

Gita Panchamrit

learn, live and lead





5 Shlokas. 1 Essence.

A simple way for everyone to connect with the Bhagavad Gita **Gita Panchamrit** is an initiative of **Chinmaya Mission** that seeks to awaken love and reverence for the Bhagavad Gita in every heart. Through five carefully chosen verses—simple to learn, inspiring to reflect upon, and uniting in spirit—it offers a glimpse of the Gita's timeless relevance. The first three verses guide what we, as seekers, can do; the last two reveal what Bhagavan does when we surrender in faith. The verses provided here with Sandhi split for easy chanting.



Take Charge of Your Life and Rise Up

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् । आत्मेव ह्यात्मनो बन्धुः आत्मेव रिपुरात्मनः ।।

uddhared-ātmanātmānaṁ nātmānam-avasādayet, ātmaiva hyātmano bandhuḥ ātmaiva ripur-ātmanaḥ. (6.5)

One should lift oneself by oneself; one should not lower oneself. The mind is verily one's friend; the mind is one's own enemy.

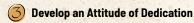


How Does One Uplift Oneself?

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूः मा ते सङ्गोऽस्त्वकर्मणि ।।

karmanyevādhikāraste mā phaleşu kadācana, mā karmaphalaheturbhuḥ mā te sango'stvakarmaṇi. (2.47)

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



यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् । यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ।।

yatkaroşi yadaśnāsi yajjuhoşi dadāsi yat, yattapasyasi kaunteya tatkuruşva madarpaṇam. (9.27)

Whatever you do, whatever you eat, whatever you offer in sacrifice, whatever you give in charity, whatever you practice as austerity, 0 Kaunteya! Do it as an offering to Me.

4 Shri Krishna's Assurance

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते । तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ।।

ananyāścintayanto māṁ ye janāḥ paryupāsate, teṣāṁ nityābhiyuktānāṁ yogakṣemaṁ vahāmyaham. (9.22)

To those who worship Me alone, thinking of no other, to those ever self-controlled, I provide what they need and preserve what they already possess.

5 Bhagavan Frees Us from All Bondages

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज । अहं त्वा सर्वपापेभ्यः मोक्षयिष्यामि मा शुच:।।

sarvadharmān-parityajya mām-ekam śaraṇam vraja, aham tvā sarvapāpebhyaḥ mokṣayiṣyāmi 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.

Empower yourself and others

with the timeless wisdom of the Gita



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