

तस्य *tasya* his प्रज्ञा *prajñā* wisdom प्रतिष्ठिता *pratiṣṭhitā* (is) settled

The yogi, having controlled them all, sits focussed on Me as the supreme goal. His wisdom is constant whose senses are under subjugation. 61

Mind cannot occupy itself at the same time with two conflicting thoughts. In the auto-suggestion, "I shall efface sense pleasures," the idea of those pleasures is involved. It gets deep-rooted in the mind. In a favourable future situation this hidden idea sprouts and puts forth branches. By nipping the tender branches on the surface, the stalk and the roots below are not destroyed. On the other hand, the stem gathers strength below. The unwanted idea thrives in the sub-conscious region of the mind; it is negatively fostered. The process has therefore to be reversed by substituting a positive idea such as, "I shall delight in the glory of the Lord." When this wholesome idea gains in strength the other gets purged away. Healthy ideas wipe out the unhealthy ones. As devotion to the Lord increases, the wild vehemence of the mind gets tamed down.

No thought of any sense-indulgence crops up in the mind while one is bitterly bereaved of a dearly loved relative. Similarly no vulgar thought crops up in the mind of the one devoted to the Divine. The turbulent senses in him become subdued soon.

— Sri Ramakrishna

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।

सङ्गात् सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥ ६२

ध्यायतः विषयान् पुंसः सङ्गः तेषु उप-जायते ।

सङ्गात् सम्-जायते कामः कामात् क्रोधः अभि-जायते ॥