

Mind loses its innate purity to the extent it contacts objects through the senses. It is very much like the rain water contacting the earth and becoming muddy. Suspending the senses and resting the mind in the Self is the only means to reclaim it to its original state. Like bathing and cleansing the body with water, mind has to be purified by repeatedly merging it in the Self. And this process is life-long. It is to be as obligatory as bathing and eating. The power and potentiality of the mind increases as it progresses in self-purification.

Milk gets easily mixed with water; but if it is churned into butter and put in water it floats maintaining its individuality, instead. Man's mind that easily gets lost in the sense-objects has to be cultivated in devotion to the Lord in solitude. Worldly contact that comes subsequent to the development of devotion to the Lord causes no harm.

— Sri Ramakrishna

Should the body be in any manner disciplined to bring about concentration of mind? The injunction in this respect is :—

समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।

संप्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥ १३

समम् काय-शिरः-ग्रीवम् धार-यन् अ-चलम् स्थिरः ।

सम्-प्र-क्षे-य नासिका-ग्रम् स्वं दिशः च अन्-श्व-लोक-यन् ॥

*samaṁ kāyasirogrīvaṁ dhārayann acalam sthiraḥ |
sāmprekṣya nāsikāgraṁ svaṁ diśaś cā 'navalokayan ॥*

समम् *samaṁ* erect काय शिरः ग्रीवम् *kāya śiraḥ grīvaṁ* body, head and neck धारयन् *dhārayan* holding अचलम् *acalam* still स्थिरः *sthiraḥ* steady संप्रेक्ष्य *sāmprekṣya* gazing at नासिकाग्रम् *nāsikāgraṁ* tip of the nose स्वम्