sama duḥkha sukhaḥ svasthaḥ sama loṣṭāsma kāñcanaḥ tulyapriyāpriyo dhīras tulyanindātmasamstutiḥ ॥

समदुःससुदाः sama duḥkha sukhaḥ alike in pleasure and pain स्वसः svasthaḥ standing in his own Self समलीष्ट अवस्मकाञ्चनः sama loṣṭa asma kāñcanaḥ regarding a clod of earth, a stone and gold alike तुस्विमिय अभियः tulya priya apriyaḥ the same to the dear and the disliked चीरः dhīraḥ firm तुस्विनन्दा आत्मसंतुतिः tulya nindā ātma samstutiḥ the same in censure and praise

Balanced in pleasure and pain, Self-abiding, viewing a clod of earth, a stone and gold alike; the same to agreeable and disagreeable, firm, the same in censure and praise;

The Gunas have assumed the form of the human body; they have also assumed the forms of various objects. And these forms interact on one another. The Atman is no party to these interactions. The knower of the Atman remains as Atman, unconcerned with the workings of the Gunas.

मानापसानयोस्तुल्यस्तुल्यो मित्रारिपक्षयोः । सर्वारम्भपरित्यागी गुणातीतः स उच्यते ॥ २५

मान-अप-सानयोः तुल्यः तुल्यः मित्र-अरि-पक्षयोः । सर्व-आ-रम्भ-परि-त्यागी गुण-कति-इ-तः सः उच्यते ॥

mānāpamānayos tulyas tulyo mitrāripakṣayoḥ \ sarvārambhaparityāgī guṇātītaḥ sa ucyate \{\}

मान अपमानचो: māna apamānayoḥ in honour and dishonour तुरुव: tulyaḥ the same तुरुव: चार्यक्रियों। mitra ari pakṣayoḥ to friend and foe सर्व आरम्भ परित्यागी sarva ārambha parityāgī abandoning all