

the neutral मध्यस्थः the arbitor द्वेष्यः the hateful
बन्धुः relative (सुहृन्मित्राद्यर्थुदासीनमध्यस्थद्वेष्यवन्धुषु in
well-wishers etc.) साधुषु in the righteous अपि even
च and पापेषु in the unrighteous समबुद्धिः one whose
mind is even विशिष्यते attains excellence.

He attains excellence who looks with equal
regard upon well-wishers, friends, foes, neutrals,
and arbitors, upon the hateful, the relatives,
and upon the righteous and unrighteous alike.

योगी युञ्जीत सततमात्मानं रहसि स्थितः ॥

एकाकी यतचित्तात्मा निराशीरपरिग्रहः ॥१०॥

VI. 10.

योगी Yogi सततं constantly रहसि in solitude स्थितः
remaining एकाकी alone यतचित्तात्मा one with body
and mind controlled निराशीः free from hope अपरि-
ग्रहः free from possession आत्मानं युञ्जीत should
practise concentration of the heart.

The Yogi should constantly practise
concentration of the heart, retiring into soli-
tude, alone, with the mind and body subdued,
free from hope and possession.

शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ॥

नात्युच्छ्रितं नातिनीचं चेलाजिनकुशोत्तरम् ॥

VI. 11.

शुचौ In the cleanly देशे spot आत्मनः one's own
स्थिरं firm न not अत्युच्छ्रितं too high न not अतिनीचं
too low चेलाजिनकुशोत्तरं a cloth, a skin and Kusha
grass arranged in consecution आसनं seat प्रतिष्ठाप्य
having established,

Having in a cleanly spot established his