

seat, firm, neither too high nor too low, made of a cloth, a skin, and Kusha-grass, arranged in consecution,—

[*Arranged in consecution*: that is,—the Kusha-grass arranged on the ground; above that, a tiger or deer skin, covered by a cloth.]

तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ॥
उपविश्यासने युञ्ज्याद्योगमात्मविशुद्धये ॥१२॥

VI. 12.

तत्र There आसने in the seat उपविश्य sitting मनः mind एकाग्रं one-pointed कृत्वा making यतचित्तेन्द्रियक्रियः one who has subdued the actions of mind and senses आत्मविशुद्धये for the purification of the heart योगं Yoga युञ्ज्यान् should practise.

There, seated on that seat, making the mind one-pointed, and subduing the action of the imaging faculty and the senses, let him practise Yoga for the purification of the heart.

समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ॥
संप्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥१३॥

VI. 13.

कायशिरोग्रीवं Body, head and neck समं erect अचलं still धारयन् holding स्थिरः (being) firm स्वं one's own नासिकाग्रं tip of the nose संप्रेक्ष्य gazing दिशः directions च and अनवलोकयन् not looking.

Let him firmly hold his body, head and neck erect and still, (with the eye-balls fixed, as-if) gazing at the tip of his nose, and not looking around.

[*Gazing at the tip of his nose,—could not be*