

supreme Purusa with the help of this very syllable *Om*, as possessed of three letters, ... he is lifted up to the world of Brahmā (Hiranyagarbha) by the *Sāma-mantras*,’ (op.cit.5) etc. Again, beginning with ‘(Tell me of that thing which you see as) different from virtue, different from vice,’ it has been stated, ‘I tell you briefly of that goal which all the Vedas with one voice propound, which all the austerities speak of, and wishing for which people practise Brahmacarya: it is this, namely *Om*’ (Ka.1.2.14–15), etc.

In the above quotations, *Om* which is going to be spoken of is presented as a name of this supreme Brahman, and also as Its symbol like an image. This has been done as a means to meditation on it (*Om*) for the attainment of the supreme Brahman by people of low and mediocre intellect, in as much as this leads to Liberation in course of time. Here also that very meditation on *Om* in the manner stated above—which is the means of attaining the supreme Brahman introduced in, ‘(He who meditates on) the Omniscient, the Ancient,’ and in, ‘(I shall speak to you briefly of that immutable Goal) which the knowers of the Vedas declare,’ and which, (meditation) leads to Liberation in due course (115)—has to be spoken of along with ‘adherence to Yog’ as also whatever is connected directly or indirectly with it. For this purpose the following text is begun:

सर्वद्वाराणि संयम्य मनो हृदि निरुध्य च ।  
मूर्ध्न्याधायात्मनः प्राणमास्थितो योगधारणाम् ॥ १२ ॥

12. Having controlled all the passages, having confined the mind in the heart, and having fixed his own vital force in the head, (and then) continuing in the firmness in Yog;

*Samyamya*, having controlled; *sarva-dvārāṇi*, all the passages, the doors of perception; *niruddhya*, having confined; the *manah*, mind; *hrdi*, in the heart—not allowing it to spread out; and after that, with the help of the mind controlled therein, rising up through the nerve running upward from the heart, *ādhāya*, having fixed; *ātmanah*, his own; *prāṇam*, vital force; *mūrdhni*, in the head; (and