

युञ्जन्नेवं सदात्मानं योगी विगतकल्मषः ॥

सुखेन ब्रह्मसंस्पर्शमत्यन्तं सुखमश्नुते ॥२८॥

VI. 28.

एवं Thus सदा constantly आत्मानं mind युञ्जन् en-
gaging विगतकल्मषः freed from taint योगी Yogi
सुखेन easily ब्रह्मसंस्पर्श generated by the contact with
Brahman अत्यन्तं intense सुखं bliss अश्नुते attains.

The Yogi freed from taint (of good and evil), constantly engaging the mind thus, with ease attains the infinite bliss of contact with Brahman.

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ॥

ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥२९॥

* VI. 29.

योगयुक्तात्मा One whose heart is steadfast in Yoga
सर्वत्र everywhere समदर्शनः one who sees the same
आत्मानं Self सर्वभूतस्थं abiding in all beings सर्वभूतानि
all beings च and आत्मनि in the Self ईक्षते sees.

With the heart concentrated by Yoga, with the eye of even-ness for all things, he beholds the Self in all beings and all beings in the Self.

यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ॥

तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥३०॥

VI. 30.

यः Who मां me सर्वत्र everywhere पश्यति sees मयि
in me च and सर्वं everything पश्यति sees तस्य his
(to him) अहं I न not प्रणश्यामि vanish सः he च. and मे
my (to me) न. not प्रणश्यति vanishes.