गीता ध्यानम् — श्लोक १

Gītā Dhyānam · verse 1 — the Mother Gītā

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Recite the śloka · walk through the words · hear it in English · close with the heart of it.

1 · The śloka — with the reading split

देवनागरी

ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयं
व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम् ।
अद्वैतामृतवर्षिणीं भगवतीमष्टादशाध्यायिनीं
अम्ब त्वामनुसन्दधामि भगवद्गीते भवद्वेषिणीम् ॥ १ ॥

ॐ पार्थाय प्रतिबोधिताम् भगवता नारायणेन स्वयम्
व्यासेन ग्रथिताम् पुराण-मुनिना मध्ये महाभारतम् ।
अद्वैत-अमृत-वर्षिणीम् भगवतीम्-अष्टादश-अध्यायिनीम्
अम्ब त्वाम्-अनुसन्दधामि भगवद्-गीते भव-द्वेषिणीम् ॥ १ ॥

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IAST

oṃ pārthāya pratibodhitāṃ bhagavatā nārāyaṇena svayaṃ
vyāsena grathitāṃ purāṇamuninā madhye mahābhāratam |
advaitāmṛtavarṣiṇīṃ bhagavatīmaṣṭādaśādhyāyinīṃ
amba tvāmanusandadhāmi bhagavadgīte bhavadveṣiṇīṃ || 1 ||

oṃ pārthāya pratibodhitām bhagavatā nārāyaṇena svayam
vyāsena grathitām purāṇa-muninā madhye mahābhāratam |
advaita-amṛta-varṣiṇīm bhagavatīm-aṣṭādaśa-adhyāyinīm
amba tvām-anusandadhāmi bhagavad-gīte bhava-dveṣiṇīm || 1 ||

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ITRANS

oM pArthAya pratibodhitAM bhagavatA nArAyaNena svayaM
vyAsena grathitAM purANamuninA madhye mahAbhAratam |
advaitAmRRitavarShiNIM bhagavatImaShTAdashAdhyAyinIM
amba tvAmanusandadhAmi bhagavadgIte bhavadveShiNIm || 1 ||

oM pArthAya pratibodhitAm bhagavatA nArAyaNena svayam
vyAsena grathitAm purāṇa-muninā madhye mahābhāratam |
advaita-amRRita-varShiNIm bhagavatīm-aShTādasha-adhyāyinīm
amba tvām-anusandadhāmi bhagavad-gīte bhava-dveShiNīm || 1 ||

§2 §3 §4 §5

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2 · Every word — with its meaning

#	शब्दः	IAST	ITRANS	English
1	ॐ	oṃ	oM	**Om** — the sacred syllable, the praṇava; the invocation that opens the recitation
2	पार्थाय	pārthāya	pArthAya	**for Pārtha** — for Arjuna, the son of Pṛthā; the friend for whom the Gītā was spoken
3	प्रतिबोधितां प्रतिबोधिताम्	pratibodhitāṃ pratibodhitām	pratibodhitAM pratibodhitAm	**awakened, taught** — roused to true knowledge (प्रति + बोधिता: instructed)

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गीता ध्यानम् — श्लोक १

Gītā Dhyānam · verse 1 — the Mother Gītā

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#	शब्दः	IAST	ITRANS	English
4	भगवता	bhagavatā	bhagavatA	**by the Lord** — by Bhagavān himself, the divine one
5	नारायणेन	nārāyaṇena	nArAyaNena	**by Nārāyaṇa** — the Lord in whom all beings rest; Kṛṣṇa himself
6	स्वयं स्वयम्	svayaṃ svayam	svayaM svayam	**himself** — personally, not through another
7	व्यासेन	vyāsena	vyAsena	**by Vyāsa** — the compiler-sage of the Veda and the Bhārata

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#	शब्दः	IAST	ITRANS	English
8	ग्रथितां ग्रथिताम्	grathitāṃ grathitām	grathitAM grathitAm	**strung together** — woven, arranged (as a garland is strung; √ग्रथ्)
9	पुराणमुनिना पुराण-मुनिना	purāṇamuninā purāṇa-muninā	purANamuninA purANa-muninA	**by the ancient sage** — पुराण: ancient · मुनि: sage
10	मध्ये	madhye	madhye	**in the middle** — at the heart of; within

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#	शब्दः	IAST	ITRANS	English
11	महाभारतम्	mahābhāratam	mahAbhArata m	**the Mahābhārata** — the great epic of the Bhāratas (महा: great · भारत: the Bhārata line)
12	अद्वैतामृतवर्षिणीं अद्वैत-अमृत-वर्षिणीम्	advaitāmṛtavar ṣiṇīṃ advaita-amṛta-varṣiṇīm	advaitAmRRita varShiNIM advaita-amRRita-varShiNIm	**showering the nectar of non-duality** — अद्वैत: the not-two · अमृत: nectar · वर्षिणी: raining

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#	शब्दः	IAST	ITRANS	English
13	भगवतीमष्टादशाध्यायिनीं भगवतीम्-अष्टादश-अध्यायिनीम्	bhagavatīmaṣṭādaśādhyāyinīṃ bhagavatīm-aṣṭādaśa-adhyāyinīm	bhagavatImaShTAdashAdhyAyinIM bhagavatIm-aShTAdasha-adhyAyinIm	**the divine one of eighteen chapters** — भगवती: the divine Mother · अष्टादश: eighteen · अध्यायिनी: having chapters
14	अम्ब	amba	amba	**O Mother** — the address of a child to its mother; the trust of the seeker

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#	शब्दः	IAST	ITRANS	English
15	त्वामनुसन्दधामि त्वाम्-अनुसन्दधामि	tvāmanusandadhāmi tvām-anusandadhāmi	tvAmanusandadhAmi tvAm-anusandadhAmi	**you I attend upon** — त्वाम्: you · अनुसन्दधामि: I follow in mind, I remember again and again (अनु + सम् + √धा)
16	भगवद्गीते भगवद्-गीते	bhagavadgīte bhagavad-gīte	bhagavadgIte bhagavad-gIte	**O Bhagavad-gītā** — भगवद्: the Lord · गीते: O Gītā (the Song); the vocative address

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#	शब्दः	IAST	ITRANS	English
17	भवद्वेषिणीम् भव-द्वेषिणीम्	bhavadveṣiṇīm bhava- dveṣiṇīm	bhavadveShiNIm bhava- dveShiNIm	**destroyer of the fear of becoming** — भव: worldly existence · द्वेषिणी: hostile to; who destroys it

17

§1 §3 §4 §5

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3 · The śloka in English

O Mother Bhagavad-gītā — you whom Bhagavān Nārāyaṇa himself taught to Pārtha (Arjuna), whom the ancient sage Vyāsa strung together in the middle of the Mahābhārata; the divine one who showers the nectar of non-duality, of eighteen chapters, the destroyer of the fear of worldly existence — O Mother, I follow you in mind; I remember you, again and again.

§1 §2 §4 §5

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4 · The heart of the śloka (tātparyam)

Before a single word of the Gītā is read, this verse gathers the whole of it into one breath — and bows.

- **The whole Gītā in one śloka** — the teacher (Nārāyaṇa himself), the compiler (Vyāsa), the setting (the middle of the Mahābhārata), the teaching (the nectar of non-duality), the shape (eighteen chapters), the fruit (the end of the fear of becoming): the verse is the text's own doorway, and it names everything the reader is about to enter.

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- **"For Pārtha"** — the Gītā was not delivered to a hall of the qualified; it was spoken for one friend in the middle of his crisis. The verse remembers *him* first — so the seeker may come as they are, with their questions.
- **Strung like a garland** — *grathitām*: the teaching is woven into a story — a family, an army, a battlefield at dawn. It is not cold philosophy; it is conversation, doubt, and the ache to know.
- **Addressed as Mother** — *amba*: the scripture is addressed with the trust a child gives its mother, and she is called the *destroyer of the fear of becoming* — for fear is what she cures. She is also *rained* upon the reader: *advaita-amṛta-varṣiṇīm*, she showers the nectar of the not-two.

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- **The one thing asked** — *anusandadhāmi*: no ritual, no wealth, no erudition is asked here — only attention, given again and again. The whole recitation begins with this single movement of the mind toward the text.

In one line: *before the Gītā speaks, the reader bows — and this śloka is that bow.*

§1 §2 §3 §5

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5 · The padaccheda — the complete word list

The badge shows the §2 word each padaccheda word belongs to — a shared word carries both numbers.

#	शब्दः	IAST	ITRANS	English	
1	ॐ	oṃ	oM	the sacred syllable; the praṇava — the invocation before the verse	1
2	पार्थाय	pārthāya	pArthAya	for Pārtha (dative of पार्थ — Arjuna, son of Pṛthā)	2
3	प्रतिबोधिताम्	pratibodhitām	pratibodhitAm	awakened; instructed (प्रति + बोधिता — fem. acc. of the participle)	3

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#	शब्दः	IAST	ITRANS	English
4	भगवता	bhagavatā	bhagavatA	by the Lord (instrumental of भगवत्)
5	नारायणेन	nārāyaṇena	nArAyaNena	by Nārāyaṇa (instrumental)
6	स्वयम्	svayam	svayam	himself; personally
7	व्यासेन	vyāsena	vyAsena	by Vyāsa (instrumental)
8	ग्रथिताम्	grathitām	grathitAm	strung together; composed (fem. acc. of ग्रथित, √ग्रथ्)
9	पुराण	purāṇa	purANa	ancient
10	मुनिना	muninā	muninA	by the sage (instrumental of मुनि)

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#	शब्दः	IAST	ITRANS	English
11	मध्ये	madhye	madhye	in the middle; within
12	महाभारतम्	mahābhāratam	mahAbhArata m	the Mahābhārata (the great epic of the Bhāratas)
13	अद्वैत	advaita	advaita	non-duality; the not-two
14	अमृत	amṛta	amRRita	nectar; the deathless
15	वर्षिणीम्	varṣiṇīm	varShiNIm	showering; raining (fem. acc. of वर्षिणी)
16	भगवतीम्	bhagavatīm	bhagavatIm	the divine Mother (fem. acc. of भगवती)
17	अष्टादश	aṣṭādaśa	aShTAdasha	eighteen

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#	शब्दः	IAST	ITRANS	English
18	अध्यायिनीम्	adhyāyinīm	adhyAyinIm	having chapters (fem. acc. of अध्यायिनी) [13]
19	अम्ब	amba	amba	O Mother (vocative; mother) [14]
20	त्वाम्	tvām	tvAm	you (accusative singular) [15]
21	अनुसन्दधामि	anusandadhāmi	anusandadhAmi	I attend upon; I remember again and again (अनु + सम् + √धा, present, 1st person)
22	भगवद्	bhagavad	bhagavad	the Lord; the Blessed One (भगवत्) [16]

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#	शब्दः	IAST	ITRANS	English
23	गीते	gīte	gIte	O Gītā (vocative of गीता — the Song)
24	भव	bhava	bhava	existence; the cycle of becoming
25	द्वेषिणीम्	dveṣiṇīm	dveShiNIm	hostile to; destroying (fem. acc. of द्वेषिणी)

§1 §2 §3 §4

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