

bound man views one as a sovereign and another as a sweeper, one as father and another as son, and so on. But after intuiting God, these differences vanish. There is no more of the good and the bad, the high and the low. God-perception alone prevails everywhere. — Sri Ramakrishna

What is the self-preparation that one ought to undergo to come by this universal outlook? The process is presented :—

**The Favourable Environment — 10-11**

योगी युञ्जीत सततमात्मानं रहसि स्थितः ।

एकाकी यतचित्तात्मा निराशीरपरिग्रहः ॥ १०

योगी युञ्जीत सततम् आत्मानम् रहसि स्थितः ।

एकाकी यत्-चित्त-आत्मा निर्-आशीः अ-परि-ग्रहः ॥

*yogī yuñjīta satatam ātmānaṁ rahasi sthitaḥ ।*

*ekāki yatacittātmā nirāśīr aparigrahaḥ ॥*

योगी *yogī* the yogi युञ्जीत *yuñjīta* let him keep the mind steady सततम् *satatam* constantly आत्मानम् *ātmānaṁ* self रहसि *rahasi* in solitude स्थितः *sthitaḥ* remaining एकाकी *ekāki* alone यतचित्तात्मा *yatacittātmā* one with the mind and body controlled निराशीः *nirāśīḥ* free from hope अपरिग्रहः *aparigrahaḥ* free from greed

**A yogi should always try to concentrate his mind living alone in solitude, having subdued his mind and body and got rid of desires and possessions. 10**

It is in solitude that the mental worth of one is truly seen into. When an aspirant shuts himself up in a room, he knows that there are people in the other rooms and they know that he is confined to a particular room. A setting like this does not fulfil the condition of the *sadhaka* being alone in solitude.