

*sarvadvārāṇi samyamya mano-hṛdi nirudhya ca |*  
*mūrdhny ādhāya 'tmanaḥ prāṇam āsthito yogadhā*  
*raṇām ||*

*aum ity ekākṣaram brahma vyāharan mām anusmaran |*  
*yaḥ prayāti tyajan dehaṁ sa yāti paramām gatim ||*

सर्वद्वाराणि *sarva dvārāṇi* all gates संयम्य *samyamya* having controlled मनः *manaḥ* mind हृदि *hṛdi* in the heart निरुध्य *nirudhya* having confined च *ca* and मूर्ध्नि *mūrdhni* in the head अधाय *ādhāya* having placed आत्मनः *ātmanaḥ* of the self प्राणम् *prāṇam* breath आस्थितः *āsthitaḥ* established (in) योगधारणाम् *yoga dhāraṇām* practice of concentration

ॐ *Om Om* इति *iti* thus एकाक्षरम् *ekākṣaram* one-syllabled ब्रह्म *brahma* Brahman व्याहरन् *vyāharan* uttering माम् *mām* me अनुस्मरन् *anusmaran* remembering यः *yaḥ* who प्रयाति *prayāti* departs त्यजन् *tyajan* leaving देहम् *dehaṁ* the body सः *saḥ* he याति *yāti* attains परमाम् *paramām* supreme गतिम् *gatim* goal

All the gates of the body closed, the mind confined within the heart, having fixed his life-energy in the head, engaged in firm yoga; uttering the one-syllabled 'Om', Brahman, thinking of Me, he who departs, leaving the body, attains the Supreme Goal. 12-13

This is how the yogi brings his embodied existence to an end. As the river enters the ocean, the individual consciousness of the yogi merges in the Cosmic Consciousness, which is Brahman. The activities of the body and the senses all cease, as when going to sleep. As a bird returns to a tree to roost, the mind of the yogi gets settled in his heart.