

live in this world care-free and go about his undertakings. Otherwise, the sunset of death will harass him much.

— Sri Ramakrishna

What are the regulations that the yogi has to observe in his earthly life? They are presented as follows :—

The Criterion for Progress— 16-20

नात्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्नतः ।

न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥ १६

न अति-अश्-नतः तु योगः अस्ति न च एकान्तम् अन्-अश्-नतः ।

न च अति स्वप्न-शीलस्य जाग्रतः न एव च अर्जुन ॥

*nā 'tyaśnatas tu yogo 'sti na cai 'kāntam anaśnataḥ ।  
na cā 'tisvapnaśīlasya jāgrato nai 'va cā 'rjuna ॥*

न *na* not अत्यश्नतः *atyāśnataḥ* of one who eats too much तु *tu* verily योगः *yogaḥ* yoga अस्ति *asti* is न *na* not च *ca* and एकान्तम् *ekāntam* at all अनश्नतः *anaśnataḥ* of one who does not eat न *na* not च *ca* and अतिस्वप्नशीलस्य *ati svapna śīlasya* of one who sleeps too much जाग्रतः *jāgrataḥ* one who is awake न *na* not एव *eva* even च *ca* and अर्जुन *arjuna* O Arjuna

Yoga is not possible for him who eats too much or for him who abstains too much from eating; it is not for him, O Arjuna, who sleeps too much or too little.

16

The wire of a vina snaps if tightened too much and becomes devoid of music if loosened too much. In the art of partaking of food, the yogi is to act like a properly tuned vina bringing out the best music. If he over-eats he becomes a dullard; if he under-eats he becomes weak. In regard to the quantity