

He who is able to resist the impulse of desire and anger even here before he quits the body—he is a yogi, he is a happy man. 23

Desire or its counterpart anger is bound to make its appearance as long as life lasts in the body. They are capable of raising their hoods even while man is at the point of death. It is in and through indulgence, indulgent observation and covetous imagination that desire thrives. Anger, its negative expression, sprouts when the sense-objects prove themselves unpleasant. Desire fostered in the mind expresses itself in the physique by directing the senses covetously on their objects, there is then a longing for them visible in the countenance. Anger has its physical expression as perspiration, throbbing of the body, quivering of the lip and reddening of the eyes. A yogi is he who has quelled the impulses of desire and anger. This done, the bliss of the Self becomes tangible to him.

Lust and greed have immersed people in sin. If you behold women as the embodiments of the Divine Mother, you will escape from the snares of lust and its aftermath, misery.

God vision is impossible until desire is vanquished.

— Sri Ramakrishna

To whom is the bliss of Brahman possible? The Lord clarifies —

योऽन्तः सुखोऽन्तरामस्तथान्तर्ज्योतिरेव यः ।

स योगी ब्रह्मनिर्वाणं ब्रह्मभूतोऽधिगच्छति ॥ २४

यः अन्तः सुखं अन्तः-आरामः तथा अन्तः ज्योति एव यः ।

स योगी ब्रह्म निर्वाणम् ब्रह्म भूतं अधि गच्छति ॥