

तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधिः ॥ ३ ॥

भाष्यम्—ध्यानमेव ध्येयाकारनिर्भासं प्रत्ययात्मकेन स्वरूपेण शून्यमिव यदा भवति ध्येयस्वभावावेशात्तदा समाधिरित्युच्यते ॥ ३ ॥

**When The Object Of Meditation Only Shines Forth In The Mind, As If Devoid Of The Thought Of Self Even, Then It Is Called Samādhi Or Concentration. 3.**

When Dhyāna coloured by the object of meditation, through its influence becomes, as it were, devoid of reflective consciousness, then it is called Samādhi or Concentration (1).

(1) Samādhi or concentration is the highest stage of meditation. It is the best form of calmness of the mind. There cannot be any greater calmness than that. This refers no doubt to concentration having an object. Seedless or objectless concentration is not referred to herein.

When meditation is full of the object meditated on, i.e. when meditation becomes so intense that nothing but the object meditated on, is present therein, then it is called Samādhi or concentration. As the mind is full of the nature of the object meditated upon then the reflective knowledge is lost sight of. In other words, the nature of the process of meditation (e.g. I am meditating) is lost in the nature of the object. Meditation losing consciousness of self, is Samādhi. In plain language, when in the process of meditating, self-consciousness seems to disappear and only the object meditated upon appears to exist, when the self is forgotten and the difference between the self and the object is effaced, such calmness of the mind on the object is called Samādhi.

The symptoms of Samādhi should be clearly understood and carefully remembered, otherwise nothing can be realised about Yoga. In the Brhad Āraṇyaka-Upaniṣad, it is stated, 'Ceasing from unnecessary activities, restraining speech, body and mind, in a spirit of renunciation and forbearance, patiently bearing the hardships of a devotional life, one engaged in Samādhi can see the self in oneself (that is, in one's own ego)'. In the Kāṭha Upaniṣad, it is stated, "People who do not desist