

term used to indicate complete non-attachment, is to be noted very carefully. The Sanskrit word *anu-shaijate* is a word-symbol created by prefixing an indeclinable *anu* to the verb *shaj*, meaning 'attached.' The prefix *anu* indicates 'not a bit'. Therefore, the term used here forbids even traces of attachment either to the sense-objects or to the fields of activity.

When the mind has been withdrawn from the sense-organs and completely detached from all its external physical activities, it is possible that it is still tossed and agitated by the gurglings of its own inner instincts of willing and wishing, desiring and earning. This power of *Sankalpa* can bring more storms into the bosom of a man than the disturbances his mind could ever receive from the external world. Krishna indicates here that he who has gained a complete mastery over his mind is one who has not only withdrawn himself from all sense-contacts and activities in the outer world, but has also dried up all the *Sankalpa*-disturbances in his own mind. Such an individual is, at the moment of meditation, in that inward state which is described here as *Yogarudhah*. It is clear that, to such an individual, meditation can be intensified only by quietude (*Shama*).

WHEN A MAN HAS ATTAINED YOGA, THEN THE  
SELF IS RAISED BY THE SELF, FROM OUT OF THE  
NUMEROUS EVILS OF FINITE EXISTENCE  
THEREFORE: