

He alone is established in self-control who does not cast a covetous eye on the gold coins that he comes across even in a deserted house. That alone is virtue which is practised quietly and unostentatiously.

— Sri Ramakrishna

What sort of setting ought one to have for the practice of meditation ? Here is the direction given:—

शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ।

नात्युच्छ्रितं नातिनीचं चैलाजिनकुशोत्तरम् ॥ ११

शुचौ देशे प्रति-स्थाप्य स्थिरम् आसनम् आत्मनः ।

न-अति-उद्-भ्रितम् न-अति-नीचम् चैल-अजिन-कुश-उत्तरम् ॥

*sucau dese pratiṣṭhāpya sthiram āsanam ātmanah ।*

*nā 'tyucchritam nā 'tintcam cailājīnakusottaram ॥*

शुचौ *sucau* in a clean देशे *dese* spot प्रतिष्ठाप्य *prati-ṣṭhāpya* having established स्थिरम् *sthiram* firm आसनम् *āsanam* seat आत्मनः *ātmanah* his own न *na* not अति उच्छ्रितम् *ati ucchritam* very high न *na* not अतिनीचम् *ati nīcam* very low चैल अजिन कुश उत्तरम् *caila ajina kusa uttaram* a cloth, skin and kusa-grass one over the other

Having firmly fixed in a clean place, his seat, neither too high nor too low, and having spread over it the kusa-grass, a deer skin and a cloth, one over the other ;

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There is a close relationship between the environment and the cast of the mind of the person placed therein. Living in a dirty hovel naturally leads the dweller to baseness and depression of mind. Living in a clean place of natural beauty invigorates and elevates the mind.