

sankalpa, his mind is calm like an ocean without waves. In this plenitude of bliss the thoughts of this world and of any others likely to come, are all blotted out. The Eternal Presence alone is.

Desires and doings are all born of *sankalpa*.

— Manu II-2

O desire, I know wherefrom you take your origin. You are born of *sankalpa*. I shall refuse to make *sankalpa* of you. Annihilation then, is your lot.

— Santi Parva 177-25

The brilliant presence of Iswara cannot be perceived in that mental firmament which is disturbed by the gale of desires.

— Sri Ramakrishna

What should, therefore, the *sadhaka* do? The injunction is :—

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।

आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥ ५

उद्धरेत् आत्मना आत्मानम् न आत्मानम् अवसादयेत् ।

आत्मा एव हि आत्मनः बन्धुः आत्मा एव रिपुः आत्मनः ॥

uddhared ātmanā 'tmānam nā 'tmānam avasādayet ।
ātmai 'va hy ātmano bandhur ātmai 'va ripur ātmanah ॥

उद्धरेत् *uddharet* let (him) lift आत्मना *ātmanā* by the self आत्मानम् *ātmānam* the self न *na* not आत्मानम् *ātmānam* the self अवसादयेत् *avasādayet* let (him) lower आत्मा *ātmā* the self एव *eva* only हि *hi* verily आत्मनः *ātmanah* of the self बन्धुः *bandhuh* friend आत्मा *ātmā* the self एव *eva* only रिपुः *ripuh* the enemy आत्मनः *ātmanah* of the self