

श्री भगवानुवाच *śrī bhagavān uvāca* Sri Bhagavan said:

असंशयम् *asamsāyam* undoubtedly महाबाहो *mahābāho*
O mighty-armed मन *manah* the mind दुर्निग्रहम् *durnigra-*
raham difficult of control चलम् *calam* restless अभ्यासेन
abhyāseṇa by practice तु *tu* but कौन्तेय *kaunteya* O
Kaunteya वैराग्येण *vairāgyeṇa* by dispassion च *ca* and
गृह्यते *grhyate* is restrained

The Blessed Lord said

Doubtless, O mighty-armed, the mind is restless and hard to control; but by practice and non-attachment, O son of Kunti, it can be controlled. 35

The sum total of the habits of a man is his nature. It has come about as a result of his giving himself over to the bent of his mind. Unwillingly he has become the creature of his own mind, wonted to restlessness. But the old habits can be eradicated through new ones. In other words nature can be changed through nurture. An earnest and persistent attempt at the change of nature is *abhyāsa* or practice. The uncontrollable and restless mind can be controlled and made calm. Practice is the sure means to this end. To wean the mind from its wonted ways and direct it on the ideal is practice. Mind becomes pacified as it gets drawn to the Self.

On analysis it may be found that mind runs after those objects to which it has been attached. The evils of such attachments have to be repeatedly and timely presented to the passionate mind. As the force of passion gets put down, mind comes under control. When all the base attachments are