

13. O son of Prthā, the noble ones, being possessed of divine nature, surely adore Me with single-mindedness, knowing Me as the immutable source of all objects.

On the other hand, O son of Prthā, those *mahāt-mānah*, noble ones—who are not small-minded, who are imbued with faith, and who have set out on the path to Liberation, which is characterized by devotion to Bhagavān; being *āśritāh*, possessed of; *daivīm*, divine; *prakṛtim*, nature—distinguished by mental and physical control, kindness, faith, etc.; *tu*, surely; *bhajante*, adore; *mām*, Me, Bhagavān; *ananya-manasah*, with single-mindedness; *jñātvā*, knowing Me; as the *avyayam*, immutable; *bhūtādim*, source of all objects, of space etc. (i.e. the five elements) as well as of living beings.

How?

सततं कीर्तयन्तो मां यतन्तश्च दृढव्रताः ।
नमस्यन्तश्च मां भक्त्या नित्ययुक्ता उपासते ॥१४॥

14. Always glorifying Me and striving, the men of firm vows worship Me by paying obeisance to Me and being ever endowed with devotion.

Satatam, always; *kīrtayantah*, glorifying; (143) *mām*, Me, Bhagavān, who am Brahman in reality; *ca*, and; *yatantah*, striving, endeavouring with the help of such virtues as withdrawal of the organs, control of mind and body, kindness, non-injury, etc.; *dr̥ḍha-vratāh*, the men of firm vows (144) those whose vows are unshakable; *upāsate*, worship Me; *namasyantah*, by paying obeisance; *mām*, to Me, to the Self residing in the heart, *ca*, and; *nitya-yuktāh*, being ever endowed; *bhaktyā*, with devotion.

The various ways in which they adore are being stated:

ज्ञानयज्ञेन चाप्यन्ये यजन्तो मामुपासते ।
एकत्वेन पृथक्त्वेन बहुधा विश्वतोमुखम् ॥१५॥