



Chapter 02 – śloka 38

सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ ।
ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि ॥

sukhaduḥkhe same kṛtvā lābhālābhau jayājayau ।
tato yuddhāya yujyasva naivaṁ pāpamavāpsyasi ॥

Word by Word Meaning

sukhaduḥkhe – pleasure and pain;
same – as equal;
kṛtvā – having treated;
lābhālābhau – gain and loss;
jayājayau – success and defeat;
tataḥ – then;
yuddhāya – for battle;
yujyasva – engage;
na – no;
eva – in this way;
pāpam – sin;
avāpsyasi – you will incur;

Meaning

Treating pleasure and pain, gain and loss, success and defeat as equal, engage in the battle [for the sake of duty]. This way, you will not incur sin.

Context

Man experiences hope and despair, pleasure and pain, loss and gain, and victory and defeat all through his life. The noble one rises above these opposites, practicing even-mindedness and detachment as he goes about his duty, without being attached to the fruits of his actions.



Chapter 02 – śloka 39

नेहाभिक्रमनाशोऽस्ति प्रत्यवायो न विद्यते ।
स्वल्पमप्यस्य धर्मस्य त्रायते महतो भयात् ॥

nehābhikramanāśo'sti pratyavāyo na vidyate ।
svalpamapyasya dharmasya trāyate mahato bhayāt ॥

Word by Word Meaning

na – there is not;
iha – in this;
abhikrama – attempt or effort;
nāśaḥ – waste;
asti – there is;
pratyavāyaḥ – production of adverse result;
na – not; vidyate – there is;
svalpam – very little;
api – even;
asya dharmasya – of this dharma;
trāyate – protects or saves;
mahataḥ – from great;
bhayāt – fear or danger;

Meaning

In this (yoga or spiritual endeavour), there is neither wasted effort nor production of adverse result. [Practising] even the slightest bit of this dharma saves one from great fear or danger.

Context

viveka (discriminating intellect) differentiates human beings from other lower species like birds and animals. By practicing the wisdom of buddhi yoga, man can overcome his worst fears (of death) and realize the ātman. Unlike worldly pursuits, this has only a favorable influence on his life.