

He who can withstand in this world, before the liberation from the body, the impulse arising from lust and anger, he is steadfast (in Yoga), he is a happy man.

योऽन्तःसुखोऽन्तरारामस्तथान्तज्योतिरेव यः ॥  
स योगी ब्रह्मनिर्वाणं ब्रह्मभूतोऽधिगच्छति ॥२४॥

V. 24.

यः Who अन्तःसुखः one whose happiness is within अन्तरारामः one whose relaxation is within तथा again यः who अन्तज्योतिः one whose light is within सः that योगी Yogi ब्रह्मभूतः becoming Brahman ब्रह्मनिर्वाणं bliss in Brahman i. e., absolute freedom अधिगच्छति gains.

Whose happiness is within, whose relaxation is within, whose light is within, that Yogi alone, becoming Brahman, gains absolute freedom.

[ *Within* : In the Self.

*Absolute Freedom* : Brahma-Nirvana. He attains Moksha while still living in the body. ]

लभन्ते ब्रह्मनिर्वाणमृषयः क्षीणकल्मषाः ।  
छिन्नद्वैधा यतात्मानः सर्वभूतहिते रताः ॥२५॥

V. 25.

क्षीणकल्मषाः Those whose imperfections are exhausted छिन्नद्वैधाः those whose doubts are dispelled यतात्मानः those whose senses are controlled सर्वभूतहिते in the good of all beings रताः engaged ऋषयः Rishis ब्रह्मनिर्वाणं absolute freedom लभन्ते obtain.

With imperfections exhausted, doubts dispelled, senses controlled, engaged in the good