

incompetence. Unpleasant though it might taste, constant effort will remove listlessness. If there is doubt, appropriate effort is not possible. Without firmness and enthusiasm it is not possible to get success in Yoga ; for that, one must get rid of doubts. By listening to instructions, contemplation and company of a calm and sure-minded preceptor, doubts can be removed. Instead of thinking of the practice of concentration and by self-forgetfulness, to be engaged in worldly affairs is delusion. Disinclination to engage oneself in devotional practice on account of dullness of body and mind is sloth. In incompetence the mind roams about uncontrolled and so it cannot be applied to devotional work ; while in sloth, the mind on account of a preponderance to Tamas principle (obtuseness) remains torpid—this is the difference. Moderation in diet, wakefulness and enthusiasm can conquer sloth. Remaining aloof from worldly affairs and giving up interest therein, remove non-abstention. Not knowing what is to be really forsaken or removed and not knowing the means of doing it, to consider the lower stage to be higher and *vice versa* is called false or erroneous conception. There are various kinds of erroneous conception. Through profound devotion to God as well as to the preceptor and study of sacred works, such conception is removed.

Non-attainment of stages of concentration such as Madhumati etc. is referred to here. To get established in a stage, realisation of the 'principles' is necessary ; otherwise there will be retrocession.

Through Īśvara-Pranidhāna the impediments mentioned above disappear, because whatever are antidotes to such obstacles are obtained through special devotion to God, whereby pure Sāttvika intellect is developed and the Yogin gradually gains powers with which he is able to resist such obstacles.

दुःखदौर्मनस्यांगमेजयत्व-श्वास-प्रश्वासा विक्षेपसहभुवः ॥ ३१ ॥

भाष्यम्—दुःखमाध्यात्मिकम् आधिभौतिकम् आधिदैविकं च । येनाभिहताः प्राणिनस्तदुपघाताय प्रयतन्ते तदुदुःखम् । दौर्मनस्यमिच्छाभिघाताच्चेतसः