

Yoga is hard to attain, I concede, by a man who cannot control himself; but it can be attained by him who has controlled himself and who strives by right means. 36

The man of self-control is he who either thinks wholesome thoughts or does not allow mentation of any kind taking place in himself. He strives by right means who applies himself steadily to practice and non-attachment.

"In those days when I took to spiritual practices I would first cleanse the mind of all earthly thoughts, make it as pure as purity itself and then invoke the presence of the Lord in it. May you also do the same!" —Sri Ramakrishna

A doubt now rises in the mind of Arjuna in regard to the aspirant who falls short of perfection in yoga. He raises his question as follows :—

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अर्जुन उवाच

अयतिः श्रद्धयोपेतो योगमचलितमानसः ।

अप्राप्य योगसंसिद्धिं कां गतिं कृष्ण गच्छति ॥ ३७

अ-यतिः श्रद्धया उप-इतः योगात् चलित-मानसः ।

अ-प्र-आप् -य योग-स-सिद्धि-तिम् काम् गतिम् कृष्ण गम् (गच्छ)-ति ॥

*arjuna uvāca*

*ayatih śraddhaya 'peto yogāc calitamānasah ।*

*aprāpya yogasamsiddhim kām gatim kṛṣṇa gacchati ॥*

अर्जुन उवाचे *arjuna uvāca* Arjuna said:

अयतिः *ayatih* uncontrolled श्रद्धया *śraddhaya* by faith उपेतः *upetaḥ* possessed योगान् *yogāt* from yoga चलित