

of all beings, the Rishis obtain absolute freedom.

[ *Rishis*: Men of right vision and renunciation.  
*Engaged.....beings*: Seeing his own Self in all,  
 he cannot injure anyone.

The stages which lead to self-realisation are :  
 First, the purification of the mind, then knowl-  
 edge, then renunciation of all actions, and then  
 comes Moksha. ]

कामक्रोधवियुक्तानां यतीनां यतचेतसाम् ।  
 अभितो ब्रह्मनिर्वाणं वर्तते विदितात्मनाम् ॥२६॥

V. 26.

कामक्रोधवियुक्तानां Of those who have been released  
 from lust and anger यतचेतसां of those whose heart  
 is controlled विदितात्मनां of those who have realised  
 Self यतीनां of the Sannyasis अभितः both here and  
 hereafter ब्रह्मनिर्वाणं absolute freedom वर्तते exists.

Released from lust and anger, the heart  
 controlled, the Self realised, absolute freedom  
 is for such Sannyasis, both here and hereafter.

स्पर्शान्कृत्वा बहिर्बाह्यांश्चक्षुश्चैवान्तरे भ्रुवोः ॥  
 प्राणापानौ समौ कृत्वा नासाभ्यन्तरचारिणौ ॥२७॥  
 यतेन्द्रियमनोबुद्धिर्मुनिर्मोक्षपरायणः ॥  
 विगतेच्छाभयक्रोधो यः सदा मुक्त एव सः ॥२८॥

V. 27. 28.

बाह्यान् External स्पर्शान् (contacts) objects बहिः  
 (outside) कृत्वा shutting out चक्षुः eye च and भ्रुवोः of  
 the (two) eyebrows अन्तरे in the middle एव thus  
 नासाभ्यन्तरचारिणौ moving inside the nostrils प्राणा-  
 पानौ currents of Prana and Apana समौ even कृत्वा