

SUCH A YOGIN'S INTEGRATED MIND IS DESCRIBED BELOW:

19. *"As a lamp placed in a windless place does not flicker" --- is a simile used to describe the YOGI of controlled-mind, practising YOGA of the Self (or absorbed in the YOGA of-the-Self) .*

As an efficient complement to the previous verse, this stanza explains the mind of the Yogi of collected thoughts, who is absorbed in *Yoga*. This explanation is given through the help of a famous simile: "as a lamp in a spot sheltered from the wind does not flicker." The example is quite appropriate inasmuch as the mind is fickle and unsteady as the tip of a flame. Thoughts appear in the mind every second, in a continuous stream, and these constant thought disturbances --- each dying, yielding its place to a new one --- give us the apprehension of a solid factor called the mind. Similarly, the tip of a flame also, (it can be experimentally proved) is never steady, but the flickering is so fast, that it gives us an illusion of a definite shape and solidity.

When this flame is well protected from the fickle breeze, it becomes steady in its upward flight. In the same fashion the flame of the mind, flickering at the whims and fancies of the passing sensuous desires, when arrested in meditation, becomes steadily brilliant although its thoughts are employed in the contemplation of the Self by