

65. *In that peace all pains are destroyed; for, the intellect of the tranquil-minded soon becomes steady.*

It is natural for an Arjuna-mentality of uncompromising intellectualism to ask Krishna: "Then what?" And as an answer, the Lord explains why he should develop and maintain tranquillity of the mind in himself. "IN TRANQUILLITY ALL SORROWS ARE DESTROYED." This sentence is obviously commented upon as a definition of happiness. A peaceful mind is significant of happiness. PEACE IS HAPPINESS; HAPPINESS IS PEACE. The least-agitated mind is proof against all sorrows inasmuch as sorrow is nothing but a state of agitation in the mind.

This explanation does not satisfy us completely since Krishna's assertion is that 'sorrows will be destroyed' (*hanih*). In order to bring out clearly the meaning implied in the phrase 'destruction of sorrows,' we will have to understand it as the "elimination of *vasanas*." Earlier, in the introduction, we have said that the *vasana* granulations, giving a thick coating to the subjective mind, are the cause for its delusion which creates all sorrows for the imperfect; while the Perfect transcends the *vasanas* through the *Buddhi yoga* explained earlier.

It is very well-known that all the *vasanas* existing in an individual who is facing life constantly, cannot be fully eradicated by him. The secret of doing so has been explained here by the Lord. Keeping the mind exposed to