

body conquered जितेन्द्रियः one whose senses are subdued सर्वभूतात्मभूतात्मा one who realises his self as the Self in all beings कुर्वन् acting अपि though न not लिप्यते is tainted.

With the mind purified by devotion to performance of action, and the body conquered, and senses subdued, one who realises his self, as the Self in all beings, though acting, is not tainted.

नैव किञ्चित्करोमीति युक्तो मन्येत तत्त्वचित् ॥

पश्यन् शृण्वन् स्पर्शन् जिघ्रन् अन्नं गच्छन् स्वपन् श्वसन् ॥ ८ ॥

प्रलपन् विसृजन् गृह्णन् निमिषन् निमिषन्नपि ॥

इन्द्रियाणीन्द्रियार्थेषु वर्तन्त इति धारयन् ॥ ९ ॥

V. 8. 9.

युक्तः Centred (in the Self) तत्त्वचित् the knower of truth पश्यन् seeing शृण्वन् hearing स्पर्शन् touching जिघ्रन् smelling अन्नं eating गच्छन् going स्वपन् sleeping श्वसन् breathing प्रलपन् speaking विसृजन् letting-go गृह्णन् holding निमिषन् opening (the eyes) निमिषन् closing (the eyes) अपि though इन्द्रियाणाम् senses इन्द्रियार्थेषु amongst sense-objects वर्तन्ते move इति this धारयन् being convinced किञ्चित् anything एव at all न not करोमि (I) do इति this मन्येत should think.

The knower of Truth, (being) centred (in the Self) should think, "I do nothing at all"—though seeing, hearing, touching, smelling, eating, going, sleeping, breathing, speaking, letting-go, holding, opening and closing