

|| om̐ śrī paramātmāne namaḥ ||

|| atha dvādaśo'dhyāyaḥ ||

bhakti yogaḥ

Chapter 12

Yoga of Devotion

arjuna uvāca -

evaṁ satatayuktā ye

bhaktāstvām paryupāsate |

ye cāpyakṣaramavyaktaṁ

teṣāṁ ke yogavittamāḥ ||

1

Arjuna asked: Sri Krishna! There are those who worship you in your manifested form. There are others who worship you as the formless Supreme Soul, Nirguna Parabrahma. Of these, who is more adept at Yoga?

śrī bhagavānuvāca -

mayyāveśya mano ye mām

nityayuktā upāsate |

śraddhayā parayopetāḥ

te me yuktatamā matāḥ ||

2

The divine Lord said: Those who constantly contemplate upon me in their minds with one-pointed concentration, are superior.

ye tvakṣaramanirdeśyam

avyaktaṁ paryupāsate |

sarvatragamacintyaṁ ca

kūṭasthamacalaṁ dhruvam || 3

sanniyamyendriyagrāmaṁ

sarvatra samabuddhayaḥ |

te prāpnuvanti māmeva

sarvabhūtahite ratāḥ || 4

Those who worship me as the formless, invisible Supreme Entity, attain me if they transcend the dualities, have love towards all, are perfectly self-controlled, and adore me as the all-pervasive, unmoving, ever true and changeless Brahman, who is the cause of Maya, the power of illusion.

kleśo'dhikatarasteṣāṁ

avyaktāsaktacetasāṁ |

avyaktā hi gatirduḥkhaṁ

dehavadbhiravāpyate || 5

To worship God as formless, and unmanifest, without any attributes, is more difficult than to worship God with form. For those who identify themselves with their bodies, it is a more challenging effort. But to those who have mastered the skill, it is the best way.

ye tu sarvāṇi karmāṇi

mayi sannyasya matparāḥ ।

ananyenaiva yogena

mām dhyāyanta upāsate ॥ 6

teṣāmahaṁ samuddhartā

mṛtyusaṁsārasāgarāt ।

bhavāmi nacirātpārtha

mayyāveśitacetasām ॥ 7

Arjuna! I safely ferry across the ocean of worldliness which is like death, those devotees who surrender to me all fruits of their actions and contemplate upon me with concentration, regarding me as the highest goal. I help them to attain me, who am eternal.

mayyeva mana ādhatsva

mayi buddhiṁ niveśaya ।

nivasiṣyasi mayyeva

ata ūrdhvaṁ na saṁśayaḥ ॥ 8

If you fix your attention entirely upon me, and lose yourself in my contemplation, you will forever reside in me.

atha cittam samādhātum

na śaknoṣi mayi sthiram ।

abhyāsayogena tataḥ

māmicchāptuṁ dhanañjaya ||

9

Arjuna! If you are unable to pin your attention on me with unwavering devotion, then, by the Yoga of Continuous Practice you may attempt to attain me.

abhyāse'pyasamartho'si

matkarmaparamo bhava |

madarthamapi karmāṇi

kurvansiddhimavāpsyasi ||

10

athaitadapyaśakto'si

kartuṁ madyogamāśritaḥ |

sarvakarmaphalatyāgaṁ

tataḥ kuru yatātmavān ||

11

If even that is not possible for you, control your mind and seek refuge in me. Offer to me the fruits of all your actions.

śreyo hi jñānamabhyāsāt

jñānāddhyānaṁ viśiṣyate |

dhyānātkarmaphalatyāgaḥ

tyāgācchāntiranantaram ||

12

Gaining spiritual knowledge is superior to physical yoga exercises. Deep contemplation is superior to

the attainment of knowledge. Renouncing the fruits of all actions is superior to deep meditation. When all attachments are surrendered, Liberation is attained.

adveṣṭā sarvabhūtānām

maitraḥ karuṇa eva ca |

nirmamo nirahaṅkāraḥ

samaduḥkhasukhaḥ kṣamī || 13

santuṣṭasatataṁ yogī

yatātmā dṛḍhaniścayaḥ |

mayyarpitamanobuddhiḥ

yo madbhaktassa me priyaḥ || 14

I am pleased with my devotee who harbors no ill-will towards any living creature, is friendly towards all, is compassionate, free from ego and possessiveness, is forgiving, ever happy, self-controlled, determined, and has the attention always fixed upon me.

yasmānodvijate lokaḥ

lokānodvijate ca yaḥ |

harṣāmarṣabhayodvegaiḥ

mukto yassa ca me priyaḥ || 15

I like the devotee who is never a threat to the world, and is not afraid of the world; and who is unaffected by fear, happiness, or sorrow.

anapekṣaśśucirdakṣaḥ

udāsīno gatavyathaḥ |

sarvārambhaparityāgī

yo madbhaktassa me priyaḥ || 16

I favor the devotee who is free from desire, is clean inside and out, is impartial, and never performs actions with any expectation.

yo na hr̥ṣyati na dveṣṭi

na śocati na kāṅkṣati |

śubhāśubhaparityāgī

bhaktimānyassa me priyaḥ || 17

I like him, who does not succumb to exuberance, depression, negativity, or dualities such as good and bad traits.

samaśśatrau ca mitre ca

tathā mānāpamānayoḥ |

śītoṣṇasukhaduḥkheṣu

samassaṅgavivarjitaḥ || 18

tulyanindāstutirmaunī

santuṣṭo yena kenacit ।

aniketassthiramatiḥ

bhaktimānme priyo naraḥ ॥

19

I like the devotee who treats friend and foe alike, is indifferent to praise and insult, treats joy and sorrow alike, has no desire, is happy with whatever comes his way, enjoys silence, and has a mind that is steady and unwavering.

ye tu dharmyāmṛtamidaṁ

yathoktaṁ paryupāsate ।

śraddadhānā matparamāḥ

bhaktāste'tīva me priyāḥ ॥

20

Whoever follows my guidance in following Dharma, whoever praises, trusts, and worships me with unwavering faith, is most dear to me.

॥ iti śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyām yogaśāstre

śrīkṛṣṇārjuna-saṁvāde bhakti-yogo nāma dvādaśo'dhyāyaḥ ॥

