

action is disastrous to the locomotive When man adopts this kind of wrong restraint on himself in a violent way in order to control the senses, he ruins the personality Whatever mars man is evil While yet in ignorance man's pretension to the renunciation of action is sheer hypocrisy which he should not resort to

Two friends went out one night intent on any entertainment that they came by As they walked on they met with a pious gathering listening devoutly to the Holy Bhagavatam being explained One of the two suggested that they sat there and derived benefit from that sacred discourse But the other preferred some earthly enjoyment and walked away to a house of ill fame After a while the first man thought he made a mistake in choosing that holy assembly All the time he was cogitating over the pleasure his companion was enjoying The second man on the other hand was repenting of the base choice he had made and was imagining of the divine bliss his friend was sharing with the devotees The first man was sitting in a house of God and sinning while the second was craving for the divine though physically placed in a bad environment Sin and virtue accrue ever from the frame of mind and never from the restrictions imposed on the senses

—Sri Ramakrishna

What then should the aspirant do? The answer comes —

यस्त्विन्द्रियाणि मनसा नियम्यारभतेऽर्जुन ।

कर्मेन्द्रियैः कर्मयोगमसक्तः स विशिष्यते ॥ ७

य तु इन्द्रियाणि मनसा नि-यम्य आ-रभते अर्जुन ।

कर्म-इन्द्रियैः कर्म-योगम् अ-सक्तः स वि-शिष्यते ॥

*yas tv indriyāṇi manasā niyamya 'rabhate 'rjuna ।*

*karmendriyair karmayogam asaktaḥ sa viśiṣyate ॥*

य yaḥ whoso तु tu but इन्द्रियाणि indriyāṇi the senses मनसा manasā by the mind नियम्य niyamiya