

When The Cause Of Bondage Gets Relaxed And The Movements Of The Mind Are Known, The Mind Can Get Into Another Body. 38.

As the mind is naturally restless, on account of the latent impressions of previous actions, it gets tied up with the body (1). Through the power of concentration the ties created by previous actions get loosened, and the movements of the mind get known. When the bonds of previous actions become weak and the movements of the mind over the nerves are known, the yogin can take out the mind from his own body and throw it into another body. As when a king-bee flies, all bees follow it, and when it settles down, others do the same, so do the sense energies follow the mind as it enters another body.

(1) 'I am the body'—impelled by this notion, the mind is roaming from object to object every moment. The impression 'I am not the body', does not last long in distracted mind. That is what causes the attachment to the body. Moreover, the body is the creation of latent impressions of previous actions. As long as activity goes on, the mind containing the latent impressions of the actions will continue to be associated with the body. When through concentration the knowledge that 'I am not the body' gets fixed and the actions of the body stop, the mind becomes free from the body. Through subtle insight gained by concentration, the movement of the mind along the nerves gets to be known. In this way can a yogin's mind be thrown into another body to influence it.

उदानजयाज्जलपङ्ककण्टकादिष्वसङ्ग उत्क्रान्तिश्च ॥ ३८ ॥

भाष्यम्—समस्तेन्द्रियवृत्तिः प्राणादिलक्षणा जीवनम् । तस्य क्रिया पञ्चतयी, प्राणो मुखनासिकागतिराह्वयवृत्तिः, समं नयनात् समानस्थानाभिवृत्तिः, अप-
नयनादपान आपादतलवृत्तिः, उन्नयनादुदान आशिरोवृत्तिः, व्यापी व्यान इति ।
तेषाम्प्रधानः प्राणः । उदानजयाज्जलपङ्ककण्टकादिष्वसङ्ग उत्क्रान्तिश्च प्रायण-
काले भवति, तां वशित्वेन प्रतिपद्यते ॥ ३८ ॥