

7 Bhagavad Gita Shlokas to Stop Overthinking

1) Focus on Actions, Not Results

Sanskrit:

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि॥

(Chapter 2, Verse 47)

Meaning:

“You have the right to perform your actions, but not to the results. Do not let the outcome be your motive, and never be inactive.”

Simple Explanation:

Overthinking happens when we stress about results. This shloka teaches us to focus on our actions, leaving results to destiny.

Practical Application:

Before making a big decision, tell yourself: “I’ll do my best and let go of what I can’t control.”

2) Uplift Yourself With Your Mind

Sanskrit:

उद्धरेदात्मनाऽत्मानं नात्मानमवसादयेत्।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

(Chapter 6, Verse 5)

Meaning:

“Elevate yourself through your own mind and do not degrade yourself. Your mind can be your best friend or your worst enemy.”

Simple Explanation:

An undisciplined mind causes stress, while a focused mind gives peace.

Practical Application:

Ask yourself daily: “Is my mind helping me or harming me?”

3) Stay Calm in Ups and Downs

Sanskrit:

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥
(Chapter 2, Verse 48)

Meaning:

“Be established in yoga and perform your duty. Remain balanced in success and failure; such balance is yoga.”

Practical Application:

When life throws challenges, take a deep breath and remind yourself: *“This too shall pass.”*

4) Trust the Divine Plan

Sanskrit:

अनन्याशिचिन्तयन्तो मां ये जनाः पर्युपासते।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम्॥
(Chapter 9, Verse 22)

Meaning:

“For those who worship Me and think of Me constantly, I provide what they need and protect what they have.”

Practical Application:

Release fear and trust life’s natural flow.

5) Your Mind Can Be Your Friend or Enemy

Sanskrit:

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः।
अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत्॥
(Chapter 6, Verse 6)

Meaning:

“The mind can be your best friend when controlled, but your worst enemy when uncontrolled.”

Practical Application:

Train your mind with meditation and discipline.

6) Let Go of Desires for Peace

Sanskrit:

युक्तः कर्मफलं त्यक्त्वा शान्तिमाप्नोति नैष्ठिकीम्।

अयुक्तः कामकारेण फले सक्तो निबध्यते॥

(Chapter 5, Verse 12)

Meaning:

“Those who give up attachment to results achieve peace. Those attached remain bound by anxiety.”

Practical Application:

Detach from expectations and focus on sincere effort.

7) Surrender and Accept

Sanskrit:

सर्वधर्मान्परित्यज्य मामेकं शरणं ब्रज।

अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः॥

(Chapter 18, Verse 66)

Meaning:

“Surrender to Me, abandon all duties, and I shall free you from all fear and sin.”

Practical Application:

When life feels heavy, surrender your worries to the divine and trust the bigger plan.

Thank you for downloading the PDF!

I hope you can follow these **Bhagavad Gita Shlokas** in your daily life to overcome overthinking and bring more peace to your mind. Learn more in our website dharmikshree.in