

away the mind and the senses while the latter weans and conserves them. In this wise all the senses require to be fully engaged in the service of the Lord. **Self-control culminates in self-fulfilment**

A deadly cobra was a terror to the wayfarers in a woodland. The knowers of this fact scrupulously avoided that locality for this reason. Once when a holy man was inadvertently passing that way the venomous creature made its appearance intent on its nefarious act. But the benignly loving look of the saint brought a change in the snake. Instead of biting him it looked meekly on the pious man. He kindly advised the serpent not to hurt anybody. And this enemy of mankind wholeheartedly took the advice. After a long interval the holy man came again that way, thought of the converted cobra and searched for it. To his dismay the creature was found mangled and half dead, wriggling in a hole. When the matter was anxiously enquired into, the snake submitted that it was all the result of faithfully following the advice of the saint. Because it stopped biting, people took to pelting it with pebbles and hurting it violently. The deadly creature was forced to hide itself lest it should be done to death. The saint smilingly rebuked it. "I exhorted you not to hurt, but I did not prohibit you from hissing." The snake learned a lesson for life and thenceforth got on safely. The unbridled senses are like the poisonous snake playing havoc among people. The curbed senses are like the inactive snake almost beaten to death. The sublimated senses cause harm to none while elevating their owner to sublimity.

— Sri Ramakrishna

What, therefore, the aspirant ought to do, is enjoined as follows —

नियतं कुरु कर्म त्वं कर्म ज्यायो ह्यकर्मणः ।

शरीरयात्रापि च ते न प्रसिद्ध्येदकर्मणः ॥ ८

नियतम् कुरु कर्म त्वम् कर्म ज्याय हि अ-कर्मण ।

शरीर-यात्रा अपि च ते न प्र-सिद्ध्येत् अ-कर्मण ॥