

अहमात्मा गुडाकेश सर्वभूताशयस्थितः ।

अहमादिश्च मध्यं च भूतानामन्त एव च ॥ १०-२०

ahamātmā guḍākeśa sarvabhūtāśayasthitah ।

ahamādiśca madhyaṁ ca bhūtānāmanta eva ca ॥ 10-20

I am the Self, O Guḍākeśa, existing in the hearts of all beings; I am the beginning, the middle, and also the end of all beings.* 10-20*

* *Guḍākeśa: Conquerer of sleep,*

Beginning, middle and end: Birth, life and death.

अहम् आत्मा *aham ātmā* = I am the Self, गुडाकेश *guḍākeśa* = O' Guḍākeśa

(Arjuna), सर्वभूताशयस्थितः *sarvabhūtāśayasthitah* = existing in the hearts of all

beings, अहम् आदि *aham ādi* = I am the beginning, च *ca* = and, मध्यं *madhyaṁ* =

the middle, च *ca* = and, भूतानाम् *bhūtānām* = of the beings, अन्तः *antaḥ* = the

end, एव *eva* = even, also, च *ca* = end. 10-20