

**When Continence Is Established, (Influential)  
Power Is Acquired. 38.**

Through the power acquired, invincible powers (1) like minification etc. are perfected and being endowed with inborn faculty, he is enabled to instil knowledge into the minds of his disciples.

(1) Invincible powers means unopposed or unobstructed knowledge, action and power like the power of minification or reducing oneself to a small particle. Incontinence deprives the nerves etc. of vital powers. Practice of continence prevents loss of vitality and increases power, thereby gradually leads to accumulation of invincible powers. When this becomes established the power to impress knowledge to the disciple is acquired. The words of wisdom of an incontinent person do not go deep into the mind of a disciple but they only touch the surface.

Only abstaining from sensual acts while indulging in food and sleep, does not lead to being established in continence. Unless the natural production of the body-seed is checked by firmness of thought, control of food and sleep, and abandonment of desire for corresponding objects, continence cannot be achieved.

अपरिग्रहस्थैर्ये जन्मकथन्तासम्बोधः ॥ ३८ ॥

भाष्यम्—अस्य भवति । कोऽहमासं, कथमहमासं, किंस्त्रिदिदं, कथंस्त्रिदिदं, के वा भविष्यामः, कथं वा भविष्याम इति, एवमस्य पूर्वान्तपरान्तमध्येष्वात्म-भावजिज्ञासा स्वरूपेणोपावर्त्तते । एता यमस्थैर्ये सिद्धयः ॥ ३८ ॥

**On Perfection In Non-Acceptance, Knowledge Of  
Past And Future Existences Arises. 39.**

In a yogin "who was I and what was I, what is this body? how did it come about? what shall I be in future? how shall it be? (This is Janma-kathantā or history of past and future existences)", such questioning regarding self for the past, present and the future states are revealed in their true nature (1). The powers mentioned before are developed on being established in restraints.