

and sort of food, one's physique is not the standard for another's. Each *sadhaka* has to fix them for himself. Sleep brings rest and relaxation and tones the system, but over or under indulgence in it aggravates *Tamas* or inertia, which is a hindrance to the practice of meditation.

Eat sumptuously in the day time, but let your food at night be sparse and easily digestible.

A *sadhaka* ought to help himself to that food only which is not heating to the body and exciting to the mind.

— Sri Ramakrishna

And what are they that conduce to yoga? They are delineated —

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ १७

युक्त आहार-विहारस्य युक्त-चेष्टस्य कर्मसु ।

युक्त-स्वप्न-अव-बोधस्य योग भवति दुःख-हा ॥

*yuktāhāra vihārasya yukta cestasya karmasu ।*

*yukta śvapnāvabodhasya yoga bhavati duḥkhaḥā ॥*

युक्त आहार विहारस्य *yukta ahāra vihārasya* of one who is moderate in eating and recreation (such as walking etc.) युक्त चेष्टस्य कर्मसु *yukta cestasya karmasu* of one who is moderate in exertion in actions युक्त स्वप्न अवबोधस्य *yukta śvapna avabodhasya* of one who is moderate in sleep and wakefulness योग *yogaḥ* yoga भवति *bhavati* becomes दुःखहा *duḥkhaḥā* the destroyer of pain.

For him who is moderate in eating and recreation, temperate in his actions, who is regulated in sleep and wakefulness, yoga becomes the destroyer of pain 17