

After doing full justice to the dainties, Vyasa stood up and implored. "O Yamuna Devi, if it is a fact that I am fasting today, stop flowing and make way for us to get to the other bank." The river did stop flowing and the group safely walked to the opposite side. The Gopis then pleaded with the sage to explain the anomaly in his statement that he fasted while actually he feasted on the delicacies which they had supplied him. Vyasa explained himself. "The ceaseless hankering of my heart for Sri Krishna is my spiritual fasting. The idea 'I eat' is not allowed to enter the mind. Your dishes were all offered as oblation to the Maker presiding over this body."

Maharishi Vyasa's life in conformity with Truth and his faith in the Almighty worked this miracle.

—Sri Ramakrishna

The mental make up of the yogi is further explained :—

निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः ।

शरीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥ २१

निर्-आशी यत-चित्त आत्मा त्यज्-त सर्व-परि-ग्रहः ।

शरीरम् केवलम् कर्म कुर्वन् न आप्-नोति किल्बिषम् ॥

*nirāśīr yatacittātmā tyakta sarva parigrahaḥ ।*

*sārīram kevalam karma kurvan nā 'pnoti kilbiṣam ॥*

निराशी *nirāśīh* without hope यतचित्तात्मा *yatacittāt-mā* one with the mind and self controlled त्यक्तसर्वपरिग्रह *tyakta sarva parigrahaḥ* having abandoned all possessions शरीरम् *sārīram* bodily केवलम् *kevalam* merely कर्म *karma* action कुर्वन् *kurvan* doing न *na* not आप्नोति *āpnoti* obtains किल्बिषम् *kilbiṣam* sin

Hoping for naught, his mind and self controlled, having abandoned all possessions, performing karma by the body alone, he incurs no sin.