

wisdom आवृत्य *āvṛtya* having enveloped देहिनम् *dehinam* the embodied

The senses, the mind and the intellect are said to be its seat; by these it deludes man by veiling his wisdom. 40

The fort that protects the enemy has to be spotted out before laying siege to it The foe of desire has usurped the fort of the heart of man. He has captivated the senses, mind and intellect Perforce he makes them serve his base pleasures The senses are sent out on lustful missions. The mind is made to cogitate on covetous concepts The intellect is directed on designs that are vulgar. These instruments that are evolved to serve the Supreme are, alas, utilized in profligacy.

The mind directed to sensuous things is like a holy man living in the midst of hooligans, or like a wealthy man living in a slum

— Sri Ramakrishna

How to subjugate desire? The way is pointed out:—

तस्माच्चमिन्द्रियाण्यादौ नियम्य भरतर्षभ ।

पाप्मानं प्रजहि ह्येनं ज्ञानविज्ञाननाशनम् ॥ ४१

तस्मात् त्वम् इन्द्रियाणि आदौ नि-यम्-य भरत-ऋषभ ।

पाप्मानम् प्र-जहि हि एनम् ज्ञान-वि-ज्ञान-नाशनम् ॥

*tasmāt tvam indriyāṇy ādau niyamya bharata ṛsabha ।*  
*pāpmānam prajahi hy enam jñānavijñāna nāśanam ॥*

तस्मात् *tasmāt* therefore त्वम् *tvam* you इन्द्रियाणि *indriyāṇi* the senses आदौ *ādau* in the beginning नियम्य *niyam-*  
*ya* having controlled भरत ऋषभ *bharata ṛsabha* O best of