

animal through imitation of eating by licking it. Similarly, men by kissing their children and in other ways imitate animals in their show of eating. Such expressions of animality in love are removed by the practices of purification. Love of a Yogin is expressed through sentiments of friendliness, compassion, etc. which are free from sensuality. By the practice of purification, the desire for contact with women and children wholly disappears.

भाष्यम्—किंच—

सत्त्वशुद्धिसौमनस्यैकाग्र्येन्द्रियजयात्मदर्शनयोग्यत्वानि च ॥ ४१ ॥

भवन्तीति वाक्यशेषः । शुचेः सत्त्वशुद्धिस्ततः सौमनस्यं तत एकाग्र्यं तत इन्द्रियजयस्ततश्चात्मदर्शनयोग्यत्वं बुद्धिसत्त्वस्य भवति । इत्येतच्छ्रौचस्थैर्यादधिगम्यत इति ॥ ४१ ॥

Moreover—

Purification Of The Mind, Agreeableness Of Feeling, Concentration And Ability for Self-Realisation Are Acquired. 41.

The Yogin, who practises cleanliness gets purification of heart which leads to mental bliss, or spontaneous joy. From mental bliss develops one-pointedness which leads to subjugation of the senses. From subjugation of the senses, Buddhi (I-sense) develops the power of realising the Self (1). All these are attained by establishment in purification.

(1) The evils of arrogance, pride and attachment etc. being wholly removed, a sense of cleanliness of the mind arises and a spirit of aloofness from own body as well as from other bodies grows. This state, uncontaminated by the body-sense, is called internal purification. It brings about purification of the mind, and lessening of impurities in the form of worldly obsession. This leads to the development of mental bliss or a feeling of gladness and the body acquires a Sāttvika form of easiness. Without pleasantness of feeling, concentration of