

their exile ' But the exuberance of their wisdom was in no way affected even for a moment by those ordeals

— Sri Ramakrishna

तं विद्याद्दुःखसंयोगवियोगं योगसंज्ञितम् ।

स निश्चयेन योक्तव्यो योगोऽनिर्विण्णचेतसा ॥ २३

तम् विद्-यात् दु ख संयोग वियोगम् योग-संज्ञितम् ।

स निश्-चयेन योज्ज तव्य योग अ-निर्-विण्ण चेतसा ॥

*tam vidyād duhkhasamyogavīyogam yogasamjñitam ।*

*sa niścayena yuktavyo yogo 'nirvinna cetasā ॥*

तम् *tam* that विद्यात् *vidyāt* let (him) know दु खसंयोग वियोगम् *duhkha samyoga vīyogam* a state of severance from union with pain योगसंज्ञितम् *yoga samjñitam* called yoga स *sah* that निश्चयेन *niścayena* with determination योक्तव्य *yuktavyah* should be practised योग *yogaḥ* yoga अनिर्विण्णचेतसा *anirvinna cetasā* with undesponding mind

Let this disconnection from union with pain be known by the name of yoga. This yoga should be practised with determination and with an undistracted mind.

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Bliss is the real nature of man It is because of ignorance that he courts misery and suffers under its weight When this assumed state of affair is alienated, he beams in his original bliss again This act is like rousing up a man from the pangs of a dreadful dream and putting him again in his wakeful state The meaning of yoga is to yoke one with one's supreme nature There is no justification for anybody to invite sorrow on himself That person who makes himself over to affliction is unfit for yoga He who takes to yoga with buoyancy of