

*Sreyas* or the good flowing out of yoga is explained now:—

युञ्जन्नेवं सदात्मानं योगी नियतमानसः ।

शान्तिं निर्वाणपरमां मत्संस्थामधिगच्छति ॥ १५

युञ्जन्-अन् एवम् सदा आत्मानम् योगी नि-यम्-त-मानसः ।

शान्तिम् निर्-वाण-परमाम् मद्-सम्-स्थाम् अधि-गच्छति ॥

*yuñjann evam sadā 'tmānam yogī niyata mānasaḥ ।*

*sāntim nirvāṇaparamām matsamsthām adhiḡacchati ॥*

युञ्जन् *yuñjan* balancing एवम् *evam* thus सदा *sadā* always आत्मानम् *ātmānam* the self योगी *yogī* yogi नियतमानसः *niyata mānasaḥ* one with the controlled mind शान्तिम् *sāntim* to peace निर्वाणपरमाम् *nirvāṇa paramām* that which culminates in Nirvana (Moksha) मत्संस्थाम् *matsamsthām* abiding in me अधिगच्छति *adhiḡacchati* attains

Keeping himself ever steadfast in this manner, the yogi of subdued mind attains the Peace abiding in Me and culminating in Nirvana. 15

Hunger is appeased by the one who partakes of food. The Peace of Blessedness comes to him who has reached the culmination of yoga. As heat is inherent in fire, Peace pertains to Paramatman. This Peace or *sānti* is synonymous with *mukti* or emancipation. And this is the fruit of yoga.

The one who newly visits a city must first procure a good lodging for himself. Then he may roam about the city, seeing many interesting things. If the lodging be not fixed first, at sunset he will have difficulties in that respect. Similarly, the man who has newly come into this world shall have to seek the everlasting shelter first at the feet of the Lord. Then he may