

अर्जुन उवाच
Arjuna said,
arjuna uvāca

एवं सततयुक्ता ये
Some devotees steadfastly
evam satata-yuktā ye

भक्तास्त्वां पर्युपासते
worship You.
bhaktās tvām paryupāsate

ये चाप्यक्षरमव्यक्तं
Others worship formless God.
ye cāpy akṣaram avyaktam

तेषां के योगवित्तमाः
Which are the best yogis?
teṣām ke yogavit-tamāḥ 12.1

श्रीभगवानुवाच
The Blessed Lord said,
śrī-bhagavān uvāca

मय्यावेश्य मनो ये मां
With minds fixed on Me,
mayyāveśya mano ye mām

नित्ययुक्ता उपासते
steadfastly worshiping Me,
nitya-yuktā upāsate

श्रद्धया परयोपेताः
endowed with great faith,
śraddhayā parayopetāḥ

ते मे युक्ततमा मताः
they are the best yogis.
te me yuktatamā matāḥ 12.2

ये त्वक्षरमनिर्देश्यम्

Others worship the ineffable,
ye tv akṣaram anirdeśyam

अव्यक्तं पर्युपासते

formless God,
avyaktaṁ paryupāsate

सर्वत्रगमचिन्त्यं च

all-pervasive, unimaginable,
sarvatragam acintyaṁ ca

कूटस्थमचलं ध्रुवम्

immutable and immovable.

kūṭastham acalaṁ dhruvam 12.3

सन्नियम्येन्द्रियग्रामं

Controlling their senses,
sanniyamyendriya-grāmaṁ

सर्वत्र समबुद्धयः

equanimous towards all,
sarvatra sama-buddhayaḥ

ते प्राप्नुवन्ति मामेव

they also reach Me,
te prāpnuvanti mām eva

सर्वभूतहिते रताः

and revel in the good of all.

sarva-bhūta-hite ratāḥ 12.4

क्लेशोऽधिकतरस्तेषाम्

Greater is the difficulty for those
kleśo 'dhikataras teṣām

अव्यक्तासक्तचेतसाम्

devoted to formless God.
avyaktāsakta-cetasām

अव्यक्ता हि गतिर्दुःखं

The path to formless God is difficult
avyaktā hi gatiḥ duḥkham

देहवद्भिरवाप्यते

for people to follow.

dehavadbhir avāpyate 12.5

ये तु सर्वाणि कर्माणि

But those who dedicate their deeds
ye tu sarvāṇi karmāṇi

मयि संन्यस्य मत्पराः

to Me, devoted to Me,
mayi sannasya mat-parāḥ

अनन्येनैव योगेन

through steadfast practice,
ananyenaiva yogena

मां ध्यायन्त उपासते

meditating on Me, worshiping Me...

mām dhyāyanta upāsate 12.6

तेषामहं समुद्धर्ता

I save them from

teṣām ahaṁ samuddhartā

मृत्युसंसारसागरात्

the ocean of death and rebirth

mṛtyu-saṁsāra-sāgarāt

भवामि न चिरात् पार्थ

immediately, O Arjuna,

bhavāmi na cirāt pārtha

मय्यावेशितचेतसाम्

because they are devoted to Me.

mayy āveśita-cetasām 12.7

अथ चित्तं समाधातुं

If you cannot fix your mind

atha cittaṁ samādhātuṁ

न शक्नोषि मयि स्थिरम्

steadfastly on Me,

na śaknoṣi mayi sthiram

अभ्यासयोगेन ततो

then by practicing yoga

abhyāsa-yogena tato

मामिच्छाप्तुं धनञ्जय

you can reach Me, O Arjuna.

mām icchāptuṁ dhanañjaya 12.9

मय्येव मन आधत्स्व

Fix your mind on Me alone,

mayyeva mana ādhatsva

मयि बुद्धिं निवेशय

merge your intellect into Me.

mayi buddhiṁ niveśaya

निवसिष्यसि मय्येव

You will abide in Me alone,

nivasiṣyasi mayyeva

अत ऊर्ध्वं न संशयः

then no doubt will remain.

ata ūrdhvaṁ na saṁśayaḥ 12.8

अभ्यासेऽप्यसमर्थोऽसि

If you cannot practice yoga,

abhyāse 'py asamartho 'si

मत्कर्मपरमो भव

then dedicate your deeds to Me.

mat-karma-paramo bhava

मदर्थमपि कर्माणि

By acting for My sake,

mad-artham api karmāṇi

कुर्वन् सिद्धिमवाप्स्यसि

you will reach perfection.

kurvan siddhim avāpsyasi 12.10

अथैतदप्यशक्तोऽसि

If that, as well, you cannot do,
athaitad apy aśakto 'si

कर्तुं मद्योगमाश्रितः

then resort to My teachings.
kartuṁ mad-yogam āśritaḥ

सर्वकर्मफलत्यागं

Give up the fruits of your deeds
sarva-karma-phala-tyāgam

ततः कुरु यतात्मवान्

and act with self-restraint.
tataḥ kuru yatātmavān 12.11

अद्वेष्या सर्वभूतानां

Free from hate for all beings,
adveṣṭā sarva-bhūtānām

मैत्रः करुण एव च

friendly, compassionate,
maitraḥ karuṇa eva ca

निर्ममो निरहङ्कारः

free from possessiveness and ego,
nirmamo nirahaṅkāraḥ

समदुःखसुखः क्षमी

indifferent to pain and pleasure, patient...
sama-duḥkha-sukhaḥ kṣamī 12.13

श्रेयो हि ज्ञानमभ्यासाज्

Wisdom is better than practice.
śreyo hi jñānam abhyāsāj

ज्ञानाद्भ्यानं विशिष्यते

Meditation is better than wisdom.
jñānād dhyānaṁ viśiṣyate

ध्यानात्कर्मफलत्यागस्

Giving up work's fruits is better than meditation.
dhyānāt karma-phala-tyāgas

त्यागाच्छान्तिरनन्तरम्

By giving them up, peace comes immediately.
tyāgāc chāntir anantaram 12.12

सन्तुष्टः सततं योगी

A yogi who is always content,
santuṣṭaḥ satataṁ yogī

यतात्मा दृढनिश्चयः

self-controlled, of firm resolve,
yatātmā dṛḍha-niścayaḥ

मय्यर्पितमनोबुद्धिर्

mind and intellect fixed on Me –
mayy arpita-mano-buddhir

यो मद्भक्तः स मे प्रियः

such a devotee is dear to Me.
yo mad-bhaktaḥ sa me priyaḥ 12.14

यस्मान्नोद्विजते लोको

People do not fear him,
yasmān nodvijate loko

लोकान्नोद्विजते च यः

nor does he fear people.
lokān nodvijate ca yaḥ

हर्षामर्षभयोद्वेगैर्

Free from elation, impatience and fear,
harṣāmarṣa-bhayodvegair

मुक्तो यः स च मे प्रियः

he is dear to Me.

mukto yaḥ sa ca me priyaḥ 12.15

यो न हृष्यति न द्वेष्टि

Neither rejoicing nor hating,
yo na hr̥ṣyati na dveṣṭi

न शोचति न काङ्क्षति

nor grieving or desiring,
na śocati na kāṅkṣati

शुभाशुभपरित्यागी

indifferent to fortune and misfortune –
śubhāśubha-parityāgī

भक्तिमान् यः स मे प्रियः

such a devotee is dear to Me.

bhaktimān yaḥ sa me priyaḥ 12.17

अनपेक्षः शुचिर्दक्ष

Unattached, pure, skillful,
anapekṣaḥ śucir dakṣa

उदासीनो गतव्यथः

indifferent, free from anxiety,
udāsīno gata-vyathaḥ

सर्वारम्भपरित्यागी

giving up striving,
sarvārambha-parityāgī

यो मद्भक्तः स मे प्रियः

such a devotee is dear to Me.

yo mad-bhaktaḥ sa me priyaḥ 12.16

समः शत्रौ च मित्रे च

Equanimous towards friend and foe,
samaḥ śatrau ca mitre ca

तथा मानापमनायोः

towards respect and contempt,
tathā mānāpamanāyoḥ

शीतोष्णसुखदुःखेषु

towards cold, heat, pleasure and pain,
śītoṣṇa-sukha-duḥkheṣu

समः सङ्गविवर्जितः

free from attachment...

samaḥ saṅga-vivarjitaḥ 12.18

तुल्यनिन्दास्तुतिमौनी

Indifferent to blame and praise, silent,
tulya-nindā-stutir maunī

सन्तुष्टो येन केनचित्

content with anything,
santuṣṭo yena kenacit

अनिकेतः स्थिरमतिर्

unattached to home, steady-minded –
aniketah sthira-matir

भक्तिमान्मे प्रियो नरः

such a devotee is dear to Me.

bhaktimān me priyo narah 12.19

ये तु धर्म्यामृतम् इदं

The path to immortality
ye tu dharmyāmṛtam idaṁ

यथोक्तं पर्युपासते

is thus. Those who follow it...

yathoktaṁ paryupāsate

श्रद्धधाना मत्परमा

...endowed with faith, devoted to Me –
śraddadhānā mat-paramā

भक्तास्तेऽतीव मे प्रियाः

such devotees are extremely dear to Me.

bhaktās te 'tīva me priyāḥ 12.20