



Gita Panchamrit

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These 5 special verses were selected by our Mukhya Swamiji for the daily sadhana of every Hindu. These verses together offer a complete spiritual path, guiding the seeker from self-effort to surrender and from purposeful action to inner freedom. All Chinmaya Mission families should learn and memorize these verses.



Take charge of your life and rise up



उद्धरेदात्मनात्मानं नात्मानमवसादयेत् |
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ||

uddharedātmanātmānaṁ nātmānamavasādayet
ātmaiva hyātmano bandhurātmaiva ripurātmanaḥ (6.5)

Let a man lift himself by his own Self alone, and let him not
lower himself; for, this Self alone is the friend of oneself
and this Self is the enemy of oneself.



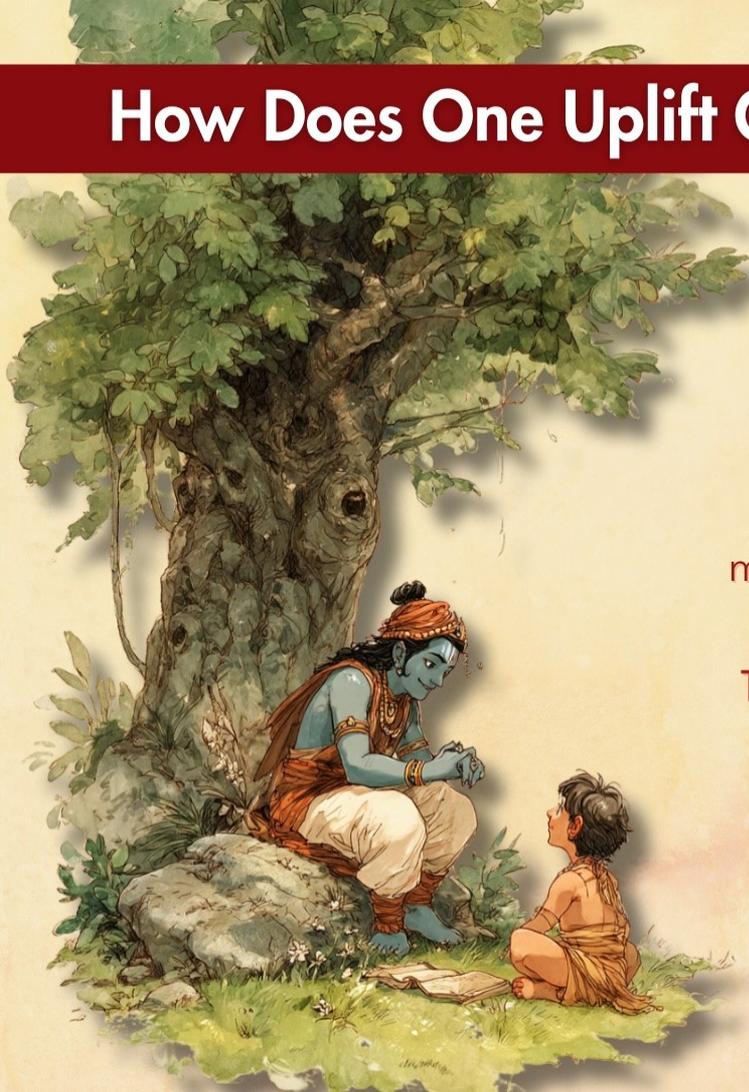
How Does One Uplift Oneself?



कर्मण्येवाधिकारस्ते मा फलेषु कदाचन |
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ||

karmaṇyevādhikāraṣṭe mā phaleṣu kadācana
mā karmaphalaheturbhūrmā te saṅgo'stvakarmaṇi (2.47)

Thy right is to work only, but never to its fruits; let the fruit-
of-action be not thy motive, nor let thy attachment be to
inaction.



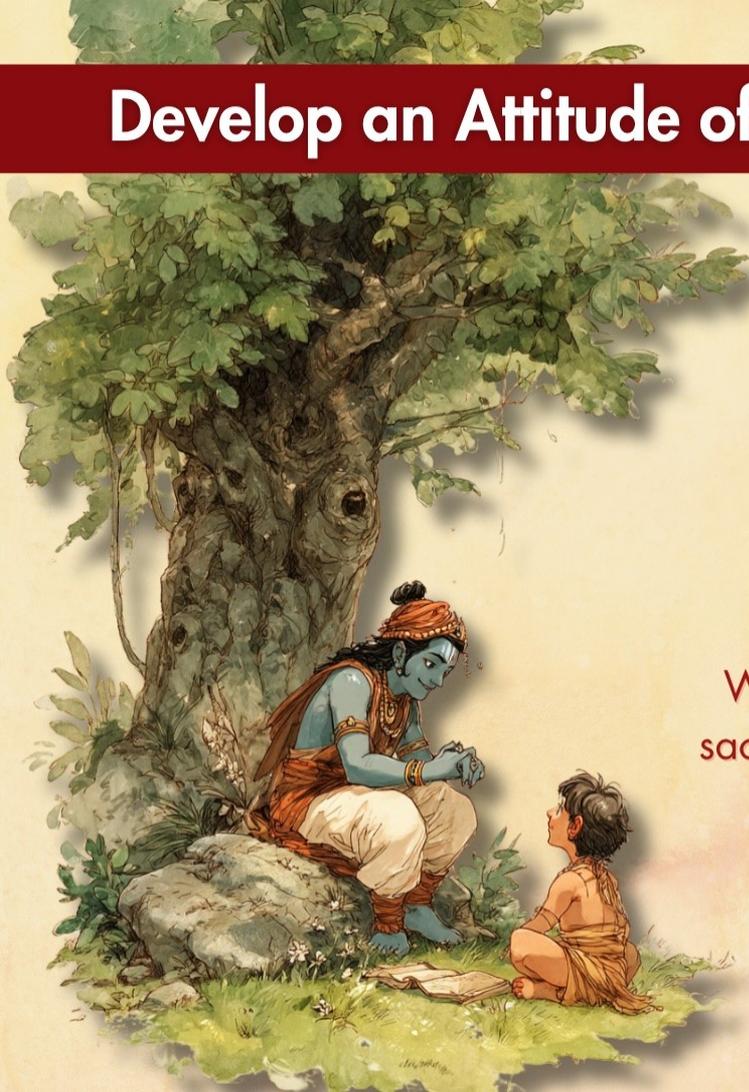
Develop an Attitude of Dedication



यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् |
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

yatkarōṣi yadaśnāsi yajjuhoṣi dadāsi yat
yattapasyasi kaunteya tatkuruṣva madarpaṇam (9.27)

Whatever you do, whatever you eat, whatever you offer in
sacrifice, whatever you give in charity, whatever you practice
as austerity, O Kaunteya, do it as an offering to Me.



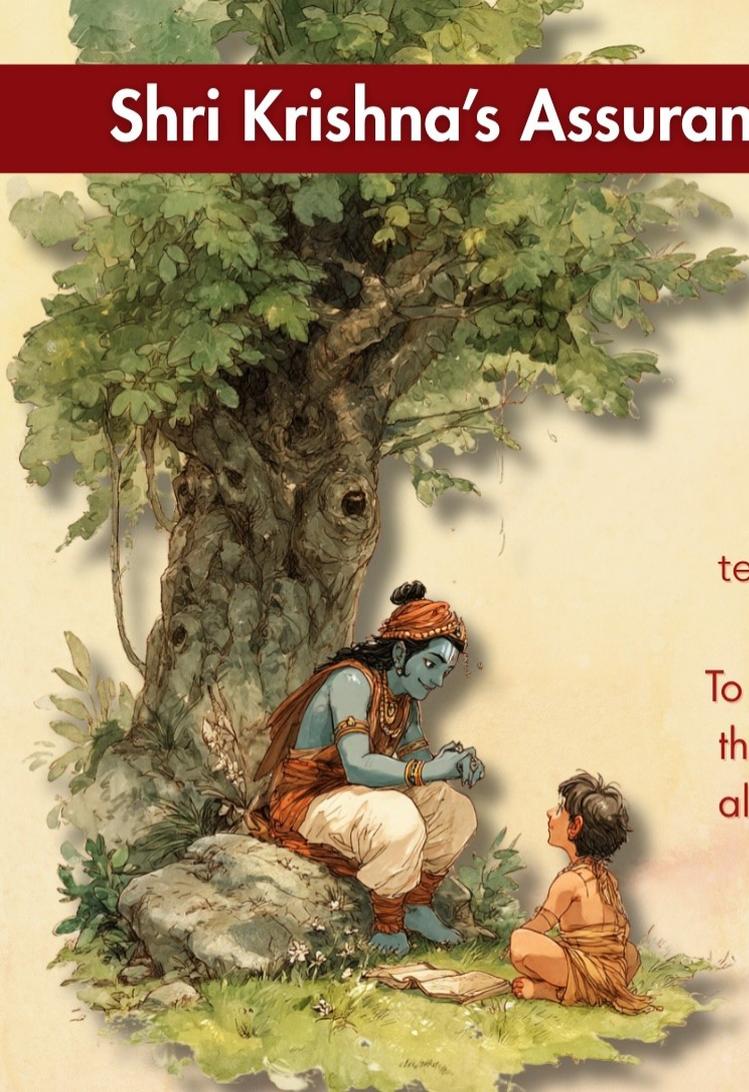
Shri Krishna's Assurance



अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते |
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

ananyāśchintayanto mām ye janāḥ paryupāsate
teṣhām nityābhiyuktānām yogakṣemaṁ vahāmyaham (9.22)

To those men who worship Me alone, thinking of no other, to those ever self-controlled, I secure for them that which is not already possessed by them (YOGA), and preserve for them what they already possess (KSHEMA).



Bhagavan Frees Us from All Bondages



सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज |
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः॥

sarvadharmānparityajya māmekaṁ śaraṇaṁ vraja
ahaṁ tvāṁ sarvapāpebhyo mokṣhayiṣhyāmi mā śucaḥ (18.66)

Abandoning all dharmas (of the body, mind and intellect),
take refuge in Me alone; I will liberate thee from all sins;
grieve not.

