

the dead. Krauncha-Niṣādana etc. have to be followed by observing the posture of resting adopted by the animals concerned. Contracting the two heels and toes, and pressing one sole with the other while squatting is called Sama-Samsthāna.

In all the (Yogic) Āsanās, the spine has to be kept straight. The Śruti also says, "The breast, neck and the head have to be kept erect." Moreover, the posture has to be motionless and comfortable. The posture which causes pain or restlessness is not a yogic posture (vide next sūtra).

प्रयत्नशैथिल्यानन्तसमापत्तिभ्याम् ॥ ४७ ॥

भाष्यम्—भवतीति वाक्यशेषः । प्रयत्नोपरमात् सिध्यत्यासनं, येन नाङ्ग-
मेजयो भवति । अनन्ते वा समापन्नं चित्तमासनविवर्त्तयतीति ॥ ४७ ॥

**By Relaxation Of Effort And Meditation On The Infinite
(Āsanās Are Perfected). 47.**

By relaxation of the body Āsana is perfected ; this stops shaking of the limbs (which is an obstacle to Samādhi). Or, a mind fixed on the infinite brings about perfection (Siddhi) of the Āsana. (1).

(1) Perfection of Āsana, i.e. perfect steadiness of the body and a sense of comfort, is attained by relaxation of the body and meditation on the infinite. Relaxation means making the body effortless like a corpse. After sitting, the whole body should be relaxed, taking care at the same time that the body does not bend. This brings about steadiness of the body, and the senses of pain being diminished, the posture (Āsana) gets established or perfected. Fixing the mind on the infinite, or on surrounding vacancy, also develops perfection of Āsana. Practice of Āsana cannot reach perfection unless some amount of pain is borne in the beginning. When a posture is practised pain will be felt for some time in various parts of the body. This will disappear with the practice of relaxation and meditation on infinite space and feeling the body as becoming void also. The habit of keeping the body always at rest and