

ROMAN

Gītā Chalisa



Gītā Vidya

Gita Vidya

Yoga Chalisa

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1. Atma - Paramatma

na tvevaaham jaatu naasam na tvam neme janaadhipaah' .
na chaiva na bhavishyaamah' sarve vayamatah' param .. 2-12..

dehino'sminyathaa dehe kaumaaram yauvanam jaraa .
tathaa dehaantarapraaptirdheerastatra na muhyati .. 2-13..

vaasaamsi jeernaani yathaa vihaaya navaani gri'hnaati naro'paraani .
tathaa shareeraani vihaaya jeernaanyanyaani samyaati navaani dehee .. 2-22..

nainam chhindanti shastraani nainam dahati paavakah' .
na chainam kledayantyaapo na shoshayati maarutah' .. 2-23..

yadaa yadaa hi dharmasya glaanirbhavati bhaarata .
abhyutthaanamadharmaasya tadaatmaanam sri'jaamyaham .. 4-7..

paritraanaaya saadhoonaam vinaashaaya cha dushkri'taam .
dharma samsthaapanaarthaaya sambhavaami yuge yuge .. 4-8..

janma karma cha me divyamevam yo vetti tattvatah' .
tyaktvaa deham punarjanma naiti maameti so'rjuna .. 4-9..

veetaraagabhayakrodhaa manmayaa maamupaashritaah' .
bahavo jnyaanatapasaa pootaa madbhaavamaagataah' .. 4-10..



2. Karma yoga

karmanyevaadhikaaraste maa phaleshu kadaachana .
maa karmaphalaheturbhoomaa te sango'stvakarmani .. 2-47..

annaadbhavanti bhootaani parjanyaadannasambhavah' .
yajnyaadbhavati parjanyo yajnyah' karmasamudbhavah' .. 3-14..

yadyadaacharati shresht'hastattadevetaro janah' .
sa yatpramaanam kurute lokastadanuvartate .. 3-21..

shreyaansvadharmo vigunah' paradharmaatsvanusht'hitaat .
svadharme nidhanam shreyah' paradharmo bhayaavahah' .. 3-35..

yasya sarve samaarambhaah' kaamasankalpavarjitaah' .
jnyaanaagnidagdhakarmaanam tamaahuh' pand'itam budhaah' .. 4-19..

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tayostu karmasamnyaasaatkarmayogo vishishyate .. 5-2..

brahmanyaadhaaya karmaani sangam tyaktvaa karoti yah' .
lipyate na sa paapena padmapatramivaambhasaa .. 5-10..

adhisht'haanam tathaa kartaa karanam cha pri'thagvidham .
vividhaashcha pri'thakchesht'aa daivam chaivaatra panchamam .. 18-14..



3. Gyana yoga

dhoomenaavriyate vahniryathaadarsho malena cha .
yatholbenaavri'to garbhastathaa tenedamaavri'tam .. 3-38..

brahmaarpanam brahma havirbrahmaagnau brahmanaa hutam .
brahmaiva tena gantavyam brahmakarmasamaadhinaa .. 4-24..

shraddhaavaam'llabhate jnyaanam tatparah' samyatendriyah' .
jnyaanam labdhvaa paraam shaantimachirenaadhigachchhati .. 4-39..

jnyaanena tu tadajnyaanam yeshaam naashitamaatmanah' .
teshaamaadityavajjnyaanam prakaashayati tatparam .. 5-16..



manushyaanaam sahasreshu kashchidyatati siddhaye .
yatataamapi siddhaanaam kashchinmaam vetti tattvatah' .. 7-3..

bahoonam janmanaamante jnyaanavaanmaam prapadyate .
vaasudevah' sarvamiti sa mahaatmaa sudurlabhah' .. 7-19..

yah' shaastravidhimutsri'jya vartate kaamakaaratah' .
na sa siddhimavaapnoti na sukham na paraam gatim .. 16-23..

jnyaanam jnyeyam parijnyaataa trividhaa karmachodanaa .
karanam karma karteti trividhah' karmasangrahaah' .. 18-18..

4. Dhyana yoga

yogee yunjeeta satatamaatmaanam rahasi sthitah' .
ekaakee yatachittaatamaa niraasheeraparigraha' .. 6-10..

shuchau deshe pratish'thaapya sthiraamaasanamaatmanah' .
naatyuchchhritam naatineecham chailaajinakushottaram .. 6-11..

tatraikaagram manah' kri'tvaa yatachittendriyakriyah' .
upavishyaasane yunjaadyogamaatmavishuddhaye .. 6-12..

samam kaayashirogreavam dhaarayannachalam sthirah' .
samprekshya naasikaagram svam dishashchaanavalokayan .. 6-13..

prashaantaatmaa vigatabheerbrahmachaarivrate sthitah' .
manah' samyamya machchitto yukta aaseeta matparah' .. 6-14..

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shaantim nirvaanaparamaam matsamsthaamadhigachchhati .. 6-15..

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mama vartmaanuvartante manushyaah' paartha sarvashah' .. 4-11..

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patram pushpam phalam toyam yo me bhaktyaa prayachchhati .
tadaham bhaktyupahri'tamashnaami prayataatmanah' .. 9-26..

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sarvaarambhaparityaagee yo madbhaktah' sa me priyah' .. 12-16..

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Gita Vidya

Paramartham

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A. Arjuna sandeham (The quest)

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jyaayasee chetkarmanaste mataa buddhirjanaardana |
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kim tadbrahma kimadhyaatmam kim karma purushottama |
adhibhootam cha kim proktamadhidaivam kimuchyate .. 8.1..

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yechaapyaksharamavyaktam teshaam ke yogavittamaah' .. 12.1..

katham vidyaamaham yogimstvaam sadaa parichintayan |
keshu keshu cha bhaaveshu chintyo²si bhagavanmayaa .. 10.17..

kairlingaistreengunaanetaanateeto bhavati prabho |
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B. Shankara sandesham (The message)

geetaa shaastram idam punyam yah' pat'het prayatah' pumaan .
vishnoh' paadam avaapnoti bhaya shokaadi varjitah' .. 1 ..

geetaadhyayanashheelasya praanaayaamaparasya cha .
naiva santi hi paapaani poorvajanmakri'taani cha .. 2 ..

malinemochanam pumsaam jalasnaanam dine dine .
sakri'dgeetaamri'tasnaanam samsaaramalanaashanam .. 3 ..

geetaa sugeetaakartavyaa kimanyau: shaastravistaraih' .
yaa svayam padmanaabhasya mukhapadmaadvinih' sri'taa .. 4 ..

bhaarataamri'tasarvasvam vishnuvaktraadvinih' sri'tama .
geetaa- gangodakam peetvaa punarjanma na vidyate .. 5 ..

sarvopanishado gaavo dogdhaa gopaalanandanah' .
paartho vatsah' sudhibhoktaa dugdham geetaamri'tam mahat .. 6 ..

ekam shaastram devakeeputrageetam .
eko devo devakeeputra eva ..
eko mantrastasya naamaani yaani.
karmaapyekam tasya devasya sevaa .. 7 ..





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Mr. Gopi V. Prasad has an MBA in Global Management from the Bremen University of Applied Sciences, Germany. He did his school education from Sri Aurobindo School in India and has been involved in the study of Bhagavad-Gita since childhood. He is the founder president and managing director of GloMan group which has its presence in Germany and India. Besides his active corporate career Gopi serves as visiting faculty to management schools and the Hindu University of America. His experience in the field of Education has led to the creation of G-Education model which is applied in the development and dissemination of structured learning programs on the Bhagavad-Gita. His interests include writing poetry and drawing cartoons. He wrote over 100 poems and songs in Telugu and Hindi. He made cartoons on the shlokas of the Bhagavad-Gita to convey their meaning in easy and effective way. Gopi is involved in community service and voluntarily supports many social and spiritual organizations. He is the recipient of the Sri Sardar Patel Award in the year 2010.

About the Program

"Gita Vidya Program" is an initiative of GloMan Foundation to disseminate the divine wisdom of the Bhagavad-Gita around the world. This program is designed and developed using "G-Education" model by Mr. Gopi V Prasad. It is made available in multiple languages on various platforms such as Online, Class room, Radio and TV etc. The Gita Vidya Sadhaks (trainees) follow three steps of **Sadhana**, **Sodhana** and **Vadhana** to memorise, understand and apply the wisdom of the Bhagavad-Gita.

The "Gita Vidya Yoga Chalisa" presents the divine wisdom of Atma, Paramatma and the pathways to pursue the union of Atma with Paramatma. With 5 chapters and 40 verses this course presents the four divine pathways namely Karma yoga, Gyana yoga, Dhyana yoga, and Bhakti yoga. The guided practice audios to learn the accurate pronunciation of these shlokas are available for free on www.GitaVidya.org website.

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