

which they lead a life of continence, that I shall declare to you with brevity. 11

Nature is the Veda come from God; Scripture is the Veda come from the Enlightened Ones. Both of these forms of the Veda complement each other. The knowers of the Veda by either way, state that the Imperishable Brahman is the substratum of the perishing universe.

Sanyasins are they who are not tainted by worldly desires and who live the rigid life of continence.

Through Brahmacharya or continence the physical energy in man gets converted into spiritual energy. The faculty of understanding gets keen thereby. Intuition is the outcome of that exalted discipline.

He who wants to become spiritual should not lustfully look at even the picture of a woman. Spirituality is not where lust is. The *sadhaka* established in *Brahmacharya* develops a faculty known as *medha* which promotes his spiritual knowledge.

— Sri Ramakrishna

सर्वद्वाराणि संयम्य मनो हृदि निरुध्य च ।

मूढ्मूर्ध्नाधायात्मनः प्राणमास्थितो योगधारणाम् ॥ १२

ओमित्येकाक्षरं ब्रह्म व्याहरन्मामनुस्मरन् ।

यः प्रयाति त्यजन्देहं स याति परमां गतिम् ॥ १३

सर्व-द्वाराणि सम्-यम्-य मनः हृदि नि रुध्य-य च ।

मूर्ध्नि आ-धा-य आत्मनः प्राणम् आ-स्थितः योग-धारणाम् ॥

ओम् इति एक-अ-क्षरम् ब्रह्म वि-आ हरन् माम् अनु-स्मर-अ-अन् ।

यः प्र-या-ति त्यज्-अ-अन् देहम् स या-ति परमाम् गतिम् ॥