

## Chapter 7: The Yoga of Knowledge and Direct Experience

Krishna speaks:

7.1 Under My complete protection,  
practicing yoga with your mind  
intent on Me, O Child, hear how  
to know Me fully, beyond doubt.

7.2 To you I shall grant both knowledge  
and the direct experience  
of the true Self. When you know this,  
there is nothing else to be known.

7.3 Of many thousands, perhaps one  
tries to attain perfect knowing.  
Of those few seekers, perhaps one  
achieves My true reality.

7.4 Indeed earth, water, fire, air, space,  
sensory mind, intuition,  
and the sense of “I am” are the  
eight parts that form My own nature.

7.5 From this more crude nature, know that  
I have a distinct, higher part:  
the very life-force, Mighty One,  
by which this whole world is sustained.

7.6 These dual natures are the womb  
from which every living thing springs.  
I am the source of the cosmos  
and also its dissolution.

7.7 There is nothing greater than I.  
O Mighty Prince of Worldly Wealth,  
the cosmos is strung upon Me  
like gems knotted upon a thread.

7.8 O Kunti's son, I am the fresh  
taste of water, light of the moon  
and the sun, "Om" in sacred lore,  
sound in space, prowess in humans.

7.9 I am the scent of fresh-turned earth,  
the blaze of fire, the life in all  
living beings and the restraint  
of those who observe stringent vows.

7.10 O Arjuna, know that I am  
the timeless seed of all beings,  
the wisdom of the wisest men,  
the light of the illumined ones.

7.11 I am the might of the mighty,  
when untainted by crude desire.  
Best of Your Race, I also am  
desire unopposed to duty.

7.12 Know that both ends of light's spectrum  
and all the colors in between  
come from Me. I am not contained  
by them, although I contain them.

7.13 Fooled by the illusions painted  
by Nature's primary colors,  
this whole world does not know Me as  
changelessly beyond all of those.

7.14 Indeed, My divine illusion,  
formed of elemental forces,  
is difficult to go beyond  
unless you take refuge in Me.

7.15 The evil and the deluded,  
the vilest men, their wisdom robbed  
by this illusion, seek Me not,  
but follow a demonic path.

7.16 O Arjuna, there are four types  
of noble ones who worship Me:  
the stricken, seekers of knowledge,  
seekers of wealth and the wise ones.

7.17 Of these, the wise man constantly  
devoted to the One excels,  
for I am very dear to him,  
and he, in turn, is dear to Me.

7.18 Surely, all four types are noble,  
but the wise one is like My Self,  
in My opinion. That steadfast  
soul lives in Me, his highest goal.

7.19 His many rebirths finally  
lead to Me. That great soul who knows  
that all is but the inner Self  
is very difficult to find.

7.20 With their wisdom torn by desire  
for this and that, men cling to rites  
of this or that lesser godling,  
as constrained by their own nature.

7.21 Whoever, whatever a man  
decides to entrust with his faith,  
I surely take that faith and make  
it inexhaustibly steady.

7.22 Endowed with faith, he engages  
in worship of his chosen form,  
and from it he gains his desires,  
which are, in fact, granted by Me.

7.23 The rewards gained by those who have  
little wit have their limits. Those  
who worship gods go to those gods,  
but My devotees come to Me.

7.24 I am the Unmanifested.  
Those fools who think Me embodied  
know not My higher nature as  
eternal and superior.

7.25 I am not manifest to all.  
Deluded by my illusion,  
this foolish world does not know Me,  
the one unborn and beyond death.

7.26 O Arjuna, I know of all  
the beings that have been and that  
are now and that are yet to be.  
But not a single one knows Me.

7.27 The pairs of opposites such as  
attraction and aversion snare  
all living beings at their birth,  
O Child of Hope, Scorcher of Foes!

7.28 But those whose sins have been destroyed,  
who act with virtue, freed from the  
delusion of the opposites,  
worship Me, steadfast in their vows.

7.29 Those who seek liberation from  
old age and death, who turn to Me,  
find full knowledge of the Supreme,  
the inner Self and all action.

7.30 Those who know Me as the essence  
of gods and world and sacrifice,  
steadfast in mind, they will know Me  
even at the moment of Death.