

literally meant here, because then the mind would be fixed only there, and not on the Self: when the eyes are half-closed in meditation, and the eye-balls are still, the gaze is directed, *as it were*, on the tip of the nose.]

प्रशान्तात्मा विगतभीर्ब्रह्मचारिव्रते स्थितः ॥

मनः संयम्य मच्चित्तो युक्त आसीत् मत्परः ॥१४॥

VI. 14.

प्रशान्तात्मा Serene-hearted विगतभीः fearless ब्रह्मचारिव्रते in the vow of a Brahmachari स्थितः established मनः mind संयम्य controlling मच्चित्तः thinking on me मत्परः having me as the supreme goal युक्तः steadfast आसीत् should sit.

With the heart serene and fearless, firm in the vow of a Brahmachari, with the mind controlled, and ever thinking of Me, let him sit (in Yoga) having Me as his supreme goal.

युञ्जन्नेवं सदात्मानं योगी नियतमानसः ॥

शान्तिं निर्वाणपरमां मत्संस्थामधिगच्छति ॥१५॥

VI. 15.

एवं Thus सदा always आत्मानं mind युञ्जन् keeping steadfast नियतमानसः one with subdued mind योगी Yogi निर्वाणपरमां that which culminates in Nirvana (Moksha) मत्संस्थां residing in me शान्तिं peace अधिगच्छति attains.

Thus always keeping the mind steadfast, the Yogi of subdued mind, attains the peace residing in Me,—the peace which culminates in Nirvana (Moksha).

नात्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्चतः ॥

न चातिस्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥१६॥