

56. Ever engaging even in all actions, one to whom I am the refuge, attains the eternal, immutable State through My grace.

*Sadā*, ever; *kurvānah api*, engaging even in; *sarva-karmāni*, all actions, even the prohibited ones; *madvyapāśrayah*, one to whom I am the refuge, to whom I, Vāsudeva the Bhagavān, am the refuge, that is one who has totally surrendered himself to Me; even he, *āpnoti*, attains; the *śāśvatam*, eternal; *avyayam*, immutable; *padam*, State of Visnu; *mat-prasādāt*, through My, that is Bhagavān's grace.

Since this is so, therefore,

चेतसा सर्वकर्माणि मयि संन्यस्य मत्परः ।  
बुद्धियोगमुपाश्रित्य मच्चित्तः सततं भव ॥ ५७ ॥

57. Mentally surrendering all actions to Me and accepting Me as the supreme, have your mind ever fixed on Me by resorting to the concentration of your intellect.

*Cetasā*, mentally, with a discriminating intellect; *sannyasya*, surrendering; *sarva-karmāni*, all actions meant for seen or unseen results; *mayi*, to Me, to Bhagavān, in the manner described in, 'whatever you do, whatever you eat' (9.27); and *matparah*, accepting Me as the supreme—you to whom I, Vāsudeva, am the supreme, are *matparah*; becoming so; *satatam*, ever; *maccittah bhava*, have your mind fixed only on Me; *upāśritya*, by resorting—resorting implies not taking recourse to anything else—; *buddhi-Yogm*, to the concentration of your intellect. Having the intellect (*buddhi*) concentrated on Me is *buddhi-Yog*.

मच्चित्तः सर्वदुर्गाणि मत्प्रसादात्तरिष्यसि ।  
अथ चेत्त्वमहंकारात् श्रोष्यसि विनश्यसि ॥ ५८ ॥

58. Having your mind fixed on Me, you will cross over all difficulties through My grace. If, on the other hand, you do not listen out of egotism, you will get destroyed.

*Maccittah*, having your mind fixed on Me; *tarisyasi*, you will cross over; *sarva-durgāni*, all difficulties, all causes of transmigration which