



## 73. Experience of Selfhood (472-479)

निरस्तरागा विनिरस्तभोगाः  
शान्ताः सुदान्ता यतयो महान्तः ।  
विज्ञाय तत्त्वं परमेतदन्ते  
प्राप्ताः परां निर्वृतिमात्मयोगात् ॥ ४७२ ॥

*nirastarāgā vinirastabhogāḥ  
śāntāḥ sudāntā yatayo mahāntaḥ,  
vijñāya tattvaṁ parametadante  
prāptāḥ parām nirvṛtimātmayogāt.* (472)

472. Noble-hearted renunciates who are rid of attachments, who have given up all sense enjoyments, who are calm and controlled, realise this supreme Truth and at the end, they gain Bliss Supreme as a result of their Self-realisation.

Having explained the nature of Reality, the Teacher gives some practical suggestions for students who are trying to experience the Supreme. Here, practical methods for sādhanā are being advised.

Those in whom all desires are withdrawn (*nirastarāgāḥ*).

All desires for sense indulgences set (*vinirastabhogāḥ*). The idea of indulging and seeking a fulfilment in the world outside is completely set (*asta*) in his mind.

Whose mind has become serene (*śāntaḥ*). Whose mind is no more rushing into the world of objects since it is established in the contemplation of the Lord.

Those who are not allowing their minds to enter into the remembrances of past indulgences (*sudāntaḥ*).