

śrīh
śrīmate nigamāntamahādeśikāya namaḥ
śrīmān veṅkaṭanāthāryaḥ kavītārkikakesarī
vedāntācāryavāryō me sannidhattāṃ sadā hr̥di ॥

॥ *śrīmadbhagavadgītā* ॥

॥ *dhyānayogaḥ* ॥
(*ṣaṣṭho'dhyāyaḥ*)

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with the blessings of
śrī raṅgarāmānuja mahādeśikan
His Holiness *śrīmad āṇḍavan* of *śrīraṅgam*

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śrīḥ
śrīmate rāmānujāya namaḥ

॥ dhyānayaogaḥ ॥
(ṣaṣṭho'dhyāyaḥ)

śrībhagavānuvāca

anāśritaḥ karmaphalaṃ kāryaṃ karma karoti yaḥ |
sa sannyāsī ca yogī ca na niragnirna cākriyaḥ || 6.1 ||

yaṃ sannyāsamiti prāhuryogaṃ taṃ viddhi pāṇḍava |
na hyasannyastasaṅkalpo yogī bhavati kaścana || 6.2 ||

ārurukṣormuneryogaṃ karma kāraṇamucyate |
yogārūḍhasya tasyaiva śamaḥ kāraṇamucyate || 6.3 ||

yadā hi nendriyārtheṣu na karmasvanuṣajjate |
sarvasaṅkalpasannyāsī yogārūḍhastadocyate || 6.4 ||

uddharedātmanātmānaṃ nātmānamavasādayet |
ātmaiva hyātmano bandhurātmaiva ripurātmanaḥ || 6.5 ||

bandhurātmatmanastasya yenātmaivātmanā jitaḥ |
anātmanastu śatrutve vartetātmaiva śatruvat || 6.6 ||

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

jñānavijñānatṛptātmā kūṭastho vijitendriyaḥ |
yukta ityucyate yogī samaloṣṭāśmakāñcanaḥ || 6.8 ||

suhṛnmitrāryudāsīnamadhyasthadveṣyabandhuṣu |
sādhuṣvapi ca pāpeṣu samabuddhirviśiṣyate || 6.9 ||

yogī yuñjīta satatamātmānaṃ rahasi sthitaḥ |
ekākī yatacittātmā nirāśīraparigrahaḥ || 6.10 ||

śucau deśe pratiṣṭhāpya sthiramāsanamātmanaḥ |
nātyucchrītaṃ nātinīcaṃ cailājīnakuśottaram || 6.11 ||

tatraikāgraṃ manaḥ kṛtvā yatacittendriyakriyāḥ |
upaviśyāsane yuñjyādyogamātmaviśuddhaye || 6.12 ||

samaṃ kāyaśīrogrīvaṃ dhārayannacalaṃ sthiraḥ |
saṃprekṣya nāsikāgraṃ svaṃ diśaścānavalokayan || 6.13 ||

praśāntātmā vigatabhīrbrahmacārivrate sthitaḥ |
manaḥ saṃyamya maccitto yukta āsīta matparaḥ || 6.14 ||

yuñjannevaṃ sadātmānaṃ yogī niyatamānasaḥ |
śāntiṃ nirvāṇaparamāṃ matsaṃsthāmadhigacchati || 6.15 ||

nātyaśnatastu yogo'sti na caikāntamaśnataḥ |
na cātisvapnaśīlasya jāgrato naiva cārjuna || 6.16 ||

yuktāhāravihārasya yuktaceṣṭasya karmasu |
yuktasvapnāvabodhasya yogo bhavati duḥkhahā || 6.17 ||

yadā viniyataṃ cittamātmānyevāvatiṣṭhate |
niḥspṛhaḥ sarvakāmebhyo yukta ityucyate tadā || 6.18 ||

yathā dīpo nivāstho neṅgate sopamā smṛtā |
yogino yatacittasya yuñjato yogamātmanaḥ || 6.19 ||

yatroparamate cittaṃ niruddhaṃ yogasevayā |
yatra caivātmanātmānaṃ paśyannātmani tuṣyati || 6.20 ||

sukhamātyantikaṃ yattad buddhigrāhyamatīndriyam |
vetti yatra na caivāyaṃ sthitaścalati tattvataḥ || 6.21 ||

yaṃ labdhvā cāparaṃ lābhaṃ manyate nādhikaṃ tataḥ |
yasminsthito na duḥkhena guruṇāpi vicālyate || 6.22 ||

taṃ vidyād duḥkhasaṃyogaviyogaṃ yogasañjñitam |
sa niścayena yoktavyo yogo'nirviṇṇacetasā || 6.23 ||

saṅkalpaprabhavānkāmāṃstyaktvā sarvānaśeṣataḥ |
manasaivendriyagrāmaṃ viniyamya samantataḥ || 6.24 ||

śanaiḥ śanairupamed buddhyā dhṛtigrhītayā |
ātmasaṃsthaṃ manaḥ kṛtvā na kiñcidapi cintayet || 6.25 ||

yato yato niścaraṭi manaścañcalamasthiram |
tatastato niyamya itadātmanyeva vaśaṃ nayet || 6.26 ||

praśāntamanasaṃ hyenaṃ yoginaṃ sukhamuttamam |
upaiti śāntarajasam brahmabhūtamakalmaṣam || 6.27 ||

yuñjannevaṃ sadātmānaṃ yogī vigatakalmaṣaḥ |
sukhena brahmasaṃsparśamatyantam sukhamāśnute || 6.28 ||

sarvabhūtasthamātmānaṃ sarvabhūtāni cātmani |
īkṣate yogayuktātmā sarvatra samadarśanaḥ || 6.29 ||

yo māṃ paśyati sarvatra sarvaṃ ca mayi paśyati |
tasyāhaṃ na praṇaśyāmi sa ca me na praṇaśyati || 6.30 ||

sarvabhūtasthitam yo māṃ bhajatyekatvamāsthitaḥ |
sarvathā vartamāno'pi sa yogī mayi vartate || 6.31 ||

ātmaupamyena sarvatra samaṃ paśyati yo'rjuna |
sukhaṃ vā yadi vā duḥkhaṃ sa yogī paramo mataḥ || 6.32 ||

arjuna uvāca

yo 'yaṃ yogastvayā proktaḥ sāmyena madhusūdana |
etasyāhaṃ na paśyāmi cañcalatvātsthitim sthirām || 6.33 ||

cañcalaṃ hi manaḥ kṛṣṇa pramāthi balavad dṛḍham |
tasyāhaṃ nigrahaṃ manye vāyoriva suduṣkaram || 6.34 ||

śrībhagavān uvāca

asaṃśayaṃ mahābāho mano durnigrahaṃ calam |
abhyāsenā tu kaunteya vairāgyeṇa ca gṛhyate || 6.35 ||

asaṃyatātmanā yogo duṣprāpa iti me matiḥ |
vaśyātmanā tu yatatā śakyo 'vāptum upāyataḥ || 6.36 ||

arjuna uvāca

ayatiḥ śraddhayopeto yogāccalitamānasaḥ |
aprāpya yogasaṃsiddhiṃ kām gatiṃ kṛṣṇa gacchati || 6.37 ||

kaccinnobhayavibhraṣṭaśchinnābhramiva naśyati |
apratiṣṭho mahābāho vimūḍho brahmaṇaḥ pathi || 6.38 ||

etanme saṃśayaṃ kṛṣṇa chettumarhasyaśeṣataḥ |
tvadanyaḥ saṃśayasyāsyā chettā na hyupapadyate || 6.39 ||

śrībhagavān uvāca

pārtha naiveha nāmutra vināśastasya vidyate |
na hi kalyāṇakṛtkaścid durgatiṃ tāta gacchati || 6.40 ||

prāpya puṇyakṛtāṃ lokānuṣitvā śāśvatīḥ samāḥ |
śucīnāṃ śrīmatāṃ gehe yogabhraṣṭo 'bhijāyate || 6.41 ||

athavā yogināmeva kule bhavati dhīmatām |
etaddhi durlabhataram loke janma yadīdṛśam || 6.42 ||

tatra taṃ buddhisamyogaṃ labhate paurvadehikam |
yatate ca tato bhūyaḥ saṃsiddhau kurunandana || 6.43 ||

pūrvābhyāsenā tenaiva hriyate hyavaśo'pi saḥ |
jijñāsurapi yogasya śabdabrahmātivartate || 6.44 ||

prayatnādyatamānastu yogī saṃśuddhakilbiṣaḥ |
anekajanmasaṃsiddhastato yāti parāṃ gatim || 6.45 ||

tapasvibhyo'dhiko yogī jñānibhyo'pi mato'dhikaḥ |
karmibhyaścādhiko yogī tasmādyogī bhavārjuna || 6.46 ||

yogināmapi sarveṣāṃ madgatenāntarātmanā |
śraddhāvānbhajate yo māṃ sa me yuktatamo mataḥ || 6.47 ||

|| iti śrīmadbhagavadgītāsūpaniṣatsu brahmavidyāyāṃ yogaśāstre
śrīkṛṣṇārjunasaṃvāde dhyānayoḡo nāma
ṣaṣṭho'dhyāyaḥ ||