

at the time of death. Contrary to this, the mind of the worldly wanders woefully on mundane things. Cold spreads all over the body as *prāna* leaves it. As a traveller goes to a vehicle station, the *prāna* of the yogi finally comes to the head. For this reason the yogi's head is the last region from which warmth vanishes. It is *Yogadhāraṇa* for the mind to be fixed in Iswara at the time of departure. The sound vibration 'Om' persists then. The spiritual content of this vibration is experienced as Infinite Bliss and Brilliance of the Pure Consciousness. This *Brahmanirvāṇam* is the Supreme Goal attained by the yogi.

The formative thought that dominates the mind of the one who leaves the body, is the factor that governs and contributes to the next birth of that individual. Spiritual discipline is therefore imperative to one and all. The devotee of the Lord is ever immersed in the thought of God. Being firmly fixed in it, he reaches the Lord on giving up the body.

—Sri Ramakrishna

The way of getting fixed in the thought of God is as follows —

The State of Non return — 14-16

अनन्यचेताः सततं यो मां स्मरति नित्यशः ।

तस्याहं सुलभः पार्थ नित्ययुक्तस्य योगिनः ॥ १४

अन-अन्य-चेता सततम् य माम् स्मर-अति नित्यशः ।

तस्य अहम् सु-लभ पार्थ नित्य युक्त-तस्य योगिन ॥

*ananyacetāḥ satatam yo mām smarati nityaśaḥ ।*

*tasyā 'ham sulabhāḥ pārtha nityayuktasya yoginaḥ ॥*

अनन्यचेता *ananya cetāḥ* with the mind not thinking of any other object सततम् *satatam* constantly य *yah* who माम् *mām* me स्मरति *smarati* remembers नित्यशः