

quiet mind, retreat into the chambers of sheer quietude and remain there alert to experience therein the dynamic silence. The divinity is recognised there, at that time, within oneself.

When the Reality is thus apprehended, the darkness of ignorance created by nescience (avidyā) gets totally annihilated. Destroy the non-apprehension by directly apprehending the Reality. The non-apprehension of the post can be destroyed only by the apprehension of the post. Then the ghost apparition disappears completely, forever.

Therefore, start controlling the mind and the sense organs.



योगस्य प्रथमद्वारं वाङ्निरोधोऽपरिग्रहः ।  
निराशा च निरीहा च नित्यमेकान्तशीलता ॥ ३६८ ॥

*yogasya prathamadvāram vāñnirodho'parigrahah,  
nirāśā ca nirīhā ca nityamekāntaśīlatā. (368)*

368. *The first gateway of yoga consists of – (1) control of speech, (2) non-acceptance of possessions, (3) non entertainment of expectations, (4) freedom from activity and (5) living always in a retired mood.*

In the previous verse, control of sense organs and mind have been advised. Some more hints are given here as steps to control the wild sense organs and the restless mind.

To enter into the palace of yoga, the very first gateway is ‘control of speech’. Speech does not only mean speaking; it includes the functions of all the organs of action. All these are represented by the term ‘speech’ (vāk).

**Non-acceptance of possessions (aparigrahah)** – The idea that one will be happier by possessing the objects of the outer world, has to be entirely eradicated. There is no harm if things and beings are around us, but mentally we should not hug them with a sense of ownership. Eliminate all sense of possessiveness.