

this consequence they ran in despair to the regions above and below to escape, but escape was impossible. Life that seemed inviting not long ago took a turn and appeared bitterly painful. In sorrow and dismay they repaired to the Lord Siva and sought refuge in Him. And He in compassion consumed the devastating poison and saved the beings that surrendered themselves to Him. The great God Siva is renowned as Tyagaraja or the Lord of renunciation. He is the embodiment of self-control. Death is not where Siva is. Therefore they who took refuge in Him were saved from death. The principle is that self-control and renunciation are the means to immortality. Renouncing the *Rajasika* happiness, the *sadhaka* should go to the *Sāttvika* happiness. He should finally transcend it too and merge in the Bliss Beyond.

यदग्रे चानुबन्धे च सुखं मोहनमात्मनः ।

निद्रालस्यप्रमादोत्थं तत्तामसमुदाहृतम् ॥ ३९

यत् अग्र च अनु बन्धे च सुखम् मोहनम् आत्मनः ।

निद्रा-आलस्य-प्र-माद-उत्थम् तत् तामसम् उद्-आ-हृतम् ॥

*yad agre cā 'nubandhe ca sukham mohanam ātmanah ।  
nidrālasya pramādottham tat tāmasam udāhrtam ॥*

यत् *yat* which अग्रे *agre* at first च *ca* and अनुबन्धे *anubandhe* in the sequel च *ca* and सुखम् *sukham* pleasure मोहनम् *mohanam* delusive आत्मनः *ātmanah* of the self निद्रा आलस्य प्रमाद उत्थम् *nidrā ālasya pramāda uttham* arising from sleep, indolence and heedlessness तत् *tat* that तामसम् *tāmasam* Tamasika उदाहृतम् *udāhrtam* is declared