

ध्रुवे तद्गतिज्ञानम् ॥ २८ ॥

भाष्यम्—ततो ध्रुवे संयमं कृत्वा ताराणां गतिं जानीयाद्, ऊर्ध्वविमानेषु कृतसंयमस्तानि विजानीयात् ॥ २८ ॥

On The Pole-star, Motion of The Stars Is Known. 28.

After that, by practising Samyama on the fixed pole-star the movement of the stars is to be known.

By Samyama on the high aerial vehicles of celestials, their motions are to be known (1).

(1) When the stars are known, their movements are to be known by external means. Pole-star mentioned here is therefore the ordinary pole-star. The commentator has therefore included it amongst the higher stellar regions. Fixing the gaze on the pole-star, if one can get steadfastly engrossed in the sky, the movement of the stars will be known. In fact, the movement of the stars are known with reference to one's own stillness.

नाभिचक्रे कायव्यूहज्ञानम् ॥ २९ ॥

भाष्यम्—नाभिचक्रे संयमं कृत्वा कायव्यूहं विजानीयात्। वातपित्तश्लेष्माणस्त्रयो दोषाः सन्ति। धातवः सप्त त्वग्लोहितमांसस्त्रायवस्थिमज्जाशुक्राणि, पूर्वं पूर्वमेषां बाह्यमित्येष विन्यासः ॥ २९ ॥

On The Plexus Of The Navel, Knowledge Of The Bodily System Is Derived. 29.

The bodily system is to be known by practising Samyama on the plexus of the navel. The humours are three in number, viz. wind, bile and phlegm (1). The seven corporeal elements are skin, blood, flesh, sinew, bone, marrow and semen amongst which the first is exterior to the one mentioned next.

(1) As by taking the solar entrance as the principal item, and applying Samyama to other appropriate objects, knowledge is gained of the cosmic region, so by taking the plexus or nerve