

uprightness आचार्योपासनम् service of the teacher  
शौचम् purity स्थैर्यम् steadiness आत्मविनिग्रहः self-  
control.

Humility, unpretentiousness, non-injurious-  
ness, forbearance, uprightness, service of  
the teacher, purity, steadiness, self-control ;

[*Achārya*—one who teaches the means of attain-  
ing Moksha.

*Purity*—external and internal. The former  
consists in washing away the dirt from the body  
by means of water &c., and the latter—the inner  
purity of mind—consists in the removal from it of  
the dirt of attachment and other passions, by the  
recognition of evil in all objects of sense.]

इन्द्रियार्थेषु वैराग्यमनहंकार एव च ॥

जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् ॥८॥

### XIII. 8.

इन्द्रियार्थेषु Of sense-objects वैराग्यम् renuncia-  
tion अनहंकारः absence of egoism एव also च and  
जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् reflection on the  
evils of birth, death, old age, sickness and pain.

The renunciation of sense-objects, and also  
absence of egoism ; reflection on the evils  
of birth, death, old age, sickness and pain ; •

[*Sense-objects*: such as sound, touch &c., of  
pleasures seen or unseen.

*Pain*—whether Adhyâtmic, i. e., arising in one's  
own person, or Adhibhoutic, i. e., produced by  
external agents, or Adhidaivic, i. e., produced by  
supernatural beings.

*Reflection...pain*—or the passage may be inter-  
preted as—reflection on the evils and miseries of  
birth, death, old age and sickness. Birth &c., are  
all miseries, not that they are miseries in them-