

characteristics of the purified mind. Atman, the Reality, gets reflected best in it. Ultimately the pure mind itself gets merged in Atman.

After curdling, the milk is to be kept undisturbed in one place only so that it may coagulate into good curds. Change of place will have adverse effect. Likewise mind is to be fixed on the Lord only for it to become calm and divine.

— Sri Ramakrishna

What is the harm accruing from allowing the mind to dissipate? The answer comes :—

नास्ति बुद्धिरयुक्तस्य न चायुक्तस्य भावना ।

न चाभावयनः शान्तिरशान्तस्य कुतः सुखम् ॥ ६६

न अस्ति बुद्धिः अयुक्तस्य न च अ-युक्तस्य भावना ।

न च अ-भावयतः शान्तिः अ-शान्तस्य कुतः सुखम् ॥

*nā 'sti buddhir ayuktasya na cā 'yuktasya bhāvanā ।*

*na cā 'bhāvayataḥ śāntir aśāntasya kutaḥ sukham ॥*

न *na* not अस्ति *asti* is बुद्धिः *buddhiḥ* knowledge अयुक्तस्य *ayuktasya* of the unsteady न *na* not च *ca* and अयुक्तस्य *ayuktasya* of the unsteady भावना *bhāvanā* meditation न *na* not च *ca* and अभावयत *abhāvayataḥ* of the unmeditative शान्तिः *śāntiḥ* peace अशान्तस्य *aśāntasya* of the peaceless कुतः *kutaḥ* whence सुखम् *sukham* happiness

There is no wisdom in the fickle-minded; nor is there meditation in him. To the unmeditative there is no peace. And how can the peaceless enjoy happiness?

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Yoga is the science of self-culture. He who devoutly practises it is called a *yukta*; but he who is indifferent to it is an *ayukta*. It is by the practice