

of compassion is developed. By a feeling of pleasure towards the virtuous, the feeling of goodwill is developed. The concentration that is obtained as a result of contemplation on these feelings, is called Samyama, and through that unfailing power grows. Indifference to sinners is not an object of contemplation ; that is why there cannot be any meditation on it. Therefore, it is not possible to practise Samyama on it and thus no power can be acquired through it (1).

(1) 'Through sentiment of friendliness, the Yogin completely destroys all feelings of envy and hatred, and on account of his willpower, other malicious persons consider him to be friendly, and unhappy people take him to be a source of comfort. A Yogin's mind gets completely free from harshness and malice and he becomes a favourite of the virtuous.

When these powers are acquired, the Yogin becomes capable of behaving in a friendly manner towards others and no feeling of injuring others would ever darken his heart.

बलेषु हस्तिबलादीनि ॥ २४ ॥

भाष्यम्—हस्तिबले संयमाद् हस्तिबलो भवति, वैनतेयबले संयमाद् वैनतेयबलो भवति, वायुबले संयमाद् इत्येवमादि ॥ २४ ॥

By Practising Samyama On (Physical) Strength, The Strength Of Elephants Etc. Can Be Acquired. 24.

If Samyama is practised on the strength of an elephant, power like that of an elephant is obtained. Similarly, the power of the king of birds (Garuḍa, son of Vinatā) can be acquired by Samyama on Garuḍa's strength, and the power of the wind by Samyama on the strength of Vāyu or wind (1).

(1) All physical culturists know that by the wilful application of power on particular muscles, their power can be developed. Samyama on strength is only the highest form of the same process.