

*Damaḥ* or self-restraint is the control of the external senses of touch, taste, sight, smell and hearing.

*Samāḥ* or calmness is the practice of the quietude of the mind and intellect.

अहिंसा समता तुष्टिस्तपो दानं यशोऽयशः ।

भवन्ति भावा भूतानां मत्त एव पृथग्विधाः ॥ ५

अ-हिंसा सम-ता तुष्ट-तिः तपः दानम् यशः अ-यशः ।

भव-अन्ति भावाः भूतानाम् मद्-तः एव पृथक् विधाः ॥

*ahimsā samatā tuṣṭis tapo dānam yaśo 'yaśaḥ* ।

*bhavanti bhāvā bhūtānām matta eva prthagvidhāḥ* ॥

अहिंसा *ahimsā* non-injury समता *samatā* equanimity तुष्टिः *tuṣṭiḥ* contentment तपः *tapāḥ* austerity दानम् *dānam* beneficence यशः *yaśaḥ* fame अयशः *ayaśaḥ* ill-fame भवन्ति *bhavanti* arise भावाः *bhāvāḥ* qualities भूतानाम् *bhūtānām* of beings मत्तः *mattaḥ* from me एव *eva* alone पृथग्विधाः *prthagvidhāḥ* of different kinds

Non-injury, equanimity, contentment, austerity, charity, fame and obloquy—these different qualities of beings arise from Me alone. 5

*Samatā* or equanimity is the balanced state of the mind in the midst of the happenings of the desirable and undesirable occurrences.

*Tapas* or austerity is the determined change of life-habits from bad to good through a rigorous self-discipline.

*Dānam* or charity is the gift of the good and useful things made to the deserving persons.