

that kind ; it is a Tāmasika or torpid state. Mere cessation of mental activity is, therefore, not Yoga. It would be Yoga if mental activity could be stopped wilfully and the mind could be fixed intently on one or other of the previously mentioned three classes of objects, viz. Grāhya, Grahāṇa or Grahīta. In ordinary trance, the mind is not voluntarily occupied with any of them. As a result of anaesthesia, the mind appears also to be reduced to a state of inactivity, but it is really a state of unconsciousness. Hysteria and other similar mental diseases are of the same nature. These are involuntary and torpid states, while Yoga is a voluntary and conscious state. Outwardly there is some likeness between the two states, and hence people get confused but the actual state of the mind and the ultimate result in the two conditions are as different and contrary as darkness and light.