

having made यतेन्द्रियमनोबुद्धिः one who has controlled his senses, mind and intellect मोक्षपरायणः one to whom Moksha is the supreme goal विगतेच्छा-भयक्रोधः freed from desire, fear and anger यः who सुनिः man of meditation सः he सदा for ever मुक्तः free एव verily.

Shutting out external objects, steadying the eyes between the eyebrows, restricting the even currents of Prana and Apana inside the nostrils; the senses, mind, and intellect controlled, with Moksha as the supreme goal, freed from desire, fear and anger : such a man of meditation is verily free for ever.

[*External objects* : Sound and other sense-objects. External objects are shut out from the mind by not thinking of them. When the eyes are half-closed in meditation, the eye-balls remain fixed, and their gaze converges as it were, between the eyebrows. Prana is the out-going breath, Apana the in-coming ; the restriction described is effected by Pranayama.

These two verses are the aphorisms of which the following chapter is the commentary.]

भोक्तारं यज्ञतपसां सर्वलोकमहेश्वरम् ॥

सुहृदं सर्वभूतानां ज्ञात्वा मां शान्तिमृच्छति ॥२६॥

V. 29.

यज्ञतपसां Of Yajnas and asceticisms भोक्तारं dispenser सर्वलोकमहेश्वरं great Lord of all worlds सर्वभूतानां of all beings सुहृदं friend मां me ज्ञात्वा knowing शान्तिं peace मृच्छति attains.

Knowing me as the dispenser of Yajnas and asceticisms, as the Great Lord of all worlds, as the friend of all beings, he attains Peace.