

controlling आरभते *ārabhate* commences अर्जुन *arjuna*
 O Arjuna कर्मेन्द्रियैः *karmendriyaiḥ* by the organs of
 action कर्मयोगम् *karmayogaṁ* karma yoga असक्तः
asaktaḥ unattached सः *saḥ* he विशिष्यते *viśiṣyate* excels

But he excels, O Arjuna, who, restraining the senses by the mind, unattached, directs his organs of action to the path of work.

A hungry dog chained to a post scrambles and paws for a plate of food kept for him at a distance. Such is the case of the mind of the untrained man given to sense-life. Viewed ethically and spiritually, he is a hypocrite who allows his mind to wander on sense-objects while apparently curbing the senses. On the other hand an aspirant ought to change his attitude and seek to engage his mind on things divine. The mind disciplined this way chooses to engage the ever active and indulgent senses on things noble and elevating instead of on those, base and vulgar.

Discipline is imperative in all the detailed activities of the mind and the senses. The acts of cooking and eating may be cited as samples. An aspirant prepares wholesome food for offering to his chosen Deity. While doing so, there is no thought whatsoever of his tasting the dish. It is done in a worshipful mood. The food is then dedicated to the Deity. It is subsequently partaken of by the devotee as grace from the Lord and not as an object of sense-enjoyment. Its delicacy is relished as the glory of the Lord. Herein lies the difference between the indulgent and the disciplined. The former wastes