

Wind creates storm in the sea. The wind of desire creates commotion in the mind. Desirelessness makes the mind constant and pure. Fixed in yoga is that mind which is impregnable against all desires. It rejoices exclusively in the Self. The yogi endowed with such a sterling mind is naturally an adept in meditation.

The mustard that gets scattered from a torn bag, cannot easily be gathered again. Likewise, the mind dissipated in worldly things does not come under easy control. Possession of the mind in its entirety is yoga.

— Sri Ramakrishna

The one-pointed mind is being defined now :—

यथा दीपो निवातस्थो नेङ्गते सोपमा स्मृता ।

योगिनो यतचित्तस्य युञ्जतो योगमात्मनः ॥ १९

यथा दीपः नि-वात-स्थ. न इङ्गते सा उपमा स्मृ-ता ।

योगिनः यत्-त-चित्तस्य युञ्जत योगम् आत्मनः ॥

*yathā dīpo nivātaśtho ne 'ngate so 'pamā smṛtā ।*

*yogino yatacittasya yuñjato yogam ātmanah ॥*

यथा *yathā* as दीप *dīpaḥ* lamp निवातस्थ *nivātaśthaḥ* placed in a windless place न *na* not इङ्गते *ingate* flicker सा *sā* that उपमा *upamā* simile स्मृता *smṛtā* is thought योगिनः *yogināḥ* of the yogi यतचित्तस्य *yata cittasya* of one with controlled mind युञ्जत *yuñjataḥ* of the practising योगम् *yogam* the yoga आत्मन *ātmanah* of the Self

‘As a lamp in a windless place does not flicker’—this is the simile used for the disciplined mind of a yogi practising concentration on the Self. 19

The flame of a lamp in a place perfectly sheltered against wind, is as steady as the flame of a lamp in a