



ŚRĪMADBHAGAVADGĪTĀ INTERPRETATION SUMMARY

Chapter 12: Bhakti-Yoga

2/2 (Ślōka 7-20), Saturday, 23 May 2026

Interpreter: **GĪTĀ PRAVĪṆA KAVITA VERMA**

YouTube Link: <https://youtu.be/kWWssUZWDio>

The Path of Unconditional Devotion & The Qualities of Bhagavan's Beloved Devotees

The 12th Chapter of the Bhagavad Gītā is about **Bhakti Yoga - the Yoga of Devotion**

The session commenced with prayers to Śrī Krishna, followed by the divine lighting of the lamp. The atmosphere was devotional, peaceful, and deeply engaging for the children present.

The opening ślōka offered obeisance unto Bhagavān Krishna:

***Vasudeva sutam devam Kamsa Chānūra mardanam
Devakī paramānandam Krishnam vande jagadgurum***

“Obeisance unto Bhagavān Krishna — the son of Vasudeva, the destroyer of Kaṁsa and Cāṇūra, the one who gives supreme bliss to Devakī, and the Jagadguru, the teacher of the entire world.”

The speaker interacted warmly with the children through questions, examples, and relatable discussions. The focus of the session was Chapter 12 of the Bhagavad Gītā, known as Bhakti Yoga.

Introduction to Chapter 12 — Bhakti Yoga

The speaker explained that Chapter 12 of the Bhagavad Gītā is called Bhakti Yoga, the Yoga of Devotion. This chapter contains 20 ślōkas and beautifully explains devotion towards Bhagavān Krishna, the nature of a true devotee, and the qualities that make a devotee dear to HIM.

The session particularly began with the discussion from Ślōka 7 of Chapter 12.

Arjuna's Question to Bhagavān Krishna

Arjuna asks Bhagavān Krishna an important question regarding devotion and spiritual practice: Who among the devotees is considered closer and dearer to HIM?

The two paths mentioned by Arjuna:

- **Sagūṇa Bhakti** — devotion towards Bhagavān with form, worship through mūrtis, rituals, festivals, prayers, and devotional practices.
- **Nirguṇa Upāsanā** — meditation upon the formless, attributeless Paramātmā through deep contemplation and discipline.

The children were encouraged to think about these two approaches and understand that different devotees connect with Bhagavān in different ways.

Bhagavān Krishna's Response

Bhagavān Krishna explains that both paths ultimately lead to HIM. However, HE declares that the path of Nirguṇa worship is more difficult for most people because it requires intense meditation, inner discipline, steadiness of mind, and deep spiritual focus.

Sagūṇa Bhakti, on the other hand, is easier and more natural for many devotees because the mind can lovingly connect with the form, līlās, names, and divine qualities of Bhagavān.

Bhagavān compassionately guides every seeker according to their capacity and devotion.

Discussion on Meditation and Spiritual Discipline

The session then moved into an interactive discussion on meditation. The speaker asked the children whether they practiced meditation and encouraged them to reflect upon the importance of concentration and spiritual discipline.

It was explained that meditation, regular sādhana, prayer, and remembrance of Bhagavān gradually help a person move closer to HIM. Even difficult spiritual practices, when performed sincerely, become a means to attain Bhagavān Krishna.

The children were encouraged to understand that spiritual growth requires patience, practice, and devotion.

Friendship Analogy — Krishna as the Best Friend

To help the children understand devotion more easily, the speaker used the beautiful example of friendship.

The children were asked why people want best friends. Various answers such as support, happiness, companionship, guidance, learning, and sharing emotions were discussed.

If Bhagavān Krishna becomes one's closest friend, then everything a person truly needs can be attained through HIS grace, because HE is all-powerful, compassionate, loving, and ever-present.

This analogy helped the children connect devotion with a personal and loving relationship with Bhagavān.

12.7

**teṣāmahaṁ(m) samuddhartā, mṛtyusaṁsārasāgarāt,
bhavāmi nacirātpārtha, mayyāveśitacetasām. 12.7**

O Arjuna! Who fix their mind on Me, I rescue them from the ocean of birth and death.

Bhagavān Krishna declares HIMSELF to be the saviour of those devotees whose minds are completely surrendered unto HIM.

HE lifts such devotees out of the mṛtyu-saṁsāra-sāgara, the vast ocean of repeated birth and death.

The children were guided to understand rebirth as a continuous cycle in which living beings repeatedly take birth and experience happiness, sorrow, fear, pain, attachment, and desires.

When a person becomes fully connected to Bhagavān Krishna through sincere devotion, remembrance, and surrender, one gradually rises beyond fear, sorrow, pain, and worldly desires.

To make the teaching relatable, Bhagavān Krishna was compared to a rescue boat that saves a drowning person from huge and dangerous waves in the ocean. In the same way, Bhagavān compassionately protects and uplifts devotees from the difficulties of worldly existence.

Story of Gajendra Mokṣa

The speaker then narrated the well-known story of Gajendra Mokṣa.

Gajendra, the king of elephants, once entered a lake along with his herd. While bathing in the water, a powerful crocodile suddenly caught hold of HIS leg.

Gajendra struggled for a very long time to free himself, but despite all HIS strength, HE was unable to escape. Gradually, HE realized that nobody in the world could truly save HIM.

In complete helplessness and sincerity, Gajendra prayed wholeheartedly to Bhagavān Viṣṇu.

Hearing the sincere prayer of HIS devotee, Bhagavān Viṣṇu immediately appeared and rescued Gajendra from danger.

When people become helpless and sincerely remember Bhagavān, HE protects and guides them. True surrender and heartfelt prayer attract the compassion of Bhagavān. Devotion becomes strongest when filled with sincerity, faith, and complete dependence upon HIM.

12.8

**mayyeva mana ādhatsva, mayi buddhiṁ(n) niveśaya,
nivasīṣyasi mayyeva, ata ūrdhvaṁ(n) na saṁśayaḥ. 12.8**

Therefore, fix your mind on Me, and establish your intellect in Me alone; thereafter you will abide solely in Me. There is no doubt about it.

Bhagavān Krishna asks devotees to:

- Fix their minds upon HIM.
- Dedicate their intellect and thoughts unto HIM.

The children were encouraged to understand that devotion is not limited only to prayer or temple worship. Bhagavān Krishna can be remembered during everyday activities such as studying, walking, playing, helping others, or performing daily responsibilities.

Bhagavān Krishna should become one's greatest inspiration, guide, and hero.

An engaging discussion followed where the children shared the names of their favourite heroes and role models, including Virat Kohli, Captain America, Thor, and Krishna.

Using these examples, the speaker explained that people naturally try to imitate those whom they admire deeply. Therefore, if Bhagavān Krishna becomes one's inspiration, a person naturally begins:

- helping others,
- spreading happiness,
- developing kindness,
- improving character,
- and becoming a better human being.

Story of Arjuna and Droṇācārya — The Power of Concentration

To explain the importance of concentration and focus in devotion, the speaker narrated the famous story of Arjuna and Droṇācārya.

Droṇācārya once tested HIS students by asking them to aim at a bird placed upon a tree. Before shooting, each student was asked what they could see.

Different students gave various answers:

- the tree,
- the branches,
- the sky,
- the leaves,
- and the bird.

However, when Arjuna was asked the same question, HE replied that HE could see only the eye of the bird.

The intense focus and concentration made Arjuna successful.

In the same way, Bhagavān Krishna wishes devotees to develop steady focus, concentration, and remembrance towards HIM amidst all distractions of life.

12.9

**atha cittam(m) samādhātuṁ(n), na śaknoṣi mayi sthiram,
abhyāsayogena tato, māmicchāptuṁ(n) dhanañjaya. 12.9**

If you cannot steadily fix the mind on Me, O Arjuna! then seek to attain Me through the Yoga of practice.

Bhagavān Krishna understands the nature of the human mind and therefore provides gradual paths of spiritual practice.

HE explains that if a person is unable to fix the mind steadily upon HIM at all times, then one should practice repeatedly through abhyāsa-yoga, regular discipline, repetition, and spiritual effort.

To help the children understand this idea, the speaker compared the mind to a monkey that constantly jumps from one thought to another and finds it difficult to remain steady.

The different levels of practice taught by Bhagavān Krishna:

1. The Highest Practice

Completely fix the mind and intellect upon Bhagavān Krishna. Remain constantly connected to HIM

through thought, devotion, and remembrance.

2. If That Is Difficult

Practice regularly through yoga, discipline, repetition, prayer, meditation, and continuous effort. Gradually train the mind to return towards Bhagavān.

3. If That Is Also Difficult

Perform all actions for Bhagavān Krishna. Study, work, help others, and perform daily duties as an offering unto HIM.

4. If Even That Feels Difficult

Give up attachment to the results of actions. Perform duties sincerely without excessive worry about success or failure.

Overthinking about results often creates anxiety, fear, stress, and disappointment.

However, when a person focuses sincerely upon effort and duty rather than constantly worrying about outcomes, the mind becomes calmer and more peaceful.

The children were encouraged to understand that spiritual growth happens gradually. Through repeated effort, patience, discipline, and devotion, one slowly moves closer to Bhagavān Krishna.

12.10

abhyāse'pyaṣamartho'si, matkarmaparamo bhava, madarthamapi karmāṇi, kurvansiddhimavāpsyasi. 12.10

If you are unable even to the pursuit of such practice, be intent to work for Me; you shall attain perfection (in the shape of My realization) even by performing actions for My sake.

Bhagavān Krishna explains that if even regular spiritual practice and disciplined meditation become difficult, then a person should dedicate all actions unto HIM.

Everyday activities such as studying, working, helping others, completing responsibilities, and performing daily duties can all become acts of devotion when done with the right attitude.

The children were encouraged to understand that devotion is not separate from ordinary life. Even simple actions become meaningful when performed as an offering unto Bhagavān Krishna.

When work is performed sincerely for Bhagavān, a person naturally develops dedication, honesty, discipline, concentration, and excellence.

In this way, devotion transforms ordinary actions into spiritual practice, gradually bringing the devotee closer to Bhagavān Krishna.

12.11

athaitadapyaśakto'si, kartuṁ(m) madyogamāśritaḥ, sarVākarmaphalatyāgaṁ(n), tataḥ(kh) kuru yatātmavān. 12.11

If, taking recourse to the Yoga of My realization, you are unable even to do this, then, subduing your mind and intellect etc., relinquish the fruit of all actions.

Bhagavān Krishna instructs devotees to give up attachment to the results and outcomes of their actions.

Let's understand this through a relatable example of examinations and marks.

It was explained that when students constantly worry about results, marks, rankings, or success, the mind becomes anxious, distracted, and less efficient.

However, when attention remains focused upon sincere effort, preparation, discipline, and learning, the mind stays calmer and performs better.

Bhagavān Krishna teaches devotees to concentrate upon rightful action and effort rather than becoming overly attached to outcomes.

As expectations, excessive worries, and attachment to results reduce, the mind gradually experiences greater peace, balance, and inner calm.

The children were encouraged to understand that sincere effort remains within one's control, while results unfold according to many factors beyond human control. Therefore, peace comes naturally when actions are performed sincerely and then offered unto Bhagavān without anxiety regarding the final outcome.

12.12

śreyo hi jñānamabhyāsāḥ, jñānāddhyānaṁ(ṽ) viśiṣyate, dhyānātkarmaphalatyāgaḥ(s), tyāgācchāntirantaram.12.12.

Knowledge is better than practice without discernment, meditation on God is superior to knowledge, and renunciation of the fruit of actions is even superior to meditation; for, peace immediately follows from renunciation.

Bhagavān Krishna compassionately describes a gradual progression in spiritual life.

1. Knowledge Is Better Than Blind Practice

Bhagavān Krishna explains that understanding the purpose and meaning behind spiritual practice is superior to performing actions mechanically without awareness. The speaker encouraged the children to understand spirituality thoughtfully rather than following practices without reflection.

2. Meditation Is Higher Than Mere Knowledge

True meditation allows knowledge to become deeply experienced within the mind and heart. Meditation strengthens concentration, steadiness, devotion, and inner connection with Bhagavān.

3. Renouncing Attachment to Results Is Even Higher

Bhagavān Krishna further explains that giving up attachment to the fruits of actions leads directly towards peace. Human stress, anxiety, disappointment, and restlessness comes from constant obsession over outcomes and expectations.

However, when a person sincerely performs duties while letting go of excessive attachment to results, the mind experiences immediate relief and calmness.

Bhagavān Krishna's teaching that real peace arises naturally when attachment, anxiety, and

excessive expectations are gradually reduced.

12.13

adveṣṭā sarvabhūtānām(m), maitraḥ(kh) karuṇa eva ca, nirmamo nirahaṅkāraḥ(s), śamaduḥkhasukhaḥ kṣamī. 12.13

He who is free from malice towards all beings, friendly and compassionate, and Free from the feelings of 'I' and 'mine', balanced in joy and sorrow & forgiving by nature.

The divine qualities of a true devotee as described by Bhagavān Krishna in Bhakti Yoga. These qualities were explained through simple examples, reflection, and interaction with the children.

One Who Does Not Hate Anyone (Adveṣṭā — Free from Hatred)

Bhagavān Krishna teaches that a devotee should not hate any living being, whether human beings, animals, birds, or any creature.

The children were encouraged to reflect honestly upon their own behaviour and mentally give themselves marks out of 100 based on how sincerely they practiced this quality in daily life.

It was explained that hatred disturbs the mind and creates negativity, while compassion and understanding bring one closer to Bhagavān.

Friendly Towards Everyone (Maitraḥ — Friendly and Compassionate)

A true devotee remains friendly, approachable, and kind towards all people.

Friendship should not depend upon status, popularity, personal likes, dislikes, or social differences. A devotee learns to treat everyone with warmth, respect, and goodwill.

This quality of maitrī helps create harmony, trust, and happiness in relationships.

Kind and Compassionate (Karuṇaḥ — Compassionate by Nature)

Kindness and compassion were explained as among the most important divine qualities.

A devotee should help others whenever possible, speak gently, avoid hurting others, and develop sensitivity towards the feelings of all living beings.

The children were encouraged to understand that even small acts of kindness become acts of devotion when performed with sincerity.

Free from Selfishness (Nirmama — Free from Possessiveness)

The meaning of nirmama — freedom from excessive possessiveness and selfish attachment — was then explained.

The constant attitude of “mine, mine, mine” strengthens selfishness and attachment.

A devotee gradually learns to reduce possessiveness and develops a more generous and selfless mindset.

The children were encouraged to share, care for others, and avoid becoming overly attached to possessions, achievements, or personal comfort.

Free from Pride (Nirahaṅkāra — Free from Ego)

Pride arises when a person constantly thinks:

- “I am the best.”
- “I am richer than others.”
- “I am the topper.”
- “I am superior.”

Bhagavān Krishna teaches that humility is a great spiritual strength.

A humble person remains respectful, balanced, and open to learning. Ego creates distance between people, while humility brings inner growth and peace.

Equal in Joy and Sorrow (Sama-duḥkha-sukhaḥ — Balanced in Happiness and Sadness)

The importance of emotional balance during both success and failure was explained.

Relatable examples were discussed:

- Scoring 100 out of 100 should not lead to excessive excitement or arrogance.
- Scoring 0 out of 100 should not lead to hopelessness or extreme sadness.

A devotee learns to remain calm, steady, and balanced in changing situations of life.

Emotional stability helps a person make wiser decisions and remain peaceful under all circumstances.

Forgiving Nature (Kṣamī — Forgiving and Patient)

The importance of forgiveness was then discussed.

A devotee forgives even those who hurt, insult, or misunderstand them. Hatred should not be returned with hatred.

Forgiveness was described as a very high spiritual quality because it requires patience, inner strength, and compassion.

The children were encouraged to let go of anger and avoid carrying resentment in the heart.

12.14

santuṣṭaḥ(s) satataṁ(ṡ) yogī, yatātmā dṛḍhaniścayaḥ, mayyarpitamanobuddhiḥ(r), yo madbhaktaḥ(s) sa me priyaḥ.12.14.

The Yogī who is Ever-concentrated and mentally united with Me, nay, who has subdued his mind, senses and body, has a firm resolve, and has surrendered his mind and reason to Me—that devotee of Mine is dear to Me.

Always Content (Santuṣṭaḥ — Ever Content)

A true devotee remains content and satisfied with what comes through sincere effort and Bhagavān's grace.

Such a person does not constantly run behind endless desires, possessions, comparisons, or material cravings.

Contentment was explained as an important spiritual quality because it brings peace, gratitude, and inner stability.

Balanced and Steady in All Activities (Satataṁ Yogī — Constantly Connected and Disciplined)

A devotee remains spiritually connected and balanced while performing all activities of life.

Whether studying, working, helping others, or carrying out responsibilities, such a person remains devoted, sincere, and steady in behaviour.

This balance helps maintain peace of mind amidst changing situations.

Performs Duties Without Expecting Rewards (Yatātmā — Self-Controlled and Disciplined)

Sincere work should be performed without constant expectation of praise, reward, or recognition.

A devotee focuses more upon effort, discipline, and responsibility rather than becoming overly attached to outcomes.

This attitude gradually removes anxiety and strengthens inner peace.

Self-Control Over Habits, Emotions, and Distractions (Yatātmā — One with Self-Mastery)

A true devotee develops self-control over habits, distractions, emotions, speech, and actions.

Instead of becoming controlled by anger, laziness, impulses, or restlessness, a devotee gradually learns discipline and moderation.

The children were encouraged to understand that self-control is a sign of inner strength and maturity.

Strong Determination (Dṛḍha-niścayaḥ — Firm Determination)

Determination and consistency were described as essential qualities in spiritual life.

A devotee continues practicing good habits, devotion, prayer, discipline, and self-improvement even when difficulties arise.

Steady determination helps a person gradually progress towards Bhagavān.

Offering Mind and Intellect unto Bhagavān (Mayy Arpita-mano-buddhiḥ — Mind and Intellect Offered unto HIM)

A devotee offers both mind and intellect unto Bhagavān Krishna.

This means remembering HIM regularly, making thoughtful decisions, developing purity in thinking, and trying to act according to dharmic values.

Devotion was explained not merely as emotion, but also as thoughtful living guided by wisdom, sincerity, and remembrance of Bhagavān.

12.15

yasmān nodvijate loko, lokān nodvijate ca yaḥ, harṣāmarṣabhayodvegaiḥ(r), mukto yaḥ(s) sa ca me priyaḥ 12.15

He who is not a source of annoyance to his fellow-creatures, and who in his turn does not feel vexed with his fellow creatures, and who is free from delight and envy, perturbation and fear, is dear to Me.

One Who Neither Disturbs Others nor Becomes Disturbed (Yasmān Nodvijate Loko — One Who Does Not Agitate the World)

Bhagavān Krishna explains that a true devotee neither causes disturbance to others nor becomes excessively disturbed by the behaviour of others.

Such a devotee remains peaceful, balanced, and emotionally steady even in difficult situations.

The children were guided to understand that some people constantly trouble, irritate, or provoke others through words and actions. However, a sincere devotee learns to remain calm rather than reacting with anger, hatred, or emotional imbalance.

Free from Fear, Anxiety, Envy, and Excessive Excitement

Bhagavān Krishna further describes devotees as being free from:

- fear,
- anxiety,
- jealousy,
- hatred,
- and excessive emotional excitement.

A devotee develops inner stability and does not become easily shaken by praise, criticism, competition, or changing situations.

The session emphasized that emotional balance is an important sign of spiritual maturity.

Example from Student Life

A relatable example from school life was discussed.

Sometimes students pretend that they are not studying seriously before examinations, while secretly preparing very well. This creates unnecessary comparison, insecurity, anxiety, or confusion among others.

The children were encouraged to avoid such behaviour and instead remain honest, calm, and sincere without creating stress or disturbance for others.

Story of Kabīr Dās — Forgiveness and Compassion

The session then narrated a beautiful incident from the life of Sant Kabīr Dās.

A man repeatedly insulted and troubled Kabīr Dās. Despite being mistreated, Kabīr Dās did not respond with anger or hatred.

Later, when the same man became sick and helpless, Kabīr Dās forgave him completely and compassionately took care of him.

This story deeply illustrated the qualities of forgiveness, neutrality, kindness, and compassion.

The children were encouraged to understand that true spiritual strength lies not in revenge, but in remaining peaceful and compassionate even towards those who behave negatively.

12.16

napekṣaḥ(ś) śucirdakṣa, udāsīno gatavyathaḥ, sarvārambhaparityāgī, yo madbhaktaḥ(s) sa me priyaḥ. 12.16

He who wants nothing, who is both internally and externally pure, is wise and impartial and has risen above all the distractions, and who renounces the sense of doership in all undertakings—such a devotee of Mine is dear to Me.

Free from Expectations (Anapekṣaḥ — Without Expectations)

Bhagavān Krishna describes a devotee as one who does not constantly live with expectations from others.

The children were guided to understand how people often expect gifts, praise, favours, attention, or rewards in return for their actions.

However, Bhagavān Krishna teaches selfless action performed without selfish expectations or constant desire for recognition.

A devotee learns to help others sincerely without always expecting something in return.

Pure in Thought and Conduct (Śuciḥ — Pure and Clean)

Purity was explained not only as physical cleanliness, but also purity in thoughts, words, intentions, and behaviour.

A sincere devotee avoids harmful actions, dishonest behaviour, harsh speech, and negative thinking.

Purity brings clarity, peace, and spiritual strength.

Skillful and Responsible (Dakṣaḥ — Efficient and Capable)

Bhagavān Krishna also describes the devotee as dakṣaḥ — careful, sincere, capable, and responsible in actions.

Whatever work is performed should be done properly, attentively, and sincerely rather than carelessly.

The children were encouraged to develop discipline and responsibility in studies, duties, and daily activities.

Neutral and Balanced (Udāsīnaḥ — Detached and Balanced)

A devotee remains balanced and neutral without becoming excessively attached to personal likes, dislikes, arguments, or emotional reactions.

This does not mean becoming uncaring, but rather remaining calm and thoughtful even in difficult situations.

Such balance helps maintain peace in relationships and decision-making.

Free from Stress and Mental Disturbance (Gata-vyathaḥ — Free from Inner Agitation)

Bhagavān Krishna explains that a true devotee gradually becomes free from excessive stress, worry, agitation, and mental suffering.

Human stress arises from attachment, expectations, fear, and overthinking.

By practicing devotion, selflessness, and emotional balance, the mind becomes calmer and more peaceful.

Free from Selfish Motives

The children were encouraged to understand that a devotee performs actions with sincerity rather than selfish motives.

Helping others, performing duties properly, and living honestly become expressions of devotion towards Bhagavān Krishna.

12.17

**yo na hṛṣyati na dveṣṭi, na śocati na kāṅkṣati,
śubhāśubhaparityāgī, bhaktimānyaḥ(s) sa me priyaḥ. 12.17**

He who neither rejoices nor hates, nor grieves, nor desires, and who renounces both good and evil actions and is full of devotion, is dear to Me.

Free from Excessive Excitement (Na Hṛṣyati — Not Overly Elated)

Bhagavān Krishna explains that a true devotee does not become excessively excited, proud, or emotionally uncontrolled during success and happiness.

The children were guided through relatable examples from student life:

- Scoring very high marks should not create arrogance or excessive excitement.
- Success should be accepted with gratitude, balance, and humility.

A devotee remains calm and steady even during favourable situations.

Free from Hatred (Na Dveṣṭi — Does Not Hate)

A devotee does not develop hatred, jealousy, or bitterness towards others.

Instead of comparing constantly or becoming disturbed by others' success, a devotee learns to remain peaceful and appreciative.

Bhagavān Krishna teaches inner purity and goodwill towards all beings.

Free from Excessive Sorrow (Na Śocati — Does Not Remain in Grief)

The session explained that a devotee does not become hopeless or emotionally shattered during

failure, disappointment, or difficulties.

For example:

Low marks,
failure in competition,
criticism,
or temporary setbacks
should not destroy inner peace or self-confidence.

A devotee learns to face difficulties with patience, courage, and faith in Bhagavān.

Free from Selfish Cravings (Na Kāṅkṣati — Free from Selfish Desires)

Bhagavān Krishna further explains that a devotee does not remain driven by endless selfish desires and cravings.

The children were encouraged to understand that desires should not revolve only around personal gain, status, money, praise, or superiority over others.

Instead, one should cultivate noble intentions and desires for:

- the welfare of family,
- the happiness of society,
- helping others,
- and the wellbeing of the world.

Such selfless thinking purifies the mind and brings a person closer to Bhagavān.

Detached from Success and Failure

A sincere devotee remains balanced during both achievement and disappointment.

Instead of becoming emotionally extreme in every situation, one gradually develops maturity, steadiness, and inner calm.

This balance allows a person to continue performing duties sincerely without becoming controlled by temporary emotions.

12.18, 12.19

**ṣamaḥ(ś) śatrau ca mitre ca, tathā mānāpamānayoḥ,
śītoṣṇasukhaduḥkheṣu, ṣamaḥ(s) saṅgavivarjitaḥ. 12.18
tulyanindāstutirmaunī, santuṣṭo yena kenacit,
aniketaḥ(s) sthīRāmatih̄(r), bhaktimānme priyo naraḥ. 12.19**

He who deals equally with friend and foe, and is the same in honour and ignominy, who is alike in heat and cold, pleasure and pain and other contrary experiences, and is free from attachment. He who takes praise & criticism alike, and is given to contemplation and is contented with any means of subsistence available, entertaining no sense of ownership and attachment in respect of his dwelling-place and is full of devotion to Me, that person is dear to Me.

Equal Towards Friend and Enemy (Samaḥ Śatrau Ca Mitre Ca — Equal Towards All)

Bhagavān Krishna explains that a true devotee remains balanced towards both friends and enemies. This does not mean treating everyone identically in behaviour, but maintaining inner calm without

hatred, revenge, or excessive emotional reaction.

A devotee does not become controlled by anger towards opponents or blind attachment towards supporters.

Equal in Honor and Dishonor (Mānāpamānayoḥ Samaḥ — Balanced in Respect and Insult)

A sincere devotee remains steady during both praise and criticism.

Whether respected, appreciated, ignored, or insulted, such a person does not lose emotional balance. The children were encouraged to understand that depending too much upon others' opinions creates instability in the mind.

Bhagavān Krishna teaches inner confidence and steadiness instead of constantly seeking approval from others.

Balanced in Pleasure and Pain (Sukha-duḥkheṣu Samaḥ — Equal in Happiness and Difficulty)

Life naturally brings comfort as well as discomfort, success as well as struggle.

A devotee learns to remain peaceful during both pleasant and unpleasant experiences rather than becoming emotionally extreme.

This balance strengthens patience, maturity, and spiritual growth.

Free from Unnecessary Attachment (Saṅga-vivarjitaḥ — Free from Excessive Attachment)

An unnecessary attachment often becomes the cause of stress, fear, disappointment, and emotional disturbance.

A devotee learns to perform responsibilities sincerely while gradually reducing unhealthy attachment and dependency.

This creates greater freedom, peace, and clarity in life.

Speaks Less and Speaks Wisely (Maunī — Thoughtful and Restrained in Speech)

Bhagavān Krishna describes the devotee as thoughtful in speech.

The children were guided to understand that speaking less does not mean complete silence, but speaking carefully, gently, truthfully, and wisely.

Unnecessary talking, gossip, arguments, and hurtful speech disturb both oneself and others.

Wise speech reflects maturity and self-control.

Content in Every Situation (Santuṣṭaḥ — Content and Satisfied)

A devotee remains satisfied in all situations rather than constantly complaining or comparing.

Contentment was explained as an important source of peace and gratitude.

Such a person learns to remain calm and appreciative even during changing circumstances.

Steady-Minded and Devoted (Sthira-matiḥ Bhaktimān — Firm and Devoted)

Bhagavān Krishna finally describes the devotee as steady-minded, devoted, and unwavering in faith.

Such devotees maintain sincerity, discipline, emotional balance, and devotion in all circumstances of life.

12.20

**ye tu dharmyāmṛtamidaṁ(ṅ), yathoktaṁ(m) paryupāsate,
śraddadhānā matparamā, bhaktāste'tiva me priyāḥa.12.20.**

Those devotees, however, who partake in a disinterested way of this nectar of pious wisdom set forth above, endowed with faith and solely devoted to Me, they are extremely dear to me.

Those Who Practice These Divine Qualities Become Dear to Bhagavān

Bhagavān Krishna declares that those devotees who faithfully practice these divine teachings and qualities with sincerity become extremely dear to HIM.

The term dharmyāmṛtam was explained as the “nectar of dharma” — the immortal and divine qualities taught throughout the chapter.

These qualities are not merely ideas to be remembered, but values to be practiced sincerely in daily life.

Self-Evaluation Activity for the Children

To help the children reflect honestly upon their own lives, a self-evaluation activity was conducted.

The children were asked to give themselves marks out of 100 based upon how sincerely they practiced the qualities taught in Śloka 13 to 20 of Bhakti Yoga.

This activity encouraged self-awareness and helped the children understand how close they were gradually moving towards Bhagavān Krishna through their thoughts, actions, and behaviour.

The qualities included:

- not hating anyone (Adveṣṭā),
- friendliness (Maitraḥ),
- compassion (Karuṇaḥ),
- freedom from selfishness (Nirmama),
- freedom from pride (Nirahaṅkāra),
- balance in joy and sorrow (Sama-duḥkha-sukhaḥ),
- forgiveness (Kṣamā),
- contentment (Santuṣṭaḥ),
- self-control (Yatātmā),
- determination (Dṛḍha-niścayaḥ),
- freedom from anxiety,
- not disturbing others,
- remaining peaceful,
- freedom from expectations (Anapekṣaḥ),
- neutrality towards praise and criticism,
- detachment (Saṅga-vivarjitaḥ),
- devotion,
- and steadiness of mind (Sthira-matiḥ)

The children enthusiastically responded with percentages such as 50%, 75%, and even 99%, creating a joyful and reflective atmosphere.

It was beautifully emphasized that spiritual growth happens gradually, and honest self-reflection helps one improve day by day.

The session concluded with the recitation of the Puṣpikā and the offering of the entire session at the lotus feet of Śrī Krishna.

The overall discussion of Bhakti Yoga beautifully helped the children understand that true devotion is expressed not only through prayer and worship, but also through character, kindness, emotional balance, discipline, humility, and sincere daily effort.

QUESTION AND ANSWER

Nigam ji

Question: Why did Arjuna aim only at the bird's eye?

Answer: Droṇācārya conducted this test to examine the concentration and focus of the princes. Among all the students, Arjuna demonstrated the highest level of concentration because HE saw only the eye of the bird and nothing else.

This story was used to explain the importance of one-pointed focus in both learning and devotion.

Bimba ji

Question: What does “desire” mean?

Answer: Desire was explained using the example of repeatedly wanting pānī purī.

If a person constantly keeps craving something and becomes upset, angry, or emotionally disturbed when unable to obtain it, that becomes excessive desire.

Such uncontrolled craving disturbs peace of mind and should gradually be reduced.

Question: Why are students learning Chapter 12 first?

Answer: Chapter 12 was chosen because it is: the simplest, the easiest to understand, and the shortest chapter of the Bhagavad Gītā.

Beginning with an easier chapter helps students gradually develop interest and confidence before learning the other chapters.

Tanvi ji

Question:

Why did Droṇācārya test all the students?

Answer: Just as school teachers test students to evaluate learning and progress, Droṇācārya tested the princes to assess their skills, concentration, and understanding of archery.

Saisajithji

Question: What do students gain from learning the Gītā?

Answer: All noble values and good qualities can be learned from the Bhagavad Gītā. However, true benefit comes only when the teachings are practiced sincerely in daily life.

Satvika ji

Question: Which is the longest chapter?

Answer: Chapter 18 is the longest chapter of the Bhagavad Gītā.

It contains 78 ślokas.

Manuji

Question: Can students attempt the quiz again?

Answer: The current quiz would not reopen.

However, new quizzes would continue to be shared weekly in the WhatsApp group.

Daksh ji

Question: What is meant by “nectar of dharma”?

Answer: The phrase dharmyāmṛtam refers to the divine qualities taught by Bhagavān Krishna in Bhakti Yoga.

Those who sincerely practice these qualities become very dear to HIM.

Adhaya ji

Question: Why were Śakuni’s dice made from his father’s bones?

Answer: According to the traditional story, Śakuni’s family desired revenge against the Kauravas.

His father is believed to have given HIM magical dice made from his bones to assist in fulfilling that revenge.

Shrīvanya ji

Question: Why did Kuntī not reveal earlier that Karṇa was her son?

Answer: Karṇa was born before Kuntī's marriage, and she feared social rejection and criticism. As time passed, circumstances became increasingly difficult. However, before the war, Kuntī privately revealed the truth to Karṇa.

Sourya ji

Question: When was the grammar class scheduled?

Answer: The grammar class was scheduled for Sunday, 24th at 9:00 AM.

Amruta ji

Question: Which is the shortest chapter?

Answer: Chapter 12 is the shortest chapter of the Bhagavad Gītā. It contains 20 ślokaḥ.

Vedant ji

Question: How can one control the mind?

Answer: The mind becomes difficult to control because of rājasic tendencies and restlessness. To gradually gain control over the mind, the following practices were suggested: following sāt̥tvic habits, eating healthy food, avoiding excessive junk and overly spicy food, reading the Bhagavad Gītā, maintaining discipline, and following a steady daily routine.

Question : How can students remember what they study?

Answer: The following habits were recommended waking up and sleeping on time, maintaining a proper schedule, avoiding wastage of time, practicing punctuality, following discipline, and revising regularly.

Consistent discipline helps the brain function efficiently and improves concentration and memory.

Question: Who was Bhīṣma?

Answer: Bhīṣma was the grandfather of both the Pāṇḍavas and the Kauravas. HE was also the son of Mother Gaṅgā.

**om tatsaditi śrīmadbhagavadgītāsu upaniṣatsu
brahmavidyāyāṃ(ṁ) yogaśāstre śrīkṛṣṇārjunasaṃvāde
bhaktiyogo nāma dvādaśo'dhyāyaḥ.**



We are sure you enjoyed reading the Vivechan write- up. Please invest three minutes of your time to provide us your feedback. Use the link below:

<https://vivechan.learngeeta.com/feedback/>

Thank you-For reading the summary

You have enjoyed this vivechan writeup! In spite of intense editing and proofreading, errors of grammar, as also of omission and commission may have crept in. We appreciate your forbearance.

Jai Shri Krishna!

Compiled by: Geeta Pariwar - Creative Writing Department

Har Ghar Gītā, Har Kar Gītā !

Let's come together with the motto of Geeta Pariwar, and gift our Geeta Classes to all our Family, friends & acquaintances

<https://gift.learngeeta.com/>

Geeta Pariwar has taken a new initiative. Now you can watch YouTube videos and read PDFs of all the interpretation sessions conducted earlier. Please use the below link.

<https://vivechan.learngeeta.com/>

Learn Geeta, Spread Geeta, Live Geeta

|| OM ŚRĪKṚṢṆĀRPAṆAMASTU ||