



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-55 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक पचपन | PDF

Chapter 2 – Sankhya Yoga Verse 55

Sanskrit Verse

śhrī bhagavān uvācha

prajahāti yadā kāmān sarvān pārtha mano-gatān |
ātmany-evātmanā tuṣṭaḥ sthita-prajñas tadochyate ||
55 ||

Simple Meaning

O Arjuna!

Lord Krishna said: When a person completely gives up all desires arising in the mind, and remains fully satisfied in the Self by the Self alone, then that person is called one of steady wisdom (Sthita-prajña).

Detailed Explanation

Giving Up Mental Desires

Krishna explains that desires first arise in the mind. These desires create restlessness, attachment, and dissatisfaction.





When a seeker gives up all selfish desires born from the mind, inner peace begins to arise.

Inner Satisfaction

A wise person does not depend on external objects, praise, wealth, or pleasures for happiness.

Such a person remains content within, discovering joy in the Self.

This inner satisfaction is independent and permanent.

State of Steady Wisdom

One who is no longer disturbed by endless cravings and is fulfilled within becomes Sthita-prajña — a person of stable intellect and spiritual maturity.

Such a person remains balanced in changing circumstances.

True Spiritual Fulfillment

Krishna teaches that real happiness is not found outside but within.

When one turns inward and becomes satisfied in the Self, freedom from suffering begins.

Key Points

- Desires arise first in the mind
- Letting go of desires brings peace
- True happiness comes from within
- Self-contentment is higher than worldly pleasure
- A steady person is called Sthita-prajña



Profound Spiritual Meaning

- This verse reveals that spiritual wisdom begins when dependence on outer pleasures ends.
- As long as the mind runs after desires, it remains restless.
- When desires are dropped and awareness turns inward, the seeker experiences the joy of the Self.
- Krishna emphasizes that liberation is not gaining something new, but realizing the completeness already present within.

Word-by-Word Meaning

śhrī bhagavān uvācha – The Blessed Lord said

prajahāti – completely gives up

yadā – when

kāmān – desires

sarvān – all

pārtha – O Arjuna

mano-gatān – arising in the mind

ātmani eva – in the Self alone

ātmanā – by the Self

tuṣṭaḥ – satisfied / content

sthita-prajñāḥ – one of steady wisdom

tadā – then

uchyate – is called

Message of the Shloka

When a person gives up all mental desires and becomes fully content within the Self, that person attains steady wisdom.



True peace comes not from the outer world, but from inner fulfillment.

RELATED ARTICLE



[Chapter-2 Shalok-53](#)



[Chapter-2 Shalok-54](#)



THANKS FOR READING



READ MORE RELIGIOUS
CONTENT ON



vedicprayers.com



Follow us on:

