

purification of heart leading to concentration, work is said to be the way : For him, when he has attained such (concentration), inaction is said to be the way.

[ *Purification of the heart leading to concentration—Yogam. “For a Brahmana there is no wealth like unto (the eye of) one-ness, (and) even-ness, true-ness, refinement, steadiness, harmlessness, straightforwardness, and gradual withdrawal from all action.”—Mahabharata. Shanti Parva. 175, 38. ]*

यदा हि नेन्द्रियार्थेषु न कर्मस्वनुषज्जते ॥

सर्वसंकल्पसंन्यासी योगारूढस्तदोच्यते ॥४॥

VI. 4.

यदा When हि verily इन्द्रियार्थेषु in sense-objects कर्मसु in actions न not अनुषज्जते is attached तदा then सर्वसंकल्पसंन्यासी renouncer of all Sankalpas योगारूढः to have attained concentration उच्यते is said.

Verily, when there is no attachment, either to sense objects, or to actions, then is one said to have renounced all Sankalpas, and attained concentration.

[ *Attained concentration : Yogârúḍha.*

*Renouncer of all Sankalpas : “O desire, I know where thy root lies : thou art born of sankalpa. I shall not think of thee, and thou shalt cease to exist, together with thy root.”—Mahabharata. Santi-parva. 177, 25. ]*

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ॥

आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥५॥

VI. 5.

आत्मना By self आत्मानं oneself उद्धरेत् should uplift न not (तु but) आत्मानं oneself अवसादयेत् should