

drag down हि verily आत्मा self एव alone आत्मनः of oneself बन्धुः friend आत्मा self एव verily आत्मनः of oneself शत्रुः enemy.

Let a man uplift himself by the Self. Let him not drag himself down. For the Self alone is the friend of the self And the self alone is the enemy of the Self.

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ॥

अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत् ॥६॥

VI. 6.

येन By whom आत्मना by oneself एव verily आत्मा self जितः is conquered तस्य his आत्मा self आत्मनः of oneself बन्धुः friend तु but अनात्मनः of unconquered self आत्मा self एव verily शत्रुवत् like foe शत्रुत्वे in the position of a foe वर्तेत would remain.

The Self is the friend of the self, for him who has conquered himself by the Self. But to the unconquered self, the Self is inimical, (and behaves) like (an external) foe.

[The Self is the friend of one, in whom the aggregate of the body and the senses has been brought under control, and an enemy when such is not the case.]

जितात्मनः प्रशान्तस्य परमात्मा समाहितः ॥

शीतोष्णसुखदुःखेषु तथा मानावमानयोः ॥७॥

VI. 7.

जितात्मनः Of the self-controlled प्रशान्तस्य of the serene one परमात्मा the Supreme Self शीतोष्णसुखदुःखेषु in cold and heat, pleasure and pain तथा as also मानावमानयोः in honour and dishonour समाहितः is steadfast.