13. How is sattva purified

* The purification of Sattva takes place through constant discrimination between real and unreal.
* One should progress in spiritual life and various mediums to attain the same with great focus on leading a sattvic life.
* Being sattvic helps in controlling our mind through its power of purification.

14. Basic yoga discipline for mind control

* One should do yoga everyday in order to control their mind.
* Yoga discipline helps in undisturbed calmness of mind by following ways: -

1. Friendliness towards the happy.
2. Compassion for unhappy.
3. Delight in good.

15. Practice of discrimination helps.

* We do some things deliberately knowing that it is right thing to do and, in some cases, we act impulsively without knowing what is right and wrong.
* One result of wrong action is greater than mental trauma.
* We should learn how to discriminate between right and wrong, real and unreal, etc.

16. Training the mind to behave.

* One should train their minds in such a way that it also trains our mind how to behave.
* We must let go our false identification of self and have a firm and calm mind.
* We should be happy in other’s happiness.

17. Practice of pranayama

* Regular practice of deep breathing helps to develop a stable state of mind.
* Pranayama should be learnt in a clean atmosphere.
* By doing pranayama daily our mind gets relaxed and calm.

18. Practice of pratyahara

* Pratyahara calms the mind, slows mental stimulation, etc.
* Things should not force our minds.
* Until we learn to do pratyahara nothing is practically achieved by way of controlling the mind.