This is told by Sri Parashara too, in [vishNu purAna], 6-7-28: ‘The mind with its intentions is the cause for a person’s bondage and liberation.

[purusha sUkta]: ‘Knowing Him alone, a person attains [moksha](#Moksha)’

Further, it is stated in the [kaTha upanishat, 2-23]: This Self and the Lord are not achievable by instruction, not by thought, not even by hearing a lot about them. The person who is blessed by the Lord alone will attain the Lord. The Lord will show himself to this person.

The [puruSha sUkta] says: 'By knowing Him alone, a person attains moksha. There is no other way to the goal'