

FEELING, AND THINKING AT THE TIME OF PERFECT
MEDITATION:

51. Endowed with a pure intellect; controlling the self by firmness; relinquishing sound and other objects; and abandoning attraction and hatred;

ENDOWED WITH PURE UNDERSTANDING --- An intellect that has grown to remain without *vaasanaas*. An intellect that has thus purified itself of all its tendencies of joy-hunting is indicated here as pure (*Vishuddha*) understanding.

CONTROLLING THE MIND AND THE SENSE WITH FORTITUDE --- These two sabotage the harmony and balance in a meditator when he is at his seat of meditation. At that moment the sense-organs receive a rush of stimuli with which they can disturb the music of meditation in the mind; or, often the mind can topple down from its steady concentration, by itself remembering its own experiences of the past. By controlling both these, which were earlier described as *Shama* and *Dama*, the seeker comes to tune himself up properly. He becomes invulnerable to all such attacks.

The idea of controlling the mind and sense-organs described in the earlier epithet is clearly elucidated in the second line of the stanza. RENOUNCING SENSE-OBJECTS --- controlling the sense-organs means allowing