

*kalpaḥ* one who has not renounced thoughts योगी *yogi* योगी भवति *bhavati* becomes कश्चन *kaścana* anyone

Know that as yoga, O Pandava, which is called **Sanyasa**; for none becomes a **yogi** without renouncing **Sankalpa**. 2

It is *sankalpa* to create a formative imagination in the mind about the fruits of action. *Sankalpa* is the selfish motive behind an action. It is actuated by desire. Endless projects taking place in the mind, one nullifying or modifying the other are all born of *sankalpa*. He who is a prey to it can never become a *yogi*. *Sanyasa* is the renunciation of *sankalpa*. He who succeeds in renouncing it qualifies himself for the practice of yoga. Strength of mind is his who practises yoga. Only a man of strong mind can meditate as well as discharge his duties very efficiently. This is how *sankalpa sanyasa* and *karma yoga* become identical.

How *sanyasa* augments yoga is being explained now :—

आरुरुक्षोर्मुनेर्योगं कर्म कारणमुच्यते ।

योगारूढस्य तस्यैव शमः कारणमुच्यते ॥ ३

आ-रुरुक्षोः मुनेः योगम् कर्म कारणम् उच्यते ।

योग-आ-रूढस्य तस्य एव शमः कारणम् उच्यते ॥

*ārurukṣor muner yogam karma kāraṇam ucyate ।*

*yogārūḍhasya tasyai 'va śamaḥ kāraṇam ucyate ॥*

आरुरुक्षोः *ārurukṣoḥ* wishing to climb मुनेः *muneh* of a Muni or sage योगम् *yogam* yoga कर्म *karma* action कारणम् *kāraṇam* the cause उच्यते *ucyate* is said योगारूढस्य *yogārūḍhasya* of one who has attained (to