41 ||

athavā yōginā mēva kulē bhavati dhīmatām |
ētaddhi durlabha taram lōkē janma yadīdṛśam || 42 ||

tatra taṁ buddhi saṁyōgaṁ labhatē paurva dēhikam |
yatatē cha tatō bhūyaḥ saṁsiddhau kurunandana || 43 ||

pūrvābhyāsēna tēnaiva hriyatē hyavaśō'pi saḥ |
jijñāsurapi yōgasya śabdabrahmāti vartatē || 44 ||

prayatnād yatamānastu yōgī saṁsuddha kilbiṣaḥ |
anēka janma saṁsiddhas tatō yāti parām gatim || 45 ||

tapasvibhyō' dhikō yōgī jñānibhyō'pi matō'dhikaḥ |
karmibhyaś chādhikō yōgī tasmād yōgī bhavārjuna || 46 ||

yōgināmapī sarvēṣām madgatē nāntarātmanā |
śraddhāvān bhajatē yō mām sa mē yuktatamō mataḥ || 47 ||



ōṃ tatsaditi śrīmad bhagavadgītāsu upaniṣatsu brahmavidyāyāṃ
yoga śāstrē śrīkrṣṇārjuna saṃvādē ātma saṃyama yōgō nāma
ṣaṣṭhō' dhyāyaḥ || 6 ||

!! ShreeKrishnaarpanamastu !!