

*Purity* pertains both to the body and the mind. Bodily purity can be effected with the aid of the environment, air, water and sunlight. But purity of the mind which is more important and indispensable to spiritual life can only be effected by the mental discipline. That mind which eschews all sense-pleasures as poison gains steadily in purity.

*Steadfastness* is his who is not mindful of the time taken for self-culture. It may be that the *sadhaka* has to plod through a few births before he attains perfection in any one among the many virtues that remain to be acquired by him. Unswerving perseverance is needed to mould oneself in spirituality.

*Self-control* is the opposite of self-indulgence which dissipates the personality. Through rigid self-restraint, the *sadhaka* grows in godhood which is his original state.

इन्द्रियार्थेषु वैराग्यमनहङ्कार एव च ।

जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् ॥ ८

इन्द्रिय-अर्थेषु वैराग्यम् अन-महम्-कारः एव च ।

जन्म(न्)-मृत्यु-जरा-वि-आधि दुःख-दोष-मनु-दर्शनम् ॥

*indriyārtheṣu vairāgyam anahamkāra eva ca ।*

*janma mṛtyu jarā vyādhi duḥkha doṣānudarśanam ॥*

इन्द्रिय अर्थेषु *indriya artheṣu* of sense-objects वैराग्यम् *vairāgyam* dispassion अनहङ्कारः *anahamkāraḥ* absence of egoism एव *eva* even च *ca* and जन्ममृत्युजराव्याधिदुःखदोष अनु दर्शनम् *janma mṛtyu jarā vyādhi duḥkha doṣa anudarśanam* perception of evil in birth, death, old age, sickness and pain