

mind, fixed intention and constancy of purpose, achieves it. Sound mental climate is a prelude to the yogi's getting back to beatitude, his original state.

Milk in a vessel continues to boil and bubble so long as there is fire underneath. But when the fire is removed its simmering stops. On this wise, the man who takes to the practice of yoga out of curiosity pursues it vehemently for sometime and then abandons it once for all. He gains nothing. Steadfastness in yoga is essential.

—Sri Ramakrishna

The other traits of yoga are :—

सङ्कल्पप्रभवान्कामास्त्यक्त्वा सर्वानशेषतः ।

मनसैवेन्द्रियग्रामं विनियम्य समन्ततः ॥ २४

सङ्कल्प-प्र-भवान् कामान् त्यज्ज-त्वा सर्वान् अ-शेषतः ।

मनसा एव इन्द्रिय-ग्रामम् वि-नि-यम्य समन्ततः ॥

*samkalpa prabhavān kāmāṁs tyaktvā sarvān aśeṣataḥ ।*  
*manasai 've 'ndriya grāmaṁ viniyamya samantataḥ ॥*

सङ्कल्पप्रभवान् *samkalpa prabhavān* born of *samkalpa* (imagination) कामान् *kāmān* desires त्यक्त्वा *tyaktvā* having abandoned सर्वान् *sarvān* all अशेषतः *aśeṣataḥ* without reserve मनसा *manasā* by the mind एव *eva* even इन्द्रियग्रामम् *indriya grāmaṁ* the whole group of senses विनियम्य *viniyamya* completely restraining समन्ततः *samantataḥ* from all sides

Abandoning without reserve all desires born of *samkalpa*, and curbing in, by the mind, all the senses from all sides ;

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The formative thought lurking in the mind is *samkalpa*. It is this seed of *samkalpa* that sprouts and grows into the plant of desire. The desire that is like a spark today is capable of developing into a