

॥ गीता ध्यानम् ॥
Gītā Dhyānam

Meditation Verses on the Gītā

ॐ पार्थाय प्रतिबोधितां भगवता
नारायणेन स्वयं
व्यासेन ग्रथितां पुराणमुनिना
मध्ये महाभारतम् ।

pārthāya pratibodhitām bhagavatā
nārāyaṇena svayam
vyāseṇa grathitām purāṇa-muninā
madhye mahābhāratam

Taught to Arjuna by Lord Narayana himself,
compiled by Rishi Vyasa in the Mahabharata...

अद्वैतामृतवर्षिणीं भगवतीम्
अष्टादशाध्यायिनीम्
अम्ब त्वामनुसन्दधामि
भगवद्गीते भवद्वेषिणीम् ॥१॥

advaitāmṛita-varṣhiṇīm bhagavatīm
aṣṭādaśhādhyāyinīm
amba tvām anusandadhāmi
bhagavad-gīte bhava-dveṣhiṇīm (1)

...this sacred rain of nectar in 18 chapters –
O Mother Gita, I venerate You, destroyer of suffering.

नमोऽस्तु ते व्यास विशालबुद्धे
फुल्लारविन्दायतपत्रनेत्र ।

namo 'stu te vyāsa viśhāla-buddhe
phullāravindāyata-patra-netra

Salutations to You, Vyasa, whose intellect is vast,
whose eyes are like petals of a lotus...

येन त्वया भारततैलपूर्णः
प्रज्वालितो ज्ञानमयः प्रदीपः ॥२॥

yena tvayā bhārata-taila-pūrṇaḥ
prajvālito jñāna-mayaḥ pradīpaḥ (2)

...by whom the lamp filled with the oil of the
Mahabharata was lit with the flame of knowledge.

प्रपन्नपारिजाताय तोत्रवेत्रैकपाणये।
ज्ञानमुद्रय कृष्णाय गीतामृतदुहे नमः ॥३॥

prapanna-pārijātāya
totra-vetraika-pāṇaye
jñāna-mudrāya kṛṣṇāya
gītāmṛita-duhe namaḥ (3)

Salutations to Krishna, who blesses the
surrendered, in whose hands are a staff and the
symbol of knowledge, who milks the Gita's nectar.

सर्वोपनिषदो गावो दोग्धा गोपालनन्दनः ।
पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥

sarvopaniṣhado gāvo
dogdhā gopāla-nandanah
pārtho vatsaḥ sudhīr bhoktā
dugdham gītāmṛitam mahat (4)

The Upanishads are cows, Krishna is the cowherd,
Arjuna is the calf, and wise people enjoy the sacred
nectar milked from the Gita.

वसुदेवसुतं देवं कंसचाणूरमर्दनम्।
देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥५॥

vasudeva-sutam devam
kaṁsa-cāṇūra-mardanam
devakī-paramānandam
kṛṣṇam vande jagad-gurum (5)

I revere Sri Krishna, teacher of all, son of Vasudeva,
destroyer of Kamsa and Chanura, who is the delight
of Devaki.

भीष्मद्रोणतटा जयद्रथजला
गान्धारनीलोत्पला
शल्यग्राहवती कृपेण वहनी
कर्णेन वेलाकुला ।

bhīṣhma-droṇa-taṭā jayadratha-jalā
gāndhāra-nīlotpalā
śhalya-grāhavatī kṛipeṇa vahanī
karṇena velākulā

Bhisma and Drona are the river's banks, Jayadratha
is its water, Gandhari—a blue lily, Shalya—a shark,
Kripa—its current, Karna—its waves...

अश्वत्थामविकर्णघोरमकरा
दुर्योधनावर्तिनी
सोत्तीर्णा खलु पान्डवै रणनदी
कैवर्तकः केशवः ॥६॥

aśhwatthāma-vikarṇa-ghora-makarā
duryodhanāvartinī
sottīrṇā khalu pāṇḍavai rana-nadī
kaivartakaḥ keśhvaḥ (6)

...Ashvatthama & Vikarna—crocodiles, Duryodhana—
a whirlpool. This river of battle was crossed by the
Pandavas with Sri Krishna as the boatman.

पाराशर्यवचःसरोजममलं
गीतार्थगन्धोत्कटं
नानाख्यानककेसरं हरिकथा
सम्बोधनाबोधितम् ।

pārāśharya-vacaḥ-sarojam amalam
gītārtha-gandhotkaṭam
nānākhyānaka-keśaram hari-kathā-
sambodhanā-bodhitam

The Mahabharata – a lotus born of Vyasa's words,
whose fragrance is the Gita, whose petals are its
stories, blossomed by Krishna's discourse...

लोके सञ्जनषट्पदैरहरहः
पेपीयमानं मुदा
भूयाद्भारतपङ्कजं कलिमल
प्रध्वंसि नः श्रेयसे ॥७॥

loke sajjana-ṣhaṭpadair aharaḥ
pepiyamānam mudā
bhūyād bhārata-paṅkajam kalimala-
pradhvaṁsi naḥ śhreyase (7)

...which is enjoyed each day by the good people of
the world, which destroys suffering – may it bring us
liberation.

मूकं करोति वाचालं पङ्कं लङ्घयते गिरिम् ।
यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥८॥

mūkam karoti vācālam
paṅgum laṅghāyate girim
yat-kṛipā tam aham vande
paramānanda-mādhavam (8)

I revere Sri Krishna, the source of supreme ananda,
by whose grace the mute become eloquent and the
lame can cross mountains.

यं ब्रह्मावरुणेन्द्ररुद्रमरुतः
स्तुन्वन्ति दिव्यैः स्तवैः
वेदैः साङ्गपदक्रमोपनिषदैर्
गायन्ति यं सामगाः ।

yam brahmā-varuṇendra-rudra-marutaḥ
stunvanti divyaiḥ stavaiḥ
vedaiḥ sāṅga-pada-kramopaniṣhadair
gāyanti yam sāmagaḥ

Salutations to God, praised by Brahma, Varuna,
Indra, Rudra & the Maruts, invoked by chanting the
Vedas and Upanishads...

ध्यानावस्थिततद्गतेन मनसा
पश्यन्ति यं योगिनो
यस्यान्तं न विदुः सुरासुरगणा
देवाय तस्मै नमः ॥९॥

dhyānāvasthita-tad-gatena manasā
paśhyanti yam yogino
yasyāntam na viduḥ surāsura-gaṇā
devāya tasmai namaḥ (9)

...who yogis realize with meditative minds, whose
greatness is not known even to the devas and
demons.