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## Gītāmāhātmyam sahita dhyānamaṅtrāḥ

॥ śrī paramātmāne namaḥ ॥

॥ atha śrīgītāmāhātmyaprārambhaḥ ॥

śrī gaṇeśāya namaḥ ॥ śrīrādhāramaṅyāya namaḥ ॥

dharovāca |

bhagavanparemeśāna bhaktiravyabhicāriṇī |  
prārabdham bhujyamānasya katham bhavati he prabho ॥ 1॥

śrī viṣṇuruvāca |

prārabdham bhujyamāno hi gītābhyāsarataḥ sadā |  
sa muktaḥ sa sukhī loke karmaṇā nopalipyate ॥ 2॥

mahāpāpādipāpāni gītādhyānam karoti cet |  
kvacitsparśam na kurvanti nalinīdalamambuvat ॥ 3॥

gītāyāḥ pustakam yatra yatra pāṭhaḥ pravartate |  
tatra sarvaṇi tīrthāṇi prayāgādīni tatra vai ॥ 4॥

sarve devāśca ṛṣayo yoginaḥ pannagāśca ye |  
gopālā gopikā vāpi nāradoddhavapārśadaiḥ ॥  
sahāyo jāyate śīghram yatra gītā pravartate 5॥

yatra gītāvicāraśca paṭhanam pāṭhanam śṛtam |  
tatrāham niścitam pṛthvi nivasāmi sadaiva hi ॥ 6॥

gītāśraye'ham tiṣṭhāmi gītā me cottamam gṛham |  
gītājñānamupāśritya trīmlōkānpālayāmyaham ॥ 7॥

gītā me paramā vidyā brahmarūpā na samśayaḥ |  
ardhamātrākṣarā nityā svānirvācyapadātmikā ॥ 8॥

cidānandena kṛṣṇena proktā svamukhato'rjunam |  
vedatrayī parānandā tattvārthajñānasamīyutā ॥ 9॥

yo'ṣṭādaśajapo nityam naro niścālamānasah |  
jñānasiddhim sa labhate tato yāti param padam ॥ 10॥

pāṭhe'samarthaḥ sampūrṇe tato'rdham pāṭhamācaret |

tadā godānajaṁ puṇyaṁ labhate nātra saṁśayaḥ || 11||

tribhāgaṁ paṭhamānastu gaṅgāsnānaphalaṁ labhet |  
śaḍaṁśaṁ japamānastu somayāgaphalaṁ labhet || 12||

ekādhyāyaṁ tu yo nityaṁ paṭhate bhaktisaṁyutaḥ |  
rudralokamavāpnoti gaṇo bhūtvā vasecciram || 13||

adhyāyaṁ ślokapādaṁ vā nityaṁ yaḥ paṭhate naraḥ |  
sa yāti naratāṁ yāvanmanvantaraṁ vasundhare || 14||

gītāyāḥ ślokadaśakaṁ sapta pañca catuṣṭayaṁ |  
dvau trīnekaṁ tadardhaṁ vā ślokānāṁ yaḥ paṭhennaraḥ || 15||

candralokamavāpnoti varṣāṇāmayutaṁ dhruvam |  
gītāpāṭhasamāyukto mṛto mānuṣatāṁ vrajet || 16||

gītābhyāsaṁ punaḥ kṛtvā labhate muktimuttamām |  
gītetyuccārasamāyukto mriyamāṇo gatiṁ labhet || 17||

gītārthaśravaṇāsakto mahāpāpayuto'pi vā |  
vaikuṅṭhaṁ samavāpnoti viṣṇunā saha modate || 18||

gītārthaṁ dhyāyate nityaṁ kṛtvā karmāṇi bhūriśaḥ |  
jīvanmuktaḥ sa vijñeyo dehānte paramaṁ padam || 19||

gītāmāsritya bahavo bhūbhujō janakādayaḥ |  
nirdhūtakalmaṣā loke gītāyātāḥ paraṁ padam || 20||

gītāyāḥ paṭhanaṁ kṛtvā mātmyaṁ naiva yaḥ paṭhet |  
vṛthā pāṭho bhavettasya śrama eva hyudāhṛtaḥ || 21||

etanmātmyasamāyuktaṁ gītābhyāsaṁ karoti yaḥ |  
sa tatphalamavāpnoti durlabhāṁ gatimāpnuyāt || 22||

sūta uvāca |  
mātmyametadgītāyā mayā prokta satātanam |  
gītānte ca paṭhedyastu yaduktaṁ tatphalaṁ labhet || 23||

|| iti śrīvārāhapurāṇe śrīgītāmātmyaṁ sampūrṇam ||

|| atha śrīmadbhagavadgītādhyānādi ||

śrī gaṇeśāya namaḥ || śrīgopālakṛṣṇāya namaḥ ||

atha dhyānam |

atha karanyāsaḥ |

om asya śrīmadbhagavadgītāmālāmantrasya  
bhagavānvedavyāsa ṛṣiḥ || anuṣṭup chandaḥ ||  
śrīkṛṣṇa paramātmā devatā ||  
aśocyānanvaśocastvaṁ prajñāvādāmśca bhāṣase iti bijam ||  
sarvadharmān parityajya māmekam śaraṇam vraja iti śaktiḥ ||  
aham tvā sarvapāpebhyo mokṣayiṣyāmi mā śuca iti kilakam ||  
nainam chindanti śastrāṇi nainam dahati  
pāvaka ityaṅguṣṭhābhyām namaḥ ||  
na cainam kledayantyāpo na śoṣayati māruta iti tarjanībhyām namaḥ ||  
acchedyo'yamadāhyo'yamakledyo'śoṣya  
eva ca iti madhyamābhyām namaḥ ||  
nityaḥ sarvagataḥ sthāṅuracalo'yam sanātana ityanāmikābhyām namaḥ ||  
paśya me pārth rūpāṇi śataśo'tha  
sahasraśa iti kaniṣṭhikābhyām namaḥ ||  
nānāvidhāni divyāni nānāvarṇākṛtīni  
ca iti karatalakarapṛṣṭhābhyām namaḥ ||

iti karanyāsaḥ ||

atha hṛdayādinyāsaḥ ||

nainam chindanti śastrāṇi nainam dahati  
pāvaka iti hṛdayāya namaḥ ||  
na cainam kledayantyāpo na śoṣayati māruta iti śirase svāhā ||  
acchedyo'yamadāhyo'yamakledyo'śoṣya  
eva ceti śikhāyai vaṣaṭ ||  
nityaḥ sarvagataḥ sthāṅuracalo'yam sanātana iti kavacāya hum ||  
paśya me pārth rūpāṇi śataśo'tha  
sahasraśa iti netratrayāya vauṣaṭ ||  
nānāvidhāni divyāni nānāvarṇākṛtīni  
ceti astrāya phaṭ ||  
śrīkṛṣṇaprītyarthe pāṭhe viniyogaḥ ||

om pārthāya pratibodhitām bhagavatā nārāyaṇena svayam  
vyāsenā grathitām purāṇamuninā madhye mahābhāratam |  
advaitāmṛtavarṣiṇīm bhagavatīmaṣṭādaśādhyāyinīm  
amba tvāmanusandadhāmi bhagavadgīte bhavedveṣiṇīm || 1||

namo'stu te vyāsa viśālabuddhe phullāravindāyatapatranetra |  
yena tvayā bhāratatailapūrṇaḥ prajvālito jñānamayaḥ pradīpaḥ || 2||

prapannapārijātāyatotravetraikapāṇaye |  
jñānamudrāya kṛṣṇāya gītāmṛtaduhe namaḥ || 3||

vasudevasutaṁ devaṁ kaṁsacāṅūramardanam |  
devakīparamānandaṁ kṛṣṇaṁ vande jagadgurum || 4||

bhīṣmadronatātā jayadrathajalā gāndhāranīlotpalā  
śalyagrāhavatī kṛpeṇa vahanī karṇena velākulā |  
aśvatthāmavikarṇaghoramakarā duryodhanāvartinī  
sottirṇā khalu pāṇḍavai raṇanadī kaivartakaḥ keśavaḥ || 5||

pārāśaryavacaḥ sarojamamalam gītārthagandhotkaṭam  
nānākhyānakakesaram harikathāsambodhanābodhitam |  
loke sajjanaṣatpadairaharahaḥ pepīyamānam mudā  
bhūyādbhāratapaṅkajam kalimalapradhvamsi naḥ śreyase || 6||

mūkam karoti vācālam paṅguṁ laṅghayate girim |  
yatkrpā tamahaṁ vande paramānandamādhavam || 7||

atha gītāmāhātmyam |

gītāśāstramidam puṇyam yaḥ paṭhetprayataḥ pumān |  
viṣṇoḥ padamavāpnoti bhayaśokādivarjitaḥ || 1||

gītādhyayanaśīlasya prāṇāyāmaparasya ca |  
naiva santi hi pāpāni pūrvajanmakṛtāni ca || 2||

malanirmocanam puṁsām jalasnānam dine dine |  
sakṛdgītāmbhasi snānam saṁsāramalanāśanam || 3||

gītā sugītā kartavyā kimanyaiḥ śāstravistaraiḥ |  
yā svayam padmanābhasya mukhapadmādviniḥṣṛtā || 4||

bhāratāmṛtasarvasvam viṣṇorvaktrādviniḥṣṛtam |  
gītāgaṅgodakam pītvā punarjanma na vidyate || 5||

sarvopaniṣado gāvo dogdhā gopāla nandanaḥ |  
pārtho vatsaḥ sudhīrbhoktā dugdham gītāmṛtam mahat || 6||

ekam śāstram devakīputragītameko  
devo devakīputra eva |  
eko mantrastasya nāmāni yāni  
karmāpyekam tasya devasya sevā || 7||

śāntākāram bhujagaśayanam padmanābham sureśam  
viśvādhāram gaganasadrśam meghavarṇam śubhāṅgam |  
lakṣmīkāntam kamalanayanam yogibhirdhyānagamyaṁ  
vande viṣṇuṁ bhavabhayaharam sarvalokaikanātham ||

yam brahmā varuṇendrarudramarutaḥ stuvanti divyaiḥ stavaiḥ  
vedaiḥ sāṅgapadakramopaniṣadairgāyanti yaṁ sāmagāḥ |  
dhyānāvasthitatadgatena manasā paśyanti yaṁ yogino  
yasyāntam na viduḥ surāsuragaṇā devāya tasmai namaḥ || 8||

॥ iti dhyānam ॥