

tiger it hurts the victims. It is therefore as dangerous to people as the tiger is. Hence is the mind held to be turbulent and as strong as the tiger. It is possible to weaken a tiger by subjecting him to starvation; but the case of the mind is otherwise. In the manner in which a starved out leech develops toughness of its skin and resists being cleft, the mind put to privation develops obstinacy. If what it wants be not provided for, it turns petulant and scheming. Further experience makes it plain that mind is as uncontrollable as the wind. But modern man has found out the ways and means of controlling the wind to a great extent. Whereas control of the mind it is, that ever baffles man's understanding.

Krishna alone is capable of taming the formidable mind. His name itself indicates his capacity to do this. The first part of his name '*Krish*' means "to plough and process"; the latter part "*na*" means "the lord of." He is the Lord of the act of ploughing and processing the mind.

The way of culturing the mind is shown by the Lord :—

श्री भगवानुवाच

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।

अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥ ३५

अ-सं-शयम् महा-बाहो मनः दु-र्-नि-ग्रहम् चलम् ।

अभि-भासेन तु कौन्तेय वैराग्येण च गृह्यते ॥

*srī bhagavān uvāca*

*asamśayaṁ mahābāho mano durnigrahaṁ calam ।*

*abhyāsena tu kaunteya vairāgyeṇa ca gṛhyate ॥*