

picture. When the mind of the yogi is completely sheltered against the wind of desire, the Self in him shines in its original splendour. He is to identify himself with that unbroken consciousness.

'*Mukti* is easy of access to the one deep and strong in meditation'—so goes the saying. Do you know when one is said to be perfect in meditation? When he sits in meditation, divine effulgence engulfs him. His little self merges into the Cosmic Self.

— Sri Ramakrishna

The other indications of advancement in yoga are as follows:—

यत्रोपरमते चित्तं निरुद्धं योगसेवया ।

यत्र चैवात्मनात्मानं पश्यन्नात्मनि तुष्यति ॥ २०

यत्र उप-रम्-अते चित्तम् नि-रुद्ध-तम् योग-सेवया ।

यत्र च एव आत्मना आत्मानम् पश्-अन् आत्मनि तुप्-य-ति ॥

*yatro 'paramate cittam niruddham yogasevayā* ।

*yatra cai 'vā 'tmanā 'tmānam paśyann ātmani tuṣyati* ॥

यत्र *yatra* where उपरमते *uparamate* attains quietness चित्तम् *cittam* mind निरुद्धम् *niruddham* restrained योगसेवया *yoga sevayā* by the practice of yoga यत्र *yatra* where च *ca* and एव *eva* only आत्मना *ātmanā* by the self आत्मानम् *ātmānam* the Self पश्यन् *paśyan* seeing आत्मनि *ātmani* in the Self तुष्यति *tuṣyati* is satisfied

When the mind, disciplined by the practice of yoga, attains quietude, and when beholding the Self by the self, he is satisfied in the Self ; 20

Quietude of mind and the experience of satisfaction in the Self are concomitant. Self-knowledge and Self-satisfaction are interrelated.