

विविक्तसेवी लघ्वाशी यतवाक्कायमानसः ।

ध्यानयोगपरो नित्यं वैराग्यं समुपाश्रितः ॥ ५२

विविक्त-सेवी लघु-आशी य(म्)-त-वाक्-काय-मानसः ।

ध्यान-योग-परः नित्यम् वैराग्यम् सम्-उप-आ-श्रि-तः ॥

*viviktasevī laghvāśī yata vākkāyamānasaḥ ।*

*dhyānayogaparo nityam vairāgyam samupāśritaḥ ॥*

विविक्तसेवी *vivikta sevī* dwelling in solitude लघ्वाशी *laghvāśī* eating but little यतवाक्कायमानसः *yata vāk kāya mānasaḥ* speech, body and mind subdued ध्यानयोगपरः *dhyāna yoga paraḥ* engaged in meditation and concentration नित्यम् *nityam* always वैराग्यम् *vairāgyam* dispassion समुपाश्रितः *samupāśritaḥ* taking refuge in

Dwelling in solitude, eating but little, speech, body and mind subdued, always engaged in meditation and concentration, endued with dispassion; 52

Man is a gregarious being. Solitary confinement is a punishment inflicted on him; he may go mad if kept long in segregation. He needs company. Society is the training ground for him to pick up civility. Moving amicably with people is his first and foremost lesson in life. But the yogi turns over a new leaf in life by resorting to solitude. He is to change over from extrovert to introvert. His spiritual growth is all subjective. His delight and relaxation are all in the Self. Company of people is a hindrance to him. He feels out of sorts when pestered by people. The sign of his advancing in yoga is that he chooses to be in solitude. By experience he comes to learn that solitude is to the mind what diet is to the body. Man comes alone into the world and