

relinquishing रागद्वेषौ attraction and hatred च and व्युदस्य abandoning ;

Endued with a pure intellect ; subduing the body and the senses with fortitude ; relinquishing sound and such other sense-objects ; abandoning attraction and hatred ;

[*Pure* : free from doubt and misconception, being merged in Brahman through the elimination of all alien attributes ascribed to Him.

*Relinquishing sound &c.*,—abandoning all superfluous luxuries, all objects except those only which are necessary for the bare maintenance of the body, and laying aside attraction and hatred even for those objects.]

विविक्तसेवी लब्धवाशी यतवाक्कायमानसः ॥

ध्यानयोगपरो नित्यं वैराग्यं समुपाश्रितः ॥५२॥

XVIII. 52.

विविक्तसेवी Resorting to a sequestered spot लब्धवाशी eating but little यतवाक्कायमानसः body, speech and mind controlled नित्यं ever ध्यानयोगपरः engaged in meditation and concentration वैराग्यं dispassion समुपाश्रितः possessed with ;

Resorting to a sequestered spot ; eating but little ; body, speech and mind controlled ; ever engaged in meditation and concentration ; possessed with dispassion ;

[*Eating but little*—as conducive to the serenity of thought by keeping off langour, sleepiness and the like.

*Meditation*—upon the nature of the Self.

*Concentration*—one-pointedness of thought, on one feature of the Self.

*Dispassion*—for the seen and the unseen.]