

if one can assume this attitude with firm conviction one becomes liberated. If a man bitten by a venomous snake strongly suggests to himself that there is no poison, he falls no prey to the bite.

— Sri Ramakrishna

What is the benign good that the self-emulating yogi can do to himself? The answer is :—

जितात्मनः प्रशान्तस्य परमात्मा समाहितः ।

शीतोष्णसुखदुःखेषु तथा मानापमानयोः ॥ ७

जित-आत्मनः प्र-शान्तस्य परम-आत्मा सम्-आहितः ।

शीत-उष्ण सुख-दुःखेषु तथा मान-अप-मानयोः ॥

*jitātmanah prasāntasya paramātmā samāhitaḥ ।*

*śītoṣṇasukhaduḥkheṣu tathā mānāpamānayoḥ ॥*

जितात्मनः *jitātmanah* of the self-controlled प्रशान्तस्य *prasāntasya* of the peaceful परमात्मा *paramātmā* the supreme Self समाहितः *samāhitaḥ* balanced शीतोष्णसुखदुःखेषु *śītoṣṇa sukha duḥkheṣu* in cold and heat, pleasure and pain तथा *tathā* as also मानापमानयोः *mānāpamānayoḥ* in honour and dishonour

The self-disciplined and serene man's Supreme Self is constant in cold and heat, pleasure and pain, as also in honour and dishonour. 7

The good and evil that befall the yogi through the agency of the elements in nature and the living beings, do not in any manner affect him. The external world is not viewed by this man of self-mastery as benign or malign. Clarity of mind is his who is established in self-control. His mind reveals the Supreme Self enshrined in it. To the yogi this holy revelation is superior to everything else. Once contacted, this holy cognition becomes constant.