



SRIMAD BHAGAVAD GITA

CHAPTER 2, VERSE 14

SANKHYA YOGA

APRIL 2025

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CHAPTER 2, VERSE 14

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Chapter 2 – SANKHYA YOGA

Verse 14

श्री भगवान् उवाच
मात्रास्पर्शस्तु कौन्तेय शीतोष्णसुखदुःखदा: ।
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥ 14 ॥



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Shri Bhagawan Uvaacha:
Maatraa sparshaastu Kaunteya
Sheetoshna sukha dukha daaha
Aagamaa paayino nityaaha
Staanti tikshasva Bhaarataha



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Meaning:

Lord Krishna tells Arjuna –

O son of Kunti!

Our senses come in contact with those objects that cause heat and cold, joy and sadness. But all these are temporary or impermanent. So, tolerate them bravely.



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WORD MEANING

maatraa-sparshaah - contact of senses with sense-objects

Kaunteya - Arjuna, son of Kunti

Kunti - Mother of Pandavas

Sheeta – Cold

Ushna – Warm

Sukha - Joy

Dukha - Sadness

Daaha – Give

Aagama – Come

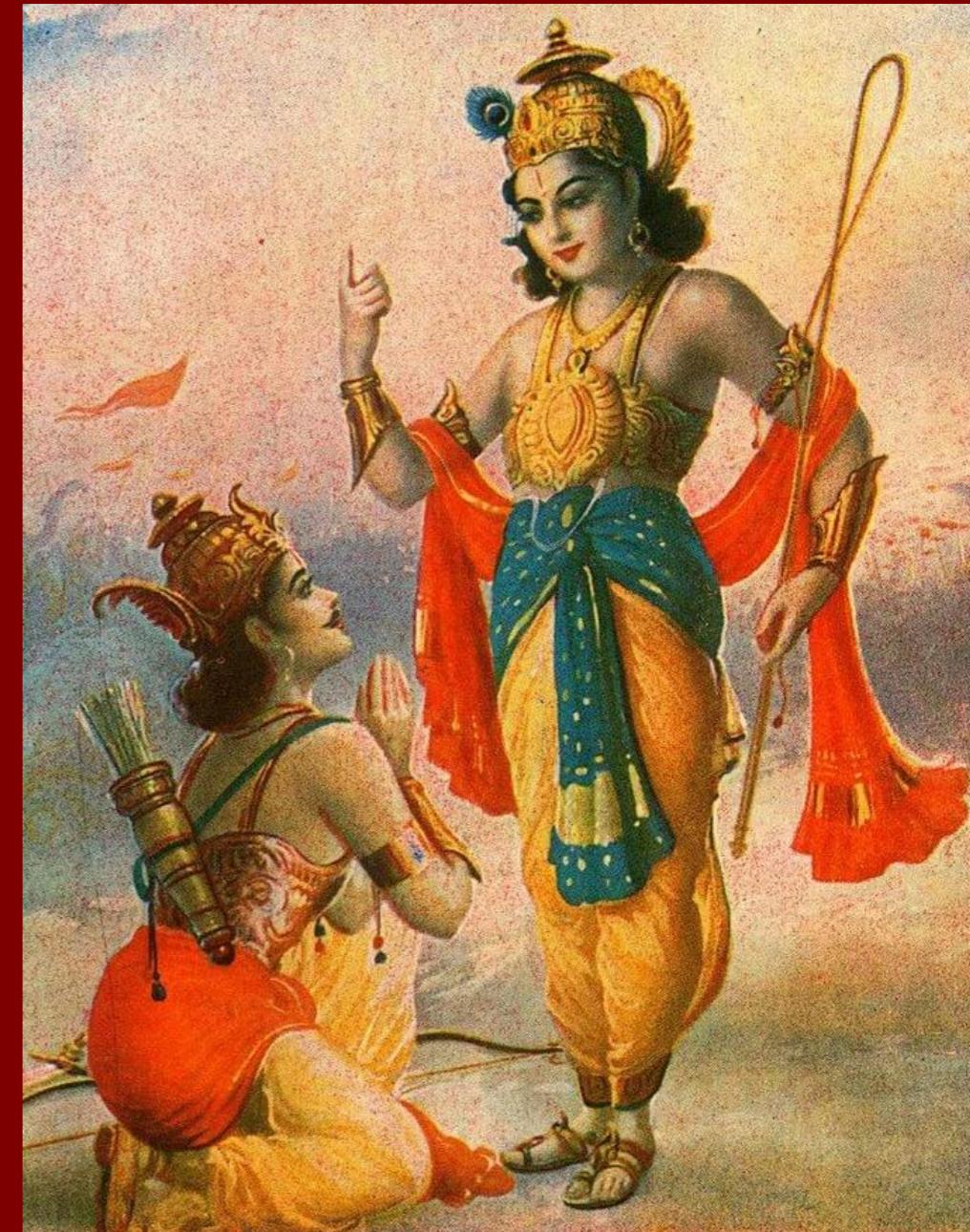
Apaayinah – Go

Anityaaha – Temporary

Taan – Them

Titikshasva – Tolerate

Bhaarata - Descendant of King Bharat





Let's take this forward...



Thank You

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