

॥ Ōm Śrī Paramātmanē Namaḥ ॥

॥ Atha Ṣaṣṭhō'dhyāyaḥ ॥

Ātma-Saṁyama-Yōgaḥ

śrī bhagavānuvāca -

anāśritaḥ karmaphalaṁ

kāryaṁ karma karōti yaḥ ।

sa sannyāsī ca yōgī ca

na niragnirna cākriyaḥ ॥1॥

yaṁ sannyāsamiti prāhuḥ

yōgaṁ taṁ viddhi pāṇḍava ।

na hyasannyastasaṅkalpaḥ

yōgī bhavati kaścana ॥2॥

ārurukṣōrmunēryōgaṁ

karma kāraṇamucyatē ।

yōgārūḍhasya tasyaiva

śamaḥ kāraṇamucyatē ॥3॥

yadā hi nēndriyārthēṣu

na karmasvanuṣajjatē ।

sarvasaṅkalpasannyāsī

yōgārūḍhastadōcyatē ॥4॥

uddharēdātmanā"tmānaṁ

nātmānamavasādayēt ।

ātmaiva hyātmanō bandhuḥ

ātmaiva ripurātmanaḥ ॥5॥

bandhurātmā"tmanastasya
yēnātmaivātmanā jitaḥ |
anātmanastu śatrutvē
vartētātmaiva śatruvat ||6||

jitātmanah praśāntasya
paramātmā samāhitaḥ |
śītōṣṇasukhaduḥkhēṣu
tathā mānāpamānayōḥ ||7||

jñānavijñānatṛptātmā
kūṭasthō vijitēndriyaḥ |
yukta ityucyatē yōgī
samalōṣṭāśmakāñcanaḥ ||8||

suhṛnmitrāryudāsīna-
madhyasthadvēṣyabandhuṣu |
sādhuṣvapi ca pāpēṣu
samabuddhirviśiṣyatē ||9||

yōgī yuñjīta satatam
ātmānaṁ rahasi sthitaḥ |
ēkākī yatacittātmā
nirāśīraparigrahaḥ ||10||

śucau dēśē pratiṣṭhāpya
sthiramāsanamātmanah |
nātyucchritaṁ nātinīcaṁ
cailājīnakuśōttaram ||11||

tatraikāgram manah kṛtvā
 yatacittēndriyakriyaḥ |
 upaviśyāsanē yuñjyāt
 yōgamātmaviśuddhayē ||12||

samaṁ kāyaśirōgrīvaṁ
 dhārayannacalaṁ sthiraḥ |
 samprēkṣya nāsikāgram svaṁ
 diśaścānavalōkayan ||13||

praśāntātmā vigatabhīḥ
 brahmacārivratē sthitaḥ |
 manah saṁyamyā maccittaḥ
 yukta āsīta matparaḥ ||14||

yuñjannēvaṁ sadā'tmānaṁ
 yōgī niyatamānaśaḥ |
 śāntiṁ nirvāṇaparamāṁ
 matsaṁsthāmadhigacchati ||15||

nātyaśnatastu yōgō'sti
 na caikāntamanaśnataḥ |
 na cāti svapnaśīlasya
 jāgratō naiva cārjuna ||16||

yuktāhāravihārasya
 yuktacēṣṭasya karmasu |
 yuktasvapnāvabōdhasya
 yōgō bhavati duḥkhahā ||17||

yadā viniyataṁ cittam
ātmanyēvāvaśiṣṭhatē |
niṣpṛhaḥ sarvakāmēbhyaḥ
yukta ityucyate tadā ||18||

yathā dīpō nivāsthaḥ
nēṅgate sōpamā smṛtā |
yōginō yatacittasya
yuñjatō yōgamātmanaḥ ||19||

yatrōparamatē cittam
niruddham yōgasēvayā |
yatra caivātmanā'tmānaṁ
paśyannātmani tuṣyati ||20||

sukhamātyantikaṁ yattat
buddhigrāhyamatīndriyam |
vētti yatra na caivāyaṁ
sthitaścalati tattvataḥ ||21||

yaṁ labdhvā cāparaṁ lābham
manyate nādhikaṁ tataḥ |
yasmin sthitō na duḥkhēna
guruṇāpi vicālyate ||22||

taṁ vidyāt duḥkhasaṁyōga-
viyōgaṁ yōgasañjñitam |
sa niścayēna yōktavyaḥ
yōgō'nirviṇṇacētasā ||23||

saṅkalpaprabhavān kāmān
 tyaktvā sarvānaśēṣataḥ ।
 manasaivēndriyagrāmam
 viniyamya samantataḥ ॥24॥

śanaiḥ śanairuparamēt
 buddhyā dhṛtigṛhītayā ।
 ātmasaṁstham manah kṛtvā
 na kiñcidapi cintayēt ॥25॥

yatō yatō niścarati
 manaścañcalamasthiram ।
 tatastatō niyamyaitat
 ātmanyēva vaśam nayēt ॥26॥

praśāntamanasaṁ hyēnam
 yōginam sukhamuttamam ।
 upaiti śāntarajasaṁ
 brahmabhūtamakalmaṣam ॥27॥

yuñjannēvaṁ sadā"tmānam
 yōgī vigatakalmaṣaḥ ।
 sukhēna brahmasaṁsparśam
 atyantam sukhamaśnutē ॥28॥

sarvabhūtaṣṭhamātmānam
 sarvabhūtāni cātmani ।
 ikṣatē yōgayuktātmā
 sarvatra samadarśanaḥ ॥29॥

yō mām paśyati sarvatra
sarvaṁ ca mayi paśyati |
tasyāhaṁ na praṇaśyāmi
sa ca mē na praṇaśyati ||30||

sarvabhūtaśthitaṁ yō mām
bhajatyēkatvamāśthitaḥ |
sarvathā vartamānō'pi
sa yōgī mayi vartatē ||31||

ātmaupamyēna sarvatra
samaṁ paśyati yō'rjuna |
sukhaṁ vā yadi vā duḥkhaṁ
sa yōgī paramō mataḥ ||32||

arjuna uvāca -

yō'yaṁ yōgastvayā prōktaḥ
sāmyēna madhusūdana |
ētasyāhaṁ na paśyāmi
cañcalatvāt sthitiṁ sthirām ||33||

cañcalaṁ hi manaḥ kṛṣṇa
pramāthi balavad-dṛḍham |
tasyāhaṁ nigrahaṁ manyē
vāyōriva suduṣkaram ||34||

śrī bhagavānuvāca -

asamśayaṁ mahābāhō
manō durnigrahaṁ calam |

abhyāsēna tu kauntēya
vairāgyēṇa ca gr̥hyatē ||35||

asaṁyatātmanā yōgaḥ
duṣprāpa iti mē matiḥ |
vaśyātmanā tu yatatā
śakyō'vāptumupāyataḥ ||36||

arjuna uvāca -

ayatiḥ śraddhayōpētāḥ
yōgāccalitamānasāḥ |
aprāpya yōgasamsiddhim
kāṁ gatim̐ kṛṣṇa gacchati ||37||

kaccinnōbhaya vibhiraṣṭaḥ
chinnābhramiva naśyati |
apratiṣṭhō mahābāhō
vimūḍhō brahmaṇaḥ pathi ||38||

ētanmē saṁśayaṁ kṛṣṇa
chēttumarhasyaśēṣataḥ |
tvadanyaḥ saṁśayasyāśya
chēttā na hyupapadyatē ||39||

śrī bhagavānuvāca -

pārtha naivēha nāmutra
vināśastasya vidyatē |
na hi kalyāṇakṛtkaścit
durgatim̐ tāta gacchati ||40||

prāpya puṇyakṛtām lōkān
uṣitvā śāśvatīḥ samāḥ |
śucīnām śrīmatām gēhē
yōgabhraṣṭō'bhijāyatē ||41||

athavā yōgināmēva
kulē bhavati dhīmatām |
ētaddhi durlabhatarām
lōkē janma yadīdṛśam ||42||

tatra taṁ buddhisamyōgam
labhatē paurvadēhikam |
yatatē ca tatō bhūyaḥ
saṁsiddhau kurunandana ||43||

pūrvābhyāsēna tēnaiva
hriyatē hyavaśō'pi saḥ |
jijñāsurapi yōgasya
śabdabrahmātivartatē ||44||

prayatnādyatamānastu
yōgī saṁsuddhakilbiṣaḥ |
anēkajanmasaṁsiddhaḥ
tatō yāti parām gatim ||45||

tapasvibhyō'dhikō yōgī
jñānibhyō'pi matō'dhikaḥ |
karmibhyaścādhikō yōgī
tasmādyōgī bhavārjuna ||46||

yōgināmapi sarvēṣāṁ
madgatēnāntarātmanā |
śraddhāvānbhajatē yō mām
sa mē yuktatamō mataḥ ||47||

|| ōm tatsaditi śrīmadbhagavadgītāsu upaniṣatsu
brahmavidyāyām yōgaśāstrē śrīkṛṣṇārjuna-saṁvādē
ātma-saṁyama-yōgō nāma ṣaṣṭhō'dhyāyaḥ ||

