

wandering on unholy concerns. While the earthly remains of both were fittingly disposed, their souls as well were assigned their fitting regions. Beware of your thoughts and everything will be all right with you.

— Sri Ramakrishna

On what should the mind, weaned from the senses, be placed? The answer comes :—

रागद्वेषवियुक्तैस्तु विषयानिन्द्रियैश्चरन् ।
आत्मवश्यैर्विधेयात्मा प्रसादमधिगच्छति ॥ ६४

राग-द्वेष-वि-युक्तैः तु विषयान् इन्द्रियैः चरन् ।
आत्म-वश्यैः वि-धेय-आत्मा प्र-सादम् अधि-गच्छति ॥

rāga dveṣa viyuktais tu viṣayān indriyaiś caran ।
ātmavaśyair vidheyātmā prasādam adhigacchati ॥

रागद्वेषवियुक्तैः *rāga dveṣa viyuktaiḥ* free from attraction and repulsion तु *tu* but विषयान् *viṣayān* objects इन्द्रियैः *indriyaiḥ* with senses चरन् *caran* moving आत्मवश्यैः *ātmavaśyaiḥ* self-restrained विधेयात्मा *vidheyātmā* the self-controlled प्रसादम् *prasādam* to peace अधिगच्छति *adhigacchati* attains

But the disciplined yogi, moving among objects with the senses under control, and free from attraction and aversion, gains in tranquillity. 64

The senses are extrovert by nature. They ramble in fields external. Those objects that are pleasing to them are hugged while those others that are displeasing, shunned. A closer study reveals that these senses are themselves instruments in the hands of the mind. As goaded on by the mind they indulge in attraction and aversion.