

## Gita Dhyanam



ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयम्  
व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम्  
अद्वैतामृतवर्षिणीं भगवतीमष्टादशाध्यायिनीम्  
अम्ब त्वामनुसन्दधामि भगवद्गीते भवद्वेषिणीम् १

Om pārthāya pratibodhitāṁ bhagavatā nārāyaṇena svayam  
vyāsena grathitāṁ purāṇa-muninā madhye mahābhāratam  
advaitāmṛta-varṣiṇīṁ bhagavatīm-aṣṭādaśādhyāyiniṁ  
amba tvām-anusandadhāmi Bhagavad-gīte bhava-dveṣiṇīm. 1.

Om, O Bhagavadgita, with which Partha (Arjuna) was illuminated by Lord Narayana Himself and which was composed in the middle of the Mahabharata by the ancient sage Vyasa, O Divine Mother, the destroyer of rebirth, the showerer of the nectar of Advaita (teaching of Oneness in all things) and consisting of eighteen chapters – upon Thee, O Bhagavad Gita! O affectionate Mother! I meditate.

यं ब्रह्मा वरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवैः  
वेदैः साङ्गपदक्रमोपनिषदैर्गायन्ति यं सामगाः  
ध्यानावस्थित तद्गतेन मनसा पश्यन्ति यं योगिनो  
यस्यान्तं न विदुः सुरासुरगणा देवाय तस्मै नमः ९

yaṁ brahmā varuṇendra-rudra-marutaḥ stunvanti divyaiḥ stavaiḥ  
vedaiḥ sāṅgapada-kramopaniṣadair-gāyanti yaṁ sāmagāḥ  
dhyānāvasthita tad-gatena manasā paśyanti yaṁ yogino  
yasyāntaṁ na viduḥ surāsuragaṇā devāya tasmai namaḥ. 9.

Salutations to that God, Whom Brahma, Varuna, Indra, Rudra and the Maruts praise with divine hymns, of Whom the Sama-chanters sing by the Vedas and their Angas, in the Pada and the Krama methods, and by the Upanishads, Whom the Yogins see with their minds absorbed in Him through meditation, and whose end the hosts of Devas and Asuras know not.