

The one is attached and the other detached. Both attachment and detachment are solely in the mind.

A weakling totters while carrying a small load to a short distance. But a strong man coming from a long distance with a heavy load of two maunds on his head stands by and sees a wrestling match, unmindful of the burden on his head. To the strong in body and mind problems are but few.

— Sri Ramakrishna

एषा तेऽभिहिता सांख्ये बुद्धिर्योगे त्विमां शृणु ।

बुद्ध्या युक्तो यया पार्थ कर्मबन्धं प्रहास्यसि ॥ ३९

एषा ते अभि-हिता सांख्ये बुद्धिः योगे तु इमाम् शृणु ।

बुद्ध्या युक्तः यया पार्थ कर्म-बन्धम् प्र-हास्यसि ॥

*eṣā te 'bhihitā sāmkhye*

*buddhir yoge tv imām śṛṇu ।*

*buddhyā yukto yayā pārtha*

*karma bandham prahāsyasi ॥*

एषा *eṣā* this ते *te* to thee अभिहिता *abhihitā* (is) declared सांख्ये *sāmkhye* in Samkhya बुद्धिः *buddhiḥ* wisdom योगे *yoge* in the yoga तु *tu* indeed इमाम् *imām* this शृणु *śṛṇu* hear बुद्ध्या *buddhyā* with wisdom युक्तः *yuktaḥ* induced यया *yayā* which पार्थ *pārtha* O Partha कर्मबन्धम् *karma bandham* bondage of karma प्रहास्यसि *prahāsyasi* (thou) shalt cast off

The ideal of Self-knowledge has been presented to you. Harken now to the practice thereof. Endowed with it, O Partha, you will break through the bonds of karma. 39

The principles of Self-knowledge have been enumerated in the verses 11 to 30. Yoga or the practice thereof will now be taught in the verses 40, 41, 45—53.