

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē nigamāntamahādēśikāya namaḥ

śrīmadbhagavadgītāsūpaniṣatsu brahmavidyāyāṃ yōgaśāstrē
śrīkṛṣṇārjunasaṃvādē

॥ dhyānayoḡō nāma ṣaṣṭhō'dhyāyaḥ ॥

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Sunder Kidāmbi

with the blessings of

śrī raṅgarāmānuja mahādēśikan

His Holiness śrīmad āṇḍavan śrīraṅgam

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śrībhagavānuvāca

anāśritaḥ karmaphalaṃ kāryaṃ karma karōti yaḥ |
sa sannyāsī ca yōgī ca na niragnirna cākriyaḥ || 6.1 ||

yaṃ sannyāsamiti prāhuryōgaṃ taṃ viddhi pāṇḍava |
na hyasannyastasaṅkalpō yōgī bhavati kaścana || 6.2 ||

ārurukṣōrmunēryōgaṃ karma kāraṇamucyatē |
yōgārūḍhasya tasyaiva śamaḥ kāraṇamucyatē || 6.3 ||

yadā hi nēndriyārthēṣu na karmasvanuṣajjatē |
sarvasaṅkalpasannyāsī yōgārūḍhastadōcyatē || 6.4 ||

uddharēdātmanātmānaṃ nātmānamavasādayēt |
ātmaiva hyātmanō bandhurātmaiva ripurātmanaḥ || 6.5 ||

bandhurātmātmanastasya yēnātmaivātmanā jitaḥ |
anātmanastu śatrutvē vartētātmaiva śatruvat || 6.6 ||

jitātmanaḥ praśāntasya paramātmā samāhitaḥ |
śītōṣṇasukhaduḥkhēṣu tathā mānāpamānayoḥ || 6.7 ||

jñānavijñānatṛptātmā kūṭasthō vijitēndriyaḥ |
yukta ityucyatē yōgī samalōṣṭāśmakāñcanaḥ || 6.8 ||

suhṛnmitrāryudāsīnamadhyasthadvēṣyabandhuṣu |
sādhuṣvapi ca pāpēṣu samabuddhirviśiṣyatē || 6.9 ||

yōgī yuñjīta satatamātmānaṃ rahasi sthitaḥ |
ēkākī yatacittātmā nirāśīraparigrahaḥ || 6.10 ||

śucau dēśē pratiṣṭhāpya sthiramāsanamātmanaḥ |
nātyucchritaṃ nātinīcaṃ cailājinakuśōttaram || 6.11 ||

tatraikāgraṃ manaḥ kṛtvā yatacittēndriyakriyaḥ |
upaviśyāsanē yuñjyādyōgamātmaviśuddhayē || 6.12 ||

samaṃ kāyaśīrōgrīvaṃ dhārayannacalaṃ sthiraḥ |
samprēkṣya nāsikāgraṃ svaṃ diśaścānavalōkayan || 6.13 ||

praśāntātmā vigatabhīrbrahmacārivratē sthitaḥ |
manaḥ saṃyamya maccittō yukta āsīta matparaḥ || 6.14 ||

yuñjannēvaṃ sadātmānaṃ yōgī niyatamānasaḥ |
śāntiṃ nirvāṇaparamāṃ matsaṃsthāmadhigacchati || 6.15 ||

nātyaśnatastu yōgō'sti na caikāntamanaśnataḥ |
na cātisvapnaśīlasya jāgratō naiva cārjuna || 6.16 ||

yuktāhāravihārasya yuktacēṣṭasya karmasu |
yuktasvapnāvabōdhasya yōgō bhavati duḥkhahā || 6.17 ||

yadā viniyataṃ cittamātmānyēvāvatiṣṭhatē |
niḥsprhaḥ sarvakāmēbhyō yukta ityucyatē tadā || 6.18 ||

yathā dīpō nivātasthō nēngatē sōpamā smṛtā |
yōginō yatacittasya yuñjatō yōgamātmanaḥ || 6.19 ||

yaatrōparamatē cittam niruddham yōgasēvayā |
yatra caivātmanātmānaṃ paśyannātmani tuśyati || 6.20 ||

sukhamātyantikam yattad buddhigrāhyamatīndriyam |
vētti yatra na caivāyam sthitaścalati tattvataḥ || 6.21 ||

yaṃ labdhvā cāparam lābham manyatē nādhikam tataḥ |
yasminsthitō na duḥkhēna guruṇāpi vicālyatē || 6.22 ||

taṃ vidyād duḥkhasaṃyōgaviyōgam yōgasamjñitam |
sa niścayēna yōktavyō yōgō'nirviṇṇacētasā || 6.23 ||

saṅkalpaprabhavānkāmāṃstyaktvā sarvānaśēṣataḥ |
manasaivēndriyagrāmaṃ viniyamyā samantataḥ || 6.24 ||

śanaiḥ śanairuparamēd buddhyā dhṛtigṛhītayā |
ātmasaṃsthaṃ manaḥ kṛtvā na kiñcidapi cintayēt || 6.25 ||

yatō yatō niścarati manaścañcalamasthiram |
tatastatō niyamyaitadātmanyēva vaśam nayēt || 6.26 ||

praśāntamanasaṃ hyēnaṃ yōginam sukhamuttamam |
upaiti śāntarajasam brahmabhūtamakalmaṣam || 6.27 ||

yuñjannēvaṃ sadātmānaṃ yōgī vigatakalmaṣaḥ |
sukhēna brahmasaṃsparśamatyantaṃ sukhamāśnutē || 6.28 ||

sarvabhūtasthamātmānaṃ sarvabhūtāni cātmani |
īkṣatē yōgayuktātmā sarvatra samadarśanaḥ || 6.29 ||

yō māṃ paśyati sarvatra sarvaṃ ca mayi paśyati |
tasyāham na praṇaśyāmi sa ca mē na praṇaśyati || 6.30 ||

sarvabhūtasthitam yō mām bhajatyēkatvamāsthitaḥ |
sarvathā vartamānō'pi sa yōgī mayi vartatē || 6.31 ||

ātmaupamyēna sarvatra samaḥ paśyati yō'rajuna |
sukhaḥ vā yadi vā duḥkhaḥ sa yōgī paramō mataḥ || 6.32 ||

arjuna uvāca

yō'yaḥ yōgastvayā prōktaḥ sāmyēna madhusūdana |
ētasyāhaḥ na paśyāmi cañcalatvātsthitim sthirām || 6.33 ||

cañcalaḥ hi manaḥ kṛṣṇa pramāthi balavad dṛḍham |
tasyāhaḥ nigrahaḥ manyē vāyōriva suduṣkaram || 6.34 ||

śrībhagavānuvāca

asaṃśayaḥ mahābāhō manō durnigrahaḥ calam |
abhyāsēna tu kauntēya vairāgyēṇa ca gṛhyatē || 6.35 ||

asaṃyatātmanā yōgō duṣprāpa iti mē matiḥ |
vaśyātmanā tu yatatā śakyō'vāptumupāyataḥ || 6.36 ||

arjuna uvāca

ayatiḥ śraddhayōpētō yōgāccalitamānasaḥ |
aprāpya yōgasamśiddhiḥ kām gatiḥ kṛṣṇa gacchati || 6.37 ||

kaccinnōbhayavibhraṣṭaśchinnābhramiva naśyati |
apratiṣṭhō mahābāhō vimūḍhō brahmaṇaḥ pathi || 6.38 ||

ētanmē saṃśayaḥ kṛṣṇa chēttumarhasyaśēṣataḥ |
tvadanyaḥ saṃśayasyāsyā chēttā na hyupapadyatē || 6.39 ||

śrībhagavānuvāca

pārtha naivēha nāmutra vināśastasya vidyatē |
na hi kalyāṇakṛtkaścid durgatiṃ tāta gacchati || 6.40 ||

prāpya puṇyakṛtāṃ lōkānuṣitvā śāśvatīḥ samāḥ |
śucīnāṃ śrīmatāṃ gēhē yōgabhraṣṭō'bhijāyatē || 6.41 ||

athavā yōgināmēva kulē bhavati dhīmatām |
ētaddhi durlabhataram lōkē janma yadīdṛśam || 6.42 ||

tatra taṃ buddhisam̐yōgaṃ labhatē paurvadēhikam |
yatatē ca tatō bhūyaḥ saṃsiddhau kurunandana || 6.43 ||

pūrvābhyāsēna tēnaiva hriyatē hyavaśō'pi saḥ |
jijñāsurapi yōgasya śabdabrahmātivartatē || 6.44 ||

prayatnādyatamānastu yōgī saṃsuddhakilbiṣaḥ |
anēkajanmasaṃsiddhastatō yāti parāṃ gatim || 6.45 ||

tapasvibhyō'dhikō yōgī jñānibhyō'pi matō'dhikaḥ |
karmibhyaścādhikō yōgī tasmādyōgī bhavārjuna || 6.46 ||

yōgināmapi sarvēṣāṃ madgatēnāntarātmanā |
śraddhāvānbhajatē yō māṃ sa mē yuktatamō mataḥ || 6.47 ||

|| iti śrīmadbhagavadgītāsūpaniṣatsu brahmavidyāyāṃ yōgaśāstrē
śrīkṛṣṇārjunasaṃvādē dhyānayōgō nāma ṣaṣṭhō'dhyāyaḥ ||