

realises सः he ब्रह्मयोगयुक्तात्मा heart devoted to meditation of Brahman अक्षयं undecaying सुखं happiness अश्नुते attains.

With the heart unattached to external objects, he realises the joy that is in the Self. With the heart devoted to meditation of Brahman, he attains undecaying happiness.

[Heart—Antah-Karana.]

ये हि संस्पर्शजाः भोगा दुःखयोनय एव ते ॥

आद्यन्तवन्त कौन्तेय न तेषु रमते बुधः ॥२२॥

V. 22.

कौन्तेय O Kounteya ये which हि verily संस्पर्शजाः contact-born भोगाः enjoyments ते they दुःखयोनयः generators of misery एव only आद्यन्तवन्तः with beginning and end बुधः the wise तेषु in them न not रमते seeks pleasure.

Since enjoyments that are contact-born are parents of misery alone, and with beginning and end, O son of Kunti, a wise man does not seek pleasure in them.

यत्नोतीहैव यः सोढुं प्राक् शरीरविमोक्षणात् ॥

कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥२३॥

V. 23.

यः Who शरीरविमोक्षणात् (abl.) liberation from the body प्राक् before कामक्रोधोद्भवं born of lust and anger वेगं impulse इह in this world एव verily सोढुं to withstand यत्नोति is able सः he युक्तः steadfast in Yoga सः he सुखी happy नरः man.