

concentration निरुद्धं absolutely restrained चित्तं mind उपरमते attains quietude यत्र in which state च and आत्मना by self आत्मानं the Self पश्यन् seeing आत्मनि in the Self एव alone तुष्यति is satisfied.

VI. 21.

(यत्र Where) अयं this यत्तत् that which आत्यन्तिकं infinite बुद्धिमाहं perceived by the intellect अतीन्द्रियं transcending the senses सुखं bliss वेत्ति knows यत्र where च and स्थितं established तच्चतः from one's real state न not चलति departs.

VI. 22.

यं Which लब्ध्वा having obtained ततः from that अधिकं superior अपरं other लाभं acquisition न not मन्यते is regarded यस्मिन् in which स्थितः established गुरुणा by great दुःखेन sorrow अपि even न not विचाल्यते is moved.

VI. 23.

तं That दुःखसंयोगवियोगं a state of severance from the contact of pain योगसंज्ञितं called by the name of Yoga विद्यात् should know अनिर्विण्णचेतसा with un-depressed heart सः that योगः Yoga निश्चयेन with perseverance योक्तव्यः should be practised.

When the mind, absolutely restrained by the practice of concentration, attains quietude, and when seeing Self by the self, is satisfied in his own Self; when he feels that infinite bliss—which is perceived by the (purified) intellect and which transcends the senses, and established wherein he never departs from his real state; and having obtained which, no other acquisition is regarded superior to that, and where established, he is not moved even by heavy sorrow;—let that be known as