

the state, called by the name of Yoga,—a state of severance from the contact of pain. This Yoga should be practised with perseverance, undisturbed by depression of heart.

[*Which is perceived.....intellect*: Which the purified intellect can grasp independently of the senses. When in meditation, the mind is deeply concentrated, the senses do not function, and are resolved into their cause,—that is, the mind, and when the latter is steady, so that there is only the intellect functioning, or in other words, cognition only exists, the indescribable Self is realised.]

संकल्पप्रभवान्कामास्त्यक्त्वा सर्वानशेषतः ॥

मनसेवेन्द्रियग्रामं विनियम्य समंततः ॥२४॥

VI. 24.

संकल्पप्रभवान् Born of Sankalpa सर्वान् all कामान् desires अशेषतः without reserve त्यक्त्वा abandoning मनसा by mind एव alone समंततः from all sides इन्द्रियग्रामं group of senses विनियम्य completely restraining,

Abandoning without reserve all desires born of Sankalpa, and completely restraining, by the mind alone, the whole group of senses from their objects in all directions,

शनैःशनैरुपरमेदुद्ध्या धृतिगृहीतया ॥

आत्मसंस्थं मनः कृत्वा न किञ्चिदपि चिन्तयेत् २५

IV. 25.

धृतिगृहीतया Set in patience बुद्ध्या by the intellect मनः mind आत्मसंस्थं placed in the Self कृत्वा making शनैः शनैः by degrees उपरमेत् should attain quietude न नः किञ्चित् anything अपि even चिन्तयेत् should think.