



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-54 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक चौवन | PDF

Chapter 2 – Sankhya Yoga Verse 54

Sanskrit Verse arjuna uvācha

sthita-prajñasya kā bhāṣhā samādhi-sthasya keśhava
sthita-dhīḥ kim prabhāṣheta kim āsīta vrajeta kim

Simple Meaning

O Krishna!

Arjuna asks: What are the characteristics of a person with steady wisdom (sthita-prajna) who is established in deep meditation? How does such a person speak, sit, and move?

Detailed Explanation

The Question About True Wisdom

In this verse, Arjuna asks a deep and practical question. He wants to understand how a spiritually realized person can be recognized in real life.



Shift from Theory to Practice

Earlier teachings focused on knowledge and meditation.

Now, Arjuna shifts the focus to real-life behavior.

He wants to know how inner realization reflects outwardly.

Curiosity About Sthita-Prajna

A sthita-prajna is one whose wisdom is steady and unaffected by external situations.

Arjuna is curious about the visible signs of such a person, so that one can understand and follow that path.

Behavior Reflects Inner State

Arjuna asks three key questions:

How does such a person speak?

How does he remain (sit calmly)?

How does he act or move in the world?

These questions highlight that true spirituality is reflected in daily actions and conduct.

Understanding Samadhi in Daily Life

A person established in samadhi has a calm, balanced, and undisturbed mind.

Arjuna wants to know how this inner peace expresses itself in normal life situations.

Beginning of Practical Spiritual Guidance

This verse marks the beginning of Krishna's explanation of the qualities of an enlightened person.



It serves as a guide for seekers who want to transform knowledge into living wisdom.

Key Points

- Arjuna asks about the characteristics of a realized person
- Focus shifts to practical behavior and lifestyle
- True wisdom reflects in speech, actions, and conduct
- A stable mind is the mark of spiritual maturity
- This verse begins the description of an ideal human being

Profound Spiritual Meaning

- This verse teaches that spiritual knowledge must be expressed in life.
- Arjuna's question shows that true wisdom is not just internal—it must be visible in behavior and actions.
- It encourages seekers to observe and develop qualities of calmness, balance, and awareness in daily life.

The deeper truth is:

Real spirituality is reflected in how we live, speak, and act every moment.

Word-by-Word Meaning

Arjuna uvācha – Arjuna said

Sthita-prajñasya – Of one with steady wisdom

Kā – What



Bhāṣhā – Description / characteristics

Samādhī-sthasya – Of one established in meditation

Keśhava – O Krishna

Sthita-dhīḥ – One with stable intellect

Message of the Shloka

Arjuna asks how to recognize a person of steady wisdom and deep meditation. This question guides seekers to understand that true spiritual growth is seen in calmness, balanced behavior, and mindful living in everyday life.

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