

symbol. Therefore, he who is a self-controlled individual and who has brought all his sense-appetities under perfect control, and renounced all his ego-centric and desire-prompted actions, comes to experience and live in a nameless joy, contentment and peace which well up from the very depths within him. He thus remains contented and happy, in the "City-of-nine-gates."

This is a famous metaphor used in the *Upanishads*, to indicate the physical body of the seeker. The body is considered a fortress city, having nine main gates, which are the nine apertures in the physical structure, seven of them on the face (two eyes, two nostrils, two ears and one mouth) and the two apertures on the trunk, the genital organ and the excretory organ. Without these nine holes or at least a majority of them, life within the body is impossible. Just as the King, remaining in the fortress, rules over his kingdom through his ministers, giving them the encouragement, strength and sanction by his mere presence, so too, the *Atman*, within the physical structure, though Itself doing nothing, by Its mere presence, vitalises the various instruments of cognition and action, within and without and governs the "life" in them all.

This famous metaphor is used here by Sri Krishna, and he says that a self-controlled man lives within the physical body, a nameless joy of pure Divine life, ever watching over the activities of the matter-envelopments around him!! Such an individual, ever identifying with the Self, observes-on, unaffected, unattached and without