

Arjuna said :

This yoga of equanimity, taught by you, O Madhusudana — I do not see any stability for it, because of restlessness. 33

Because of the dispersed and restless nature of mind, its being collected in equanimity is not possible. The wavy ocean of the mind cannot be made waveless; this is the objection raised.

चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् ।  
तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥ ३४

चञ्चलम् हि मनः कृष्ण प्र-माथि बल-वत् दृढम् ।  
तस्य अहम् नि-ग्रहम् मन-ये वायोः इव सु-दुस्-करम् ॥

*cañcalaṁ hi manaḥ kṛṣṇa pramāthi balavad dṛdham ।*  
*tasyā 'haṁ nigrahaṁ manye vāyor iva suduskaram ॥*

चञ्चलम् *cañcalaṁ* restless हि *hi* verily मनः *manaḥ* the mind कृष्ण *kṛṣṇa* O Krishna प्रमाथि *pramāthi* turbulent बलवत् *balavat* strong दृढम् *dṛdham* unyielding तस्य *tasya* of it अहम् *ahaṁ* I निग्रहम् *nigrahaṁ* control मन्ये *manye* think वायोः *vāyoḥ* of the wind इव *iva* as सुदुष्करम् *suduskaram* difficult to do

The mind verily is, O Krishna, restless, turbulent, strong and obstinate. I deem it as hard to control as the wind. 34

All the unwholesome characteristics of the mind are contained in this question raised by Arjuna. Mind is labelled as restless due to its constant shifting its interest from object to object. It is as fickle as the deer. But this animal causes harm to none. Whereas the way of the mind is different; like the