

calm but turbid water while concentration is like calm and clear water.

The commentator has given three examples to bring out the threefold composition of sleep and its nature as a *Vṛtti*. In such sleep there is an indistinct feeling which produces the memory of sleep. As a matter of fact, before sleeping we only recollect the feeling of sleep experienced before. Compared to waking and dreaming, sleep is a *Tamas*-modification. From the *Śāstras* also we know that sleeping is a *Tāmas* attribute. It has been said before that modification of the mind is a sort of cognition. In deep sleep an inert, obscure feeling comes over the senses and the mental modification caused thereby, is only a knowledge thereof. In waking and dreaming, mental modification, *i.e.* *Pramāṇa* etc. arises, but in deep sleep there is no such modification. Sleep is a state relating to the power of retention, or in other words, the languid sensation in the body causing an obscure feeling in the sense-organs is sleep and the knowledge of that feeling is the mental modification known as the *Chitta-Vṛtti* called sleep.

To stop the mental modification due to sleep, the first thing to be practised is constant calmness of the body. By that, sleep, which is the reaction for making up the loss due to bodily waste, becomes unnecessary. Even when the body remains calm, for cooling the brain one-pointedness and *Smṛti-Sādhana* (or cultivation of memory according to prescribed method) are necessary. That is the chief practice for resisting sleep. That is called *Sattva-Samsevāna* (cultivation of self-cognition). Constant watchfulness directed towards self-knowledge, *e.g.* 'I won't forget myself', this kind of watchfulness is called *Samprajanya*. To be established in such practice all day and night long, can only lead to conquest of sleep; and one-pointedness in it leads to *Samprajñāta* Yoga. Only after attaining and then superseding the latter can one attain *Asamprajñāta* concentration.

As in ordinary life sometimes extraordinary powers are manifested, so sleeplessness (not the disease insomnia) can come to some. But as this is not accompanied by stoppage of other mental fluctuations, it cannot be regarded as Yoga.