

**Reflections from Shrimad Bhagavadgita– Part 114: Chapter 12, Verses 06-09**

(July 08 – July 14, 2020)

***Please Note: Click Anywhere on The Dark Area Below to Listen to the Above Verses***

**ORIGINAL SANSKRIT DOCUMENT**

**TRANSLITERATION**

ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्परः ।

*ye tu sarvāṇi karmāṇi mayi sannnyasya  
mat-parah*

अनन्येनैव योगेन मां ध्यायन्त उपासते ॥ १२-६ ॥

*ananyenaiva yogena mām dhyāyanta  
upāsate*

तेषामहं समुद्धर्ता मृत्युसंसारसागरात् ।

*teṣhām ahaṁ samuddhartā mṛityu-  
saṁsāra-sāgarāt*

भवामि नचिरात्पार्थ मय्यावेशितचेतसाम् ॥ १२-७ ॥

*bhavāmi na chirāt pārtha mayy āveśhita-  
chetasām*

मय्येव मन आधत्स्व मयि बुद्धिं निवेशय ।

*mayy eva mana ādhatsva mayi buddhiṁ  
niveśhaya*

निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ॥ १२-८ ॥

*nivasiṣhyasi mayy eva ata ūrdhvaṁ na  
sanśhayaḥ*

अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम् ।

*atha chittaṁ samādhātuṁ na śhaknoṣhi  
mayi sthiram*

अभ्यासयोगेन ततो मामिच्छाप्तुं धनञ्जय ॥ १२-९ ॥

*abhyāsa-yogena tato mām ichchhāptuṁ  
dhanañjaya*

## TRANSLATION

- (06) But those who dedicate all their actions to Me, regarding Me as the Supreme goal, worshiping Me and meditating on Me with exclusive devotion, O Parth, I swiftly deliver them from the ocean of birth +  
(07) and death, for their consciousness is united with Me.
- (08) Fix your mind on Me alone and surrender your intellect to Me. There upon, you will always live in Me. Of this, there is no doubt.
- (09) If you are unable to fix your mind steadily on Me, O Arjun, then practice remembering Me with devotion while constantly restraining the mind from worldly affairs.

<https://drive.google.com/file/d/1XZ2TlfUlwEomhN7WkJgb2WL6Fm6tCZ0S/view?usp=sharing>

## Chapter 12

### Verses 06 + 07:

In these two verses, Lord Krishna talks about the spiritually minded people who have no other motive than satisfying Him, and have no desire of seeking anything in return from Him, and who offer all their activities as devotion to Him, keeping Him alone as their sole goal and in one-pointed devotion focus their meditation on Him fully while worshipping Him in all their activities such as chanting His holy names, glorifying Him, offering prayers to Him, prostrating before His deity form, hearing about His *lilas* or divine pastimes, enlightening others about His glories, etc. as the be all and end all of all existence itself. To such devotees as these who always are in communion with Lord Krishna in their hearts and minds, He Himself personally becomes their savior by being their *samuddhaarta* or deliverer from *mrityu-samsaara-saagaraat* or the deadly ocean of the perpetual cycle of birth and death, which is the principle barrier that prevents the *atma's* or eternal souls of all *jivas* or the embodied souls from attaining Him when the end of each physical life transpires.

### Verse 08:

Here, Lord Krishna is instructing Arjuna to act as His devotees do. The Supreme Lord Krishna Himself is the savior of His surrendered devotees who exclusively perform *bhakti*

or loving devotion to Him. He rescues them from *samsaara* or the perpetual cycle of birth and death devouring all in material existence and bestows upon them His own nature of endless bliss. By focusing His mind on the Supreme Lord alone, which is the most auspicious abode for the mind, He is adored and beloved by His devotees and the Lord of all lords. One should establish their intellect decisively and resolve in their mind that the Supreme Lord Krishna is the paramount object of worship and the ultimate goal to be attained. With the mind and intellect absorbed in the Supreme Lord one will certainly abide with Him in His eternal spiritual abode at the end of this flickering physical existence along with countless others of similar determination and sharing in communion with Him will not be separated from the Supreme Lord ever again.

**Verses 09:**

In this verse, Lord Krishna tells Arjuna that if one is unable to focus one's mind steadily on the Supreme Lord Krishna without distraction and interruption, then one should continuously endeavor to perform *abhyasa yoga*, which involves repeatedly fixing the mind on the Supreme Lord while simultaneously restraining oneself from all worldly affairs.

Reflecting on Lord Krishna being the quintessence of all wonderful qualities and exalted attributes such as love, beauty, compassion, sweetness, wisdom, majesty, courage, valor, etc. while realizing that He alone is the Supreme Lord of the spiritual kingdom and the material worlds. He is the ultimate source and the ultimate goal of all things, while at the same time being the antithesis and antidote of all that is demoniac and unrighteous. True endeavor for the Supreme Lord is *bhakti* or exclusive loving devotion to Lord Krishna. By remembering and meditating constantly on Him in this way, steadiness and equanimity of mind are achieved and one will directly realize how to attain Him.