

['*Krishna*, ' is derived from '*Krish*, ' to scrape : Krishna is so called, because He scrapes or draws away all sins and other evils from His devotees.]

श्रीभगवानुवाच ॥

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ॥

अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥३५॥

VI. 35.

श्रीभगवान् The Blessed Lord उवाच said :

महाबाहो O mighty-armed मनः mind दुर्निग्रहं difficult of control चलं restless असंशयं undoubtedly तु but कौन्तेय O son of Kunti अभ्यासेन by practice वैराग्येण by renunciation च and गृह्यते is restrained.

The Blessed Lord said :

Without doubt, O mighty-armed, the mind is restless, and difficult to control ; but through practice and renunciation, O son of Kunti, it may be governed.

[C. f. Patanjali I. 12.

Practice: Earnest and repeated attempt to make the mind steady in its unmodified state of Pure Intelligence, by means of constant meditation upon the chosen Ideal.

Renunciation: Freedom from desire, for any pleasures, seen or unseen, achieved by a constant perception of evil in them.]

असंयतात्मना योगो दुष्प्राप इति मे मतिः ॥

वश्यात्मना तु यतता शक्योऽवाप्तुमुपायतः ॥३६॥

VI. 36.

असंयतात्मना By a man of uncontrolled self योगः Yoga दुष्प्राप hard to attain इति this मे my मतिः conviction वश्यात्मना by the self-controlled one तु