

them is risky to life. The major portion of the spiritual discipline to which an aspirant subjects himself is actually the warfare that he carries on with the wayward senses. Innumerable are the defeats that he suffers at their hands at the initial stage. Repentance so much spoken of by a section of theologians as a means to win the mercy of the Maker is none other than the moral man chewing the cud of the rebuffs and reverses that he has had from the restive senses.

Conquest of the senses is the means for the attainment of excellence here and hereafter. The refinement of an individual or a society is measured by the yardstick of sense-control.

People who live in localities infested with venomous creatures should always be alert and mindful of the danger. Even so, people intent on spiritual growth should guard themselves against indulgent senses tainted with lust and greed

— Sri Ramakrishna

The means to subdue the senses :—

तानि सर्वाणि संयम्य युक्त आसीत् मत्परः ।

वशे हि यस्येन्द्रियाणि तस्य ब्रह्मा प्रतिष्ठिता ॥ ६१

तानि सर्वाणि सम्-यम्य युक्तः आसीत् मद्-परः ।

वशे हि यस्य इन्द्रियाणि तस्य ब्रह्म प्रति-स्थिता ॥

*tāni sarvāṇi samyamya yukta āsīt matparah ।*

*vase hi yasye 'ndriyāṇi tasya brahmā pratisthitā ॥*

तानि *tāni* them सर्वाणि *sarvāṇi* all संयम्य *samyamya* having restrained युक्त *yuktah* joined आसीत् *āsīt* should sit मत्परः *matparah* intent on me वशे *vase* under control हि *hi* indeed यस्य *yasya* whose इन्द्रियाणि *indriyāṇi* senses