



# Ancient Vedic Mantras and Rituals





## Shrimad Bhagavad Gita Chapter-2 Shalok-53 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक तिरपन | PDF

### Chapter 2 – Sankhya Yoga

#### Verse 53

#### Sanskrit Verse

śhruti-vipratipannā te yadā sthāsyati niśhchalā |  
samādhāv-achalā buddhis tadā yogam avāpsyasi ||

53 ||

#### Simple Meaning

#### O Arjuna!



When your intellect becomes steady and unshaken, free from confusion caused by various teachings and external thoughts, and firmly established in deep meditation (Samadhi), then you will attain true Yoga.

#### Detailed Explanation

#### Freedom from Confusion of Knowledge

Krishna explains that the human mind often becomes disturbed by hearing many teachings, opinions, and philosophies.





But when the seeker goes beyond this confusion, the mind becomes steady.

### **Stability of Intellect**

When the intellect no longer fluctuates between doubts and external influences, it becomes firm and one-pointed. This stability is the foundation of spiritual growth.

### **State of Samadhi**

Samadhi is the state of deep absorption where the mind is completely focused and absorbed in the Self. In this state, there is no distraction, only inner awareness and peace.

### **Attainment of True Yoga**

Krishna says that when the intellect becomes steady in Samadhi, the seeker attains Yoga. This Yoga is not just physical practice, but the ultimate union with the Self.

### **Key Points**

- Mind must rise above confusion from external teachings
- Steady intellect leads to inner clarity
- Samadhi is the highest state of concentration
- True Yoga is attained through mental stability



## Profound Spiritual Meaning

This verse reveals that true Yoga is not achieved through intellectual accumulation but through inner stillness. When the mind becomes free from all doubts and external influences, it naturally merges into pure awareness.

Krishna emphasizes that liberation comes when knowledge turns into direct experience.

## Word-by-Word Meaning

śhruti-vipratipannā – confused by various teachings

te – your

yadā – when

sthāsyati – becomes established

niśchalā – steady / unshaken

samādhau – in Samadhi

achalā – unwavering

buddhiḥ – intellect

tadā – then

yogam – Yoga

avāpsyasi – you will attain

## Message of the Shloka

When the intellect becomes completely steady, free from confusion and firmly rooted in deep meditation, one attains true Yoga and experiences ultimate spiritual realization.



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