

Kim punah, what to speak of; the *punyāh brāhmanāh*, holy Brāhmanas, of sacred birth; *tathā*, as also; of the *bhaktāh*, devout; *rājarsayah*, king-sages—those who are kings and, at the same time, sages! Since this is so, therefore, *prāpya*, having come; *imam*, to this; *anityam*, ephemeral, ever changeful; and *asukham*, miserable, unhappy; *lokaṁ*, world, the human world—having attained this human life which is a means to Liberation; *bhajasva*, do you worship, devote yourself; *mām* to Me.

How?

मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।
मामेवैष्यसि युक्तवैवमात्मानं मत्परायणः ॥ ३४ ॥

34. Having your mind fixed on Me, be devoted to Me, sacrifice to Me, and bow down to Me. By concentrating your mind and accepting Me as the supreme Goal, you shall surely attain Me who am thus the Self.

Manmanā bhava, have your mind fixed on Me; (161) and also be *madbhaktah*, devoted to Me. *Madyājī*, sacrifice to Me, be engaged in sacrificing to Me. And *namaskuru*, bow down; only *mām*, to Me. *Yuktavā*, by concentrating your mind; and *mat-parāyanah*, by accepting Me as the supreme Goal; *esyasi eva*, you shall surely attain; *mām*, Me who am Bhagavān. You shall attain Me *evam ātmānam*, who am thus the Self: I indeed am the Self of all the beings, and am also the supreme Goal. You shall attain Me who am such. In this way, the word *ātmānam* (Self) is to be connected with the preceding word *mām* (Me). This is the purport.

FOOTNOTES AND REFERENCES

- [129] *Jñāna* may mean Brahman that is Consciousness, or Its knowledge gathered from the Vedas (*paroksa-jñāna*). *Vijñāna* is direct experience (*aparoksa-jñāna*).