

'svam one's own दिश *disaḥ* directions च *ca* and अनवलोकयन् *anavalokayan* not looking

Let him hold the body, head and neck erect and still, gazing at the tip of his nose, without looking around. 13

When the body, head and neck are held erect, the spinal cord becomes vertical. In this posture harmonized breathing takes place easily and freely and good thoughts come in naturally. The posture assumed for meditation should be firm, facile and deliberate. Consciousness of the body is got over in this manner. As the mind calms down in meditation, the eye-balls assume steadiness and seem as if they are gazing at the tip of the nose, while actually at rest. In meditation all modifications of the mind merge in the Self beaming as Bliss or as Pure Consciousness.

When a bird is brooding on her eggs for hatching, she puts on a vacant look taking no notice of things around her. Even such is the case with the eyes of the yogi in meditation.

In meditation there is one-pointedness of the mind. Then eyes see not and ears hear not, body becomes inert, as it were. Any snake crawling on the body is not sensed then by the yogi, nor does the snake apprehend any danger from its contact with the human body.

—Sri Ramakrishna

If there be any trace of mentation while in meditation, how does the yogi engage that pacified mind? The blissful brooding is now dilated upon :—

प्रशान्तात्मा विगतभीर्ब्रह्मचारिव्रते स्थितः ।

मनः संयम्य मच्चित्तो युक्त आसीत् मत्परः ॥ १४