

To the self-controlled and serene, the Supreme Self is the object of constant realisation, in cold and heat, pleasure and pain, as well as in honour and dishonour.

[Hence he remains unruffled in pleasant and adverse environments.]

ज्ञानविज्ञानतृप्तात्मा कूटस्थो विजितेन्द्रियः ॥

युक्त इत्युच्यते योगी समलोष्टाश्मकाञ्चनः ॥८॥

#### VI. 8.

ज्ञानविज्ञानतृप्तात्मा One whose heart is satisfied by wisdom and realisation कूटस्थः unshaken विजितेन्द्रियः who has conquered his senses समलोष्टाश्मकाञ्चनः one to whom a lump of earth, stone, and gold are the same योगी Yogi युक्तः steadfast इति this उच्यते is said.

Whose heart is filled with satisfaction by wisdom and realisation, and is changeless, whose senses are conquered, and to whom a lump of earth, stone, and gold are the same : that Yogi is called steadfast.

[ *Wisdom*—Jnâna : knowledge of Shastras. *Realisation*—Vijnâna : in one's own experience of the teachings of Shâstras.

*Changeless*—like the anvil. Things are hammered and shaped on the anvil, but the anvil remains unchanged : in the same manner he is called *Kutastha*—whose heart remains unchanged though objects are present. ]

सुहृन्मित्रार्युदासीनमध्यस्थद्वेष्यवन्धुषु ॥

साधुष्वपि च पापेषु समबुद्धिर्विशिष्यते ॥९॥

#### VI. 9.

सुहृन् Well-wisher मित्रं friends अरिः foe उदासीनः